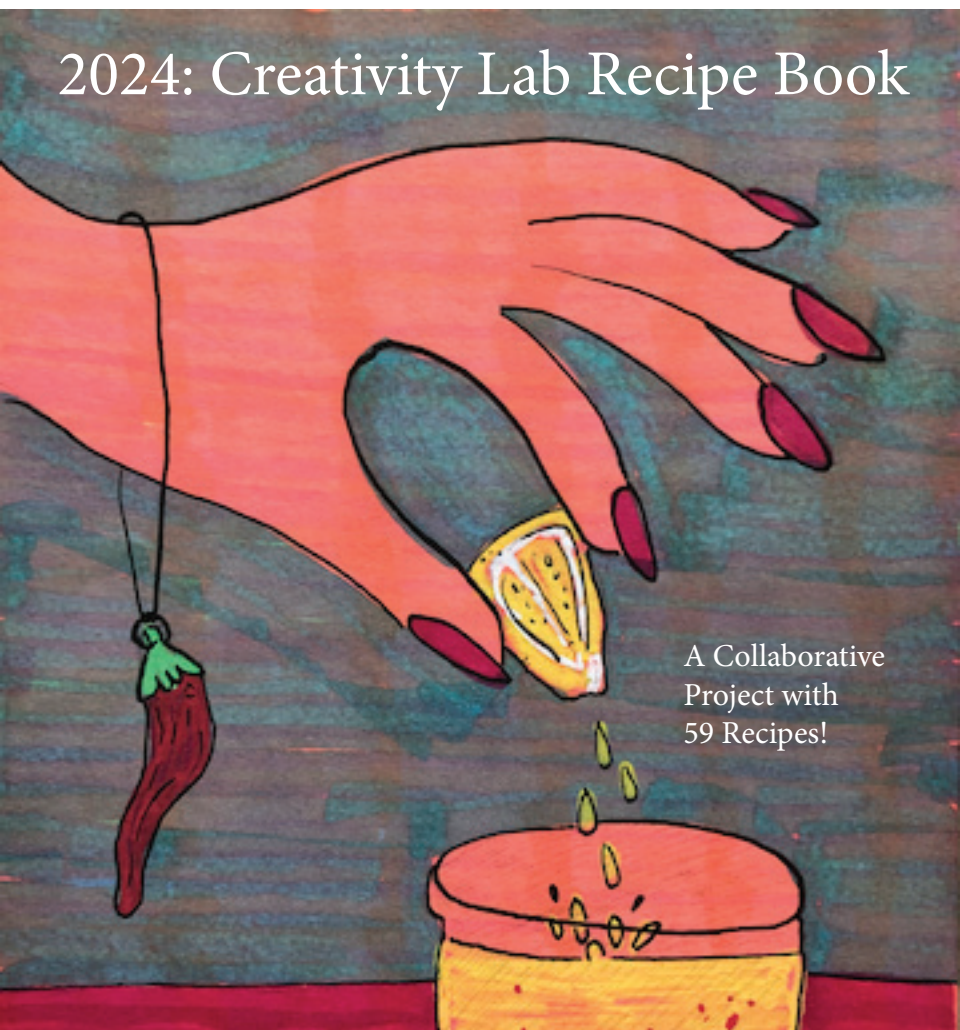




2024: Creativity Lab Recipe Book



A Collaborative
Project with
59 Recipes!

Cover Art: Anita Nak





December 2024

Hi Everyone!

Thank you to everyone for being a part of 2024: Creativity Lab! This is our second collaborative 'zine ... and such a great one. Thank you to the 59 of you who contributed recipes and artwork!

Please feel free to share this PDF with whomever you think might like it.

Sending so much love as you head into 2025!

xo

Carla Sonheim

Oven Temperatures			Cup and Spoons	
No Fan	Fan Forced	Fahrenheit	Cup	Metric
120°C	100°C	250°C	¼ Cup	60ml
150°C	130°C	300°C	1/3 Cup	80ml
180°C	140°C	325°C	½ Cup	125ml
180°C	160°C	350°C	1 Cup	250ml
190°C	170°C	375°C	Spoon	
200°C	180°C	400°C	¼ Teaspoon	1.25ml
230°C	210°C	450°C	½ Teaspoon	2.5ml
250°C	230°C	500°C	1 Teaspoon	5ml
			2 Teaspoons	10ml
			1 Tablespoon	20ml

SR Flour = Self Raising

Liquids			Mass	
Cup	Metric	Imperial	Metric	Imperial
	30ml	1 fl oz	10g	¼ oz
¼ Cup	60ml	2 fl oz	15g	½ oz
1/3 Cup	80ml	3 ½ fl oz	30g	1 oz
	100ml	2 ¼ fl oz	60g	2 oz
½ Cup	125ml	4 fl oz	90g	3 oz
	150ml	5 fl oz	125g	4 oz (¼ lb)
¾ Cup	180ml	6 fl oz	155g	5 oz
	200ml	7 fl oz	185g	6 oz
1 Cup	250ml	8 ½ fl oz	220g	7 oz
1 ¼ Cups	310ml	10 ½ fl oz	250g	8 oz (½ lb)
1 ½ Cups	375ml	13 fl oz	280g	9 oz
1 ¾ Cups	430ml	15 fl oz	315g	10 oz
	475ml	16 fl oz	345g	11 oz
2 Cups	500ml	17 fl oz	375g	12 oz (¾ lb)
2 ½ Cups	625ml	21 ½ fl oz	410g	13 oz
3 Cups	750ml	26 fl oz	440g	14 oz
4 Cups	1L	35 fl oz	470g	15 oz
5 Cups	1.25L	44 fl oz	500g	16 oz (1 lb)
6 Cups	1.5L	52 fl oz	750g	24 oz (1 ½ lb)
8 Cups	2L	70 fl oz	1kg	32 oz (2 lb)
10 Cups	2.5L	88 fl oz	1.5kg	48 oz (3 lb)



Delicious Elixir

From Canister of Nutritional Yeast &
addition ideas are my own.

In your favorite mug pour your favorite broth. Mine is Swanson's Chicken Broth and my mug holds 12 ounces. Heat in the microwave for a minute or 2 until it's as hot as you like. Stir in 1-3 tbsp. of nutritional yeast, depending how strong you like it. If unsure, start with a little and work up. This is so amazingly good for you and versatile! Add anything else you might enjoy. Chopped green onions are nice. This is so tasty and feels so good in your tummy.

To strengthen your immune system to fight off colds, flu, etc.: Soak a shiitake mushroom or 2 in very hot water to cover for 10-15 minutes. Meanwhile mince a clove of garlic. Let the garlic sit to oxidize while the shiitakes are soaking. Squeeze the water out of the mushrooms and pour the liquid in your mug. Pour broth to fill the mug up and heat. Mince the mushrooms and add to broth along with the garlic.

Be sure to read the canister of nutritional yeast. You will be amazed how nourishing it is. Anxiety and stress really deplete B vitamins so this elixir replenishes them and helps to fight stress and anxiety! I hope you enjoy this and are nourished by it!

Art by Sharon Foulk



Tart Cranberry- Orange Relish

From Ocean Spray Cranberry Co.

1 12 oz. bag of cranberries
1 medium size orange, quartered
(ends removed)
1/4 - 1/2 cup granulated sugar

Grind cranberries and oranges into fine relish using meat grinder with perforated disc. If no meat grinder available, you may pulse in a food processor to a coarse meal. Stir in approximately 1/4 to 1/2 cup sugar to taste. Refrigerate overnight to allow flavors to meld. Add more sugar to taste as needed.

Art by Vena Geasa

Churned from fresh, sweet pasteurized cream. Ingredients: Cream (milk), sea salt. CONTAINS: MILK. Want more flavor? Use this. Spread it on thick. Add an extra pat or three. Creamy smooth any way you spread it. I'm great on everything. Destined for deliciousness. You know it when you taste it - Butter that's smooth, rich, and makes every bite better. It's why we add extra butterfat and a pinch of sea salt to churn out an even creamier butter that's perfect for spreading and adding full flavor.



Spritz Cookies

From Betty Crocker's Cookie Book, 1963

- 1 cup butter
- 2/3 cup sugar
- 3 egg yolks
- 1 teaspoon flavoring (almond or vanilla) or 1/4 cup grated almonds)
- 2 1/2 cups flour

Heat oven to 400°. Mix butter, sugar, egg yolks, and flavoring thoroughly. Measure flour by dipping method or by sifting. Work in flour. Using 1/4 dough at a time for stove through cookie press on ungreased, baking sheet and desired shapes. Bake 7 to 10 minutes, or until set but not brown. Makes about six dozen cookies.

Art by Hazel Monte



Ham Tortellini Salad

From my good friend Lynette Jensen.

Bring 1/2 pound of asparagus cut into 1 inch pieces to boil in 8 cups water for 2-3 minutes. Remove asparagus from water.

Add 1-32 ounce pkg of tortellini to water and boil for about 5 minutes. Drain tortellini and rinse with cold water.

In a large bowl mix tortellini, asparagus, 1 cup ham cut into cubes, and 1/4 cup sliced green onions. Pour lemon vinaigrette over salad.

For vinaigrette combine 1 T olive oil, 3 T white wine vinegar, 3-4 T frozen lemonade concentrate, 1/2 t grated lemon peel, 1/4 t salt and 1/8 t pepper.

Just before serving top with 2 cups halved strawberries.

Art by Jaime Morton



Delicious Dutch Applepie

Recipe from the back of a bag of flour from the 80's.

for the dough:

- 400 grams of flour
- 200 grams of caster sugar
- salt
- 300 grams of butter
- 1 egg
- grated zest of 1 lemon

for the filling:

- 500 grams of sour apples
- 50 grams of sugar
- 50 grams of raisins
- 3 tablespoons custard powder
- 2 eggs
- 100 ml milk

for the garnish:

- apricot jam

1. Preheat oven at 180 C or 350 F.
2. Cut the butter into small pieces and mix in a large bowl with all the dry ingredients for the dough.
3. Add eggs and lemon zest to bowl and knead into dough.
4. Butter a baking tin (24 cm/9.5 inch springform tin).
5. Roll out the dough untill about 3/4 cm thick.
6. Line the baking tin and leave some of the dough for pattern on top of appel pie.
7. Cut the apples into wedges and place them in a 'roof tile'-like manner in the tin.

