



# POGIL

## Community Cookbook

# Message to the Community:

If there is anything positive that has come from the past two years, it is learning what a strong and resilient community we are. The POGIL community has, for many of us, become a family – a family of practice, a family of innovation, and a family of good friends and colleagues.

Last year, we were excited to share our first community cookbook with all of you. This year, we are continuing that tradition with an edition that features favorite family recipes from members of your extended POGIL family.

As you know, good food has a way of bringing people together. So, this holiday season, let's celebrate our community with these festive recipes, featuring appetizers, soups, entrées, desserts, drinks, and this year, even dog treats! It will be our holiday gift to each other.

Good health to all of you... and bon appetit!

# Appetizers



## Ingredients:

- 4 tomatoes, finely diced
- 4 avocados, peeled and finely diced
- 2 bunches green onions, thinly sliced (yes - 2 whole bunches!)
- 1 ½ tsp salt
- 2 TB minced fresh cilantro
- 2 TB vegetable oil
- 1/3 cup red wine vinegar
- Tostadas

## Instructions:

Mix chopped ingredients together. Add salt. Add cilantro, oil, and vinegar. Chill 1 hour. Serve as a dip with tostadas.

Serves 10 to 12

# Mantequilla De Pobre (Poor Man's Butter)

*Famous El Paso Dip*

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# Quick Veggie Eggs

*A few years ago, in an effort to increase the amount of veggies I eat per day, I started adding vegetables to my eggs. But on a weekday, this takes a lot of time in the morning to chop all the vegetables. I tried making egg cups with vegetables in cupcake tins and freezing them, but I don't like microwaved eggs in the morning. So my solution was to freeze just the veggies. I can throw a frozen portion in the pan while I make my lunch or do my daughter's hair. It simplifies our mornings while providing a healthy breakfast.*



# Quick Veggie Eggs

## Ingredients:

- 2 cups grated carrots
- 2 cups grated zucchini
- 1-2 sweet red peppers, chopped
- 1 head broccoli, chopped
- 1 cup spinach, chiffonade
- ¼ cup preferred fat or oil (my favorite is bacon fat)
- 1 cup cooked bacon crumbles or sausage (optional)
- 1-2 eggs
- Garlic salt or table salt
- Pepper

## Instructions:

Toss all vegetables in a large bowl. Pour oil over the mixture and toss until all vegetables are coated. Fill silicone cupcake pan or other molds and freeze overnight. Pop frozen veggie portions out of the silicone molds and freeze in a zip-top plastic bag or freezer container.

In the morning, place one frozen vegetable portion in a skillet on medium heat. Flip over to thaw other side after 3 minutes. Use a spatula to separate the vegetables as they thaw and soften. When vegetables are soft and slightly caramelized, add 1-2 eggs. Scramble eggs in the pan to coat the vegetables. Add a bit of garlic salt, salt and/or pepper to taste. Flip to finish cooking the egg. Makes 12-24 portions of vegetables, depending on size of molds and combination of ingredients.



Recipe contributed by: Kristi Deaver, Ankeny, IA

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# Cranberry Salad


## Ingredients:

- 1 lb. raw cranberries
- $\frac{3}{4}$  cup sugar
- 1 package mini marshmallows
- 1-2 chopped apples
- 1-2 chopped oranges

## Instructions:

Use a meat grinder or food processor to process all ingredients together to a rough chop. Chill overnight.

*This is a recipe from my grandfather, who always made up recipes as he cooked. He rarely added the same ingredients twice when repeating a recipe. This salad is a family tradition at Thanksgiving and Christmas.*

A decorative graphic at the bottom right of the page, featuring a green and teal wavy pattern with a fine, grid-like texture.

## Ingredients:

- 2 TB neutral oil (like sunflower or canola)
- ½ cup of popping corn
- Melted butter (optional)

## Instructions:

Place the Dutch oven on the stove over medium heat (I use setting “3” on our stove) for about 10 minutes. Add the 2 TB of oil and let it heat up for about 10 seconds.

Then add the popping corn. Place the lid on the Dutch oven. The kernels should start popping almost right away and pop pretty quickly.

Top with J. D. Salinger’s popcorn salt (below).

