

AAUW Lewis County Branch

Recipes Shared by Members

June 2020

KEY LIME PIE

Recipe from Ramblin' Jacks Restaurant, Olympia, Washington

Submitted by Nancy Leventon

CRUST

1 1/2 cups graham cracker crumbs

1/2 cup sugar

1/2 cup butter, melted

Mix crumbs with sugar, then add melted butter. Mix thoroughly. Press into a 10" pie pan. Bake for 10 minutes at 350 degrees

FILLING

4 egg yolks

2 15-ounce cans sweetened, condensed milk

1 cup Key lime juice

grated zest from 2 (or more) limes

1/4 teaspoon salt

In a large bowl mix the yolks and condensed milk with a whisk. Add the salt and the lime zest. Then whisk in the Key lime juice. Pour into crust. Bake for 10 minutes at 350 degrees.

Cool the pie, then cover and refrigerate. Top with lightly sweetened whipped cream with a little vanilla in it before serving. Decorate if you wish with lime slices.

Hints:

The pie will be more yellow than green. Don't add food coloring! It is supposed to be yellow.

It will cut better after it has been refrigerated.

Thoroughly mix the eggs and milk before adding the lime juice. This will prevent the acid in the limes from "scorching" the eggs.

You can certainly use the juice of readily available Persian limes (the bigger dark green ones) instead of Key lime juice. Bottled Key lime juice is available. You can also combine the Key lime juice with Persian lime juice and the results are just fine!

INSIDE-OUT RAVIOLI

From Better Homes & Garden Cookbook Published 1968

Submitted by Renae Seegmiller

1 pound ground beef
½ cup chopped onion
1 clove garlic, minced
1 10-ounce package frozen chopped spinach (I use fresh spinach, chopped – about 6 ounces)
1 1-pound can spaghetti sauce with mushrooms (I use a large jar of Ragu)
1 8-ounce can tomato sauce
1 6-ounce can tomato paste
½ teaspoon salt
Dash pepper
1 7-ounce package (2 cups) elbow macaroni, cooked and drained
1 cup shredded sharp process American Cheese
½ cup soft bread crumbs
2 well beaten eggs
¼ cup salad oil

Oven: 350 degrees.

Brown first 3 ingredients in large skillet.

Cook spinach using package directions. Drain, reserving liquid; add water to make 1 cup. (I don't cook the fresh spinach, so I just use 1 cup water.)

Add spinach liquid (1 cup water) and next 5 ingredients to meat mixture. Simmer 10 minutes.

Combine spinach with macaroni and remaining ingredients; spread in 13x9x2 inch baking dish. Top with meat sauce.

Bake at 350 degrees for 30 minutes. Let stand 10 minutes before serving. Serves 8 to 10.

LAYERED GREEN SALAD

Submitted by Renae Seegmiller

In a 9 x 13 dish layer the following:

1 head of lettuce (I use romaine) chopped
4 hard boiled eggs, diced
½ green pepper, diced
8 slices bacon, diced
1 cup diced celery
1 10 ounces frozen peas, uncooked
1 sweet onion sliced thin

Combine 2 tablespoons of sugar with 2 cups mayonnaise.

Spread all over.

Top with 4 ounces grated cheddar cheese

Refrigerate 12 -24 hours.

Great for making ahead of time without worrying about the lettuce wilting.

Scrumptiously Good Meatballs

Submitted by Donna Loucks

2 lbs. lean hamburger
1 can (5 oz.) evaporated milk
2/3 cup oatmeal
2/3 cup cracker meal
2 eggs
½ cup finely chopped onion
½ tsp. garlic powder
1 tsp. salt
Dash pepper

1-1/2 tsp. chili powder

Sauce

(2) 3 cups ketchup
(1) 1-1/2 cups brown sugar
¾ tsp. garlic powder
½ cup finely chopped onion
1-1/2 tsp. dry mustard

Combine all meatball ingredients and shape into about 40 small or 20 large meatballs. Put in 9" x 13" pan. Combine sauce ingredients and stir until brown sugar is dissolved. Pour sauce over meatballs. Cover and bake at 400 degrees for 1 hour. Remove cover last 10 minutes.

