

DAYTON, OH 45459  
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INC., REALTORS  
**LEE & ASSOCIATES**  
BILL



# SPYKER'S KITCHEN



2<sup>nd</sup> Edition

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Family, Friends, Clients:

Welcome to the 2<sup>d</sup> Edition of the **'SPYKER KITCHEN'**. While many of the superstar recipes from Edition 1 are still here, it has been so much fun receiving new go-to, handed down, family heirloom recipes that have lasted over the years and are often requested at all the get togethers that involve food! To all the chefs that have donated the new ones, my sincere thanks, and each of your recipes honors you! You know, finding cookbooks with even 2 or 3 great recipes can be difficult sometimes, but know that every recipe here in Edition 2 is worthy of your time to create. And they are worthy of being served!

Also, my heartfelt thanks to Paula, our office manager here at Bill Lee that many of you know. Her friendship, love of cooking, and artistic talent has given this edition it's flair, sense of humor, and just plain makes you laugh!

Thank you SO much, everyone, for your friendship and business over the years and into the future!

Bon Appetit!

*Spike*

\*Don't forget the unwritten, special ingredient in every recipe that is cooked in, partaken of, and shared at every meal with family, friends, and loved ones. That's the LOVE.

\*\*For those of you that would rather read a recipe digitally as they cook (like my kids do), go to

***RickSpyker.com.***

### Liquid Measures

1 cup	8 fluid ounces	1/2 pint	237 ml
2 cups	16 fluid ounces	1 pint	474 ml
4 cups	32 fluid ounces	1 quart	946 ml
2 pints	32 fluid ounces	1 quart	946 ml
4 quarts	128 fluid ounces	1 gallon	3.784 liters

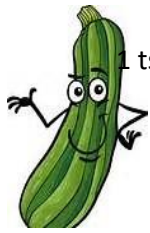
- Vanilla – equal maple syrup or liquor
- Butter – equal shortening or 7/8 cup veggie oil or 1 cup applesauce or mashed avocado
- Egg – 1/2 banana or 1/4 cup applesauce
- Honey – 1 cup with 1.25 cup sugar and 1/3 water
- Oil – 1 cup applesauce or baby food puree
- Brown sugar – 1 cup white sugar + 2 tbsp molasses
- Buttermilk – 1 cup milk + 2 tbsp lemon juice or white vinegar
- Sour cream – greek yogurt
- Heavy cream – 3/4 cup milk + 1/3 cup butter
- Corn syrup – 1 cup sugar + 1/4cup liquid
- Baking Powder (1 tsp) - ¼ tsp baking soda, plus ½ tsp cream of tartar

### Dry Measures

3 teaspoons	1 tablespoon	1/2 ounce	14.3 grams	
2 tablespoons	1/8 cup	1 fluid ounce	28.3 grams	
4 tablespoons	1/4 cup	2 fluid ounces	56.7 grams	
5 1/3 tablespoons	1/3 cup	2.6 fluid ounces	75.6 grams	
8 tablespoons	1/2 cup	4 ounces	113.4 grams	1 stick butter
12 tablespoons	3/4 cup	6 ounces	.375 pound	170 grams
32 tablespoons	2 cups	16 ounces	1 pound	453.6 grams
64 tablespoons	4 cups	32 ounces	2 pounds	907 grams

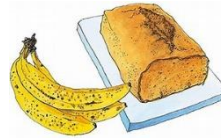
Popcorn has existed for about 6000 years	The state of California supplies almost all the broccoli in the entire United States.	Pumpkins are usually labeled as vegetables but they contain seeds and are technically fruit.
The smaller the berry, the sweeter it is	An apple, potato, and onion all taste the same if you eat them with your nose plugged.	Around 70 million people suffer from food poisoning every year.
Rice is a staple food for over half of the world's population.	Honey is the only edible food for humans that will never go bad.	A hardboiled egg will spin. An uncooked or soft boiled egg will not.
In the US, more tomatoes are consumed everyday than any other vegetable or fruit.	Orange does not rhyme with any other word.	50% of U.S. pizzas are sold with pepperoni on them.
An apple is made of 25% air, that is why they float.	Peanuts are one of the ingredients in dynamite.	Apples are more efficient than caffeine in keeping people awake in the morning.
The average child in America will consume 1,500 peanut butter and jelly sandwiches by the time he or she graduates from high school.	Strawberries are the only fruit which has its seeds on its outer skin.	During your lifetime, you'll eat about 60,000 pounds of food, that's the weight of about 6 elephants!
	Celery requires more calories to eat and digest than it contains.	Food can only be tasted if it is mixed with saliva.

### ZUCCHINI BREAD



- 3 ¼ C all-purpose flour - 1 C chopped walnuts (or pecans)
- 1 tsp ground nutmeg - 3 C sugar
- 1 tsp ground cinnamon - 1 C vegetable oil
- 2 C grated zucchini - 4 eggs, beaten
- 1 ½ tsp salt - 2 tsp baking soda
- 1/3 C water
- 1 tsp lemon juice

Preheat oven to 350°. In a large bowl, combine flour, salt, nutmeg, baking soda, cinnamon, and sugar. In a separate bowl, combine oil, eggs, water, zucchini, and lemon juice. Mix wet ingredients in the dry, add nuts, and fold in. Bake in 2 standard loaf pans sprayed with non-stick spray for one hour or until a toothpick comes out clean.



