

Taste of Home

★ Recipes Across ★ AMERICA



★ Recipes Across ★ AMERICA



REIMAN MEDIA GROUP, INC.
GREENDALE, WI

A TASTE OF HOME/READER'S DIGEST BOOK

© 2013 Reiman Media Group, Inc.

5400 S. 60th St., Greendale WI 53129

All rights reserved.

Taste of Home and Reader's Digest are registered trademarks of The Reader's Digest Association, Inc.

EDITORIAL

Editor-in-Chief: Catherine Cassidy

Creative Director: Howard Greenberg

Editorial Operations Director: Kerri Balliet

Managing Editor, Print and Digital Books: Mark Hagen

Associate Creative Director: Edwin Robles Jr.

Editors: Janet Briggs, Michelle Rozumalski

Associate Editor: Ellie Martin Cliffe

Contributing Art Director: Jessie Sharon

Layout Designer: Catherine Fletcher

Contributing Layout Designer: Holly Patch

Editorial Production Manager: Dena Ahlers

Copy Chief: Deb Warlaumont Mulvey

Copy Editors: Mary C. Hanson, Alysse Gear

Content Operations Manager: Colleen King

Executive Assistant: Marie Brannon

Chief Food Editor: Karen Berner

Food Editors: James Schend; Peggy Woodward, RD

Associate Food Editor: Krista Lanphier

Associate Editor/Food Content: Annie Rundle

Recipe Editors: Mary King; Jenni Sharp, RD; Irene Yeh

Test Kitchen and Food Styling Manager: Sarah Thompson

Test Kitchen Cooks: Alicia Rooker, RD (lead); Holly Johnson;

Jimmy Cababa

Prep Cooks: Matthew Hass (lead); Nicole Spohrleder, Lauren Knoelke

Food Stylists: Kathryn Conrad (senior), Shannon Roun, Leah Rekau

Photographers: Dan Roberts, Jim Wieland

Photographer/Set Stylist: Grace Natoli Sheldon

Set Styling Manager: Stephanie Marchese

Set Stylists: Melissa Haberman, Dee Dee Jacq

BUSINESS

Vice President, Publisher: Jan Studin, jan_studin@rd.com

General Manager, Taste of Home Cooking Schools: Erin Puariea

Vice President, Brand Marketing: Jennifer Smith

Vice President, Circulation and Continuity Marketing: Dave Fiegel

READER'S DIGEST NORTH AMERICA

Vice President, Business Development: Jonathan Bigham

President, Books and Home Entertaining: Harold Clarke

Chief Financial Officer: Howard Halligan

VP, General Manager, Reader's Digest Media: Marilyn Jacobs

Chief Marketing Officer: Renee Jordan

Vice President, Chief Sales Officer: Mark Josephson

Vice President, General Manager, Milwaukee: Frank Quigley

Vice President, Chief Content Officer: Liz Vaccariello

THE READER'S DIGEST ASSOCIATION, INC.

President and Chief Executive Officer: Robert E. Guth

For other Taste of Home books and products, visit us at tasteofhome.com.

For more Reader's Digest products and information, visit rd.com (in the United States) or see rd.ca (in Canada).

International Standard Book Number (ePub): 978-1-61765-261-5

Pictured on front cover (clockwise from left):

[Southern Fried Chicken](#), [Mexican Camitas](#), [Country Fish Chowder](#) and [Oregon's Best Marionberry Pie](#).

As American as Apple Pie

Northeast

Main Dishes

Sides & More

Sweets

South

Main Dishes

Sides & More

Sweets

Midwest

Main Dishes

Sides & More

Sweets

Southwest

Main Dishes

Sides & More

Sweets

West

Main Dishes

Sides & More

Sweets

Indexes

Photo Credits

‘As American as Apple Pie’

We’ve all heard those words and have probably enjoyed juicy slices of that **delectable dessert**, but **apple pie** is just the tip of the **American culinary** “iceberg.”