NOTES from Donna Loucks: I make less sauce by using the numbers for ketchup and sugar in parentheses. I have been finding it difficult to buy cracker meal lately; wheat germ or bread crumbs can be substituted. Great for potlucks because it makes a large amount, but recipe can easily be cut in half. Leftovers freeze well.

BEEF, BROCCOLI, CARROT SALAD

Submitted by Priscilla Tiller

The beets are to be raw and give the salad a nice pink hue to it.

INGREDIENTS

1 medium beet or 1 can beets
½ small head broccoli
3 carrots

DRESSING

1 garlic clove
1 inch piece of ginger
1 tbsp balsamic vinegar
3 tbsp olive oil
1 tsp soy sauce
1 dollop Dijon mustard
Honey optional
Salt/pepper to taste

PREPARATION

Cut vegetables in julienne and toss together in bowl
Dice garlic and ginger
Whisk together remaining ingredients and add garlic and ginger
Add to vegetables

Praline Bread Pudding

Submitted by Suzy Johns

Whisk together in a large bowl –

- 6 large eggs
- 3 cups heavy whipping cream
- 2 cups packed dark brown sugar
- 2 Tbsp. vanilla extract
- ½ tsp. salt
- ¼ tsp. ground nutmeg

Add bread cubes, stirring to coat thoroughly. Let stand 1 hour, stirring occasionally to ensure an even coating.

- 1 (16-oz) day-old French bread loaf, cut into 1-inch cubes (approx.. 14 cups)

Stir in –

- 2 cups coarsely chopped toasted pecans.

Preheat oven to 350F. Pour bread mixture into lightly grease 13" x 9" baking dish. Bake until bubbly around the edges and firm in center – about 1 hour, shielding with aluminum foil after 45-50 minutes to prevent excessive browning. Let stand 5 minutes. Serve with Praline Sauce.

Praline Sauce

Submitted by Suzy Johns

- 3 Tbsp. salted butter
- 1 Tbsp. all-purpose flour
- 1 cup heavy whipping cream
- ½ cup packed dark brown sugar
- 2 Tbsp. vanilla extract
- ¼ tsp. ground nutmeg
- 1/8 tsp. salt.

Melt butter in a small saucepan over medium-low; whisk in flour, and cook, whisking constantly, until foamy and golden brown, 3-4 minutes. Whisk in cream and brown sugar; cook, whisking constantly, until thickened, about 3 minutes. Whisk in vanilla, nutmeg and salt; cook, whisking constantly, until bubbly, 2-3 minutes.

Spiced Rum Sauce

Submitted by Suzy Johns

Optional Sauce to use with Praline Bread Pudding instead of Praline Sauce.

- 1 cup packed golden brown sugar
- ½ cup unsalted butter
- ½ cup whipping cream
- 2 tablespoons spiced rum or dark rum
- ¾ teaspoon ground cinnamon

Stir brown sugar and butter in heavy medium saucepan over medium heat until melted and smooth, about 2 minutes. Add cream, rum, and cinnamon and bring to simmer. Simmer until sauce thickens and is reduced to 1 ½ cups, about 5 minutes. Serve warm. (Can be prepared 2 days ahead. Cover and refrigerate. Bring to simmer before serving.)

Sweet Onion Baklava
Submitted by Jeanne Nygard

Sauté in large pan until onions are golden –
2 huge or 3 medium sized sweet onions, chopped
2 minced garlic cloves
2 T. Butter

Add -
¼ tsp. dry marjoram
¼ tsp. rosemary
¼ tsp. thyme

In large bowl mix –
½ lb. crumbled feta cheese
½ lb. cream cheese
2 large eggs, beaten
3 T. milk

Add onion mixture to cheese mixture. Mix lightly.

Spray a 9" x 13" pan.

Place 1 sheet of filo in prepared pan and spray it with Butter Flavored Pam Spray. Add another filo sheet and spray – continue until you have 8 sprayed filo sheets in pan.

Spread onion filling evenly over the 8 filo sheets.

Layer 8 more filo sheets on top – spraying each after you have added it to the pan.

IMPORTANT - Cut Baklava into serving size pieces all the way through to pan before you bake it.

Bake uncovered in 400F oven until golden brown – 40-50 minutes.

