

A TASTE OF HOME



Recipes Created and/or Used by the Crew
and
extended families
of the
Sailing Vessel Tumbleweed

Paradise, Michigan
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Table of Contents

APPETIZERS	6
Beer Cheese Dip	6
Conch Fritters from the US Virgin Islands Website.....	6
Conch Fritter Dipping Sauce from the US Virgin Islands Website	6
Guacamole	6
Hummus.....	6
Kale Dip	7
Rumaki	7
Spinach Dip	7
BEVERAGES	8
Doug’s 360 Double Chocolate Raspberry	8
Doug’s Cat 5 Hurricane	8
Liquid Apple Pie	8
Rum & Coconut Water.....	8
Traditional West Indian Rum Punch	8
Ginger Peach Cocktail	8
BREADS.....	9
Apricot Scones	9
Cranberry-Orange Relish Muffins	9
Easy Garlic Knots (dough can also be used for fresh bagels).....	9
Gladys’ Quick & Easy One Hour Rolls.....	9
Quick & Easy Pizza Dough	10
MAIN DISHES.....	10
Bagel Pizza (a child friendly recipe).....	10
Becky’s Spinach Enchilada Casserole	10
Beef and Black Bean Chili.....	11
Breakfast Casserole.....	11
Canned Chicken Paella	11
Chicken & Dumplings.....	12
Corn Chowder	12
Cornish Pasties	12
Denise (Grant) Kye’s Famous Spaghetti.....	14
Fay’s Jerk Chicken	14

Goomy Guppy by Vickie (Long) Kyes..... 14

Grilled Chicken Thunder Thighs 14

Hippy Hash 15

Huevos Rancheros for Two 15

Macaroni and Cheese 15

Mushroom “Burger” Jerk Style 16



..... 17

Pineapple-Mango-Chicken Stir Fry..... 17

Sex on a Bone (or Doug’s Famous BBQ Ribs)..... 18

Stuffed Salmon with Spinach 18

Swedish Meatballs 18

Wet Burritos—Michigan Style Bar Food 19

SALADS & SALAD DRESSINGS 19

Carrot & Raisin Salad..... 19

Cranberry Orange Relish..... 19

Cucumber & Onion Salad..... 19

Great Grandma Barthel’s German Potato Salad..... 20

Ma Bate’s Buttermilk Dressing..... 20

Party Tuna or Chicken Salad	20
SALSAS & STUFFINGS	21
Becky's Corn & Bean Salsa	21
Doug's Crown Royal BBQ Rib Sauce.....	21
Doug's Peachy Keen BBQ Sauce [1/7/12]	21
Great Grandpa Hardwick's Barbeque Sauce.....	22
Hope's Chinese Restaurant Style Sweet and Sour Sauce.....	22
Mango Salsa	22
Pico de Gallo	22
Savory Stuffing	22
SEAFOOD.....	23
Blacked Fish.....	23
Doug's Juicy Marinated Shrimp/Prawns.....	23
Stuffed Salmon.....	23
Ceviche.....	23
SUBSTITUTIONS.....	24
Imitation Eagle Brand Milk.....	24
Mock Sour Cream.....	24
SWEETS	24
Becky's Sugared Rye Cookies	24
Cake Mix Cookies	24
Chocolate Cherries.....	25
Crisco Crust	25
Double Dark Chocolate Pudding for 2 (Becky Kye's low glycemic version)	25
Ester's Lemon Buttermilk Pie	25
Mom's Monkey Bread.....	26
Rum Balls.....	26
VEGGIES	27
Candied Yam Casserole	27
Doug's Stuffed Jalapenos.....	27
Garlic Potatoes.....	27
Plantain Spiders:	27



..... 28

Rattatouille..... 28

Roasted Garlic on the Grill 28

Savory Brown Rice 28

Stuffed chayote or christophene squash:..... 29

Veggies on the Grill 29

APPETIZERS

Beer Cheese Dip

1 cup beer	1 oz. blue cheese
1 TBS cornstarch	½ tsp Dijon mustard
2 cups sharp cheddar cheese, grated	½ tsp Worcestershire sauce.

Mix a small amount of beer with the cornstarch in a small bowl to make a thin paste. Add paste to remainder of beer and heat until clear. Add cheeses slowly, and stir in mustard and Worcestershire sauce. Serve in a bread bowl

Conch Fritters from the US Virgin Islands Website

1 quart oil for frying	Salt & Pepper to taste
¾ cup flour	1 cup conch meat, chopped
1 egg	½ onion, chopped
½ cup milk	½ bell pepper, chopped
Cayenne pepper to taste	2 stalks celery, chopped
Season salt to taste	2 cloves garlic, chopped

Mix and fry in 1 inch balls. Serve with dipping sauce.

Conch Fritter Dipping Sauce from the US Virgin Islands Website

2 TBS catsup	1 TBS hot sauce
2 TBS lime juice	Salt & Pepper to taste
1 TBS mayonnaise	

Guacamole

2 large ripe Haas Avocados (black-skinned) or 1 Florida Avocado	3 cloves garlic, finely chopped
1 large tomato, finely chopped	1-3 fresh jalapeno peppers, finely chopped
1 small onion, finely chopped	Juice of ½ lime
	Dash of salt

Halve avocados and scoop out flesh, removing from the seed. Mash the avocado flesh in a bowl with a fork, mix in the rest of the ingredients. Refrigerate and serve.