### J.D. Salinger’s Popcorn Salt

This is my variation on the recipe found in the J. D. Salinger museum that caused a momentary sensation on Twitter a couple of years ago. The original is a little too salty, and requires dried marjoram, which honestly, who keeps dried marjoram around? If that’s you, add a ½ tsp of it. Otherwise, this is still pretty great. The recipe lends itself well to additions and substitutions. I like to add a little cayenne pepper. If you don’t have something in your spice rack it’s fine to skip it. The mixture stores well in a sealed container for several months.

- 3 TB Kosher salt
- 2 tsp paprika
- 1 tsp mustard powder
- ½ tsp garlic powder
- ½ tsp dried thyme
- ½ tsp dill
- ½ tsp curry powder



Recipe contributed by: Stephen G. Prilliman, Oklahoma City, OK

# Dutch Oven Popcorn

*The Dutch oven turns out to be the perfect thing for making popcorn. The large mass of the Dutch oven means that it doesn't cool down when you throw in the popcorn.*



# Chemudupati Tomato Chutney

*This is a family recipe from my husband's mother. She grew up in India and was generous enough to show me how to make this delicious chutney. It works well as a condiment for many types of dishes.*



Recipe continued on next page

# Chemudupati Tomato Chutney

## Ingredients:

- 3 TB urad daal
- 1 TB cumin seeds
- 3 dried red chilis
- 2 TB vegetable oil, divided
- 1 TB tamarind (paste)
- 2 large tomatoes
- 1 tsp salt
- 1 tsp turmeric

## Instructions:

Heat 1 TB vegetable oil on medium-high heat until hot. Add the urad daal, cumin seeds, and chilis. Stir constantly for 2-3 minutes or until the urad daal starts to brown slightly.

Place the tamarind paste on a heat-resistant plate and pour the cooked spice mixture on top of the tamarind. Set aside.

In same pan, heat 1 TB vegetable oil on medium-high. Slice the two tomatoes into a checkerboard pattern and then add to the pan. Add salt and turmeric on top of tomatoes. Let cook without stirring for 1-2 minutes, until the tomatoes have started to soften. Then, mash up the tomatoes a bit and cook, stirring occasionally, for 5 min.

Add the chili/tamarind mix to the pan and stir until the tomatoes are fully cooked. Turn off heat. Let cool for about 5-10 min. Place entire mixture into a blender and blend until smooth.

## Ingredients:

- 350 g oven-roasted almonds
- ½ cup (110g) caster sugar
- ½ tsp sea salt flakes
- 1 tsp dried chili flakes
- 20 g butter

## Instructions:

1. Line a baking tray with baking paper. Combine almonds, sugar, salt, chili, and ½ cup (125 ml) of water in a saucepan over medium-high heat. Cook, stirring constantly, for 5 mins or until sugar is dissolved. Cook, stirring, for a further 5 mins or until liquid evaporates and sugar starts to caramelize. Add the butter. Remove from heat. Stir to combine.
2. Pour the hot almond mixture over lined tray in a single layer. Use 2 forks to carefully separate almonds. Set aside for 30 minutes to set.



Recipe contributed by: Denise De Paoli, Griffith,  
Australia

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# Chili Almonds

*This is an awesome 'pick me up' for those days when you  
need a bit of sweet and heat after a hard day's work!*

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# Entrées



# Gnocchi with Homemade Tomato Sauce

*While I have made homemade gnocchi before, sometimes with working full-time and a husband working daytime and teaching at night, with 2 minis (5 and 3), I like the convenience of using store-bought gnocchi. But I wanted to share this recipe, since my 5-year old, who started shying away from trying new recipes ABSOLUTELY loves this. He even kept asking when we can make this again.*

Recipe continued on next page



# Gnocchi with Homemade Tomato Sauce

## Ingredients:

- Store-bought gnocchi (or use your favorite homemade gnocchi recipe)
- ½ onion (medium-sized)
- 15 ounces cherry tomatoes (best fresh from the garden or Farmer's market during peak of summer)
- 4 cloves garlic (small to medium-sized)
- 1 TB balsamic vinegar
- 1 or 2 cups vegetable broth (I like using 1 veggie cube and 1-2 cups water)
- 3 TB butter
- 1 TB olive oil
- ¼ cup milk
- Pinch of salt
- 1-2 tsp sugar (optional, depending on acidity of tomatoes)
- Some fresh basil
- Freshly grated cheese (such as pecorino romano)