Blueberry-Rhubarb Crisp

From - Betty Crocker's Whole Grains Easy Everyday Recipes
Submitted by Corene Jones-Litteer

2 cups Honey Nut Clusters cereal
¾ cup packed brown sugar
⅓ cup whole wheat flour
1 teaspoon grated lemon peel
1 teaspoon ground cinnamon
¼ teaspoon ground nutmeg
4 cups chopped fresh rhubarb
1 cup fresh blueberries
¼ cup chopped pecans

1. Heat oven to 375 F. Spray bottom and sides of 8-inch square (2-quart) glass baking dish with cooking spray. Place cereal in resealable food-storage plastic bag or between sheets of waxed paper; slightly crush with rolling pin. Set aside.
2. In large bowl, mix brown sugar, flour, lemon peel, cinnamon and nutmeg. Stir in rhubarb and blueberries. Spoon into baking dish. Sprinkle with crushed cereal and pecans.
3. Bake 30-40 minutes or until rhubarb is tender when pierced with a fork. Let stand 30 minutes before serving. Serves 6

Chicken 'N' Peaches Salsa

Submitted by Linda Prosser

4 boneless skinless chicken breast
 1 Tbsp. olive oil
 ½ cup coarsely diced red bell peppers
 15 ¼ oz. canned sliced peaches, drained (Reserve the syrup)
 ½ cup chunky salsa (hot or medium)
 1 Tbsp. frozen orange juice concentrate
 2 Tbsp. chopped fresh cilantro or parsley
 Optional: mushrooms, green onions including tops, garlic

- Season the chicken with salt and pepper.
- Heat the oil in a large non-stick skillet over medium heat. Add the chicken and cook 9-10 minutes turning occasionally until no longer pink.
- Remove the chicken from skillet and set aside.
- Add peppers and whatever veggies you want to the skillet, reduce heat and cook while stirring for 2 minutes or until tender crisp.
- Add reserved peach liquid, salsa and orange juice and bring to a boil.
- Add peaches and cilantro and cook for 3 minutes.
- Add chicken and heat together for 3 more minutes.
- Put chicken on a platter, spooning peaches, veggies and sauce over chicken.

This is an easy recipe and at times should only be used as a guide.

Artichoke/Spinach Lasagna

Submitted by Sharon Lyons

1 medium onion, chopped
 4 garlic cloves, finely chopped
 1 can (14 ½ oz.) vegetable broth
 1 T. chopped fresh or dried rosemary
 1 can (14 ½ oz) artichoke hearts, drained and coarsely chopped (I use marinated)
 1 pkg. (10 oz) frozen chopped spinach, thawed and drained
 1 jar (16 oz) roasted garlic Parmesan or Alfredo pasta sauce

9 uncooked lasagna noodles
3 cup shredded mozzarella cheese (12 oz) or soy mozzarella style
1 pkg. (4 oz) crumbled herb and garlic feta (1 cup)
Rosemary sprigs, if desired
Lemon wedges, if desired.

Heat oven to 350F. Spray rectangular baking pan, 13x9x2 inches with cooking spray

Spray 12 " nonstick pan with cooking spray. Heat to medium high. Cook onion and garlic in skillet 3 minutes, stirring occasionally until onion is crisp-tender. Stir in broth and rosemary. Heat to boiling. Stir in artichokes and spinach. Reduce heat. Cover and simmer 5 minutes. Stir in pasta sauce.

Spread ¼ of artichoke mix in bottom of baking dish. Top with 3 noodles. Sprinkle with ¾ cup mozzarella cheese. Repeat layers two more times. Spread with remaining artichokes mixture. Sprinkle with remaining mozzarella cheese. Sprinkle with feta.

Cover and bake 40 minutes. Uncover and bake about 15 minutes longer or until noodles are tender and lasagna is bubbly. Let stand 10 – 15 minutes before cutting –IMPORTANT. Garnish with rosemary sprigs and lemon wedges if desired.