8. Sprinkle sugar, raisins and custard powder over apples.
9. Beat eggs and add milk and sugar pour mixture over apples.
10. Make long strips from the rest of the dough and place in a criss cross pattern over the apples
11. Bake in the oven for 40 to 45 minutes
12. Spread warm pie with apricot jam

Art by Karin Harmsen



A watercolor illustration of three tomatillos. One tomatillo is at the top, showing its green, slightly wrinkled skin and a small stem. Below it are two more tomatillos, one on the left and one on the right, both showing their green, ribbed skin. They are resting on a light blue, textured surface. The background is a vibrant red with a textured, watercolor-like appearance. The entire illustration is framed by a white border with decorative pink swirls at the top and bottom.

Tomatillo Salsa Verde

From LoveandLemons.com

- 9 medium tomatillos
- 1 small yellow onion, cut into chunks
- 1 to 2 jalapeño peppers
- 4 garlic cloves, unpeeled
- 2 tablespoons avocado oil, plus more for drizzling
- juice from one lime
- ½ cup chopped fresh cilantro
- 1¼ teaspoons sea salt, plus more for sprinkling

Preheat oven to 450°F and line baking sheet with parchment paper. Remove husks and rinse tomatillos. Pat dry and place on baking sheet with onion and peppers. Drizzle with avocado oil, sprinkle with salt, toss to coat. Wrap garlic in foil with a drizzle of oil and add to baking sheet. Roast 15 to 20 minutes, until tomatillos are juicy and browned. Remove garlic from foil and peel. Remove stems from peppers. In a food processor, place tomatillos, onion, peppers, garlic, avocado oil, lime juice, cilantro, and salt. Process until combined.

Art by Cynthia Brooks



Lithuanian Cold Beet Soup (Šaltibarščiai)

From my mom (Theresa Končius)
and Lithuanian Traditional Foods.

4 cups plain kefir or buttermilk
2 boiled, roasted or canned red beets
1 fresh cucumber
1 hard-boiled egg
a few green onions
a few dill sprigs
pinch of salt
Dollop of sour cream

Pour the kefir or buttermilk into a large bowl. Add coarsely grated beets. Add the chopped cucumber and finely chopped green onion. Add salt to taste. Add a dollop of sour cream. Stir. Refrigerate for at least thirty minutes. Adjust the seasonings to taste, and serve with chopped dill and beet sprouts or leaves (optional). Šaltibarščiai is eaten cold, with hot potatoes and slices of boiled egg. Chives can be substituted for green onions. A vegan version can be made with soy milk and a little apple cider vinegar instead of the dairy.

Art by Ruta Saliklis

'tis the Season Cupcakes

My own version of Funfetti cupcakes
(Gina Lento)



12/10/24
Gina Lento

Christmas
cupcake

NOTE: Color choice options are left open so that you can choose the colors for the appropriate holiday

- 1) Your favorite basic scratch cake recipe or store bought box cake (Yellow or White would be best)
- 2) Preheat Oven to temp on Recipe
- 3) Prepare 2 cupcake pans with cupcake liners (make them festive by using seasonal liners)
- 4) Prepare cake batter as per directions on your recipe or box mix
- 5) Add 3 TBS chocolate or colored Sprinkles of your choice (pick Seasonal colors) and stir evenly into the batter (add more if needed)

6) Use a medium scoop to evenly distribute the batter among the 24 liners

7) bake per the recipe/box cake instructions for cupcakes

8) check for doneness with cake tester and remove from oven

9) cool completely

10) Use your favorite white frosting or store bought frosting, divide in half

11) in 1/2 the frosting add food dye color of your choice starting with just a drop or two at first, then mix and add to your preferred color choice (just like painting, less is more to start so you don't add too much color and ruin the frosting)

12) add frosting to pastry bag or zip lock back, using both white and the color in the same bag, try to keep

them on two sides of the bag. Squeeze the frosting to a corner and nip the corner. Pipe the two colors of frosting on top of the cooled cupcakes for a color twist (You can use fancy tips as well)

13) add festive candies, sprinkles, candy canes, M&Ms or whatever else you have to decorate the tops while the frosting is still damp

14) NO RULES, just improvise and be creative!

NOTE: Write down what you do each time so you can repeat the experiments that you loved!

Art by Gina Lento





Yummy Scrummy Banana Bread

My auntie Maureen taught me this recipe
when I was 12

2 cups (250g) all-purpose flour
1 teaspoon baking soda
1/4 teaspoon salt
1/2 teaspoon ground cinnamon
1/2 cup (8 Tbsp; 113g) butter, softened to room temperature
3/4 cup (150g) brown sugar
2 large eggs, at room temperature
1/3 cup (80g) sour cream, at room temperature
2 cups (460g) mashed bananas (about 4 large ripe bananas)
optional: 3/4 cup (100g) chopped walnuts

Preheat the oven to 350°F (177°C).

Grease a loaf pan with butter.

Whisk the flour, baking soda, salt, and cinnamon together in a medium bowl. Set aside.

Beat the butter and brown sugar together until smooth and creamy, about 2 minutes.

Add the eggs one at a time, beating well.

Beat in the yogurt, mashed bananas, and vanilla extract until combined

Mix in the dry ingredients.

Fold in the nuts (optional).

Pour and spread the batter into the loaf pan. Bake for 60-65 minutes.

Loosely cover the bread with baking paper halfway through to prevent the top from getting too brown.

Remove bread from the oven once cooked (check not sticky inside with a knife).

Leave the bread to cool in the pan for 1 hour.

Remove the bread from the pan and cool bread directly on a wire rack until ready to slice and serve.



Art by Lesley Erica Smith

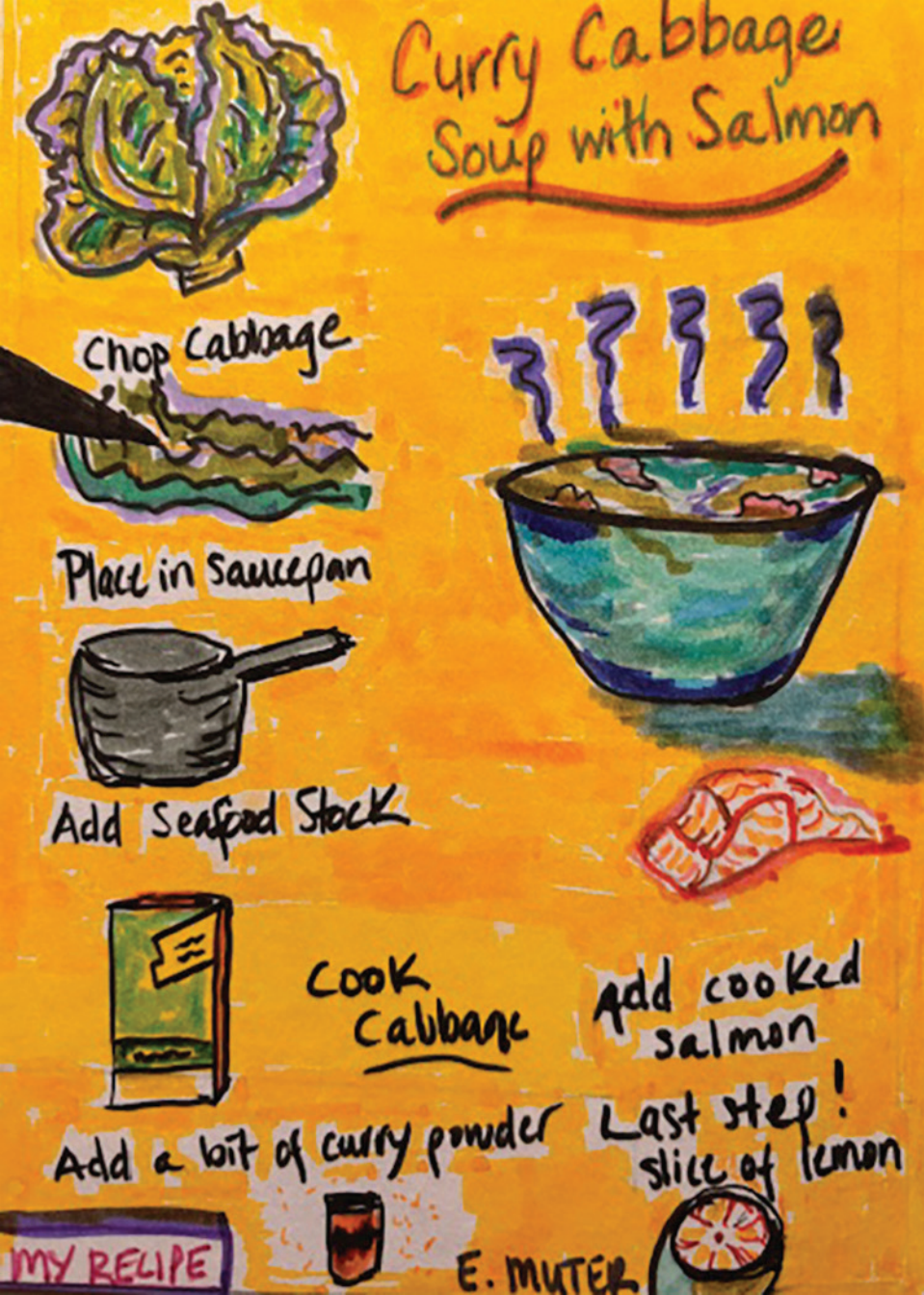


Winter Cabbage Soup

Inspired by Mollie Katzen's
Russian Cabbage Borscht

In a large pot, saute one large chopped onion in 2 TBS olive oil until translucent. Add 3 minced garlic cloves, 1 tsp fennel seeds, 2 tsp salt, and 1/2 tsp dry dill and saute for 2 minutes. Add 3 cups chopped potatoes, 2 large chopped carrots, 2 stalks of diced celery, and 4 cups water or stock. Bring to a boil and cook until veggies are tender. Add 3 cups of finely chopped cabbage, 2 TBS vinegar, and 2 TBS honey. Cover and simmer slowly for about 30". Add vinegar, honey, salt and freshly ground pepper to taste. DO NOT accidentally add an entire jar of peppercorns as I did in the illustration! Garnish with sour cream or yogurt if you like.