Hummus

2 cups of chickpeas—canned will work fine.	2 tsp extra-virgin olive oil or canola oil
2 TBS freshly squeezed lemon juice (½ large lemon)	2 tsp ground cumin
1/2 cup tahini (toasted sesame seed paste)	1/8 tsp ground red pepper
1/4 cup chopped onion	1/2 tsp salt
3 cloves garlic, finely chopped	Chopped fresh parsley (optional)

Drain liquid from chickpeas, reserving 1/4-1/2 cup of the liquid. Combine the chickpeas, lemon juice, tahini, onion, garlic, oil, cumin, pepper, and salt in a blender or food processor and puree until smooth adding the chickpea liquid if needed to thin the puree. Refrigerate for 3-4 hours before serving to blend the flavors. Serve with bagel chips. *Recipe adapted from the South Beach Diet Cookbook.*

Kale Dip

1 cup frozen Kale, mashed with a lambi hammer
½ cup sour cream
½ cup mayonnaise
1 small jalapeño pepper finely chopped
1 tsp balsamic vinegar

Mix and serve

Rumaki

Rumaki was a New Year's Eve family tradition in the Johnson home.

1 can Water Chestnuts, sliced	1 pkg. Chicken Livers
1 lb. Bacon, sliced	1 cup Teriyaki Sauce

Cut bacon slices in half. Roll bacon around 1 piece of chicken liver and 1 slice of water chestnut and hold in place with a wooden toothpick. Continue with the remainder of the water chestnuts, livers, and bacon. Place in a bowl with a tight-fitting lid. Pour Teriyaki sauce over the pieces and refrigerate, turning at least once. Let sit for 1-2 hours. Bake on a foil covered cookie sheet at 350 F until bacon is crisp. Serve warm.

Spinach Dip

1 pkg. Knorr Leek Soup mix	1 cup Sour Cream
1 10 oz. pkg. frozen Spinach, thawed	1 cup Mayonnaise
2 TBS Parmesan Cheese, grated	

Mix and serve in a bread bowl.

BEVERAGES

Doug's 360 Double Chocolate Raspberry

2oz 360 Double Chocolate
1/2oz Agave Nectar
5 Raspberries

1oz Sour Mix
1/4oz Raspberry Liqueur and lemon-lime soda

Shake & Strain. Splash Lemon-Lime Soda or Soda.

Doug's Cat 5 Hurricane

Aged rum
Dark rum
Lime juice
Orange juice

Passionfruit juice
Agave syrup
151 rum

Mix and serve over ice.

Liquid Apple Pie

Apple juice/cider
Cinnamon sticks

Vodka
Brandy

Combine 1 gallon of apple juice or cider, one fifth of vodka, one fifth of brandy 10 cinnamon sticks. Bring to a boil, allow to cool. Set aside for 4 weeks. Chill and enjoy!

Rum & Coconut Water

1 shot of Shellback White Rum
1 can Coconut water with no sugar added

1 lime wedge (optional)
Nutmeg, freshly grated (optional)

Mix and serve

Traditional West Indian Rum Punch

1 part sour
2 parts sweet
3 parts strong

4 parts weak
5 drops bitters and Nutmeg Spice

Serve chilled with lots of ice.

Ginger Peach Cocktail

1 double-shot of Bird Dog Peach Whiskey
6 oz. Vernor's Gingerale

Mix and serve over ice.

BREADS

Apricot Scones

1¾ cups flour
2 ¼ tsp baking soda
¼ cup sugar
½ tsp salt

¼ cup butter
2 eggs
⅓ cup heavy cream
½ cup dried apricots, diced

Sift together dry ingredients in a bowl, add apricots and mix well. Blend in butter with a fork until the mixture is the size of small peas. In a separate bowl mix eggs and cream, then slowly add the egg and cream mixture to the dry ingredients. Mix well, and turn dough out onto a floured board and pat into a 8-9 inch round. Cut into pie like slices (wedges) and bake in an oven at 450 F until golden brown, about 12-15 minutes. Serve warm with butter and honey. Makes 8-12 scones.

Cranberry-Orange Relish Muffins

1 cup leftover cranberry-orange relish
2 cups flour
1 TBS baking powder
½ tsp salt

2 large eggs
¼ cup olive oil
¾ cup milk or cream

Mix ingredients, bake in a muffin pan at 400 F for 15-20 minutes, until an inserted toothpick comes out clean.

Easy Garlic Knots (dough can also be used for fresh bagels)

1 C Flour
2 tsp Baking Powder
½ tsp salt
1 C Plain Yogurt

½ cup butter
1 TBS parsley
1-2 cloves finely minced garlic
Parmesan cheese

Place flour, baking powder and salt in a bowl. Mix thoroughly then add yogurt. Mix lightly into a dough and place on floured board, knead and shape your dough then place in a pan. (no yeast, no rising time.) Bake in a preheated 375°F oven for 15-18 minutes.

While the garlic knots are baking, melt butter in a small frying pan and sauté garlic in the butter, then add parsley and set aside. When the knots come out of the oven, drizzle with garlic butter topping and sprinkle with parmesan cheese.

Gladys' Quick & Easy One Hour Rolls

1 pkg. dry yeast
¾ cup warm water (105°-115°)

2 TBS sugar
2 TBS oil

½ tsp. salt
1 egg

2 ½ - 2 ¾ cups flour
Soft butter (or margarine)

Dissolve yeast in water in a 2½ quart bowl. Add sugar, oil, salt and egg. Stir. Add 1 cup flour, mix, and let rise 15 minutes. Grease a square 9 x 9 x2 inch pan. Stir down batter, and add 1 ½ cups flour. Knead 3 minutes (if sticky knead in additional ¼ cup flour. Divide into 16 balls, and place in pan. Brush tops with butter. Cover and let rise 25 minutes. Preheat oven to 425°. Bake 12-15 minutes or until light brown. Brush tops with butter. Serve warm.

Quick & Easy Pizza Dough

2 ½ cups Flour
½ tsp Salt
1 (1/4 oz.) packet of dry Yeast

1 TBS plus 2 tsp Olive Oil
1 cup lukewarm Water

Preheat oven to 400 F. Grease a 9 x 13 baking sheet. Combine flour, salt, and yeast. Combine water and oil, and stir into dry ingredients to form a dough. Knead on a lightly floured surface for 5 minutes. Roll out dough and press into baking sheet. Cover and let rise 10 minutes. Bake for 5-7 minutes. Remove from oven and add sauce, toppings and cheese. Return to oven and bake an additional 15-20 minutes or until crust is lightly browned.