## Instructions:

1. Dice onion and mince garlic. Sauté both in 1 TB butter and 1 TB oil in medium pan, until translucent.
2. Meanwhile, cut tomatoes and add to pan including all juices. Sauté for 5-8 minutes.
3. Add vegetable broth (depending on desired thickness and on liquid from the tomatoes, add 1-2 cups of vegetable broth). Add balsamic vinegar. Heat briefly, do not boil.
4. Blend the sauce. You can use immersion blender. I prefer using our blender to get a very smooth sauce.
5. Return blended sauce back to pan, add the remaining butter and add the milk. Season with salt to taste. Add sugar (optional) to taste.
6. While sauce is heating (do not boil), briefly sauté store-bought gnocchi in some olive oil in another pan until semi-soft. Then transfer gnocchi into pan with tomato sauce and heat through until gnocchi reach desired softness.
7. Before serving, sprinkle with some fresh cut basil leaves and some of your favorite cheese. (We like pecorino romano cheese).

# No-Fry Eggplant Parmigiana

Prep 15 m · Cook 1 hr 10 m · Servings: 6 · Modified from  
Wegmans.com Recipes

Recipe continued on next page



Photo was taken before cooking and being topped with mozzarella

# No-Fry Eggplant Parmigiana

## Ingredients:

- Olive Oil Cooking Spray or Olive oil
- 1 jar (24 oz) Wegmans Grandpa's Sauce Goes Vegetarian or your favorite sauce, divided
- 2 (about 3/4 lb each) eggplants, ends trimmed, peeled, sliced in 1/2-inch rounds
- 3 TB Extra Virgin Olive Oil
- 1/4 cup Bread Crumbs
- 1/2 cup Grated Romano, divided
- Dried Basil and Oregano to taste
- Freshly ground black pepper to taste
- 1 pkg (8 oz) Shredded Kraft Whole Milk Mozzarella Cheese

## Instructions:

Preheat oven to 450 F. Spray bottom and sides of 9x13-inch baking dish with cooking spray or brush with olive oil; spread a small amount of sauce on bottom of pan to just cover.

Layer eggplant slices on sauce, overlapping if necessary; brush each slice with olive oil. Top eggplant with even layer of bread crumbs; sprinkle with half the grated Parmesan cheese. Season with basil, oregano, and pepper. Top with remaining sauce and grated Romano cheese; cover pan with foil.

Bake for 40 min, or until eggplant is tender when tested with a fork. Remove from oven; top with mozzarella cheese. Return to oven, uncovered, 2-3 min, until cheese melts. Let rest 15 min before serving.



## Ingredients:

- 4 boneless, skinless chicken breasts cut into bite-size pieces
- 2 eggs – whisk with a TB of water
- 2 cups Italian breadcrumbs
- Salt and pepper to taste
- Chicken stock
- 1 pkg. sliced mushrooms
- 2 zucchini – cut into bite-size pieces
- ¼ cup sour cream
- 1lb. bowtie pasta or any pasta you like
- Grated parmesan cheese

## Instructions:

Dip the chicken into the egg and then breadcrumbs. Place pieces onto a sheet pan that has been sprayed with PAM. Spray the breaded chicken with the PAM and broil until browned. Turn the pieces over and brown the other side. Place the browned chicken pieces into a large heavy pot and cover with the chicken stock – let simmer ~ 20 minutes. The crumbs on the chicken will thicken the stock.

Sauté the mushrooms in a little olive oil, salt and pepper. Add mushrooms to the chicken mixture and continue to simmer for 10 minutes. Put the cut zucchini into the pot and continue to simmer another 5 minutes. Turn off heat and add sour cream. If you would like it extra creamy, add a little more sour cream. Add salt and pepper to taste.

While the chicken is simmering, cook pasta and serve the chicken over the pasta and sprinkle with grated cheese.