Art by Deb Pollard



Curry Cabbage Soup with Salmon

From me! I love cabbage and eat it in a variety of ways

Chop 2- 3 cups of cabbage
Add to saucepan
Add quart of seafood broth (or chicken, vegetable or bone broth)
Cook Cabbage until wilted
Add curry powder to taste
Add cooked salmon (or chicken or veggies)
*sometimes I add a tablespoon of salsa to give it a bit more flavor
serve with a squeeze of lemon

Art by Ellie Muter



Fior di mandorla (italian almond cookies)

From www.chefkoch.de brought by
a friend to the meeting on 6.12.

150 gr ground almonds
100 gr sugar
2 pack vanilla sugar
3 drop bitter almond aroma
1 egg white
powdered sugar for rolling
12 whole peeled almonds

mix the ground almonds with the sugar - add bitter almond aroma - add liquid egg white - knead until you get a connected mass - form 12 chestnut-sized balls - roll the balls in powdered sugar - decorate each with a whole peeled almond - put them on a baking tray which is covered with baking paper and bake with 180 degree C top and bottom heat for 12 min....
so tasty....

Art by Jutta Müller



(The-before-preparing-) happy-orange-cake

From the blog www.liebes-botschaft.com (altered)

2 organic oranges (approx. 200-300g)
180g sugar
5 eggs
220g ground almonds

For the decoration:
Powdered sugar
Pistachios

1. Wash the oranges in hot water, dry and cut (with peel!) into large pieces.
2. Bring the orange pieces to the boil with 1 tbsp water in a pan and simmer gently for approx. 25 mins. with the lid on the pan on a low heat until the oranges

are soft. Leave to cool and then puree with a hand blender.

3. In the meantime, separate the eggs. Beat the egg whites until stiff and gradually add half of the sugar while stirring. Beat the egg yolks in a large bowl with the remaining sugar until pale yellow and stir until the sugar has dissolved (approx. 5 mins).

4. First mix in the orange puree and then the ground almonds.

5. Carefully fold the beaten egg whites into the batter and pour into a baking tin lined with baking paper or buttered, smooth out.

6. Bake in a preheated oven at 180° for approx. 40 mins. Test with a wooden stick, 10 minutes longer if necessary. If the dough no longer sticks to the wooden skewer, the cake is ready: remove and leave to cool in the tin.

7. Dust the cake with a thick layer of powdered sugar and garnish with the pistachios.

The cake really tastes divine!

Art by Brigitte Bender





Tostadas con ajo y tomate (toasts with garlic & tomato)

Based on “Pa amb tomàquet”,
a traditional catalan dish.

Toast some slices of bread, rub them with a garlic clove
and the halves of very ripe tomatos, add a squirt of
olive oil and sprinkle with salt.

Art by Karin Eichelkraut



Lemons Make Everything Twice as Nice (two proofs)

Coconut Soup with Lemon

From Amy's Kitchen- amys.com

- 1 can of Amy's Thai Coconut Soup - Tom Kha Phak
- 1 or more tablespoons of organic lemon juice (bottled or fresh are both fine)

1. Open the can, careful not to splatter yourself. (It's a pull-tab can, so this happens more times than not.)
2. Pour the soup into a small pot and heat. Do NOT add water, though you will be tempted, to increase the quantity of the soup. Resist.

3. When heated through, pour into a soup bowl, and add the zingy organic lemon juice to taste.

4. Taste. Smile. Enjoy.

Nimbu Pani (Lemon Water)

Dassana- vegrecipesofindia.com
Popular in South Asian countries
and great in warm weather
or for hot flashes)

- 4 cups water - cold or at room temperature
- 6 Tablespoons of Lemon Juice OR 2 fresh lemons OR 3 small limes
- 6 to 8 tablespoons raw sugar or white sugar, or to TASTE
- ¼ teaspoon black pepper powder or ground white pepper
- ½ teaspoon roasted cumin powder

- ½ to 1 teaspoon chaat masala powder, or to TASTE
- ¼ teaspoon black salt OR other salt, or to TASTE
- 3 to 4 mint leaves - for garnish, optional
- 6 to 7 ice cubes – optional

1. Pour the water into a pitcher, a glass jar, or a bowl.
2. Squeeze or pour lemon juice into the water.
3. Add the black salt (or regular salt), black pepper, cumin and chaat masala powder.
4. Add sugar to taste.
5. Mix thoroughly until all the sugar has dissolved.
6. As you stir, taste the yummy nimbu pani and add more of any ingredients as desired.
7. Serve nimbu pani in tall glasses garnished with mint leaves and ice cubes.
8. Optional: Sprinkle with some extra chaat masala or cumin powder for extra zing!
9. Sip. Smile. Enjoy.

Art by Yesha Na





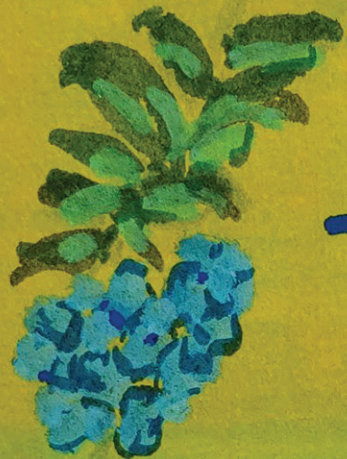
Quiche Lorraine

My mum's recipe

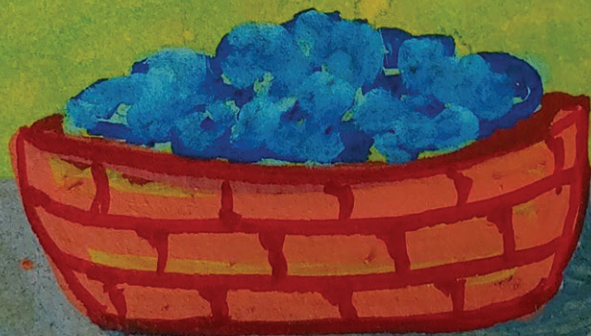
2 onions (chopped)
1/2 tablespoon oil
4 eggs
1 cup sour cream (125 grams = about 1/2 cup)
200 grams of grated cheese
1 teaspoon paprika powder
Pinch of pepper
3 tablespoon parsley (chopped)
1 pack of puff pastry
2 tablespoon flour
100 grams of thinly sliced raw ham

1. Use oil to glaze onions. Set aside to cooldown.
2. Preheat oven at 220 C or 425 F.
3. Grease 24cm / 9.5 inch springform and cover with puff pastry.
4. Whisk eggs in large bowl and add sour cream, cheese, onion, peper, paprika powder and parsley.
5. Add mixture to springform and add ham to mixture.
6. Bake in oven for 40 minutes - Eat warm or cold.

Art by Elsbeth Ingenluyff



BLUE BERRIES



Blueberry Hot Bread

From Blueberry Hill Cookbook
Elsie Masterson, Copyright 1959

2 eggs
1 tsp salt
1 cup sugar
4 tsp baking powder
1 cup milk
2 cups blueberries
1/4 cup melted butter
1/2 tsp vanilla
3 cups sifted flour
1 tsp lemon zest if desired

Beat together eggs and sugar; add milk, melted butter, lemon zest, and vanilla. Mix together. Sift together flour, salt and baking powder.; add to the liquid ingredients. Mix until just combined. Toss blueberries in a little flour (to keep them from sinking to the bottom of the bread). Mix them into the batter. Pour into 2 small well greased bread tins. Bake at 350 F for 30-40 minutes or until toothpick comes out clean. Enjoy!

Art by Barbara Wood



Fave Sober Beer Bread

self-creation by Monika Giesa
(lots of trial and error)

500 ml Malt beer (any other beer works as well,
different taste though)

300 g Wheat flour

100 g Rye flour

100 g Spelled flour

100 g Whole Wheat flour (or any other whole grain
flour... You can use whatever flour you can get, but this
is the most tasty version (we've had lots of trial and
error...))

1 Pkg Baking powder + 1 TSP (enough for 600 g flour)

½ TSp Salt (or less)

1 Pinch of Sugar

Optionally: chopped nuts; Sunflower Seeds; herbs;
grated Carrots; etc.

Put all dry stuff into a mixing bowl, add beer while stirring, stir until everything is mixed and a rather sticky mass.

Fill into baking pan.

Heat oven to 200 °C Top and bottom heat, place baking pan in the middle.

- 10 min at 200 °C

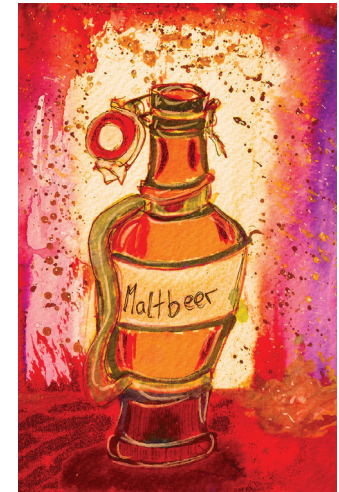
- 30 min at 180°C

- 15 min at 150 ° C

- Take out of form after letting it cool down a bit and knock, it should sound hollow, if not:

- Bake another ~ 10 mins at 150 °C

Enjoy!



Art by Karin Ahrenhold



Ravioli with burrata & anchovy pesto

From Crisp online supermarket recipe

250 grams stuffed ravioli with spinach and ricotta
15 grams fresh basil
25 grams anchovy
100 grams capers
1 lemon
watercress
200 grams spinach
1 burrata
1 clove of garlic
olive oil, salt and pepper

Blend garlic, basil anchovy and capers and oil. Add salt and pepper to taste. Fry spinach in oil until it shrinks. Add watercress at the end and half a lemon. Cook the ravioli as described on the package. Serve ravioli on a plate and add the pesto on top of it. Garnish with capers and burrata.