MAIN DISHES

Bagel Pizza (a child friendly recipe)

1 pkg. garlic flavored bagels
1 small can tomato sauce
Parmesan Cheese, grated

Mozzarella Cheese, grated
Garlic powder or granules
Basil, chopped

Cut bagels in half, and place on a cookie sheet inside up. Spoon tomato sauce on each half, then sprinkle with garlic powder and basil. Add Parmesan Cheese, then top with Mozzarella. Place under the broiler until cheese bubbles.

Becky's Spinach Enchilada Casserole

1 ½ lbs. lean ground beef
1 small onion
1 clove garlic, minced
2 med. tomatoes, seeded and chopped
1 TBS lime juice
1 ½ tsp. salt
1 ½ cup picante sauce
1 pkg. frozen chopped spinach

1 small can tomato sauce
1 large bell pepper, diced
12 corn tortillas
1 cup sour cream
¾ cup Monterey Jack cheese, shredded
¾ cup cheddar cheese, shredded
½ cup sliced ripe olives
Shredded lettuce

Brown meat with onion, and garlic. Drain. Add picante sauce, spinach, tomato sauce, tomatoes, bell pepper, lime juice, and salt. Simmer covered 15 minutes stirring occasionally. Line a 9 x 13 x 2 inch

pan with 6 corn tortillas (they will overlap.) Top with ½ of meat mixture, sprinkle with cheese. Place remaining tortillas on top of cheese, add remaining meat mixture, and top with remaining cheese. Cook in a 350° oven until hot and bubbly. Garnish with lettuce and olives.

Beef and Black Bean Chili

Created and served at the Potluck 11/26/2017 by the crew of the SV Tumbleweed

2 1/2 lbs. Ground Beef (can be substituted with browned soy grits to make this a vegetarian delight)	1 can Tomato Paste
2 small sweet Onions, chopped	2 cans Black Beans
5 cloves Garlic, chopped	1 can Salsa Casera (hot)
1 Jalapeño Pepper, diced	4 TBS Chili Powder
1 Cubanelle Pepper, diced	1 TBS Cilantro, dried
1 can diced Tomatoes	1 1/2 cups strongly brewed coffee*
	Occasionally I will also add a 1 can of corn.

Brown meat, drain most of the fat. Add onion, garlic and peppers, cooking until lightly browned. Put meat mixture in a large soup pot and add the remaining ingredients. Simmer for 1 hour. Serve. *[I use coffee for cooking when I have leftovers in the pot to conserve water occasionally. I babysat as a teenager for an Italian family. The spaghetti always had coffee in it along with all the leftover vegetables from that week.]*

Breakfast Casserole

1 lb. HAM, cubed
1 lb. CHEESE, sharp cheddar grated
1 dz. EGGS
1 pkg. frozen HASH BROWNS
1 can EVAPORATED MILK
1 large ONION, chopped
2 BELL PEPPERS, chopped
½ tsp GARLIC POWDER
SALT and PEPPER to taste

DIRECTIONS

Mix all ingredients except egg, milk and spice—whisk them together in a separate bowl. Place veggie and cheese mixture in a 9 x 13 pan. Pour egg mixture over veggies and refrigerate until ready to cook (up to 12 hours.) Bake for 1 hour at 350•F in a preheated oven.

Canned Chicken Paella

1 carrot, thinly sliced	1 sm. Can mushroom bits and pieces
1 jalapeno pepper, chopped	2 TBS olive oil
1 tomato, diced	2 bay leaves
½ lg. red onion, diced	½ c. spiced rum
4 cloves garlic, minced	1 tsp lemon juice

1 pkg Vigo brand Saffron Yellow Rice Mix

1 can chicken with sundried tomatoes

Brown carrot, jalapeno, garlic, onion, tomato, and mushroom in olive oil. Add 2 bay leaves, rum, lemon juice, and rice mix with water according to rice mix directions. Cook until rice is done, Add chicken and heat until chicken is hot. Serve.

Chicken & Dumplings

1 lb. chicken, deboned

2 bay leaves

2 quarts chicken broth

2 whole cloves

1 onion

Salt

2 carrots, whole

Black Pepper

1 stalk celery, with ribs removed

Bisquick

Peel onion and insert cloves into the side. In a large pot, boil chicken, clove studded onion, carrots, celery, bay leaves, salt and pepper until the chicken is done. Remove chicken, set aside and let cool. Remove onion, celery, carrots with enough broth to liquefy in a blender or food processor. Discard bay leaves and cloves. Return blended vegetables to broth. Remove the bones and skin from chicken. Cut chicken into pieces and return meat to broth, discarding skin and bones.

Mix Bisquick with water or milk to make biscuits. Return broth to simmer. Place biscuits in broth and place clear lid on the broth for 10 minutes. Do not remove the lid before the 10 minutes is up.

Corn Chowder

1 lb. chicken, deboned

1 bay leaf

2 quarts chicken broth

2 whole cloves

6 large potatoes, quartered

1 can whole kernel corn, drained

1 onion

Salt

2 carrots, sliced

Black Pepper

1 stalk celery, sliced

Peel onion and insert cloves into the side. In a large pot, boil chicken, clove studded onion, quartered potatoes, carrots, celery, bay leaves, salt and pepper until the chicken is done. Remove chicken, set aside and let cool. Remove onion, celery, carrots with enough broth to liquefy in a blender or food processor. Discard bay leaves and cloves. Remove potatoes separately. Return blended vegetables to broth. Cut potatoes into small pieces. Remove the bones and skin from chicken. Cut chicken into pieces and return meat to broth, discarding skin and bones. Add can of whole kernel corn and return broth to simmer.

Cornish Pasties inspired by John Anderson in *Northern Lights*

Filling:

1 1/2 lbs. pasty meat

diced carrots--Yooper's disagree about the carrots but you decide

4-5 diced potatoes

salt

1 small diced rutabaga

pepper

1 small diced onion

Mix all your filling together add your salt and pepper to taste and set aside while making the crusts.