Recipe contributed by: Beff Mancini, Marlton, NJ

# Chicken a la Cindi

*This is a recipe my friend Cindi made up when she was 17 and looking to make something for herself and her brothers one night when her parents were out. This is what she came up with and it has become a family favorite. It is the #1 most requested dinner still today.*



Recipe contributed by: Marcy Dubroff, Lancaster, PA

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# Chicken Soup and Matzoh Balls

*In my family, we always referred to chicken soup as Jewish penicillin. Whenever we were sick, Mom cooked up a batch of soup and we all felt better. This recipe is adapted from a New York Times recipe, as my mom's instructions were never written down. But I've made this version many times, along with the matzoh balls (sheer heaven) and trust me... it is close to Mom's and will cure what ails you!*

Recipe continued on next page



# Chicken Soup (5 quarts)

## Ingredients:

- 2 free-range chickens, about 3 1/2 pounds each
- 2 large Spanish onions, unpeeled, quartered
- 3 large carrots, peeled and cut into 2-inch lengths
- 3 ribs celery, cut into 2-inch lengths
- 2 tablespoons black peppercorns
- 2 bay leaves
- 1 large parsnip, peeled and cut into 2-inch segments
- 1 bunch of soup greens
- 6 quarts water

## Instructions:

1. Place all ingredients in a large stockpot.
2. Bring to a boil over medium-high heat.
3. Reduce to a very slow simmer.
4. Cook, skimming the broth as necessary, for 4 to 5 hours. Strain the stock through a fine mesh sieve.
5. Set aside and cool to room temperature, refrigerate overnight. Skim the fat from the top of the stock.
6. Ladle any broth not used immediately into airtight containers and store in the freezer.

# Matzoh Balls (18 large matzoh balls)

## Ingredients:

- 8 cups basic chicken broth (see above)
- 1 ¼ cups matzoh meal
- 5 large eggs
- 1 ¾ TB salt
- 1 TB Russian vodka
- 2 TB club soda
- 1 TB chicken broth
- 4 TB vegetable oil

## Instructions:

1. Place the chicken broth in a deep pot over medium heat. Meanwhile, in a mixing bowl, combine the matzoh meal and eggs. Add the salt, vodka, club soda, chicken broth and vegetable oil. Mix well. Put in the freezer for 45 minutes.
2. Use two TB to form matzoh balls that are about two inches in diameter. When the broth is hot but not yet boiling, use a slotted spoon to place each ball into the soup. Cover the pot and cook for 40 minutes and serve.

# Roasted Brussels Sprouts and Butternut Squash with Pecans and Cranberries

*I discovered this recipe a few years ago-- it is now not only a family staple for Thanksgiving and Christmas, but also for all my friends. Even if you don't think you like anything in here, give it a try! (Tastes even better as leftovers!)*



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# Roasted Brussels Sprouts and Butternut Squash with Pecans and Cranberries

## Ingredients:

Roasted Brussels Sprouts:

- 3 cups Brussels sprouts
- 3 TB olive oil
- ¼ teaspoon salt to taste

Roasted Butternut Squash:

- 1 ½ lb. butternut squash peeled, seeded, and cubed into 1-inch cubes (Yields about 4 cups of uncooked cubed butternut squash)
- 2 TB olive oil
- 3 TB maple syrup
- ½ teaspoon ground cinnamon

Other Ingredients:

- 2 cups pecan halves
- 1 cup dried cranberries

## Instructions:

**Brussels Sprouts:**

Preheat oven to 400 F. Lightly grease a foil-lined baking sheet with 1 TB of olive oil.

Trim ends of Brussels sprouts and slice all Brussels sprouts in half.

In a medium bowl, combine halved Brussels sprouts, 2 tablespoons of olive oil, salt (to taste), and toss to combine.

Place onto a foil-lined baking sheet, cut side down, and roast in the oven at 400 F for about 20-25 minutes.

**Butternut Squash:**

Preheat oven to 400 F. Lightly grease the foil-lined baking sheet with 1 TB of olive oil.

In a medium bowl, combine cubed butternut squash (peeled and seeded), 1 tablespoon of olive oil, maple syrup, and cinnamon, and toss to mix.

Place butternut squash in a single layer on the baking sheet. Bake for 20-25 minutes, turning once halfway through baking, until softened.

**Note:** You can roast both Brussels sprouts and butternut squash on 2 separate baking sheets at the same time, on the same rack in the oven.