Art by Linda Brouwer

Festive Cranberry CAKE



Recipe:
TONIA SCHEMMEL

Betka 2024

Festive Cranberry Cake

From Tonia Schemmel for Feastingathome.com

Cake Mix:

1 c sugar (200 g)

2 c flour (250 g)

1 1/2 tsp baking powder

1/2 tsp baking soda

1 tsp salt

3/4 c (177 ml) olive oil

1/2 c (118 ml) plain yoghurt or applesauce

1/2 c (118 ml) non-dairy milk

1/2 c (118 ml) orange juice

1 tsp vanilla

1/4 tsp orange oil (optional)

1 tbsp orange zest

1 c (100 g) fresh cranberries (we pick our own & freeze)

1 c (117 g) toasted walnuts

Powdered Sugar Glaze

1c (120 g) powdered sugar

2 tbsp orange juice

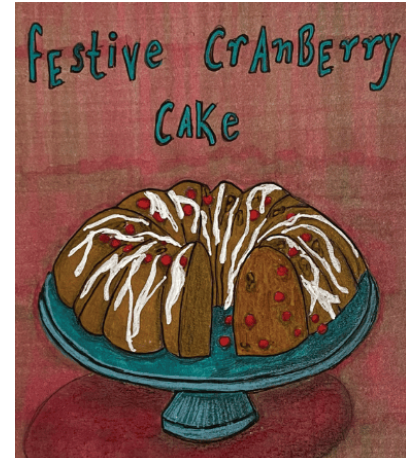
Instructions:

1. Preheat oven to 350F. Oil pan. (10" bundt pan or 8" or 8" cake pan)
2. Mix together sugar, flour, baking powder, baking soda, sea salt.
3. Whisk together olive oil, yoghurt or applesauce, nut milk, orange juice & zest, vanilla and orange oil.
4. Add wet mixture into flour mixture, add cranberries & walnuts. Stir gently enough to hold together until flour is incorporated. Work quickly as it starts leavening.
5. Pour evenly into oiled pan.
6. Bake at 350F 40-50 mins until golden and puffed.

7. Let cool 15 mins before removing from pan. Esp if using bundt pan, loosen edges with rubber spatula.

Glaze:

1. Allow cake to cool about 1 hour before glazing.
2. Whisk together sifted powdered sugar and orange juice until perfectly smooth. Drizzle over cooled cake. Decorate with toasted walnuts and cranberries.



Art by Elizabeth Cherniak



Tiramisu

From: Unknown

4 eggs
400 grams mascarpone until stiff
2 tablespoons cognac
300 grams ladyfingers
0,25 liter weak coffee
100 grams sugar
Cocoa powder

Beat 4 egg yolk and sugar together until stiff. Add mascarpone until stiff again, then add cognac. Beat egg white until stiff and then carefully fold into the mascarpone mixture. Put the ladyfingers one by one through the coffee and put a layer in the baking dish. Add the mascarpone on top, then another layer of ladyfingers and end with the mascarpone. Put it in the fridge and before serving sprinkle cocoa powder on top of it.

Art by Anita Nickel

Turducken Farms

Found online submitted by fraxinus

Basically, one could look online or in cookbooks for Turducken, a chicken stuffed into a duck stuffed into a turkey.



3lbs whole chickens
8 c prepared stuffing,
from a box
1-4 lb duck boned
16 lbs whole turkey,
boned.

Takes 7 hrs. Serves 12

Art by Beth Brubaker

one envelope Knorr veg seasoning
 six cups chicken broth
 one large can diced tomatoes
 one green pepper
 four green onions
 one zucchini
 one yellow squash
 three large carrots
 three stalks celery
 1 can tomato paste
 1 tsp lemon pepper seasoning
 salt & pepper to taste

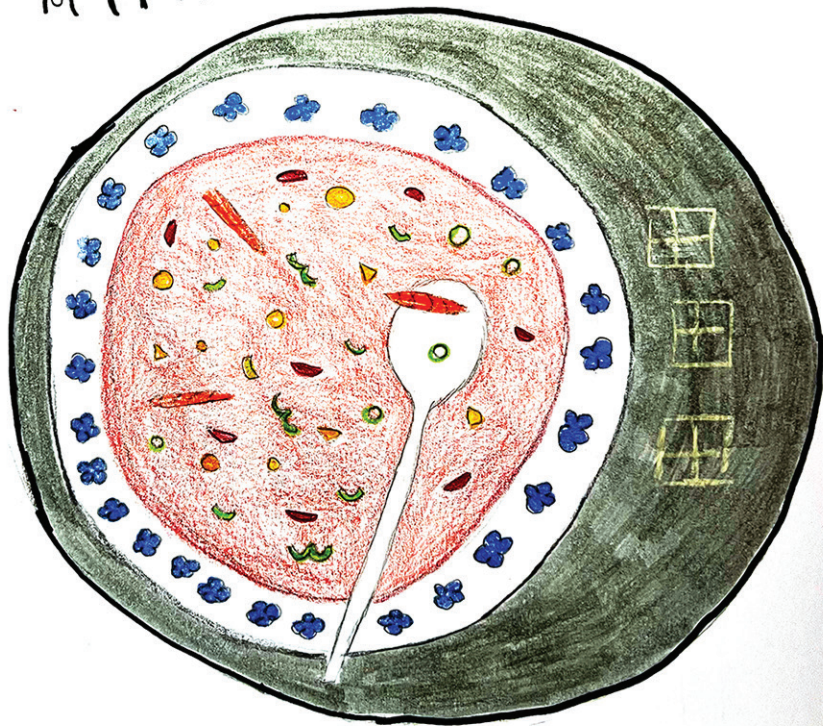
Angie's Veggie Soup

From Angela Lewis

6 cups chicken broth
 1 lg. can diced tomatoes (I use Italian style)
 1 green pepper
 4 green onions
 1 zucchini
 1 yellow squash
 3 lg carrots
 3 stalks celery
 1 can tomato paste
 1 envelope knorr Veggie seasoning (in the soup isle)
 1 tsp lemon pepper seasoning
 Salt pepper to taste

Combine all ingredients. Boil until veggies are tender.
 Sprinkle with parmesan cheese.

Art by Christine Kravitz



ANGIE'S VEGGIE SOUP



Lalab tomaat, an Indonesian spicy salad

Beb Vuijk, Groot Indonesisch
Kookboek, 1973./altered

Ingredients (serves two, multiply as needed for your party):

Two tomatoes, take skin of.

One clove of garlic, finely chopped

A teaspoon of dried chilli flakes, or 4 drops of tabasco.

A tablespoon of sunflower oil (or similar).

A tablespoon of 'ketjap' (if you don't have it, use tablespoon of brown sugar and a teaspoon of curry powder)

Slice tomatoes and put in a bowl. Mix all other ingredients to make dressing. Add dressing to tomatoes just before serving, for best results.

My favorite side dish in Indonesian rijst-tafels. A 'rijsttafel' menu can be quite elaborate, but will have at least a rice dish, a main dish (meat, fish or vegetarian) and a vegetable dish.

Art by Corinne Bekker

Creamy chicken potatoes Dijon

first catch your chicken!



Creamy Chicken Potatoes Dijon

From my friend Alison.

A quick, easy and very impressive dinner dish:

- 6 medium potatoes
- 1 tablespoon olive oil
- 25 butter
- 1 small onion, finely chopped
- 2-3 cloves garlic, crushed (1 teaspoon)
- 2 double chicken breasts, boneless, skinless and sliced into thin strips
- 1 tablespoon parsley, chopped
- 1 cup cream
- 1 tablespoon Dijon mustard
- Salt and freshly ground black pepper
- 1/2 cup tasty cheese

Pre-heat oven to 200 degrees C. Grease a shallow ovenproof dish. Slice potatoes thinly, then boil in a saucepan of boiling water for 10 minutes until just tender.

Heat oil and butter in a frypan, add onion and garlic and fry for 3-4 minutes until softened. Add chicken and fry until browned.

Stir in the parsley, cream and mustard then season well with salt and papper.

Spread half the potatoes in the dish. Spoon over the chicken mixture, cover with remaining potatoes. Sprinkle the top with cheese.

Bake for 20-25 minutes until crisp and golden.

Serve with green salad.

Art by Trees van Ruth



Peach Mint Salad

 Fresh or canned
Sliced peaches

 Squeeze of lemon

 Fresh chopped
mint



♥ Lolita Mannik

Peach Mint Salad

From: Lolita Mannik

Slice 5-6 fresh peaches or drain 2 cans of peaches

Squeeze juice of one lemon over the peaches

Finely chop fresh mint and sprinkle over peaches to taste

Art by Lolita Mannik



Maple Cream Pie

From my mother Pauline.

1 Cup of Dark Robust Maple Syrup, 1 cup of milk, 2 tablespoons of butter. Put syrup and milk and butter in Double boiler. When butter is melted mix together and add 2 tablespoons of cornstarch and 1/4 cup of water, 2 egg yolks beaten and 1 tsp of vanilla. To prevent curdling mix some of the hot mixture into cold mixture and then pour back into hot mixture. Boil until thickened and pour into baked pie shell. Cool. Whip heavy cream (1 pint) until thickened-no sweetener. Add a dollop on top of the pie.

Art by Sue Gleason



Shiitake Mushroom & Leek Soup

Recipe adapted from a
Ronzoni pasta box circa late 1990's.

3 ounces shiitake mushrooms, sliced and halved.
1 cup finely chopped leeks
2 tbsp butter (we use dairy free butter)
1 tbsp oil (we use sunflower oil)
1/4 cup dry sherry wine (we use white wine)
6 cups broth - we use chicken or vegetable (original
recipe called for beef)
1/2 tsp pepper
1/3 cup orzo pasta

Sauté mushrooms and leeks in hot butter and oil in
large sauce pan until leeks are tender. Add sherry
and cook until liquid is reduced by half. Add broth
and pepper, bring to a boil. Stir in pasta and cook 10
minutes or until tender. Adjust seasonings and serve.
Makes 8-10 servings

Art by Helen Campbell



Sadie Nason's Blueberry Pie

From a Very Old Maine Cookbook

Crust:

2 C. Flour

1/2 t. baking powder

1/2 t. salt

1 C. shortening : mix together and add enough cold milk until the dough comes clean from the bowl. Cool in fridge.

Filling:

On top of bottom crust, spread 4 cups of fresh blueberries, 3/4 C. sugar, juice of 1 lemon, sprinkle of cinnamon , 1 T. butter in the middle.

Bake 425 until the crust is light to med. brown.