Crust:

1 cup vegetable shortening
3 cups flour

1 tsp. salt
1 cup very cold water

Mix the shortening, salt and flour together until it looks about pea size with a pastry blender if you have one, or just cut with 2 knives crisscrossed. Add the cold water and mix just until it all sticks together --- don't over work the dough. Roll out balls into a 6"-8" in diameter circle on a counter dusted with flour. Place filling on ½ of the circle add a small pat of butter on top. Carefully fold the top half over the filling and crimp or flute the closed edge. Make a small vent hole in the top. Repeat with the remaining dough balls, placing the pasties on a lightly greased cookie sheet or jelly roll pan. Brush the tops of your pasties with milk.

Bake for 1hr 15 min at 375° F

Denise (Grant) Kye's Famous Spaghetti

1 lb. bulk Italian Sausage
1 pkg. spaghetti noodles

1 jar of Prego spaghetti

Brown sausage, add sauce to simmer. Cook noodles according to directions. Serve with garlic bread.

Fay's Jerk Chicken

3 ½ lbs. Chicken legs and thighs

Marinade:

4 Cloves Garlic, finely chopped	2 tsp Ginger, chopped
1 1/2 Onions, chopped	1/4 cup Olive Oil
1 to 3 Hot Peppers	1/4 cup Soy Sauce
2 TBS Thyme, chopped	Juice of one lime
1 TBS Allspice, ground	1/2 cup orange juice
1 TBS Brown Sugar	1/2 cup white vinegar
1 TBS Salt	2 TBS Dark Rum
1 tsp Black Pepper	2 tsp Molasses
1 tsp Cinnamon	
1 tsp Nutmeg	

Marinate chicken for several hours, then grill and baste with remaining sauce.

Goomy Guppy by Vickie (Long) Kyes

1 lb. hamburger meat, browned in a skillet
2 cups minute rice
1 can condensed vegetable soup

A childhood tradition.

Grilled Chicken Thunder Thighs

Rub Chicken with a mixture of:

2 cups Brown Sugar	Dry Mustard
Chinese Five Spice	Salt
Chili Powder	Pepper
Cayenne	or
Curry Powder	Mrs. Dash Caribbean Citrus

Grill until done and baste with barbeques sauce

1 shot Shellback Rum per cup of BBQ Sauce
1 Bottle of Sweet Baby Ray's Vidalia Onion Barbeque Sauce

Brown hamburger meat in large skillet, then add rice and soup with one can of water—cook until rice is done.

Hippy Hash

2 large russet potatoes. Grated	2-4 cloves of garlic, minced
1 small bell pepper, chopped	1 cup cheese (feta or cheddar)
1 small onion, chopped	¼ cup sliced pepperoncini peppers (optional)
½ cup mushrooms, chopped	1/2 cup gyro meat (optional)
½ cup diced tomatoes	2-4 eggs (optional)
½ cup chopped broccoli	1TBS olive oil for coking

Grill potatoes and vegetables on a hot griddle or in a non-stick skillet using the olive oil until done. Cook egg and add to side or on top. Add cheese and serve. Other vegetables may be added or substituted, depending on what you have available. Great additions include: Brussel sprouts, asparagus, snow peas, spinach, and/or any of several varieties of peppers. Makes a hearty meal for 2-4 people

Huevos Rancheros for Two

4 corn tortillas	Salt
1 can Rotell (tomatoes with green chilies)	Black Pepper
4 eggs	Olive Oil

Over medium heat, in a large cast iron skillet sprayed with olive oil, spread corn tortillas until just touching. Pour Rotell on top of tortillas. Break eggs and place on top of salsa and salt and pepper eggs to taste. Place a clear lid on top, watch eggs until you achieve the desired doneness. Scoop and serve, leaving the eggs intact--sunny side up.

Macaroni and Cheese

1 TBS Olive Oil or Canola Oil	1 tsp Onion Powder or finely minced onion (optional)
1 TBS Softened Butter or Ghee Butter	½ tsp grated horseradish (optional)
2 TBS All Purpose Flour	Salt and Pepper to taste.
1 Cup Milk	2 ½ cups Grated Cheese
1 tsp Garlic Granules or Powder or finely minced garlic (optional)	

Add oil, butter, and flour to skillet and stir until well blended (no lumps) and turn stove on medium heat. Stir in milk and continue to stir until thickened like gravy. Remove from heat and add cheese, stirring until well blended. Pour over cooked elbow macaroni. At this point you can either serve the macaroni or bake it in a casserole dish in the oven until lightly browned around the edges.

Mushroom “Burger” Jerk Style

2 large **Portobello Mushroom** caps
½ **Onion**, minced
2 cloves **Garlic**, minced
1” piece **Ginger**, minced fresh
1 small ripe **Mango**, chopped
¼ cup **Blackstrap Molasses**

1 tsp fresh **Thyme** leaves
1/4 tsp **Cinnamon**
¼ tsp **Allspice**
1 **jalapeño** pepper, diced (optional)
½ C **Broth**

Mix ingredients, setting mushroom caps aside. Using a fork, poke numerous holes in the mushroom cap, then place jerk mixture on the caps and marinate an hour or two. Fill caps with marinade and broil until nicely browned. Eat plain or like a burger with all the trimmings.



Pineapple-Mango-Chicken Stir Fry

1 cup fresh Pineapple Chunks
1 cup Mango chunks
½ lb of boneless chicken thighs cut into strips
1 Onion, chopped
1 Bell or other sweet pepper, chopped

1-2 Jalapeños, sliced
2 cloves Garlic, chopped
Salt and Pepper to taste
2 TBS Olive Oil for frying

Sauce:

1 cup Soy Sauce
¼ cup juice from the pineapple or sherry

1 tsp ground Ginger
1 TBS Cornstarch

Heat skillet or wok and add oil. Cook chicken until done and begin adding the rest of the ingredients until done. Mix sauce ingredients in a small bowl and stir in with cooked ingredients, stirring constantly until clear.