JOHN HINTERBERGER'S CLAM SPAGHETTI

Submitted by Jan Leth

½ cup good olive oil and a dab of butter
3-4 cloves of garlic (minced)
2 big onions (chopped)
2 cans of chopped(not minced) clams
2 T each of Parsley, Oregano, Basil
1 tsp. red chilies
½ c. good white wine
1 lb. of good spaghetti
Grated Cheese (Romano or Parmesan)
Chopped green onions

OPTIONALS: Mushrooms, Shrimp, Scallops, black pepper, , sliced black olives. I think the mushrooms and olives are a MUST!

In a heavy skillet or wok heat olive oil and butter. Add onions, garlic and chilis. Cook over low heat for ½ hour until mushy (not brown). Stir in Oregano, Basil, and Black pepper. Pour in liquid of clams and continue to reduce oil/onion/spice mixture. Add ½ c white wine and mushrooms. (Continue to simmer)

Heat water for pasta. Cook until al dente. Drain. Add clams (and/or other seafood) and parsley to oil mixture. Simmer. Add spaghetti and grated cheese.

Slowly and carefully toss pasta for 5 minutes. Add more cheese and the green onions. Serve immediately with French bread and a tossed green salad. Serves 6.

Roasted Potatoes & Carrots

Submitted by Kristi Nelson

425 degree oven, middle rack

Cube 2 or 3 potatoes, leave skin on - use Yukon Gold or red potatoes or a combination

Peel and slice 2 carrots - slices shouldn't be too thin

Place vegetables on a foil-lined cookie sheet. Drizzle vegetables with extra virgin olive oil. (No need to drown the vegetables in olive oil. Just put on some.) Add salt, pepper and a sprinkling of garlic powder. Mix thoroughly.

Roast for about 40 minutes. Turn vegetables over after about 20 minutes. Vegetables should be really cooked: golden brown on bottom and slightly dry on top. The finished product should be brown and chewy and slightly dry on the outside and tender on the inside.

Angel Hair Pasta With Herbs and Shrimp (or cooked Scallops or cut-up Chicken)

Submitted by Jan Snider

1 8 oz. package of Angel Hair Pasta (I use the Pasta Roni brand – in a creamy herb sauce)

1 lb. of medium frozen cooked shrimp, thawed

1 c. frozen peas (thawed in hot water)

Prepare the pasta in a medium saucepan, using the directions on the Pasta Roni box.

When the pasta is tender, add peas and shrimp and heat on medium-low for 5+ minutes so all is heated.

Mix and let sit for 5 minutes until sauce has thickened.

*Add extra seasonings or vegetables of your choice

Buttermilk Roast Chicken

Submitted by Nancy Hagy

Ingredients:

1 4-pound chicken

2 cups buttermilk

¼ cup plus 2 Tbsp. vegetable oil

2 cloves of garlic, lightly crushed

1 tbsp. crushed black peppercorns

1 tbsp. Maldon or other sea salt

2 tbsp. fresh rosemary leaves, roughly chopped

1 tbsp. honey

*add juice of 1 lemon (Note from Nancy)

Preparation:

Butterfly chicken by placing breast side down and using heavy-duty kitchen shears to cut along both sides of backbone. Discard backbone, turn chicken over and open it like a book. Press gently to flatten it.

Place chicken in a large freezer bag. Add buttermilk, ¼ cup oil, garlic, peppercorn, salt, rosemary and honey. Seal bag securely and refrigerate overnight or up to two days.

Heat oven to 400 degrees. Remove chicken from marinade and place on a rack so excess can drip off. Line a roasting pan with foil and place chicken in pan. Drizzle with remaining 2 tbsp. oil. Roast for 45 minutes, then reduce heat to 325 degrees. Continue roasting until well-browned and until juices run clear when chicken is pierced where leg joins thigh, about another 20 minutes.

Place chicken on a carving board and allow to rest for 10 minutes before cutting into serving pieces. Place a portion on each of four plates, and drizzle each serving with pan juices.