Art by Judith Andrews

HARD



SHELL

Butternut Squash Tacos

Bree Bruington, salsa adapted
from - vanillaandbean.com

Tacos

1 butternut squash peeled, seeded and cubed

1 can black beans rinsed and dried

1 box of hard shell tacos

1 red onion diced

Sour cream

1 avocado

Cumin to taste

Salt to taste

Lime juice 5 tbsp divided

15 tomatillos, husk removed, halved

2 poblanos halved and seeded

1 jalapeño halved and seeded

1 yellow onion cut halved and then quartered

4 cloves of garlic

Preheat oven 425° F. Roast cubes of butternut squash for 30 min or until mashable.

Season black beans with cumin and salt to taste. Add a layer squash and a layer of black beans to the taco shells.

Bake shells at 350° for 7-9 minutes to warm.

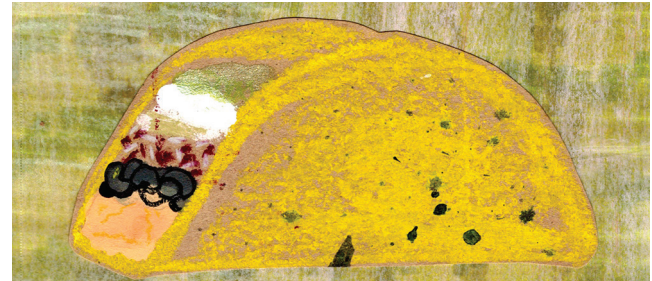
Add layers of red onion, sour cream, guacamole and tomatillo salsa to taco shells and enjoy.

Guacamole

Mash ripe avocado. Season with cumin, lime juice and salt to taste

Tomatillo Salsa

Broil tomatillos, yellow onion, garlic, poblanos and jalapeno until charred. Take skin off of garlic. Blend all ingredients, plus 2 tbsp of lime juice, in batches. Freeze extra in ice cube tray.



Art by Bree Bruington



Vegan Chocolate Chip Cookies

From Allison Kreutzen

2 Cups of whole wheat pastry flour
1/2 Cup of old fashioned oats
1/2 tsp. of sea salt
1/4 tsp. of baking soda
1 cup chopped walnuts
1 cup carob chips
1/2 cup maple syrup
1/2 cup canola oil
1 tsp. vanilla
1 tsp. water

Bake 12- 15 mins at 375 degrees

Art by Cindy Beaver



Chocolate Mousse

From: Can't remember. I have altered it slightly.

200 g dark chocolate (70%)	50 g sugar
3 dl heavy cream	5 egg whites
5 egg yolks	A pinch of salt

1. Take the eggs out of the fridge well in advance to let them come to room temperature.
2. Melt the chocolate over a double boiler (water bath).
3. Separate the eggs. In a large bowl, whisk the egg yolks and sugar until light and airy.
4. In another bowl, whisk the egg whites until stiff peaks form.
5. In a third bowl, whip the heavy cream to a soft peak – it should be firm but not too stiff. Be careful not to overwhip.
6. Once the chocolate is melted, pour it (while still warm) slowly into the bowl with the whipped egg yolks and sugar, stirring gently.
7. Fold the whipped cream into the chocolate mixture.
8. Finally, gently fold the stiff egg whites into the mixture.

Now, divide the mousse into 6-7 serving glasses or a large bowl. Refrigerate for at least 2 hours, or longer if possible. Optional: Top with whipped cream, berries, or other toppings of your choice.

Art by Pernille Sys Hansen



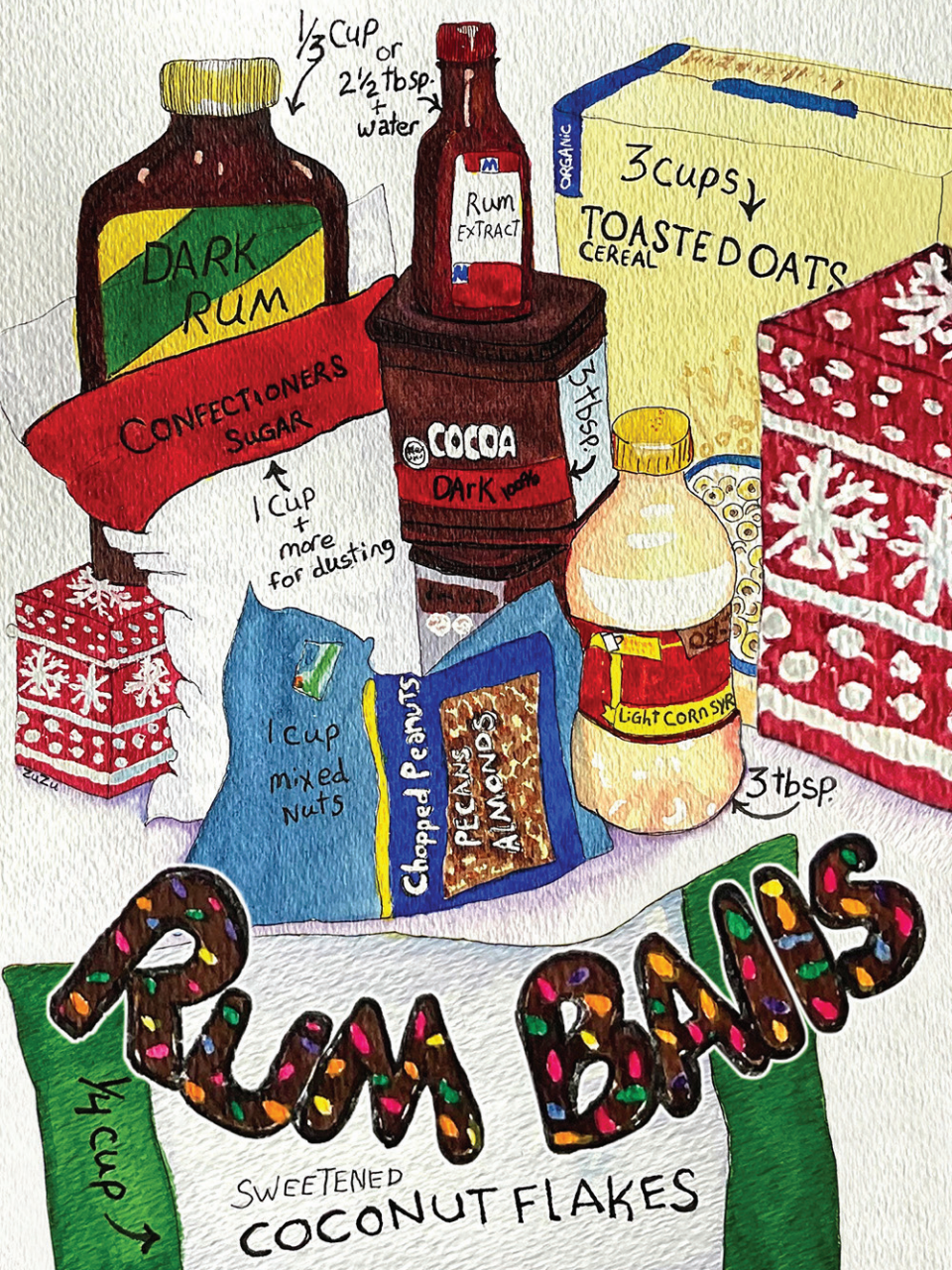
Poppysseed Noodles

From my mom

Poppysseed noodles was a favorite side dish that my mother made for us when we were growing up.

It was simple to make: wide egg noodles with butter melted on the hot noodles then tiny black poppy seeds mixed in.

Art by Sharon Santillo

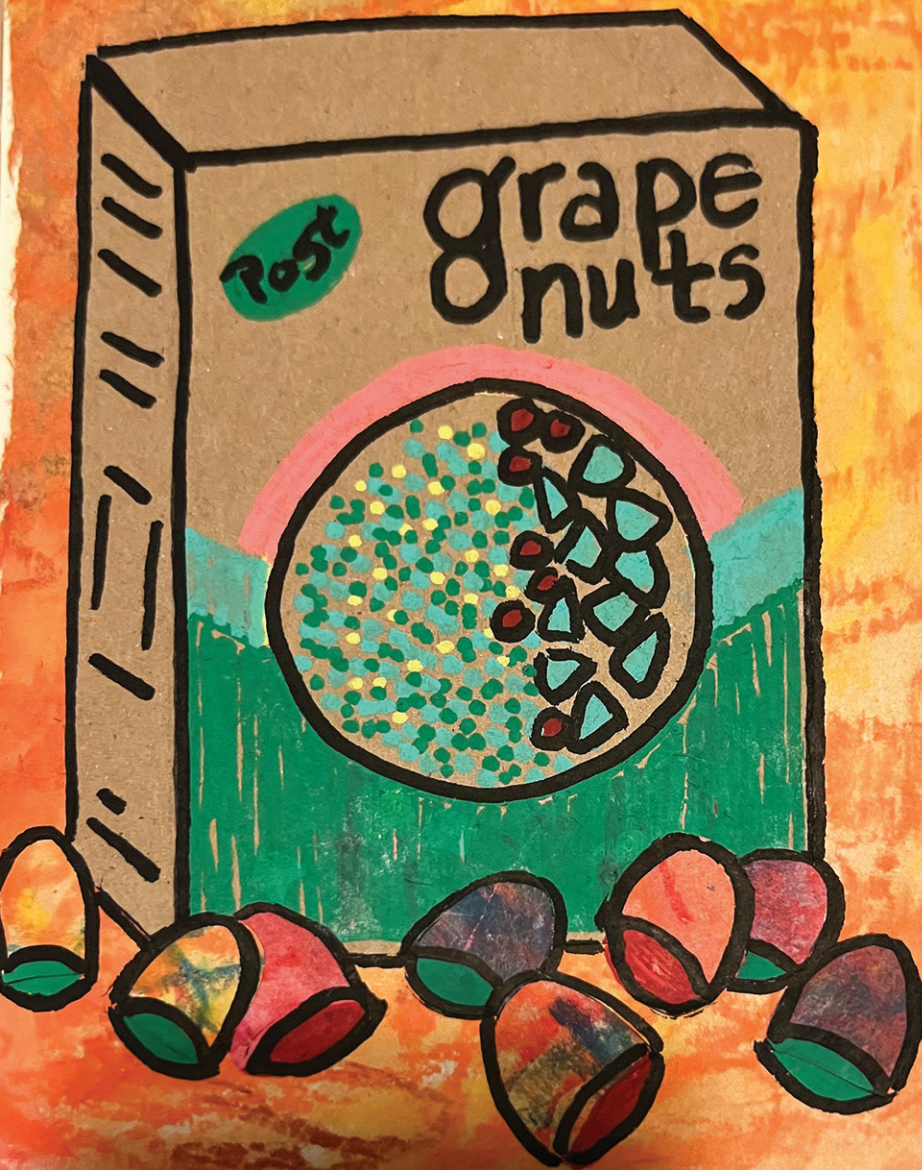


Rum Balls

Family recipe

1. Place toasted oats cereal, confectioner's sugar, nuts of your choice (or mix) and dark cocoa powder in a food processor. Blend until you have an even, crumbly texture.
2. In a separate bowl stir together dark rum (or rum extract and water), coconut flakes, and light corn syrup. Add mixture from Step 1. Stir until it forms a dough that holds together. If too dry you can add a bit more rum or water. Form into balls and roll in confectioner's sugar or extra cocoa powder.
3. Chill in refrigerator for a minimum of 1 hour. Before serving dust with extra confectioner's sugar for a snowy look.