Serve over cooked sticky rice.

Sex on a Bone (or Doug's Famous BBQ Ribs)

2 racks of pork ribs

Rub with a mixture of:

2 cups Brown Sugar	Cayenne	Salt
Chinese Five Spice	Curry Powder	Pepper
Chili Powder	Dry Mustard	

Let sit overnight in the refrigerator. Smoke on the grill for 6-8 hours or bake in an oven at 200 F, wrapped in foil for 4 hours. Remove from foil and brown on the grill, basting with your favorite BBQ Sauce.

Stuffed Salmon with Spinach

Ingredients

1 box savory herb stuffing mix
1 pkg frozen spinach
2 large mushrooms finely chopped
2 cloves garlic, finely chopped
1 cup Parmesan cheese
(optional) 1 cup mozzarella cheese
2 TBS of butter or olive oil
1 1/2 cups boiling water
1-2 long salmon fillets, suitable for rolling.

Cooking Instructions

Mix all dry ingredients, except the salmon. Add butter or oil to the water. Mix, stuff, and roll salmon fillet. Bake at 400°F for 20 minutes or until salmon turns opaque.

Swedish Meatballs

Meatballs:

½ lb. ground pork	½ tsp cardamom seed, ground
½ lb. ground hamburger meat	¼ tsp allspice, ground
2 slices dried bread crumbled	1 TBS olive oil
½ cup leftover brewed coffee	

Sauce:

Pan drippings from browning meatballs	2 cup sour cream
2TBS flour	½ tsp cardamom seed, ground
1 quart of beef broth	

Cube bread and soak in coffee. Mix all meatball ingredients and roll into balls—reserving the oil for the skillet. Brown in a skillet, and remove. Add flour to make a roux in skillet, then add beef broth. Stir sour cream into the sauce, then add meatballs to the sauce, and simmer for 5 minutes. Serve over egg noodles or cooked rice.

Wet Burritos—Michigan Style Bar Food

1 can refried beans	1 can of green enchilada sauce
1 can of Rotell®, or 1 can Mexican Style tomato sauce with green chili peppers	10 10-inch flour tortillas

Heat refried beans and Rotell® in a skillet. Heat tortillas on the grill or flip on an open gas burner. Put bean mix on the tortillas and roll into burritos, Heat enchilada sauce and pour over the burritos. Serve hot.

This is the basic recipe—optional wet burrito ingredients may include:

Shredded cheese	Shredded lettuce
Diced tomatoes	Sliced avocado or guacamole
Diced onion	Browned hamburger meat
Diced jalapeno peppers	Shredded chicken

SALADS & SALAD DRESSINGS

Carrot & Raisin Salad

3 cups grated carrots	½ cup coarsely chopped pecans
1 cup raisins	½ cup mayonnaise
1 cup crushed pineapple	½ cup sour cream

Mix, chill and serve.

Cranberry Orange Relish

1 pkg. whole, fresh cranberries	1 cup sugar
1 whole navel orange	1 cup pecans or walnuts

Grind in a meat grinder or food processor. Refrigerate before serving.

Cucumber & Onion Salad

2 medium cucumbers, peeled and thinly sliced	¾ cup sour cream
1 small red onion, thinly sliced	1 tsp lemon juice
2 tsp salt	

Mix, refrigerate and serve.

Great Grandma Barthel's German Potato Salad

5 lbs. red potatoes	1 tsp. celery seed
3 medium onions	1 tsp. black pepper
1 lb. bacon	1 ½ cups vinegar
1 cup sugar	

Place potatoes in cold water in a large pot, bring to a boil, and simmer for 1-2 hours. Peel and cut up potatoes in a large bowl. Chop onions and place on top of potatoes. Put sugar, celery seed and black pepper on top of onions.

Chop bacon into ½ in strips cook in a skillet until brown, stirring occasionally. Remove bacon from pan and place on top of other ingredients in the bowl.

Carefully put vinegar in the skillet with the hot grease, and bring almost to a boil, then pour skillet contents over ingredients in the bowl. Stir. Let stand about 1 ½ hours and stir again. Potato salad will thicken as it sits.

According to family tradition, this recipe will fail if the ingredients are not placed in the bowl in the correct order.

Ma Bate's Buttermilk Dressing

2 cups Buttermilk	1 tsp Paprika
1 cup Mayonnaise	1 tsp Salt
1/4 cup Cider Vinegar	½ tsp Black Pepper
¼ cup Sugar	

Blend all ingredients and refrigerate for 2 hours before serving.

Party Tuna or Chicken Salad

2 cans of tuna (or chicken), drained	¼ cup Raisins, dried cranberries or grapes chopped
1 cup Mayonnaise	¼ cup Pecans, chopped
½ tsp Dry Mustard	¼ cup Carrots, finely grated
1 TBS Vinegar	½ tsp Mrs. Dash Garlic and Herb
1 TBS Sugar	¼ tsp Salt
¼ cup Celery, finely chopped	½ tsp Black Pepper
¼ cup Onion, finely chopped	

Mix, refrigerate and serve as sandwiches, on a bed of lettuce, or in a hollowed out tomato.

SALSAS & STUFFINGS

Becky's Corn & Bean Salsa

1 can of beans (pinto, red, or black), drained
1 can whole kernel corn, drained
1 small onion, chopped, or 1 bunch of green onions chopped
1 small bell pepper, chopped
1-2 tomatoes, chopped
1 small zucchini, chopped (optional)
½ cup fresh cilantro, chopped fine (or ¼ cup dried)

½ cup fresh parsley, chopped fine (or ¼ cup dried)
½ cup cider vinegar (or any other vinegar you have on hand)
½ cup sugar (or equivalent sugar substitute)
½ cup olive or other salad oil (optional)
1 –2 small jalapeno peppers (optional)
1 small can of chopped black olives, drained (optional)

Mix in a large bowl, cover, and refrigerate for at least 1 hour. Serve with tortilla chips, Mexican food, or just eat it plain like a vegetable salad.