Whether sinking your teeth into crispy [Southern Fried Chicken](#), enjoying a [Philly Cheese Steak](#) or sampling a slice of [Ozark Mountain Berry Pie](#), you simply can’t beat the comfort of iconic American foods. Now, it’s easier than ever to relish the flavors of our country with **Taste of Home Recipes Across America**. This keepsake collection is packed with **more than 730 recipes...dishes shared by family cooks in all 50 states!**

You’ll take an armchair tour of the country with all-time classics such as [Chicago Deep-Dish Pizza](#), [Creole Jambalaya](#) and [Chocolate Texas Sheet Cake](#). In addition, this colorful collection offers dozens of little-known regional gems, including [Mom’s Dynamite Sandwiches](#), [Brooklyn Blackout Cake](#), [Horseshoe Sandwiches](#) and even [Kool-Aid Pickles](#).

America’s home cooks have always been clever. They borrowed their mother’s recipes, substituted a few local ingredients and created tasty dishes that became **ingrained in the local culture**. The five regions (Northeast, South, Midwest, Southwest and West) showcased in **Recipes Across America** offer a delectable variety of foods from each area. You’ll find everything from **quick supper ideas to impressive desserts...** each of which left a delicious mark on its part of the USA!

In addition, this more-than-a-cookbook treasury is also peppered with **hundreds of food facts, culinary trivia and snapshots of popular landmarks and food festivals** throughout the country.

With **Recipes Across America** it’s a snap to **savor all the tastes** the USA has to offer without ever leaving your home!



[Pat's King of Steaks Philly Cheese Steak](#)

Northeast

[Main Dishes](#)

[Sides & More](#)

[Sweets](#)

Get ready for a tour of flavor! From Maine lobsters to New Jersey hot dogs, the Northeast offers a wealth of tastes that will satisfy everyone in your home. Enjoy blue crab from Maryland, pizza from New York and all of the blueberry and cranberry delights this region has to offer. Whether you like to sink your teeth into a sub sandwich or treat friends to a clambake, the foods in this part of the country offer a little something for everyone!



Spicy Slow-Cooked Portuguese Cacoila

You're probably used to pulled pork coated with barbecue sauce and made into sandwiches. Portuguese pulled pork is a spicy dish often served at our large family functions. Each cook generally adds his or her own touches that reflect their taste and Portuguese heritage. A mixture of beef roast and pork can be used.

—**MICHELE MERLINO** EXETER, RHODE ISLAND

PREP: 20 MIN. **COOK:** 6 HOURS **MAKES:** 12 SERVINGS

4 pounds boneless pork shoulder butt roast, cut into 2-inch pieces

1½ cups dry red wine or reduced-sodium chicken broth

4 garlic cloves, minced

4 bay leaves

1 tablespoon salt

1 tablespoon paprika

2 to 3 teaspoons crushed red pepper flakes

1 teaspoon ground cinnamon

1 large onion, chopped

½ cup water

12 bolillos or hoagie buns, split, optional

1. Place pork in a large resealable bag; add wine, garlic and seasonings. Seal bag and turn to coat. Refrigerate overnight.
2. Transfer pork mixture to a 5- or 6-qt. slow cooker; add onion and water. Cook, covered, on low 6-8 hours or until meat is tender.
3. Skim fat. Remove bay leaves. Shred meat with two forks. If desired, serve with a slotted spoon on bolillos.

dishing about food

The Portuguese-American Club holds its annual Feast of the Holy Ghost on Martha's Vineyard on the third weekend in July. A local custom since 1942, it honors the original celebration started by Portugal's Queen Isabel in the 13th century. The event features traditional dances, music and food. Cacoila is a popular mainstay at the festival.



MARTHA'S VINEYARD, MA

The Gay Head, or Aquinnah, Lighthouse shines in the fog.



Coquilles St. Jacques

Buttery scallops in rich, creamy sauce would be tough to share...but if you must share, just double the recipe.