In a large bowl, combine roasted Brussels sprouts, roasted butternut squash, pecans, and cranberries, and mix to combine.

# Blake's Bourbonless Chicken

*Blake is a freshman in high school and enjoys finding new recipes for us to try. He wanted bourbon chicken, without the bourbon, so we modified a recipe he found. Blake is active in 4H and one of his interests is food and nutrition. This recipe will be his submission for the country fair this year. He thinks it is blue ribbon worthy.*

Recipe continued on next page



# Blake's Bourbonless Chicken

## Ingredients:

- 1 TB olive oil
- 2 pounds boneless, skinless chicken thighs
- 1 tsp ground ginger
- ¼ tsp black pepper
- 1/3 cup low sodium soy sauce
- 1/3 cup apple juice
- ½ cup water
- ½ cup brown sugar
- 1 TB cornstarch dissolved in 3 TB of cold water

## Instructions:

Cut chicken into 1-inch pieces, removing excess fat.

In a small bowl combine the ginger, pepper, soy sauce, apple juice, water and brown sugar.

Cook chicken in the 1 TB of olive oil in a large non-stick pan. Heat should be at medium high. This should take about 8-10 minutes. Stir chicken every 1-2 minutes so the pieces do not brown. Drain off any accumulated liquids.

Add the apple juice mixture and stir well. Allow liquid to come to a boil and then turn heat down to medium. Simmer, uncovered for about 8 minutes.

Add in the cornstarch/water mixture and stir briskly. The sauce will thicken.

Serve over rice. Hint, start cooking the rice at the beginning, we usually just take it off the burner as the chicken is cooking.

Prep time: 10 minutes (mostly cutting up the chicken), Cook time about 20 minutes.

Serves 4



# Runza

*I am originally from Butler, PA, where we are called "Hunkies" since our area became known for great football players such as the Saul Brothers and Terry Hanratty. We believe we started having such great football players since Italian immigrants started to marry Polish immigrants and their gene pool mixture made for great athletes (and cooks!). I cook a lot of Italian food but I also cook a lot of Polish food such as pirohis, haluski and pigs in the blanket. Sauerkraut and other vinegar-based vegetables I am fond of. I was sharing this story with a teacher friend at Spangdahlem air base in Germany, where I am now a teacher for the DoDEA, and he told me I should try making Runza also known as Bierocks. They are simply a yeast dough (a bread pocket of many different forms) with a filling of beef, cabbage/sauerkraut, onions and seasonings. Some folks even add a slice of cheese so go for it and enjoy!*

Recipe continued on next page



# Runza

## Ingredients:

### Crust

- 1 pkg. of yeast
- 2 cups warm water
- ½ cup sugar
- 1 tsp salt
- 2 cups flour
- 2 eggs
- 3 TB shortening
- 5 cups flour

### Filling

- 2 lbs. hamburger
- 2 cups onion (chopped)
- 2 cups cabbage (shredded)
- 1 tsp shortening
- 1 TB Worcestershire sauce
- ¼ tsp oregano
- ¼ tsp savory
- ¼ tsp pepper
- 1 tsp seasoned salt

## Instructions:

Brown hamburger. Stir in onion, cabbage, and shortening. Add all the seasonings. Cover and steam until cabbage is soft.

To make crust, dissolve yeast in warm water. Add sugar, salt, and 2 cups of flour and beat. Add eggs and shortening. Gradually add 5 cups of flour. Let rise. Cut into 12 parts. Roll each piece to 8x6 inches. Put ⅔ cup of filling on each rectangle. Fold in half and fill in ends. Press to seal. Bake 15 mins at 400 F.

# Drinks





Recipe contributed by: Stephen G. Prilliman, Oklahoma City, OK

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# Weeknight Old Fashioned

*I like to have a drink while I'm cooking dinner. But on weeknights I'm not willing to deal with fruit peels and find the muddler, and I'm certainly not cleaning up an ice shaker. So, this is my hurry-up, weeknight version of an Old Fashioned. Your best bourbon is not necessary here – I use Four Roses.*

Recipe continued on next page



# Autumn Bourbon Fizz

## Ingredients:

- Bourbon
- Table sugar
- Club soda or water
- Angostura bitters
- Orange bitters (optional, but good)