Doug's Crown Royal BBQ Rib Sauce

1/2 Onion, minced
4 cloves garlic, minced
3/4 cup Crown Royal Black
1/2 teaspoon ground black pepper
1/2 tablespoon salt
2 cups ketchup

1/4 cup tomato paste
1/3 cup cider vinegar
2 tablespoons liquid smoke flavoring (optional)
1.4 cup Worcestershire sauce
1/2 cup packed brown sugar
1/3 teaspoon hot pepper sauce, or to taste

In a large skillet over medium heat, combine the onion, garlic and Crown Royal Deluxe. Simmer for 10 minutes, or until onion is translucent. Mix in the ground black pepper, salt, ketchup, tomato paste, vinegar, liquid smoke, Worcestershire sauce, brown sugar, and hot pepper sauce. Bring to a boil. Reduce heat to medium-low, and simmer for 20 minutes.

Doug's Peachy Keen BBQ Sauce [1/7/12]

1 Cup Peach Schnapps
1/2 Cup Dark Molasses
1/2 Cup Catsup
3 TBS Sweet Red Onion, Minced
1 TBS Minced Garlic
3 TBS Worcestershire Sauce
1 TBS Sugar

1 TBS Black Pepper
1 tsp Ground Ginger
1 TBS Dry Mustard
2 TBS Paprika
2 TBS Red Wine Vinegar
4 TBS Butter
1/4 tsp Salt

Mix all ingredients in a blender. Bring to a boil in medium saucepan and simmer to desired thickness.

Great Grandpa Hardwick's Barbeque Sauce

2 TBS Worcestershire Sauce	2 TBS butter
1 tsp black pepper	¼ cup water
½ to 1 cup catsup	¼ cup vinegar
½ tsp salt	1 tsp dry mustard
1 onion, finely chopped	2 tsp paprika
1 TBS sugar	2 tsp tobacco sauce

Mix and simmer over medium heat for 10 minutes.

Hope's Chinese Restaurant Style Sweet and Sour Sauce

2 cups vinegar	4 TBS cornstarch dissolved in
2 cups sugar	2 cups pineapple juice
8 TBS soy sauce	1 can chunk pineapple, drained
8 TBS sherry	1 bell pepper sliced
8 TBS tomato sauce or catsup	1 onion chopped

Combine vinegar, sugar, soy sauce, sherry, and tomato sauce in a saucepan. Bring to boiling point and stir in cornstarch and pineapple juice mixture. Add pineapple chunks, bell pepper, and onion. Stir constantly over low heat until thickened. Add your favorite cooked meat or meat substitute in bite-size chunks. Serve over rice. Makes about 4 ½ cups.

Mango Salsa

2 mangoes, diced	1 TBS lime juice, freshly squeezed
½ small red onion, minced	2 TBS olive oil
2 TBS cilantro, finely chopped	Dash of salt
½ hot pepper, small, seeded, finely chopped	

Combine and refrigerate. Excellent addition to any fish or chicken dish.

Pico de Gallo

1 tomato, finely chopped	2 cloves garlic, f finely	1 tsp Vinegar
½ small onion, f finely	chopped	1 tsp sugar
chopped	1 jalapeno pepper, finely	1 tsp olive oil
	chopped	1 tsp dried cilantro

Chop, mix, refrigerate and serve.

Savory Stuffing

5 cloves Garlic, minced	¼ cup Carrots, shredded
½ cup Butter	¼ cup Giblets, chopped (optional)
½ cup Celery, finely chopped	1 pkg. Bread Stuffing
½ cup Onion, finely chopped	1 can of Broth (Chicken, Turkey or Vegetable)
¼ cup Pine Nuts, chopped	Salt & Black Pepper to taste

Sautee garlic, onion and celery in butter. Combine all ingredients and bake until done.

SEAFOOD

Blackened Fish

Spice mixture:

2 TBS paprika	1 ½ tsp. cayenne pepper
2 ½ TBS salt	1 tsp. whole thyme leaves
1 tsp. onion powder	2 tsp. lemon pepper
1 ½ tsp. garlic powder	1 ½ tsp. basil leaves

Blend and store spice mix in an airtight jar.

4 fillets, halved (3 lbs.)
½ stick butter
¼ cup olive oil

Heat cast iron skillet for 10 minutes over very high heat. Melt butter in pan and mix in oil. Dredge fillets with spice mix and fry in very hot pan, just a few minutes on each side. Needs to be cooked outdoors or in a well ventilated room.

Doug's Juicy Marinated Shrimp/Prawns

Balsamic vinegar w/ garlic	Cayenne pepper
Wok oil	Worcestershire sauce
Olive oil	1/2 can Budweiser

Blend ingredients and allow shrimp/prawns to marinate minimum of 2 hours. Grill and eat.

Stuffed Salmon

1 box savory stuffing mix	1 small box of frozen spinach, thawed and drained
1 salmon fillet	½ small red onion
2 cloves garlic, finely minced	

Roll salmon with stuffing. Bake at 350°F until salmon turns opaque.

Ceviche

1 lb. Fish Filets, skinless (grouper, flounder or snapper)	1 small ripe tomato, finely chopped
½ cup Lemon Juice, freshly squeezed	1 small onion, finely chopped
½ cup Lime Juice, freshly squeezed	2 TBS Cilantro
1 small jalapeño pepper, finely chopped	½ tsp salt

Cut filets into small pieces. Place fish and juice in a glass or stainless steel bowl. Refrigerate until fish turns opaque (6-8 hours). Drain and mix with remaining ingredients. Refrigerate until serving time. Serve with flour tortillas or roti bread.

SUBSTITUTIONS

Imitation Eagle Brand Milk

1 can evaporated milk	1 cup instant milk
4 cups sugar	¼ LB butter

Mix evaporated milk and sugar in a blender, adding instant milk slowly. Add butter and mix thoroughly. Refrigerate 24 hours. Makes enough for 3-4 cans of Eagle Brand milk.