Art by ZuZu Montoya



Grape-Nut Bread

My Mom - Jane Sauer

Think it used to be on the Grape-Nut box

1/2 cup Post Grape-Nut Cereal soaked for 1 hour in
1 cup milk or buttermilk
1 tsp baking soda
1/2 tsp salt
In bowl mix
1 egg
1/2 cup sugar
1 and 1.2 cup flour
1 tsp baking powder

Mix with soaked Grape-Nuts.

Pit free dates or small gum drops can be added.

Bake in loaf pan at 350 degrees F for 40 minutes or till
toothpick poked in center comes out clean.

Allow to cool before slicing.

Good with a bit of butter or cream cheese

Art by Suzi Shapiro



Wentelteefjes

From: Unknown

old bread or currant bread.
egg, milk, cinnamon, sucker

mix the egg with some milk in a deep plate
soak the slice of bread in the mix
put some butter in a frying pan
bake the bread on both sides
eat with a mix of sucker and cinnamon.
enjoy

Art by Marianne Mandigers-de Vries



Rosa's Healthy Dog Treats

Recipe created from many websites
and Rosa taste tests

3/4 cup Old Fashion Oats, ground in blender to a flour

1/2 cup Peanut butter (natural, no sugar is best, do not
use PB with artificial sweetener)

1 medium Carrot shredded fine (1 small ripe banana,
mashed, can be substituted)

Water as needed

Put ground oats, peanut butter and shredded carrot in
a bowl, mix with fork, to make a thick batter adding
water as needed.

Spread batter out on lined cookie sheet, about 1/3 inch thick. Use spatula to create lines in batter, so that small 1/2 inch squares (treats) are formed.

Bake at 300deg F for 20 minutes, remove from oven if done enough flip over to bake on other side, use spatula to improve squares if needed. Move larger pieces to edges to cook faster. Return to oven bake 20 minutes or more or as needed, keep an eye on them. Edges may need to be taken out to prevent overcooking. Depending upon how much moisture is in batter, some times they cook quickly, some-times more oven time is needed.

I store the bulk sealed in a bag in the refrigerator. My dog is allergic to chicken and other unknown things, she loves these treats. They are not too hard, like store bought treats are, and I know they are healthy.



Art by Erin Carpenter



Herb Marinated Goat Cheese

From: Unknown

goat cheese (4-6 ounces)
2-3 cloves garlic, peeled & pierced
1 tsp peppercorns
2-3 sprigs fresh rosemary (2 tsp dry)
4-5 sprigs fresh thyme (1 tsp dry)
2-4 dry red chilis (or ½ tsp red pepper flakes)
Olive oil

Place cheese in a small jar. Artfully arrange herbs, garlic, dry peppers and peppercorns around cheese. Cover with olive oil. Sit at room temperature for a couple of hours. Refrigerate several days. Bring to room temperature before serving. Plate and serve with crackers or veggies.

Art by Laurie Howard



La Soupe de Maman

My French Mother who got it from her mother.

3 red potatoes
3 carrots
½ head of cabbage
2 leeks (only the white part)
1 handful of green beans
1 onion
2 cloves of garlic
1 marrow bone
2 Zucchini
1 yellow squash
A handful of watercress
2 Tablespoons of salt
a handful of rice
2 pats of butter.

Chop all the Vegetables and boil for 40 minutes.
Remove Marrow bones and blend in a blender. It is
delicious served hot!

Art by Sandra Moreano



Delicious Sardine Cakes

From: Linda Germain

Can of sardines
1 egg
1 oz of crushed pork rinds
Butter

Crush the pork rinds to a fine consistency and remove any hard bits.

Drain the oil or water from the can of sardines.

Combine pork rinds, sardines and egg in bowl.

Mix together.

Pre-heat Forman grill or other style panini grill.

Spoon batter onto hot grill, close lid and cook until light golden brown.

Plate and top generously with butter.

Enjoy!

Art by Linda Germain



Grandma`s Fine Butter Cookies

From: Unknown

175g butter
175 g clarified butter
1/2 bag grated lemon peel
1. Van. Sugar
5. Egg yolk
200 gr. powdered sugar
2 tablespoons of kirsch
530 gr.flour

Knead everything one after the other and leave in the fridge for 2 hours restlet. Cut out about 1/2 to 1 centimeter thick
Cut out regular cookies or form small balls, or make a small depression and put some jelly in it.
Rectangles can also be cut half side.
After baking can be dipped in chocolate
Simple cookies with beaten egg yolk before baking

Bake time about 10-12 minutes until golden brown

Recipe from Nicole Grimm; art by Carla Sonheim



Suzi's Ginger Cookies w/Peanut Butter

A variation of my personal cookie recipe.
Makes about 24 cookies

- 3/4 C. flour
- 1 1/2 t. ground ginger
- 1 t. baking powder
- 1/2 t. cream of tartar
- 1/4 t. baking soda
- 1/8 t. salt

- 1 stick of butter, softened
- 1 egg
- 1/2 C. sugar + 2 T.
- 1/3 C. peanut butter
- 1 T. vanilla

- 1 t. dried orange peel
- 1/2 C. quick oats

In small bowl, sift the dry ingredients together.

In a large bowl, beat the wet ingredients until smooth, then add in the oats and orange peel.

Add the dry ingredients to the butter mixture and stir just until well mixed. Dough will be soft, but if it is too loose, add 1-2 tablespoons of flour.

Heat oven to 375 degrees.

Drop dough by tablespoon, 1 1/2 -2 inches apart onto a parchment covered cookie sheet.

Bake for 14-15 minutes, remove if edges start to brown.

Immediately, carefully slip the parchment paper with cookies onto a cooling rack or cold surface. Once cooked, the cookies firm up nicely.



Art by Suzi Leggett

Vine Ripened



tomatoes

Gazpacho (Chilled Tomato Soup)

The Spanish Chef Omar Allibhoyh
Serves: 6 | Preparation time: 20 minutes

6 medium tomatoes quartered
1/2 Spanish onion, roughly chopped
1 medium red pepper, seeded and chopped
1 small green pepper, seeded and chopped
1 garlic clove
1/4 English cucumber, chopped
1 tsp ground cumin
5 tablespoons sherry vinegar
1 slice of country style rustic bread (My hack: 1/4 cup
breadcrumbs or panko)
200 ml cold water
10 tbsp Spanish olive oil (a good glut)
Salt and pepper to taste

Reserve a few ice cubes, a few finely diced red & green peppers and homemade croutons to garnish. Blend everything in a blender with a few ice cubes (approx 4) to keep soup cold while blending.. Serve in individual bowls with garnish and olive oil to drizzle.

Art by Nancy Low



Pineapple Pasta

Hawaii Toast somehow morphed into
Hawaii Pasta minus the cheese

Cut half a pineapple in bitesized chunks and a big thick slice of spicy ham in cubes.

Heat some neutral oil (rapeseed) in a pan.

Simmer the pineapple chunks for at least 10 minutes, then add the ham and a cup of cream , (30%).

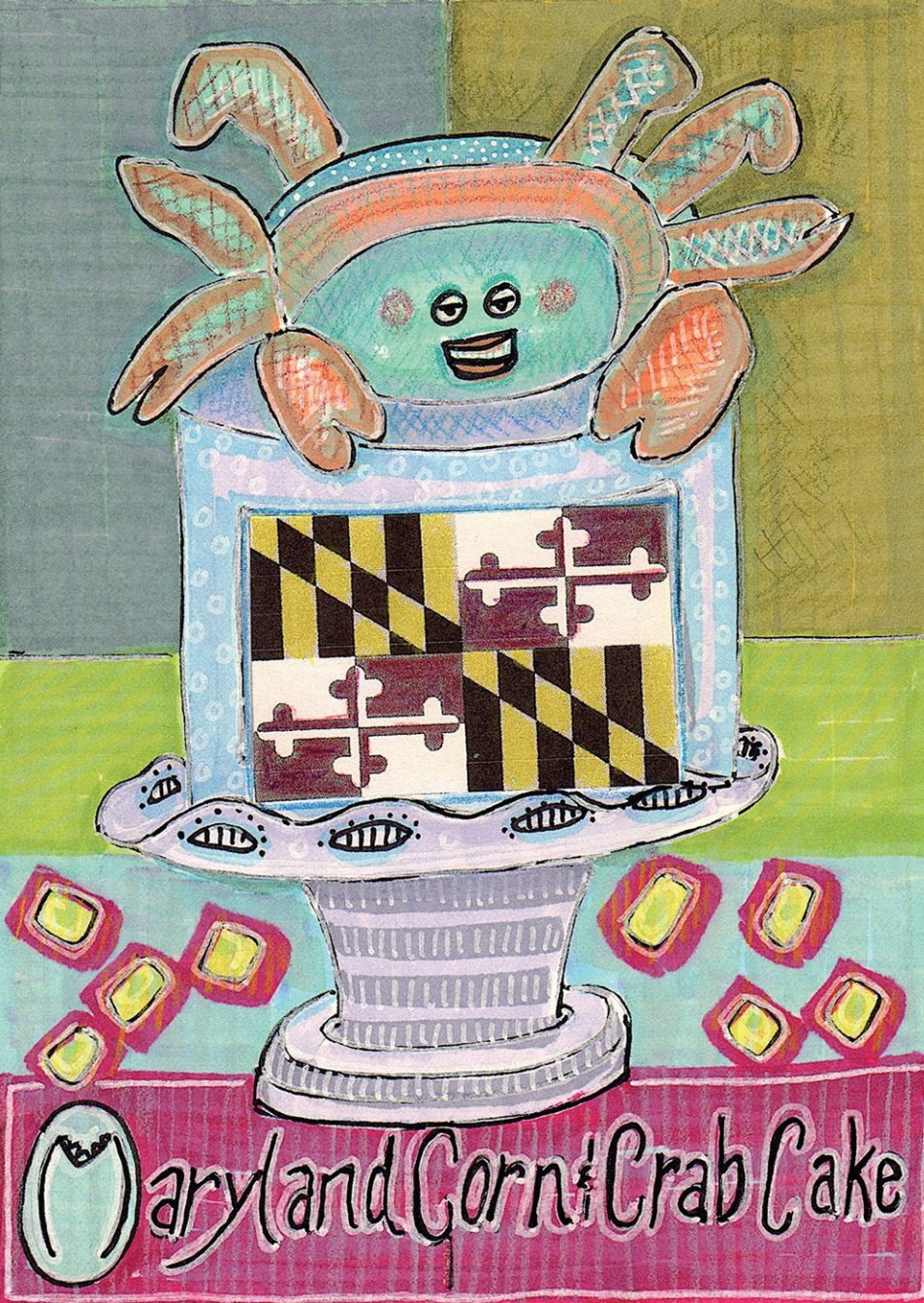
Bring to the boil.