## Instructions:

1. Place 1 tsp sugar in an Old Fashioned glass, a Yeti, or your favorite POGIL cup.
2. Add a splash of club soda or water, three shakes of Angostura bitters and one shake of Orange bitters.
3. Swirl it like you would swirl a beaker – it's all in the wrist! If the sugar is taking too long, just walk away for a minute and come back. Let entropy do its thing.
4. Add 2 oz (4 TB) of bourbon and the biggest chunk of ice that will fit in your glass. The bigger the ice, the lower the surface to volume ratio so it will melt less as it chills your drink.
5. Give it one last swirl. Enjoy as you cook. Or grade. Or just relax, you've earned it.

## Ingredients:

1 (1.5-liter) bottle dry red wine,  
divided  
2 TB brandy  
2 TB Triple Sec  
(orange-flavored liqueur)  
½ cup sugar  
⅔ cup fresh orange juice  
2 TB fresh lime juice  
2 TB fresh lemon juice  
5 whole cloves  
3 whole allspice  
1 (3 inch) cinnamon stick  
2 cups sparkling water, chilled  
8 orange wedges  
5 lemon slices  
5 lime slices

## Instructions:

### Step 1:

Combine ½ cup of wine, brandy, liqueur, and sugar into a 2 quart glass measure. Microwave at high for 1 minute or until mixture is warm; stir to dissolve sugar. Stir in the remaining wine, juice, cloves, allspice, and cinnamon. Chill for at least 2 hours

### Step 2:

Strain mixture into a pitcher and discard spices. Just before serving, stir in sparkling water and the remaining ingredients.

*This is a really easy recipe and was wonderful at my daughter's wedding shower.*



Recipe contributed by: Jinx Rasmussen, Bristol, VA

# Easy Sangria





Recipe contributed by: Marcy Dubroff, Lancaster, PA

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# Autumn Bourbon Fizz

*I am not a big drinker, but one thing I do love is a nice glass of bourbon. I trace this back to my parents, who apparently used to rub a little bit of Scotch or bourbon on my gums when I was teething. As the weather cools, I find that a little spot of bourbon will warm things up on a chilly night. This recipe is cool to drink, but will warm you up in no time.*

Recipe continued on next page



# Autumn Bourbon Fizz

## Ingredients:

For the rim

- Orange wedge
- 1/2 tsp cinnamon
- 1 TB sugar

For the drink

- 2 oz. bourbon (I like Basil Hayden's)
- 4-6 oz. ginger ale
- 3 TB apple butter
- Pinch of cinnamon

## Instructions:

1. Rim your glass with an orange wedge.
2. Combine the cinnamon and sugar on a plate.
3. Dip the rim of your glass in the mixture to coat.
4. Fill a shaker with ice.
5. Add the apple butter, bourbon, and a pinch of cinnamon.
6. Shake well for 30 seconds.
7. Pour the mixture into your glass.
8. Top off with ginger ale. For a spicier kick, use ginger beer!



# Desserts



# Koulourakia

## (Greek Easter Cookies)

### Ingredients:

- 250 g butter (8.8 oz.)
  - 1 ½ cup plain white sugar
  - 13 g powdered baking ammonia (2.5 tsp. flat).  
If you have trouble finding baking ammonia, you could substitute with double acting baking powder (1:1 proportion).
  - 1/2 cup lukewarm milk (130ml)
  - 4 medium eggs
  - 1 TB vanilla extract
  - Zest of 1 orange
  - 1 kg all-purpose (plain) flour (35 oz.)
  - 2 egg yolks and 1 TB water for glazing the koulourakia
- [Recipe continued on next page](#)