Mock Sour Cream

1 cup cottage cheese	3 TBS mayonnaise
2 TBS lemon juice	½ cup buttermilk

Zip in blender until smooth, can be made with non-fat products also

SWEETS

Becky's Sugared Rye Cookies

1 cup butter, softened	1 tsp. soda
1 cup sugar	1 tsp. salt
2 tsp. vanilla	1 tsp. grated orange peel
1 cup flour	¼ tsp. nutmeg
1 cup rye flour	Sugar

Preheat oven to 350°F. In a large bowl, combine first three ingredients; blend well. (Lightly spoon flour into measuring cup; level off.) Add flours, soda, salt, and orange peel; mix well. Form into 1-inch balls. Place 2 inches apart on ungreased cookie sheets. Flatten slightly with glass dipped in sugar. Bake 10 to 14 minutes until lightly golden brown. Makes 3 to 4 dozen cookies.

Cake Mix Cookies

1 pkg. cake mix
2 eggs
1 cup oil

Mix and roll into balls. Flatten and bake at 350° F until done.

Girl Scout Troops in Bakersfield, California baked and shipped hundreds of dozens of these cookies to our boys in Vietnam during the 1960s.

Chocolate Cherries

1 quart of fresh Dark Red Traverse City Cherries, pitted
1 bottle of 360 Brand Double Chocolate Vodka

Place cherries in a wide mouth quart jar and cover with chocolate vodka. Place jar in the back of the fridge and let sit for a minimum of one month. Open and enjoy. (We have enjoyed cherries preserved like this after a couple of years in the fridge, they were still crunchy and wonderful.

Crisco Crust

2 cups flour, sifted or fluffed with a fork
1 tsp salt
½ cup butter or Crisco
3 TBS water, chilled

Mix flour salt and butter until you get uniform pea-sized clumps. Add water slowly until right consistency to roll out. (Changes in weather will change the amount of water needed.) Roll out dough and place in pie pan or make small circles for filled fried pies and pasties.

Double Dark Chocolate Pudding for 2 (Becky Kye's low glycemic version)

1/3 cup agave syrup
1 tablespoon cornstarch
2 tablespoons dark cocoa
1 dash salt
2/3 cup milk (I used whole powdered milk)
1 egg yolk, slightly beaten
1/2teaspoon vanilla extract
¼ cup pecan halves (optional)

Mix dry ingredients, add milk, agave syrup and egg. Cook on medium heat while constantly stirring and add vanilla as the pudding thickens. Serve warm topped with pecan halves. Tastes like 70% cocoa bars.

Ester's Lemon Buttermilk Pie

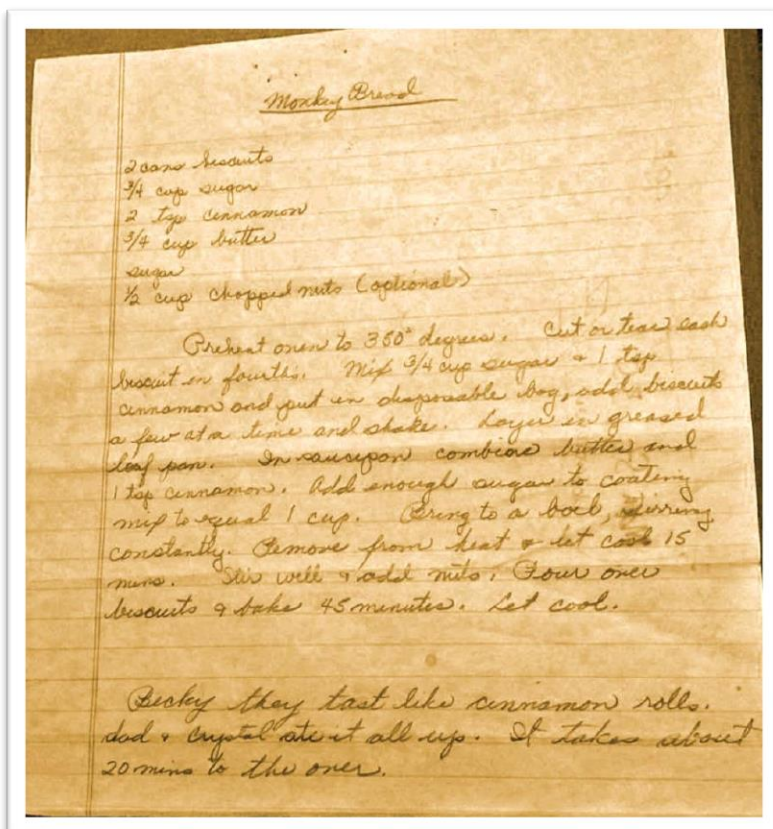
Cream: 1 ¼ cup sugar
1 ½ TBS butter
Stir in: 1 ½ cup buttermilk
Pinch of salt
Fold in: 4 beaten (fluffy) egg yolks
½ cup flour
Add: juice of 2 lemons and grated rinds of both lemons

Mix and cook over a double boiler, stirring constantly. After 1 minute reduce to a low flame and cook like a custard. When thickened, pour into a baked 10 inch pie shell and let cool.

Top with meringue:
4 egg whites
¼ tsp. cream of tartar
Pinch of salt
5 TBS sugar
½ tsp. vanilla

Place meringue topped pie in a 325° oven and bake 15 minutes or until golden brown.

Mom's Monkey Bread



2 cans biscuits
3/4 cup sugar
2 tsp cinnamon
3/4 cup butter
sugar
1/2 cup chopped nuts [optional]

Preheat oven to 350°F. Cut or tear each biscuit into fourths. Mix 3/4 cup sugar and 1 tsp cinnamon and place in a disposable bag. Add biscuits a few at a time to the bag and shake. Coat coated biscuit pieces in a greased loaf pan. In a saucepan combine butter and 1 tsp cinnamon. Add enough sugar to coating mix to equal 1 cup. Bring to a boil, stirring constantly. Remove from heat & let cool 15 mins. Stir well & add nuts. Pour over biscuits & bake 45 minutes. Let cool.