### BANANA NUT BREAD

- ½ C chopped nuts - 1 tsp baking soda
- 1/3 C margarine or butter, softened
- 1 ½ C mashed ripe bananas (3-4 med. size)
- 1 tsp baking powder - 1 C sugar
- 1 2/3 C all purpose flour (don't use self-rising!)
- 1/3 C water

Preheat oven to 350°. Grease bottom only of a loaf pan. Mix the sugar and margarine in a 2 ½ qt. bowl. Stir in eggs until blended. Add bananas and water and beat for 30 seconds. Stir in remaining ingredients, except nuts, until moistened. Add nuts and fold in. Pour into pan. Bake 55-60 minutes until a toothpick comes out clean. Allow to cool for 5 minutes. Loosen sides of loaf from pan and remove from pan. Allow to cool completely before slicing

### GREEK SALMON AND ORZO

- 1 C dry orzo (about 6.5 oz), 12 OZ fresh salmon
  - ½ tsp each salt and black pepper
  - 1/8 tsp ground coriander, 2 Tbsp sugar
  - 2 Tbsp fresh lemon juice
  - 1 tsp Dijon mustard
  - 3 Tbsp olive oil, 3 Tbsp chopped, fresh dill
  - ½ C crumbled feta cheese, 1/3 C finely diced red onion
- Heat broiler to high. Bring a medium pot of lightly salted water to a boil. Add orzo, cook 9 minutes, drain. Meanwhile, place salmon on a foil lined baking sheet. Season with ¼ tsp each of the salt, pepper, and coriander. Broil salmon 4" from heat for 8 minutes. While salmon and orzo cook, whisk lemon juice, sugar, mustard, and remaining salt and pepper. While whisking, add oil in a thin stream. Remove salmon from foil, leaving skin. Break apart with a fork and place in a medium serving bowl. Add orzo, dressing, feta, onion, and dill. Gently toss to combine. Serve warm or at room temp.



**\*\*Chef Kristin Kyser (Spyker)**

### HASHBROWN BREAKFAST CASSEROLE

- 2 lb breakfast sausage
- 2 8 oz packages cream cheese, softened
- 1 30-32 oz bag frozen, shredded hash browns
- 1 tsp salt, ½ tsp pepper, ¼ tsp garlic powder, ¼ tsp onion powder, 2 C shredded cheddar cheese, 8 eggs, 2 C milk



Cook sausage, drain, add cream cheese, set aside. Put hash browns in skillet and cook until lightly brown. Place hash browns in a 13X9 greased pan. Top with sausage/cream cheese mix and shredded cheese. Whisk together eggs, salt, pepper, garlic powder, onion powder, and milk. Pour over hash brown mixture and refrigerate if baking later.

Bake in a 350° oven for 35-40 minutes

**\*\*Chef Brenda Stegall**

### **BUBBA'S BACON WRAPPED CHICKEN CHUNKS**

2/3 C brown sugar  
2 chicken breasts  
1 ½ tsp chili powder  
1 lb bacon  
1 C pineapple juice



Cut the chicken breasts into 1-inch cubes. Combine the chicken with the pineapple juice in a zip lock bag and let them hang out in the fridge to get to know one another for about 2 hours. Meanwhile, intermingle the brown sugar and chili powder. Cut the bacon into thirds like so:

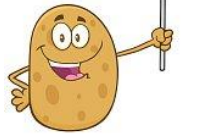


Wrap the pineapple marinated chicken cubes in the uncooked bacon and secure them with toothpicks. Dunk the skewered chicken in the brown sugar/chili powder concoction. Bake for 40 minutes in a 350° oven. Share, don't share, entirely up to you!

**\*\*Chef Jordan Spyker**

### **LOADED BAKED POTATO DIP**

16 ounces sour cream  
1 (12-oz) package bacon, cooked and finely chopped  
8 oz sharp cheddar cheese, shredded (about 2 cups)  
2 green onions, thinly sliced



Combine all ingredients in a medium bowl and refrigerate for at least one hour before serving to allow flavors to meld together. Garnish with extra shredded cheese, crumbled bacon, and chopped green onions. Serve with your favorite potato chips or pretzel crisps.

#### **RECIPE NOTES:**

Dip can be stored in an airtight container in the refrigerator for up to 1 week. Let sit at room temperature for 30 minutes before serving if it has been refrigerated for longer than an hour.

### **CHOCOLATE LOVER'S CHOCOLATE MOUSSE PIE**

1 C graham cracker crumbs  
¼ C granulated sugar  
½ cup NESTLÉ® TOLL HOUSE® Baking Cocoa  
1/3 cup butter, melted  
1 tsp vanilla extract  
2 ¾ C semi-sweet chocolate morsels, divided  
2 C heavy whipping cream, divided  
2 tsp powdered sugar

Preheat oven to 350°. Combine graham cracker crumbs, cocoa and gran. sugar in a 9-inch pie plate. Stir in butter until all ingredients are moistened; press onto bottom and up sides of pie plate. Bake for 8-10 minutes. Sprinkle ½ cup of morsels over bottom of hot crust. Let stand for ten minutes, or until morsels are shiny. Spread chocolate over bottom and up side of crust. Cool. Microwave 2 cups morsels and ¾ cup cream in large, uncovered, (continued)



microwave safe bowl on High (100%) for 1 min., STIR. (The morsels may retain some of the original shape-just microwave additional 10 seconds until melted. Cool. Beat remaining cream, powdered sugar and vanilla in a small, chilled mixing bowl until small peaks form. Fold 2 C. into chocolate mixture. Spoon into crust; swirl top. Garnish with remaining whipped cream. Refrigerate until firm. Microwave remaining ¼ C morsels in heavy-duty plastic bag on High for about 30 seconds. Knead until smooth. Cut tiny corner from bag; squeeze to drizzle chocolate over pie. Let stand a few minutes before serving.



### THE BEST OATMEAL COOKIES EVER!



1 C brown sugar  
1 C white sugar  
1 C shortening (NOT butter, margarine or oil!)  
2 eggs

1 tsp vanilla  
1 tsp salt  
1 tsp baking soda  
1 ½ C flour  
3 C oats (use old fashioned, not quick cooking oats)  
½ C each chopped walnuts and raisins

Cream together the shortening, sugar, eggs, vanilla. Add the flour, salt, and baking soda. When mixed well, add oats, nuts, and raisins. Shape into a log on either waxed or Saran Wrap, seal the cookie dough in the wrap, and refrigerate for several hours. Slice into slices over a half inch thick. Bake in a 375° oven for 8-10 minutes. Allow to set just slightly on the cookie sheet before transferring to the cooling rack.