# Koulourakia

## (Greek Easter Cookies)

### Instructions:

1. To prepare this traditional koulourakia recipe, start by mixing the butter and sugar. In a mixer's bowl, add the sugar and butter (chopped) and mix for about 10-15 minutes, until the butter is creamy and fluffy. (Once starting to prepare this koulourakia recipe, make sure that the butter is at room temperature).
2. In the meantime, warm the milk until lukewarm and remove the pot from the heat. Add the ammonia and whisk until fully dissolved. Set aside.
3. In the butter-sugar mixture, add the eggs one at a time, whilst mixing, allowing time for each one to be absorbed, before adding another. Pour in the vanilla extract, the orange zest, and the milk & ammonia blend and mix to combine. Add the flour, a little bit at a time, whilst mixing, until the ingredients are combined and the dough is soft and not too sticky.
4. Cover the dough for the koulourakia with some plastic wrap and set aside to rest for 30 minutes.
5. Place the dough for the koulourakia on a clean working surface, take a small piece of dough and form long cords. Shape the koulourakia with your hands, giving them any shape you like.
6. Line a large baking tray with parchment paper and place the koulourakia, leaving some distance between them as they will rise a lot when baked. For this koulourakia recipe, you will need approx. 4-5 large baking trays, depending on the size of the cookies you make.
7. In a small bowl add the egg yolks and 1 TB water and whisk with a fork. Brush the top of the koulourakia and bake in preheated oven at 200C/400F fan for 15-20 minutes, until fully cooked and golden brown on the outside (or the ammonia would not have been fully used up).
8. Let the koulourakia cool down completely on a cooling rack and store in airtight containers for up to three weeks.

# Jam Thumbprint Cookies

*Loved by everyone in our family—kids and kids at heart! These beautiful and delicious butter shortbread cookies are topped with a colorful dab of fruit preserves. Fun to make and divine with a cup of afternoon tea! Great for gifts, too!*



# Jam Thumbprint Cookies

## Ingredients:

- 1 cup (2 sticks) butter at room temperature
- $\frac{1}{2}$  cup sugar
- 2 egg yolks, slightly beaten
- $\frac{1}{2}$  teaspoon salt
- 2 cups flour
- Strawberry or peach preserves

## Instructions:

Preheat oven to 350 F.

Cream butter and sugar. Add egg yolks, vanilla, and salt. Mix well. Stir in flour: combine well.

Using about a tablespoon of dough, roll into a ball about one inch in size. Place balls a few inches apart on an ungreased cookie sheet (I line my cookie sheets with parchment paper). Make an indentation with fingertip (I use my index finger) in top of each cookie and fill with  $\frac{1}{2}$  teaspoon preserves (you can use a small spoon; or use a baggie as a pastry bag by cutting off a small corner and spooning preserves into the bag and squeezing preserves onto the cookies. Kids LOVE this!)

Bake for 12 minutes or until lightly browned on the bottom. Remove from cookie sheet and cool on rack or parchment paper.

# Upside Down Cake

*This is one of my all-time favorite recipes, coming from one of my all-time favorite bakers, David Lebovitz. I love cooking and especially baking. Out of all baking, I love to bake with seasonal fruits and berries. This cake has a lot of options provided for fruit and in my opinion the best is cranberry!*

*Whatever fruit you use, make sure it covers the bottom in a substantial layer, around double-thickness, since the fruit will cook down while baking and settle nicely into place. Berries and such are good nestled in the gaps between the slices of fruits. I often add more than 2 cups of cranberries (like 2 heaping cups!).*

Recipe continued on next page



# Upside Down Cake

## Ingredients:

### For the fruit layer:

- 3 TB (45 g) butter, salted or unsalted
- 3/4 cup packed (135 g) light brown sugar
- fruit: 8 quartered plums or apricots, 3-4 thickly sliced pears or nectarines, or 2 cups cranberries; add a handful of huckleberries, cherries, raspberries, or another bushberry

### For the cake layer:

- 8 TB (115 g) unsalted butter
- 3/4 cup (150 g) sugar
- 1 tsp vanilla extract
- 2 large eggs, at room temperature
- 1 1/2 cups (210 g) flour
- 1 1/2 tsp baking powder, preferably aluminum-free
- 1/4 tsp salt
- 1/2 cup (125ml) whole milk, at room temperature (or cream, or half-and-half)

## Instructions:

1. Melt the 3 TB (45 g) of butter in a cast iron skillet, or another skillet\*. Add the brown sugar and cook while stirring, until the sugar is melted and begins to bubble. Remove from heat and let cool.
2. Once cool, add cranberries (or if using other fruit: arrange in a pinwheel design, add berries if desired). Set aside.
3. Preheat the oven to 350 F. (190C)
4. Beat the 8 TB (115 g) of butter and sugar until fluffy\*\*. Add the vanilla, then the eggs, one at a time, until smooth.
5. Whisk or sift together the flour, baking powder, and salt.
6. Stir in half of the flour mixture, then the milk, then the remaining dry ingredients (best to start and finish with flour so the batter does not curdle much). Do not overmix: stir just until the flour is barely incorporated into the batter.