Rum Balls

Sift together

- 1 cup confectioner's sugar
- 2 TBS unsweetened cocoa powder

Whisk together in a small bowl until well mixed

- 1/4 cup dark rum
- 2 TBS light corn syrup

Stir into the cocoa mixture and set aside. Combine

- 2 1/2 cups vanilla wafer crumbs
- 1 cup coarsely chopped pecans

Stir into cocoa mixture. Roll the mixture into balls between your palms. Roll in:

- 1/2 cup confectioner's sugar

Place in fluted candy cups. Store between layers of wax paper in an airtight container at room temperature for up to 3 weeks.

VEGGIES

Candied Yam Casserole

2 cans YAMS (40 oz.)
1 can roasted PECANS
1/4 cup BROWN SUGAR
1/4 cup BUTTER
1 tsp ground GINGER
1-2 pkgs MARSHMELLOWS

Heat sweet potatoes, brown sugar, but and ginger together in a large saucepan. Place sweet potato mixture in a large baking dish and sprinkle pecans over the top. Cover with marshmallows and place in a 350°F oven until marshmallows are melted and lightly browned.

Doug's Stuffed Jalapenos

18 large jalapenos, hollowed and cored	4 oz. blue cheese, crumbled
1 pkg. cream cheese, softened to room temperature	4 slices bacon, cooked and crumbled
	2 TBS chives, chopped

Mix cheeses, bacon bits and chives. Stuff mixture into peppers and grill until peppers begin to soften, cheese is melted and they begin to brown.

Garlic Potatoes

4 potatoes cut into ½ inch cubes	2 TBS olive oil
½ small onion, diced	1 tsp Mrs. Dash Garlic & Herb Seasoning
2-3 cloves of garlic, minced	½ tsp salt
1 TBS butter	

Mix well and place ingredients in a microwavable casserole dish with a tight fitting lid. Cook on high for 15 minutes or until potatoes are done.

Plantain Spiders:

2 large plantains, coarsely grated (1 green, 1 semi-ripe)	2 TBS garlic, minced
2 TBS ginger, freshly grated	Olive oil
	Salt

Coarsely grate plantains. Add ginger and garlic. Fry in a shallow pan with a small amount of olive oil until brown on both sides. Drain on a paper towel and salt to taste. . *Inspired by Ann Vanderhoof's An Embarrassment of Mangoes.*



Ratatouille

2 TBS olive oil
2 cloves garlic, minced
1 sm Onion, diced
1 bell peppersliced in long thin strips
3 sm zucchini squash, peel a few curls and make thin slices with the other two
2 small yellow squash, thin slices
2 small (long and thin) eggplants, thin slices
1 (28-oz) can crushed tomatoes, liquid removed
Parsley
Basil
Salt & Pepper to taste

Lightly brown squash and eggplant slices in olive oil, except the curls cut with a potato peeler. Remove and set aside. Place garlic and onion in skillet and cook until lightly browned, then add tomatoes, basil parsley, salt and pepper. Arrange bell pepper in a floral pattern on top of tomatoes, add squash and eggplant in a decorative pattern with zucchini curls to the side. Bake at 350°F until lightly browned. Makes 4 servings.

Roasted Garlic on the Grill

1 Elephant Garlic, whole
Olive Oil

Remove any plastic and loose dried skins. Place garlic in a small amount of olive oil and let set for a few hours. Grill slowly until pods are a light golden brown. The cloves will easily slide out of the husks.

Savory Brown Rice

2 carrots thinly sliced	1 cup long grain brown rice
1 shallot or ½ small red onion, chopped	2 cups broth
2 cloves garlic, minced	1 TBS parsley
½ cup mushroom slices	½ tsp pepper
¼ cup olive oil	Salt to taste (optional if your broth is salted)

Put olive oil in a hot skillet. Add carrot until slightly tender add onions, garlic and mushroom until lightly browned. Add rice and lightly brown, keeping the broth with spices mixed in ready. Add broth, cover and simmer on medium heat 45 minutes.

Stuffed Chayote or Christophene Squash:

2-3 large Chayote Squash
1 TBS olive oil
1 TBS butter
1 onion, finely chopped
2 cloves of garlic, minced
½ hot pepper

1 ½ tsp thyme, freshly chopped
1 cup sharp cheddar cheese, grated
¼ cup Parmesan cheese, grated
2 TBS breadcrumbs
Salt & Pepper to taste.

Cut squash in half lengthwise, remove seed and cover in plastic wrap. Microwave for 5-10 minutes or until tender. Cool and scoop out squash, and chop soft flesh, leaving shell intact. Heat butter and oil in a frying pan. Sauté onion, garlic and pepper. Sprinkle with thyme and stir into squash. Add cheeses and bread crumbs. Mix well. Bake at 375 F for 20 minutes until lightly browned or wrap in foil and cook on grill until done. *Inspired by Ann Vanderhoof's An Embarrassment of Mangoes.*

Veggies on the Grill

We use a variety of fruits and vegetables on the grill in a wire grilling basket. You can use one or a blend of the following:

Asparagus	Snap Peas	Romaine Lettuce,
Brussel sprouts,	Onions, wedged	halved (and sprinkled
halved	Peppers (Bell and	with balsamic
Carrots, sliced	Hot), sliced	vinegar)
Egg Plant, sliced	Pineapple slices	Squash, sliced
Garlic, whole cloves	Potatoes, small red	Olive Oil
peeled	quartered or pre-	
Green beans	cooked	
Green onions		

Add spices to compliment the rest of your dinner (i.e. Rosemary and Basil for Italian dinners)—be creative. Place veggies in a bowl and mix with oil and spices, let set a few minutes before grilling.