**\*\*Chef Paula Boy**

### 7 LAYER SALAD



3 C torn romaine  
4 hard boiled eggs, sliced  
3 C torn leaf lettuce  
½ lb. bacon, crisp-cooked, drained, & crumbled (10-11 slices)  
2 Tbsp sliced green onion with tops  
1 ½ C shredded Swiss cheese (6 oz)  
1 ten ounce package frozen peas, thawed (2 C)  
¾ C mayonnaise or salad dressing  
Salt, pepper, sugar

Place romaine in bottom of large bowl, sprinkle with salt, pepper, and sugar. Top with 1 C of the cheese. Layer eggs on top of cheese, standing some slices on edge if desired. Sprinkle generously with salt. Next, layer in order half of the bacon, the leaf lettuce, and the peas. Spread mayonnaise or salad dressing over the top, sealing to the edge of the bowl. Cover and chill 24 hours or overnight. Garnish with remaining cheese, bacon, and green onion. Toss before serving. Makes 10-12 servings.

### GERMAN CHOCOLATE CAKE 'ICING'

(So good you might actually leave out the cake!)

¾ cup evaporated milk  
½ cup brown sugar  
½ cup butter, cut into 8 pieces  
1½ cup shredded coconut  
1 cup chopped pecans



Anyone who bakes knows that box cakes really aren't bad! It's the ICING that makes it. That said....

Combine the evaporated milk, brown sugar, and butter chunks in a saucepan over medium heat. Bring the mixture to a simmer, stirring it occasionally. Remove the pan from the heat and stir in the coconut and pecans.

Let the frosting cool and then use it to generously fill and ice German chocolate cake or cupcakes. Or, you could hide it in an airtight container, label it "chopped liver", put it in the fridge, and eat it with a spoon when no one is watching. Your call.

**\*\*Chef Paula Boy**

### BLT PASTA

1 lb rigatoni or penne pasta  
12 slices of bacon  
1 bunch arugula, thick stems removed  
1 pint grape or cherry tomatoes, cut into quarters  
Kosher salt and black pepper

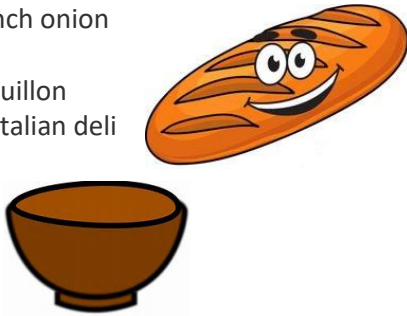


Cook the pasta according to package directions. Drain and rinse under cold water, then transfer to a large bowl. Meanwhile, cook the bacon in a large skillet until crisp. Transfer to a paper towel lined plate. Spoon all but Tbsp of the bacon drippings into a small bowl and set aside. Return skillet to medium heat. Add the arugula and cook, stirring until it wilts, 30-60 seconds. Add to pasta. Return skillet to medium heat. Add tomatoes and ½ Tbsp of the reserved drippings. Cook for about 2 minutes. Add to the pasta and toss to combine. If pasta seems dry, add some reserved drippings. Season with salt and pepper to taste. Crumble the bacon slices over the pasta before serving. Serves 4.

**\*\*Chef Cathy Stoner**

### EASY FRENCH DIP

2.5 - 3 lb chuck roast  
1 10 oz can beef broth, undiluted  
1 10 oz can beef consommé, undiluted  
1 10 oz can French onion soup, undiluted  
2 cubes beef bouillon  
8-10 French or Italian deli rolls/buns



Pour the broth, consommé, and soup in a slow cooker. Add 2 beef bouillon cubes. Place roast on top. Cover and cook on low 7-8 hours or high 4-5 hours. Remove meat and shred with forks. Serve on rolls, skim fat from cooking juices and serve as a dipping sauce. Serves 8-10.

**\*\* Chef Cathy Stoner**

### PAULA'S CREAMED CHICKEN

Cook a whole chicken seasoned with salt and pepper in a crockpot for 6 or more hours, using chicken broth for the liquid. Remove from the crockpot, reserving the broth. Remove the chicken meat from the bones and skin and set aside. Make a roux from a stick of butter and a half C of flour. Add some salt and pepper. Mix in 2 C of the reserved broth and two C of whole milk. Stir until thickened. Add the chicken that was removed from the skin and bones. Serve over your favorite biscuit or toast. For an extra special meal, make drop biscuits, put drops of biscuit mix on top of the creamed chicken and cook covered for about 15 minutes. Remove the lid and cook another 10-15 minutes until the 'dumplings' are cooked!



**\*\*Chef Paula Boy**

### PECAN DELIGHT



**1<sup>st</sup> layer:** 1 C flour, ½ C margarine, ½ C chopped pecans  
Blend together and press into greased 9X11 ½" pan.  
Bake at 375° for 15 minutes. Cool while you prepare the rest.

**2<sup>nd</sup> layer:** 1 C powdered sugar, 8 oz package Philly Cream Cheese, 1 C Cool Whip  
Mix cream cheese and sugar together. Add Cool Whip.  
Using a knife, spread this over 1<sup>st</sup> layer.

**3<sup>rd</sup> layer:** 3 C milk, 2-3 oz packages of instant chocolate pudding  
Mix according to direction on pudding package. Pour over 2<sup>nd</sup> layer.