\*If you have a cast-iron skillet, you can use it to make caramel first and then add fruits and batter on top into the same pan and bake it. If you don't have cast iron skillet, first make a caramel on stovetop in any skillet, then carefully pour it while it is still hot/warm into the cake pan of your choosing (just not one with removable bottom! caramel will escape!)

\*\* You don't need to take out mixer to make this cake; strong spatula and strong elbow to beat butter and sugar is all you need!

# Karen's Wet Bottom Shoofly Pie

*My family owned a restaurant in downtown Lancaster, PA for several generations. When the restaurant was my father's and uncle's, my mom's shoofly pie was a staple on the dessert menu. When she would make it at home for Thanksgiving dinner, I loved taking the scraps of her homemade pie crust and dipping it in the little bit of molasses mixture that didn't fit into the pie crust. (Or maybe she just always left a little bit out just for me. That would be like her.)*

Recipe continued on next page





# Karen's Wet Bottom Shoofly Pie

## Ingredients:

- 1 cup flour
- 2/3 cup brown sugar
- 1 TB (rounded) Crisco
- 1 cup molasses
- 1 beaten egg
- 3/4 cup hot water
- 1 tsp baking soda dissolved in 1/4 cup boiling water
- 1 unbaked pie crust (homemade or store bought)

## Instructions:

Mix the flour, brown sugar, and Crisco until crumb-like. Reserve 1/2 cup for the top of the pie. To the remaining mixture, add: molasses, beaten egg, and hot water.

Mix, then add: baking soda dissolved into boiling water.

Mix. Pour into unbaked pie crust. Sprinkle reserved crumb mixture on top of pie.

Bake at 375 °F for 10 minutes, then an additional 50 minutes at 350 °F.

## Ingredients:

- ½ cup cocoa
- ½ cup brown sugar (light or dark)
- ½ cup cream (heavy or light)
- ¼ cup butter
- 3 TB coffee liqueur such as Kahlua

## Instructions:

In large microwave bowl, combine cocoa, brown sugar, and butter. Microwave and stir frequently as butter melts and cocoa and sugar dissolve. Add cream and stir to combine with cocoa mixture, and return to microwave and continue to heat and stir until smooth and the mixture begins to bubble and boil. Caution: Keep stirring every 10 to 15 seconds and do not overheat or mixture will separate! After mixture comes to a boil, take out of microwave and stir in coffee liqueur until smooth, and reheat briefly.

The sauce will be quite thick when completely cooled, and can be reheated briefly in the microwave to warm before serving.



Recipe contributed by: Kathy Clark, York, PA

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# Kahlua Fudge Sauce

*This is my go-to recipe when I need something rich and quick to top vanilla ice cream.*

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# Dog Treats





Recipe contributed by: Kathleen Dwyer, Maplewood, MO

# Doggo Treats

*I strive to eat natural, minimally processed foods and want the same for our dog. This simple recipe has only four ingredients, has healthy protein from the eggs and peanut butter and vitamins from the pumpkin. Rave reviews from every dog who has tried them!*

Recipe continued on next page



# Doggo Treats

## Ingredients:

- 2/3 cup pumpkin puree (Cucurbita pepo)
- 1/4 cup peanut butter (ground nuts of Arachis hypogaea)
- 2 large eggs (remove calcium carbonate encasement and use inner albumin and yolk)
- 3 cups whole wheat flour (C18H34O13)

## Instructions:

Combine the pumpkin, peanut butter and eggs until well combined.

Gradually add the flour until the dough is no longer sticky.

Knead the dough on a floured surface.

Use a rolling pin to roll the dough to one quarter inch thickness.

Cut into shapes using cookie cutters and place on a baking sheet.

Bake at 350 F (177 C) for 20 minutes (1.2 • 103 seconds; 1.4 • 10-2 days; 3.8 • 10-5 years)

Let cool in a location where the dog will not procure a steaming treat and burn its mouth.

Store in the refrigerator.