Add 300g cooked pasta.

Liberally sprinkle with pepper.

Serves 2.

Art by Annette Bergmann



Maryland (Corn and) Crabcakes

“Quick and Easy Crabcakes” from
Stove Top Stuffing Mix

1. Mix one cup boiling water with a 6 oz. package of cornbread stuffing mix; stir until moistened and let stand five minutes.
2. Mix three beaten eggs with 12 oz. lump crabmeat (preferably Maryland blue crab.) ;-)
3. Combine with stuffing.
4. Shape into 8 patties.
5. Saute in melted butter for about five minutes on each side or until golden.
6. Add a squeeze of lemon or lime if desired.
7. Serve one or two per person. (You know you want two!)

Art by Cheryl Razmus



Fancy French Toast

Memorial Jr High School &
Marion Blitzer (My mom)

2 Eggs
1/3 c. Milk
1/8 tsp. Salt
1/4 tsp. Vanilla
1/2 tsp. Cinnamon
4 tsp. Margarine
4 slices of day-old bread

1. Break eggs into a pie pan
2. Add milk, salt, vanilla and cinnamon; beat well with a fork
3. Melt 1 tsp. Of margarine in a large skillet for each slice of bread that you will cook at the same time.
4. Dip each side of the bread quickly into the egg mixture so that it is coated but not soaked.
5. Cook both sides on a hot skillet until crispy & golden brown.
6. Serve with syrup or powdered sugar.

TIPS FROM MY MOM (Marion Blitzer)

Use day-old challah (egg bread)

Dust your bread with the cinnamon before dipping (this keeps it from clumping in the egg mixture)

A dash of nutmeg can be nice too

Do the powdered sugar AND syrup

You can even freeze leftover challah for a future breakfast.

Art by Wendy Barkett



PPS or Pumpkin-Parsnip-Soup

Inspired by a recipe, I gave it my own twist. Jeanet

- 2 tbsp olive oil
- 2 onions; chopped
- 5 cm ginger; grated
- 1 large tbsp curry madras
- 1,2 liter of vegetable stock
- 1 pumpkin; in pieces without seeds
- 2 parsnips; in pieces
- 1 fresh sweet apple; in pieces
- a dash of ketjap manis
- salt and pepper

In a soup pan 2 tablespoons of olive oil. Fry the onions with ginger and curry madras for about 3 minutes until the onions are translucent. Deglaze with the stock. Add the pumpkin, parsnips and apple and let it simmer for about 20 minutes. The pumpkin should be soft. Then with the hand blender through until a moderately smooth mass. Season with a dash of ketjap manis, pepper and salt. Heat it through again and then you have a delicious soup for a chilly day!

Art by Jeanet de Vette



Lemon-Chilli Curd

My own recipe

- 2 lemons
- 200 g sugar
- 125 g unsalted butter
- 4 egg yolks
- 1 tsp chilli flakes

Place the lemon juice and zest and sugar in a heatproof bowl and mix.

Add the egg yolks and heat A Bain Marie. Stir gently until smooth.

Add the buter and stir with a whisk until the butter has melted.

Stirring often until thick (about 20 mins.)

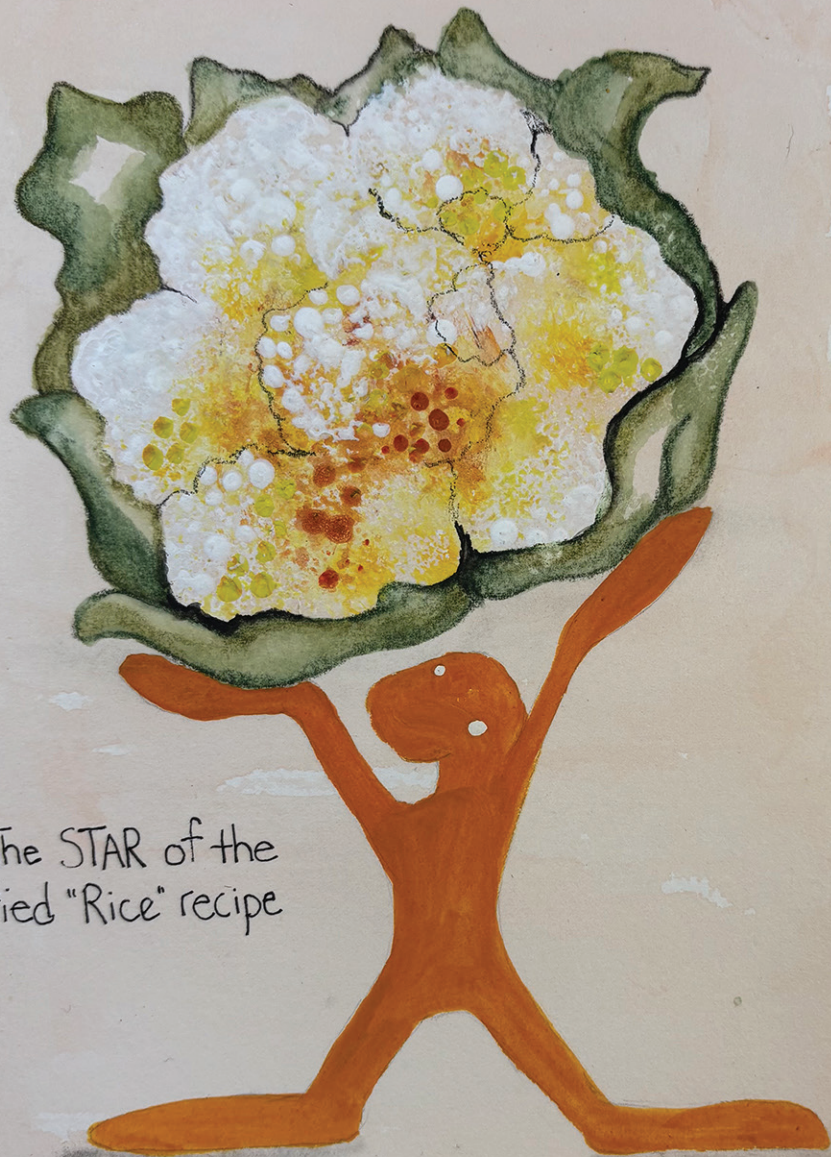
Add the chilli flakes and stir.

transfer to a sterilised jar.

use it on a cake or pancake.

Art by Anita Nak

The STAR of the
Fried "Rice" recipe



Fried "Rice"

Unknown. I've been making it forever it seems

- 1 cauliflower grated
- 4 tbsp butter
- 1 onion chopped
- 4 garlic cloves minced
- 1 carrot chopped
- red pepper (or just us a bag of frozen veg)
- 4 tbsp amino's or soy sauce
- 1 tbsp sesame oil, s&p
- 3 whisked eggs

Heat wok or pan, add 1tbsp butter, onion, garlic & sauté. Add butter & other veg, sauté, add cauliflower, aminos, sesame oil s&p stir fry 10 min. Add scrambled eggs to veggies. Top with nuts and optional to add chicken!!

Art by Sue Waterhouse



Brussels Waffles

<https://dagelijksekost.vrt.be/gerechten/brusselse-wafels>

3 eggs, 375 ml milk, 20 g yeast, 375 ml of water, 450g flour, 150 g butter, 1 pinch of salt

- 1 Separate the eggs and put them in 2 different bowls.
- 2 Beat the yolks briefly with a whisk.
- 3 Add the correct amount of milk and fresh yeast. Beat with the whisk until the yeast has dissolved.
- 4 Pour the lukewarm water into the batter.
- 5 Then sift the flour into the mixing bowl, and stir until no lumps float in the batter.
- 6 Place the butter in a pan and melt over a low heat.
- 7 Stir the melted butter into the batter.
- 8 Beat the egg whites into a firm foam.
- 9 Carefully fold the whipped egg whites into the batter.
- 10 Finally, sprinkle a pinch of salt into the batter and gently fold one last time.
- 11 Place the waffle batter in a warm, draft-free place and let it rest for 20 minutes.

Art by Ankie Van Ryssen



Cheeseball Turkey

Recipe compiled by much
Internet surfing and experimentation

8oz cream cheese @room temp
1/2 cup shredded sharp cheddar room temp
1 Tbl. spoon Worcestershire Sauce
1 t. spoon minced garlic
Minced hot pepper if desired

1/4 cup Pecans or Walnuts (whole or chopped)
1 carrot med
1 large grape
1 olive or small pepper
Toothpicks
Small pretzels sticks
Paprika dry

Carrot & celery sticks
Crackers
Pretzels
Olives
Grapes

Mix first 5 ingredients in bowl, form into a ball.

Insert carrot neck.

Wrap loosely in plastic wrap, refrigerate for 1/2 hour.