**4<sup>th</sup> layer:** Spread Cool Whip over top. Sprinkle with chopped pecans.

**\*\*Chef Brenda Stegall**

### STRAWBERRY RHUBARB PIE



Pastry for 2-crust 9" pie

1-1 ¼ C granulated sugar - 3 Tbsp quick cook tapioca  
3 C ½" pieces fresh rhubarb - ½ tsp nutmeg  
1 C fresh strawberries, sliced - dash ground cinnamon  
1 tsp grated orange rind (optional)  
¼ tsp salt - 1 Tbsp butter

Preheat oven to 400°. In a large bowl, mix together the sugar, tapioca, salt, nutmeg, and cinnamon. Add the rhubarb, strawberries, and orange rind and stir until the mixture coats the spoon. Let the mixture stand for 15 minutes. Line a 9" pie plate with the pastry; spoon in the strawberry rhubarb mixture. Dot the top of the strawberry rhubarb mixture with butter. Cover the pie with the rolled out pastry, crimp edges. Bake for 35-40 minutes, or until the crust is browned. Serve with whipped cream or ice-cream.

### PUMPKIN CRUNCH CAKE

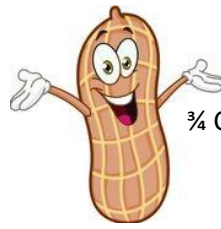
- 1 (15 oz) can pumpkin puree
- 1 (12 oz) can evaporated milk
- 4 large eggs, ½ C sugar
- ½ C light brown sugar
- 2 tsp pure vanilla extract
- 1 Tbsp pumpkin pie spice
- 1 tsp salt, 1 box yellow cake mix
- 1 C chopped Fisher pecans, 1 C unsalted butter, melted



**\*\*Chef Sharon Mockabee**

Pre-heat oven to 350°. Butter a 9X13 inch baking pan. In a large bowl, whisk together the pumpkin puree, evaporated milk, eggs, sugars, vanilla, pumpkin pie spice, and salt until well combined and smooth. Pour mixture into prepared pan and spread. Sprinkle dry cake mix evenly over the pumpkin mixture and use your hands to gently press it into the batter. Sprinkle the top of the cake with chopped pecans and evenly drizzle melted butter over the entire cake. Bake in pre-heated oven for 40 minutes. If the top is becoming too brown, cover with a piece of foil and continue baking an additional 10-20 minutes, or until set. Remove pan to cool completely. Chill for a few hours before serving. If desired, top with whipped cream and chopped pecans, but it isn't necessary! The cake is delicious without it!

### WEST MILTON INN PEANUT BUTTER PIE



- 1/3 C peanut butter
- ½ tsp salt - 3 egg yolks
- ¾ C confectioner's sugar - ½ C sugar
- 2 Tbsp margarine - 1/3 C flour
- 2 C milk - ½ tsp vanilla

Blend peanut butter and sugar until mealy. Sprinkle 2/3 mix over baked pie shell. Combine flour and salt in a pan. Add ½ C sugar and stir in scalded milk. Cook over low heat and stir continuously until thick. Stir small amount of filling into slightly beaten egg yolks, combine with other mixed ingredients and cook several minutes longer. Add margarine and vanilla, mix and pour into baked pie shell. Top with meringue.

Meringue: 3 egg whites, ¼ tsp cream of tartar, ½ C sugar, 1 Tbsp cornstarch. Beat egg whites until stiff. Add cream of tartar, gradually add sugar and cornstarch. Beat until still and shiny. Place on pie and sprinkle remaining third of peanut butter mix from the filling recipe over the meringue. Bake 15-20 minutes in a 350° oven.

### BAKED MACARONI & CHEESE

- ½ package (16 oz) elbow macaroni
- ½ C butter or margarine
- 1/3 C all-purpose flour
- 2 tsp dry mustard
- 2 tsp salt
- 5 C milk
- 4 C (1 lb) Velveeta Cheese, cut into pieces, plus 7 single slices of Velveeta



Cook pasta according to package directions. Preheat oven to 375°. In a large saucepan, over medium heat, melt butter; stir in flour, dry mustard, and salt. Gradually stir in milk. Cook and stir until mixture thickens slightly and bubbles. Remove from heat. Add 4 cups of cheese; stir until melted. In a large bowl, combine pasta with sauce. Spoon into a greased 13X9 inch baking dish. Top with Velveeta Cheese slices (or however many slices it takes to cover the top). Bake 40 minutes or until hot and bubbly. Let stand 10 minutes. Makes 10-12 servings.

**\*\*Chef Sharon Mockabee**

### SALMON PATTIES



- 14 ¾ oz can salmon (drained, flaked, and skin and bones removed)
- Honey Mustard Sauce (see below)
- ¼ C chopped green onions (2)
- 1 Tbsp snipped fresh dill or 1 tsp dried dill
- ¼ C fine or dry bread crumbs
- ¼ C milk - 1 beaten egg
- ¼ tsp black pepper - 1 Tbsp cooking oil

In a medium bowl, combine the egg, milk, green onions, dill, and pepper. Add salmon and bread crumbs, mix well. Form mixture into eight ½ inch thick patties. In a large skillet cook patties in hot oil over medium-low heat, about 6 minutes or until golden brown, turning once. If desired, serve with Honey Mustard sauce.

**Honey Mustard Sauce:** In a small bowl, stir together ¼ C mayo or salad dressing and 1 Tbsp honey mustard. Cover and chill until serving time.



### **CROCK POT BEEF STEW**

2 Tbsp olive oil  
 2 lbs stew meat, cut into 1" pieces  
 1 ½ tsp kosher salt  
 ¾ tsp cracked black pepper, 2 Tbsp butter  
 8 oz button mushrooms, sliced

3 Tbsp all-purpose flour  
 3 C beef stock (one carton), room temperature  
 2 Tbsp tomato paste  
 ¼ tsp each thyme, oregano, and basil  
 1/8 tsp allspice  
 1 lb small new potatoes, quartered  
 1 C diced carrots, ½ C frozen peas  
 1 Tbsp chopped fresh parsley, or ½ tsp dried parsley  
 Set a 12-inch sauté pan over medium high heat. Add 1 Tbsp of the olive oil to the pan. Season the beef with the salt and black pepper. Sear the beef in 2 batches, using 1 Tbsp olive oil for the second batch. Sear the beef 2-3 minutes per side. Add the butter, sliced mushrooms, flour, beef stock, tomato paste, herbs, spices, and browned meat to the slow cooker. Cover and set to high. Cook for 1 hour. Add the potatoes and carrots and continue to cook on low another 7 hours. During the last 15 minutes of cooking, add the peas and parsley. Serve immediately. Serves 4-6.