Cottage Cheese Loaf

Submitted by Drusilla Heidar

3 cups Cottage cheese
6 eggs slightly beaten (I use 5)
1¼ cups Pecan meal
1cup Milk
4T margarine melted (I use a Vegetable oil)
1 onion grated (amount depends how much you like onion, I use dried flakes)
4½ cups Special K cereal
2 tsp. Lipton onion soup (mainly the brown powdery part)

Mix well, bake for 1 hour at 350 in bread pan or for 45 min at 350 in a flat dish.
(Probably ovens vary, but I find it usually takes a little longer time)

Sweet Potato and Black Bean Enchiladas

Submitted by Nancy Hagy

2 C sweet potatoes, peeled and chopped into 1/2" cubes(2 medium?)
1 T. Olive oil
1 red onion chopped
2 cloves garlic, minced
salt, pepper
1 red pepper chopped
15oz can black beans drained and rinsed
2 larger handfuls of spinach roughly chopped
2 1/2 C enchilada sauce
1 T. Lime juice
1 rounded tsp chili powder
1/2 tsp cumin
1/2 tsp kosher salt

Flour or corn tortillas
Grated cheese

350 degree oven. Grease 3 qt. Pyrex

1. Place sweet potatoes in medium saucepan with enough water to cover. Bring to a boil. Reduce heat to medium high. Simmer 5-7 minutes until fork tender.
2. In a large skillet, heat oil over medium heat. Add onion, garlic. Sauté 5 minutes
Season with salt and pepper.
3. Add red pepper, black beans, sweet potato and spinach. Raise heat to medium high and cook a few minutes until spinach is wilted.
4. Remove from heat. Stir in 1/4C. enchilada sauce, lime juice, chili powder, cumin, kosher salt.
5. Pour 1C. enchilada sauce in baking dish. Scoop about 3/4 C. into each tortilla. Roll and place seam side down in baking dish. Pour remaining sauce over enchiladas plus any leftover filling and grated cheese on top.
6. Bake uncovered 20-25 minutes.

This makes at least 10 enchiladas if using flour tortillas (the whole package)

You can freeze these before cooking. Enjoy.

Tomato, Cheese, Asparagus Salad
Found in a Costco Connection Magazine
Submitted by Mary Metzger

1 ½ lb. trimmed asparagus
Salt to taste. Sprinkle with 2 T olive oil. Roast 15 - 20 min. until tender

4 oz. (halloumi cheese) I used mozzarella. Slice into ½ in. squares

3 c. grape tomatoes, halved

15 basil leaves, torn

Vinaigrette: ¼ c white wine vinegar
¼ c. extra virgin olive oil
1 clove garlic, minced
Salt and pepper to taste

Serves 6

Victorian Seed Cake

Submitted by Jeanne Nygard

Ingredients

4 large eggs, beaten
1 c (8 oz) butter, softened
1 1/8 c (8 oz) fine granulated sugar
3 Tbsp whole caraway seeds
1/2 tsp ground mace
1/2 tsp ground nutmeg
2 1/4 c (11.5 oz) self-rising flour (or 2 1/4 cup flour + 2 tsp baking powder plus a smidgen more)
3 Tbsp brandy
3 Tbsp milk
4 Tbsp demerara (natural raw) sugar (I used dark brown sugar)

Preheat oven to 350°F (180°C). Grease two 7" or 8" round cake pans, line the bottoms with a parchment circle, and then grease the parchment.

Cream the butter and sugar together until mixture is pale and fluffy. Gradually beat in the eggs 1 at a time. When all the egg, sugar and butter have been mixed well, add in the caraway seeds, mace, and nutmeg. Then lightly add in the flour. Finally, stir in the brandy and milk.

Spoon the batter into the prepared cake pans. Level off the surface with a spatula or back of a spoon. Sprinkle the demerara sugar all over the tops to make a nice sweet crust.

Bake cakes in the center of the oven for about 35 to 40 minutes, or until a tester comes out clean and dry. Cool in pans for 10 minutes, then turn out onto a wire rack and cool completely. The cake keeps well when wrapped tightly in foil or parchment and kept in an airtight tin. This cake is not traditionally stacked or frosted; you just have 2 round Seed Cakes that can be sliced for Tea.

Note:

I've been curious about Seed Cakes for ages – they are mentioned in many books by British authors – *The Hobbit*, *Jane Eyre* and *David Copperfield* to name a few. I made this recipe last week. There are other Seed Cake Recipes that are fancier containing candied ginger, currants, lemon, etc. I might try one of those in the future but this one is simple and tasty. Perfect to enjoy with a warm cup of tea or coffee while reading a good book!