With toothpicks add grape head and olive turkey neck for wattles

Cut beak shape from carrot, stick to grape head.

Apply small blob cheese and cut olive pieces for eyes.

Press nuts and pretzels on/in ball.

Sprinkle with paprika.

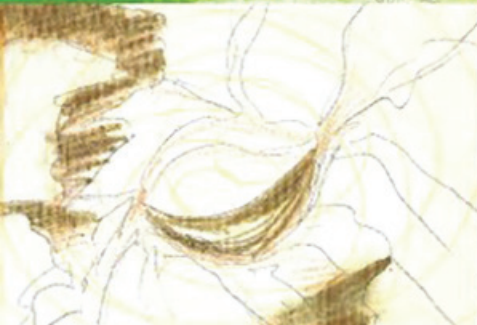
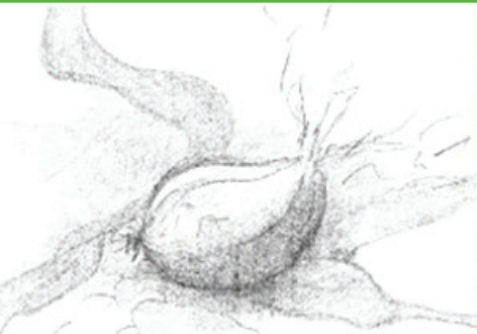
Refrigerate to set.

Serve on platter with carrot & celery sticks, crackers and pretzels

Garnish with grapes and olives if desired.



Art by Erin Carpenter



Soupe á l'oignon

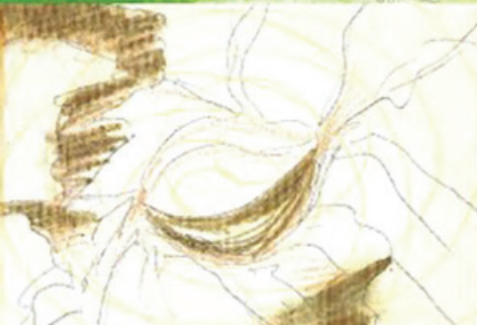
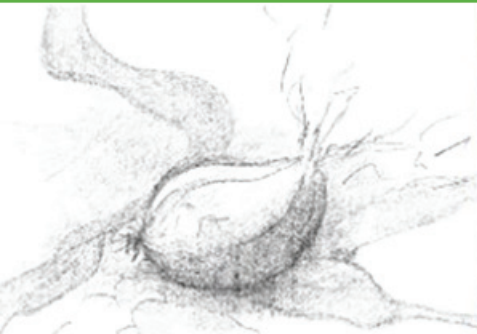
Wolter, Annette - Spezialitäten der Welt - 1986 - S. 81

3 große Zwiebeln
4 Esslöffel Butter
1 Esslöffel Mehl
3/4 l Wasser
1 Teelöffel Salz

1 Messerspitze weißer Pfeffer
2 Scheiben Weißbrot
1 Tasse trockener Weißwein
50 g geriebener Greyerzer Käse
(Gruyère)

Die Zwiebeln schälen und in dünne Scheiben schneiden. Die Hälfte der Butter zerlassen und die Zwiebelringe darin goldgelb braten. Das Mehl über die Zwiebeln stäuben, leicht bräunen lassen, nach und nach unter Rühren mit dem Wasser aufgießen. Salz und Pfeffer zufügen. Zugedeckt bei mittlerer Hitze 20 min kochen lassen. Die Weißbrot-scheiben halbieren und in der restlichen Butter von beiden Seiten goldbraun braten. Ofen mit starker Oberhitze oder Grill vorheizen. Die Weißbrot-scheiben in 4 feuerfeste Suppentassen verteilen. Weißwein in die Suppe rühren und die Suppe über die Weißbrot-scheiben gießen, mit dem geriebenen Käse bestreuen und auf der obersten Ebene des Backofens 5-10 min überbacken, bis der Käse leicht goldbraun wird.

Art by Jutta Hagemann



Onion Soup

Wolter, Annette - Spezialitäten der Welt - 1986 - S. 81

3 large onions
4 tablespoons butter
1 tablespoon flour
3/4 l water
1 teaspoon salt
1 pinch of white pepper
2 slices of white bread
1 cup dry white wine
50 g grated Gruyere cheese (Gruyère)

Peel the onions and cut them into thin slices. Melt half of the butter and fry the onion rings until golden. Dust the flour over the onions, allow to brown slightly, then gradually pour in the water while stirring. Add salt and pepper. Cover and let cook over medium heat for 20 minutes. Halve the white bread slices and fry them in the remaining butter until golden brown on both sides. Preheat the oven with high top heat or grill. Divide the white bread slices into 4 fireproof soup bowls. Stir the white wine into the soup and pour the soup over the white bread slices, sprinkle with the grated cheese and bake on the top level of the oven for 5-10 minutes until the cheese is slightly golden brown.

Art by Jutta Hagemann



Aunt Gay's Pecan Pie

Thankful for my Aunt Gay, her recipe & influence.

3 eggs
2/3 cup sugar
1/2 t salt
1/3 cup melted butter
1 cup dark Karo
1 cup pecan halves

Mix ingredients together. Pour into unbaked pie shell.
Bake at 375 F 45-50 minutes.

Art by Louise -----



Carrot-Raisin Salad

From my mother, Florence Fischbach.

Carrots, grated or shredded
Raisins, plumped
Mayonnaise
Sugar or honey to taste
Optional: Sesame seeds, toasted

Lightly toast sesame seeds. Plump raisins in small amount of hot water. Combine all ingredients in a bowl, toss. Refrigerate.

Art by Sylvia Fischbach-Braden



Great Great Grandad's Killer Egg Nog

Old Family Recipe

This is egg nog like the Victorians made. Every year my husband makes a double batch and gives it to friends using the family recipe. I know it's Christmas when I hear the buzz of egg beaters. I'm sharing the recipe with his permission.

6 eggs	3/4 Pint Light Rum
1/2 cup sugar	1 Quart Bourbon
1 Pint Half and Half	1/2 Pint Curacao
2 Quarts Milk	Dash of Absinthe (Pernod if you can't get Absinthe)

1. In a big bowl combine the eggs, sugar, and half and half. Beat well.
2. Add the other liquids and continue beating as you go so that all the liquids are blended well.
3. Pour into corked bottles.

No need to refrigerate. There is so much alcohol that it keeps just fine. (One year we found an orphan bottle from the previous Christmas in the cupboard. It was still good.)

Art by Linda Allison



Watermelon Feta Salad

My version but everyone makes this salad!

Fill a large bowl with:

3 cups of seedless Watermelon (cubes or balls)

1 1/2 cups peeled, seedless Cucumber pieces

5 or more, Mint or Basil leaves (chopped unless they are small)

Drizzle Balsamic Vinaigrette and toss. Sprinkle Feta Cheese crumbles on top and enjoy!

*Amount of dressing used will depend on your taste and size of fruit bowl.

*You can adjust the amount of watermelon, cucumber and mint... to your taste and number of guests. There is no real exact science to this dish. The salad is very refreshing with a lime or lemon dressing too.

**Another way to make Individual portions of this salad is to; cut the watermelon pieces into large triangles, add a cucumber slice, add a mint leaf, sprinkle on feta crumbles and drizzle balsamic vinaigrette on top.

Art by Paige Cunningham



Italian Stuffing

My husband Matthew Laws' recipe

1/2 Loaf of Cubed Sourdough or French Bread and 1/2 Loaf of Whole Wheat Bread Cubed- Dry on a rack or cut up stale bread

16 oz. Ground Pork

Mire Poix: 2-3 Carrots, 2-4 Celery Stalks and 1 Onion Chopped

3 Cloves of Garlic Minced

1 Fennel Bulb Finely Chopped

1 Red or Yellow Bell Pepper Chopped

Chardonnay- We used Francis Coppola's Diamond Collection 2021

Unsalted Chicken Stock or Broth (Richer Tasting)

1 Bunch of Italian Parsley Chopped

Italian Seasoning: 4 Tbsp. fennel seeds, 1/2 tsp. red pepper flakes (optional)

2 Tbsp. Olive Oil

Sauté the ground pork in olive oil, Sauté the onions and garlic, add carrots, celery, fennel bulb and bell pepper

Mix all ingredients with the dried bread cubes add parsley and seasonings- Then use enough wine and chicken stock/broth to make moist

Spray a 9 X 13 inch glass baking dish with olive oil and pour mixed ingredients into the baking dish, cover with foil

Bake for 30 minutes, uncover and continue baking for 15 mins. more until lightly browned on top
We serve it with turkey gravy on top.

Enjoy!



Art by Laura Laws



Sunday Pear Salad

From Every Southern Grandmother

Arrange two or three large leaves of iceberg lettuce on a plate.

Put one half of pear (either canned or fresh) on lettuce.

Sprinkle shredded cheddar cheese on pear and lettuce.

Top with spoonful of mayo and a maraschino cherry.

Art by Cathy Krumholz

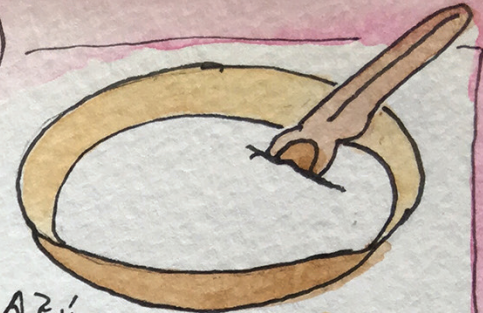
Limonada

Art by Ysabel Rumbo Garcia

Limonada (León)



vino
tinto



azúcar

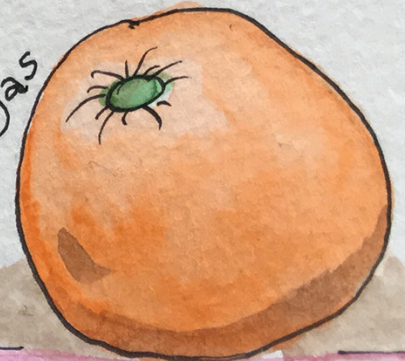


canela



limones

naranjas



Jingle Juice

Sister's recipe
Art prompt was 12 days of Christmas drinks

Art by Beth Brubaker