**\*\*Chef Cathy Stoner**

### **TORTELLINI AI GRATIN**

½ lbs mild Italian sausage  
 1 9 oz package refrigerated cheese filled tortellini, uncooked, 3 cloves garlic, minced  
 ½ C heavy whipping cream  
 ½ C canned chicken broth  
 ½ C grated parmesan cheese, divided  
 1 tsp dried parsley, ½ tsp dried basil, ½ tsp black pepper  
 ¼ C Italian bread crumbs, 1 ½ tbsp. butter or margarine  
 Remove and discard casing from sausage. Cook sausage in a skillet over medium heat until sausage browns and crumbles. Drain well, set aside. Cook tortellini according to package instructions, adding unpeeled cloves of garlic to water. Drain well, reserving the garlic. Set tortellini aside. Peel and crush garlic. Preheat oven to 325 degrees. Combine garlic and whipping cream in a medium bowl, beat with wire whisk until blended. Add reserved sausage, tortellini, chicken broth, ½ cup plus 2 tablespoons Parmesan cheese, parsley, basil and pepper. Stir gently to combine. Place tortellini mixture in a greased one quart baking dish. Sprinkle bread crumbs over tortellini. Dot with butter. Bake at 325 degrees for 40 minutes. Sprinkle remaining Parmesan cheese and bake an additional 5 minutes or until lightly browned. Serves 3-4

**\*\*Chef Cathy Stoner**



### **PUMPKIN BUNDT CAKE**

3 C flour - 2 tsp baking soda  
 1 C oil - 2 C sugar  
 Splash of nutmeg - ½ tsp salt  
 2 tsp baking powder - ¼ tsp cinnamon  
**Mix all above ingredients in a bowl**  
 1 C oil - 4 eggs, beaten  
 2 C pumpkin (can)  
**Mix the above 3 in a separate bowl**

Combine the above bowls. Stir in 1 C chopped walnuts and 1 C chocolate chips. Place into a greased and floured Bundt pan. Bake at 350° on second rack for 50-60 minutes.



### **CARROT CAKE & ICING**

4 eggs - 2 tsp cinnamon  
 1 tsp salt - 1 tsp vanilla  
 1 C crushed pineapple, well drained  
 3 C grated carrots - 1 C pecans  
 2 tsp baking powder - 1 ½ C oil - 2 C flour  
 1 box confectioner's sugar  
 2 tsp baking soda - 4 oz cream cheese

1 tsp nutmeg - 2 C sugar - 1 stick butter - 1 egg  
 In mixer bowl, dump 4 eggs, carrots, oil, pineapple, cinnamon, nutmeg, and pecans. Mix together; then add and mix: flour, sugar, baking powder, baking soda, and salt. Makes 4 layers. Bake at 350° for ½ hour, 2 layers at a time. (freezes well) Frosting: Mix guar, butter, vanilla, egg and cream cheese. Mix until creamy (if dry, add water drops one at a time).





### **GRANDMA SPYKER'S HOMEMADE SHORTCAKE**

1 ½ C cake flour  
2 tsp baking powder  
2/3 C sugar  
½ tsp vanilla extract  
¼ tsp salt  
1 egg  
½ C milk  
½ C vegetable oil



Sift dry ingredients. Add oil. Beat egg with milk and add to mixture. Add vanilla. Beat well by hand for ½ minute. Bake at 350° in an 8" square, greased pan for 20-30 minutes until a toothpick comes out clean.

### **BANANA PUDDING**

3 small packages instant vanilla pudding  
8 oz sour cream  
8 oz Cool Whip  
5 C milk  
3 large bananas  
1 box vanilla wafers

Mix pudding, sour cream, Cool Whip, and milk at medium speed until it sets. Layer cookies, 1 ½ sliced bananas, and pudding mixture in a 9X13 inch dish. This will make 2 complete layers. Place in refrigerator for 1 hour before serving.



**\*\*Chef Susan Essex**

### **ORANGE ROUGHY A L'ORANGE**



1 ½ lbs orange roughy filets  
freshly ground pepper to taste

2 Tbsp orange juice (refreshing change from lemon!)  
3 Tbsp vegetable oil - freshly grated nutmeg  
1 tsp salt - 1 tsp orange zest

Preheat the oven to 350°. Combine oil, salt, orange zest, orange juice, and pepper in a small bowl. Place filets in a single layer in a lightly oiled baking dish, and pour the sauce over them. Sprinkle with nutmeg. Bake uncovered for 20 minutes or until fish is opaque and flakes when tested with a fork. I recommend serving with rice and a veggie. Serves 4.

### **NO PEEK CHICKEN**



1 can cream of mushroom soup  
1 can cream of celery soup  
1 cup water  
1 cup minute rice  
8 skinned, split chicken breasts  
Salt and Pepper to taste  
1 package dry Lipton Onion Soup Mix

Preheat oven to 350°. Mix in large bowl: soups, water, rice. Pour into a 9X13" baking pan. Lay chicken breasts on top of soup mixture and salt and pepper to taste. Top with dry Lipton Onion Soup Mix. Seal with foil and bake for 2 hours.

Makes 6 Servings

### **CHICKEN ENCHILADAS**

- ½ cup chopped onion
- 2 cups shredded cheddar cheese
- 3 cups slivered cooked chicken
- 10-12 flour tortillas
- 4 Tbs margarine
- ¼ cup flour
- 1 tsp chili powder
- 4 oz can chopped green chilies, drained
- 1 tsp chicken bouillon
- 8 oz carton sour cream
- 2 cups chicken broth

Preheat oven to 350°. In sauce pan, sauté onion and margarine until tender, stir in flour and add chicken broth and bouillon. Cook and stir until thickened, remove from heat and stir in sour cream. In large bowl, combine 1 cup of the cooked sauce, chicken, 1 cup cheese, chilies and chili powder.



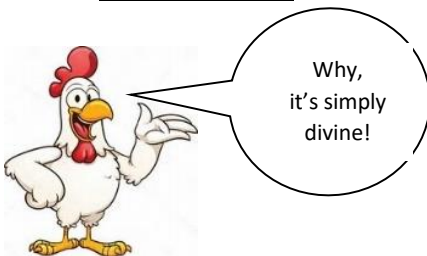
### **PARMESAN CRUSTED TILAPIA**

- 12 oz wedge of Parmesan Cheese
- 2 Tbsp garlic salt
- 2 Tbsp salt
- 2 Tbsp black pepper
- 2 Tbsp fresh basil
- 4 Tilapia filets
- 1 Lemon



Preheat oven to 375°. Grease a large glass baking dish with butter. Grate parmesan covering the bottom of the dish. Place filets evenly, add salt, garlic salt, pepper and basil covering each filet. Cut lemon in half and squeeze over each piece of fish, then grate enough parmesan to cover each filet. Place in oven uncovered, and bake for approximately 25 minutes. When finished baking, remove filets from dish and grate a little parmesan over them for a nice finishing touch! Serve with wild lemon herb rice and steamed veggies of your choice.

### **CHICKEN DIVAN**



- 4-6 chicken breasts (boneless, skinless)
- 8 oz. pkg shredded sharp cheddar cheese
- 2 cans cream of chicken soup
- 1 C mayo
- 2 tsp. Worcestershire sauce
- Broccoli

Boil chicken until done (about 1 hr.) Cook broccoli as directed on package. Pre-heat oven to 350°. Spray 13X9" pan with Pam. Put cooked broccoli in pan. Shred chicken and layer chicken on broccoli. Combine Worcestershire sauce, mayo, and soup – pour over chicken. Bake covered for 30 minutes. Add cheese and bake uncovered for 15 minutes. Serve with rice.

**\*\*Chef Brenda Stegall**



### **MEXICAN MEATLOAF**

- 1 med. green bell pepper, chopped
- 1 lb ground beef (80-85% lean)
- 3 shallots, minced - 1 tsp salt
- 1 tsp vegetable oil - 1 tsp ground cumin
- 3 garlic cloves, minced - ½ C purchased salsa
- 1 tsp ground oregano - 1 egg, beaten
- 4 6" corn tortillas, finely chopped
- ¾ C shredded Mexican cheese blend

Heat oven to 350°. Cook bell pepper, shallots, and garlic in oil in medium skillet over medium heat, 6 minutes or until tender. Cool. Gently combine bell pepper mixture and all remaining ingredients (reserve ¼ C cheese) in a large bowl. Place in and 8X4 loaf pan; bake 55-60 minutes or until internal temperature reaches 160°. Sprinkle with remaining ¼ C cheese during last five minutes. Let stand ten minutes before slicing. Serves 6.



### CHICKEN POT PIE

- 1 red pepper, deseeded and finely chopped
- 2 stalks celery, trimmed and chopped
- 1 lb cooked chicken, chopped
- 1 lb frozen mixed vegetables 1 C cream of chicken soup
- 3 Tbsp butter, divided - ½ C chicken broth
- 1 small onion, finely chopped
- ½ package refrigerated pie crust

Preheat oven to 425°. Melt 2 Tbsp butter in a large saucepan over medium heat. Add the onion, red pepper, and celery. Sauté the vegetables, stirring occasionally, until softened, about 5 minutes. Add the chicken, mixed vegetables, broth, and soup to the pot. Bring the mixture to a boil. Reduce heat to lower and simmer for 5 minutes, stirring occasionally. Transfer the mixture to a deep-dish pie plate. Lay the piecrust over the pie plate and trim, using a sharp knife. Melt the remaining butter, brush over the top of the piecrust. Bake until the crust is golden brown, 10-12 minutes. Let stand for 5 minutes before serving. Serves 6.

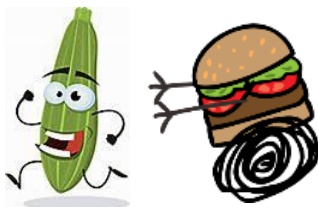


### CRANBERRY-GLAZED PORK ROAST

- ½ tsp finely shredded orange peel
- ¼ tsp ground black pepper - ¼ tsp salt
- 1-16 oz can whole or jellied cranberry sauce
- 1-2 ½ to 3 lb boneless pork top loin roast
- ½ tsp ground sage - 1/3 C orange juice

Preheat oven to 325°. For rub, in a small bowl, stir together the salt, pepper, and ¼ tsp of the sage. Sprinkle rub evenly over all sides of the pork roast; rub in mixture with your fingers. Place roast on a rack in a shallow roasting pan. Roast, uncovered, for an hour. For sauce, in a medium saucepan, stir together cranberry sauce, orange peel, orange juice, and the remaining ¼ tsp sage. Bring to boiling, reduce heat. Simmer, uncovered, about ten minutes or until mixture has slightly thickened. Spoon about ¼ C of the sauce over the meat, roast uncovered at 300° or 30-45 minutes. Remove from oven, cover loosely with foil, let stand for 15 minutes before slicing. Reheat the remaining sauce and serve with meat.

### ZUCCHINI HAMBURGER CASSEROLE



- 6 c zucchini
- 1 lb hamburger
- 1 onion, chopped
- 3 C cooked rice
- 1 can mushroom soup
- 1 C Monterey Jack cheese
- 1 pint cottage cheese
- 1 tsp garlic salt
- 1 tsp oregano

Cook zucchini, drain. Sauté beef and onion, add rice and seasoning to beef. Place ½ of zucchini in 2 ½ quart casserole dish, cover with beef mixture and spoon over the cottage cheese. Add rest of zucchini and spread on soup. Sprinkle cheese over top. Bake at 350° for 35-45 minutes, uncovered.

### OVER THE TOP GREEN BEANS

- 2 lbs fresh green beans, washed and trimmed.
- 2 C water
- Couple slices of bacon
- Pepper and salt



Fry bacon until crisp. Take bacon out of the skillet and leave the grease in the skillet. (drain if too much) Turn heat up in skillet and toss in green beans. Fry for 5 minutes, turning frequently. Add water into the skillet. Bring to a boil, then simmer 1 hour or more until tender. Season with salt and pepper and then add bacon back into the pan. Special enough for a holiday meal....easy enough for a weekday meal!

### GRILLED CHEESE WITH FIG JAM

8 slices white or sourdough bread  
¼ cup fig jam  
¼ cup honey  
6 oz white cheddar cheese, sliced  
6 oz mozzarella cheese, sliced  
¼ cup melted butter  
Pinch of sea salt



Heat a nonstick skillet or griddle over medium-low heat. Spread fig jam on 4 slices of bread, and spread honey on the other 4 slices. Layer with cheddar and mozzarella; sandwich the slices together. Brush the bread with butter. Place the sandwiches, butter side down, in a hot skillet. Brush the other side of the bread with butter. Cook until golden brown and cheeses have melted, 5-7 minutes per side. Transfer slices to a cutter board and let them rest for one minute before cutting into quarters. Sprinkle with a pinch of sea salt and serve hot!

**\*\*Chef Jordan Spyker**

### BANG BANG SHRIMP AND PASTA

½ pound angel hair (or linguini)  
1 ½ pounds shrimp (peeled/deveined or chicken)  
1 Tbsp coconut oil  
**3 cloves garlic, minced**  
**3 tsp paprika**  
**freshly ground black pepper, to taste**  
1 Tbsp mayonnaise, 1 Tbsp dried parsley  
¼ cup sour cream, ¼ cup cream or half & half  
½ cup sweet chili sauce, 2 cloves garlic, minced  
2 Tbsp lime juice, 1 tsp crushed red pepper flakes



Mix the sauce ingredients together in a bowl and set aside. In a large pot of boiling water, cook the pasta and drain well. Place the uncooked shrimp in a medium sized bowl and add the **paprika, 3 cloves of garlic, and pepper**. Heat the coconut oil on medium high heat and add the coated uncooked shrimp. Stir constantly while cooking until pink for approx. 7- 10 minutes. Remove from heat and set aside if pasta is not ready. In a large serving bowl, combine the pasta, shrimp and sauce mixture and toss. Garnish with parsley and serve immediately. ENJOY!!

### WORLD'S BEST SLOPPY JOES

1 ½ lbs ground beef  
1 onion, chopped  
¼ tsp pepper  
¼ tsp paprika  
½ C water  
1 tsp salt  
14 oz bottle ketchup  
4 Tbsp sugar  
1 Tbsp prepared mustard



Brown the ground beef seasoned with an additional ½ tsp each of salt and pepper, along with the onion. Drain the excess fat. Add all the remaining ingredients and heat through. Serve on hamburger rolls.

### CORN CASSEROLE

1 can whole kernel corn (I use frozen corn!)  
1 can cream style corn  
1 C sour cream  
1 stick butter or margarine  
1 box Jiffy Corn Muffin mix



Mix all ingredients together. Pour into greased baking dish. Bake at 350° for 45 minutes to 1 hour. Needs to be lightly browned on top.



Very simple dish, but oh so good! I have been asked to bring this to almost every family gathering, and have been asked for the recipe many times!

**\*\*Chef Sharon Mockabee**



### DORITO® CASSEROLE

1 family size bag Doritos®, any flavor  
1 onion, diced, 1 clove garlic, minced  
1 lb lean ground beef  
1 C salsa, 1 C sour cream

1 package low sodium (or homemade) taco seasoning  
1 C cream of chicken or mushroom soup  
2 C shredded cheese, 1 C water

Brown the ground beef with onion and garlic until no pink remains. Drain. Add taco seasoning, salsa, and water. Cook until thickened, about 5 minutes, and remove from heat. In a large bowl, combine beef mixture, sour cream, soup, and 1 C of cheese. **Slightly** crush the Doritos®. Layer 1 ½ C Doritos® in the bottom of a 2 qt casserole dish. Top with ½ of the beef mixture. Repeat layers. Finally, top with an additional 1 to ½ C Doritos® and remaining cheese. Spray a piece of foil with cooking spray and cover casserole. Bake in a 350° oven 30 minutes covered, remove foil and bake an additional 20 minutes, or until hot and bubbly. Top with lettuce, tomatoes, and olives if desired.

**\*\*Chef Val Winchell**



### CREAM OF ASPARAGUS SOUP

¼ cup butter, 1 potatoes (peeled and diced)  
1 onions (chopped), 3 stalks celery (chopped)  
3 tablespoons all-purpose flour, 4 cups water  
10 ½ ounces condensed chicken broth  
4 Tbsp chicken soup base

1 lb fresh asparagus (trimmed and coarsely chopped)  
¾ cup half & half, 1 tablespoon soy sauce  
¼ teaspoon each ground salt and white pepper

**\*\*Melt** butter or margarine in a heavy cooking pot. Add onions and chopped celery; sauté until tender, about 4 minutes. Stir in flour, mixing well. Cook for about 1 minute, stirring constantly. Do not burn, or let it go lumpy. Add water, chicken broth, and chicken soup base; stir until smooth. Bring to a boil. Add diced potatoes and chopped asparagus. Reduce heat, and simmer for about 20 minutes. Use an emersion blender to puree. If you don't have an emersion blender, puree soup in a food processor or blender in batches. Return to pot. Stir in half and half cream, soy sauce, and black and white pepper. Bring soup just to boil. Adjust seasonings to taste. Serve hot.

**\*\*Chef Paula Boy**



### CROCKPOT KOREAN BEEF

1 ½ pounds flank steak  
¼ cups cornstarch  
2 tablespoons sesame oil  
½ teaspoons minced garlic  
½ cups soy sauce  
½ cup beef broth  
¾ cups brown sugar  
¼ cup onion, chopped  
¼ teaspoon red pepper flakes

sesame seeds and green onions, for garnish

Cut flank steak into thin strips. In a Ziploc bag add flank steak pieces and cornstarch. Shake to coat. Add sesame oil, minced garlic, soy sauce, beef broth, brown sugar, onion, and red pepper flakes to the slow cooker. Stir ingredients. Add coated flank steak and stir again until coated in the sauce. Cook for high 2-3 hours or on low 4-5 hours until cooked throughout and tender. Can serve over rice and garnish with green onions



### SPICY CHEESE STUFFED CROCKPOT MEATBALLS



2 lbs. hamburger (don't use super lean)  
½ C parmesan cheese, grated  
1 small onion, chopped  
1 C bread crumbs

1/3 C grated parmesan cheese  
2 eggs, ½ cup milk, 2 tsp garlic powder  
2 Tbsp dried parsley, salt and pepper, to taste  
red pepper flakes, to taste (if you like it spicy, add 1 Tbsp)  
2 24 oz jars marinara  
A block of Monterey cheese, cut in cubes

Mix all ingredients except the Monterey cheese and form into balls. Stuff a cube of Monterey cheese in each meatball. Place in the crockpot and cover with the marinara. Cook in a crockpot for at least 4 hours. Delicious over pasta or as a meatball sub!

**\*\*Chef Paula Boy**

### **NO KNEAD CRUSTY BREAD**

3 cups all-purpose flour

1 ¾ tsp salt

½ tsp active dry yeast

1 ½ cups water room temperature

**\*\*In a big bowl mix the flour, salt and yeast together.**

Pour water into the bowl and using a spatula or a wooden spoon mix it until well incorporated. Cover the bowl with plastic wrap and let it sit on your counter for 12 to 18 hours. Preheat oven to 450°. Add your lidded cast iron pot (dutch oven) to the oven as it's heating, the entire pre-heat. (In a wide pot, the bread will spread. Use a deep one.) Remove the pot from the oven and remove the lid. Sprinkle some flour or cornmeal on the bottom of the pot. Flour your hands really well and also sprinkle a bit of flour over the dough. With your floured hands gently remove the dough from the bowl and roughly shape it into a ball. Take the ball of dough and drop it into the pot. Cover the pot with the lid and place it back in the oven. Bake for 30 minutes with the lid on, after which remove the lid and bake for another 15 to 20 minutes until golden brown. Remove the bread from the pot. It should fall out easily. Let cool completely before slicing into it and serving.



### **FLEMING'S STEAKHOUSE POTATOES**

3 pounds potatoes - peeled and 1/16 sliced

2 leeks - ½" dice, 2 medium jalapeño peppers - ¼" dice

2 C heavy cream, 1½ Cups half & half, 4 tsp butter

4 oz cheddar cheese - grated, 4 oz jack cheese - grated

1½ tsp kosher salt, 1 tsp ground pepper

**\*\*Cut ends of leeks and dice only the bottom 3 inches of leeks into half inch dice.**

Cut jalapenos into a quarter inch dice. Place

Butter in large sauce pot set on medium high heat. Add jalapenos, leeks, salt and pepper, sauté for 4-5 minutes.

Add cream and half & half and bring to a simmer. When cream is hot, pull off stove and add both cheeses, blend in thoroughly. Peel potatoes and slice into 1/16" thick circles with a mandolin or other slicer that will give you a consistent sized slice. Combine potatoes and cream mixture in mixing bowl. Spray Sides and bottoms of a 13 X 9 inch baking dish with pan coating. Place potato mixture in the pan and evenly distribute the potatoes and sauce. Feel free to add more cheese to the top! Cover with aluminum foil. Bake in 350° oven for one hour. Remove foil and cook for 15 more minutes to brown top of potatoes.



### **GARLIC PARMESAN ROASTED CARROTS**



12 oz carrots, skin peeled

2 Tbsp melted salted butter

2 cloves garlic, minced

3 Tbsp grated parmesan cheese

1 tsp chopped parsley

Preheat the oven to 400°. Mix the melted butter and garlic together. Coat the carrots well with the butter mixture. Arrange the carrots on a baking sheet lined with parchment paper. Drizzle the extra butter garlic mixture on top of the carrots. Roast for 15 minutes, then top the carrots with the Parmesan cheese. Roast for another 10 minutes or until the cheese melts and slightly browned. Remove from the oven and top with the parsley. Serve immediately.

**\*\*Chef Paula Boy**

### **HAMBURGER MACARONI CASSEROLE**

3 C uncooked medium shells

1 C monterey jack cheese

2 tsp sugar

1 C (14.5 oz) diced tomatoes with juice

1 lb ground beef

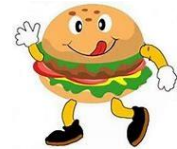
1 C chopped celery

15 oz tomato sauce

1 C chopped onion

1 clove garlic, minced

½ tsp salt



Heat oven to 350°. Grease 9X13" dish. Cook pasta until done. While pasta is boiling, cook ground beef, onions, celery, and garlic together. Salt to taste. Add tomatoes, tomato sauce, and 2 tsp sugar. Cook for 10 minutes. Drain pasta. Mix hamburger, pasta, and ½ C cheese together. Put mixture in 9X13 dish, cover with remaining cheese. Bake covered for 40 minutes. Serves 6.