—BETSY ESLEY LAKE ALFRED, FLORIDA

PREP/TOTAL TIME: 30 MIN. **MAKES:** 1 SERVING

6 ounces bay scallops

3 tablespoons white wine or chicken broth

2 teaspoons butter

¼ teaspoon dried minced onion

1½ teaspoons all-purpose flour

¼ cup heavy whipping cream

3 tablespoons shredded cheddar cheese

TOPPING

4 teaspoons dry bread crumbs

1 teaspoon butter, melted

Paprika

1. In a small skillet, combine scallops, wine, butter and onion. Bring to a boil. Reduce heat; cover and simmer for 1-2 minutes or until scallops are firm and opaque. Using a slotted spoon, remove scallops and keep warm.
2. Bring poaching liquid to a boil; cook until liquid is reduced to about 2 tablespoons, about 3 minutes. Stir in flour until smooth; gradually add cream. Bring to a boil; cook and stir for 1 minute or until thickened. Remove from the heat. Add cheese, stirring until melted. Return scallops to skillet. Pour into a greased 6-oz. ramekin or custard cup.
3. In a small bowl, combine bread crumbs and butter; sprinkle over top. Sprinkle with the paprika. Bake, uncovered, at 400° for 4-5 minutes or until golden brown.

dishing about food

“Coquille” means shell in French, and this dish is usually served in a scallop shell. If you wish to serve it that way, make sure you purchase food-safe shells, not shells for crafting or decoration, from a kitchen specialty store.



Burgundy Lamb Shanks

For those who love fall-from-the-bone lamb, this recipe fills the bill. Burgundy wine adds a special touch to the sauce that’s served alongside the meat.

—**F. W. CREUTZ** SOUTHDOLD, NEW YORK

PREP: 10 MIN. **COOK:** 8¼ HOURS **MAKES:** 4 SERVINGS

4 lamb shanks (about 20 ounces each)

Salt and pepper to taste

2 tablespoons dried parsley flakes

2 teaspoons minced garlic

½ teaspoon dried oregano

½ teaspoon grated lemon peel

½ cup chopped onion

1 medium carrot, chopped

1 teaspoon olive oil

1 cup Burgundy wine or beef broth

1 teaspoon beef bouillon granules

1. Sprinkle lamb with salt and pepper. Place in a 5-qt. slow cooker. Sprinkle with the parsley, garlic, oregano and lemon peel.
2. In a small saucepan, saute onion and carrot in oil for 3-4 minutes or until tender. Stir in wine and bouillon. Bring to a boil, stirring occasionally. Pour over lamb. Cover and cook on low for 8 hours or until meat is tender.
3. Remove lamb and keep warm. Strain cooking juices and skim fat. In a small saucepan, bring juices to a boil; cook until liquid is reduced by half. Serve with lamb.



NEW YORK, NY

For more than 20 million immigrants between 1892 and 1924, the Port of New York at Ellis Island was the first American soil they'd touch. The museum opened its doors in 1990, and more than 20 million people have visited since.



Jersey-Style Hot Dogs

I grew up in northern New Jersey, where this way of eating hot dogs was created. My husband never had them as a kid but has come to love them even more than me. The combination of ingredients and flavors is simple, but just right!

—**SUZANNE BANFIELD** BASKING RIDGE, NEW JERSEY

PREP: 20 MIN. **GRILL:** 40 MIN. **MAKES:** 12 SERVINGS (10 CUPS POTATO MIXTURE)

6 medium Yukon Gold potatoes (about 3 pounds), halved and thinly sliced

3 large sweet red peppers, thinly sliced

3 large onions, peeled, halved and thinly sliced

⅓ cup olive oil

2 tablespoons minced garlic

3 teaspoons salt

1½ teaspoons pepper

12 bun-length beef hot dogs

12 hot dog buns, split

1. In a large bowl, combine potatoes, red peppers and onions. In a small bowl, combine oil, garlic, salt and pepper; add to the potato mixture and toss to coat. Transfer to a 13x9-in. disposable foil pan; cover with foil. Place pan on grill rack over medium heat; cook, covered, 30-35 minutes or until potatoes are tender. Remove from heat.

2. Grill hot dogs, covered, over medium heat 7-9 minutes or until heated through, turning occasionally. Place buns on grill, cut side down; grill until lightly toasted. Serve hot dogs with buns, topping each with ½ cup potato mixture. Serve with remaining potato mixture.

dishing about food

The Italian hot dog has been a northern New Jersey favorite for more than 75 years. The original recipe called for pizza bread, fried hot dogs, onion, peppers and deep-fried potatoes. This variation of the Italian dog has fewer calories, since the meat is grilled and not deep-fried.



THE PALISADES

With stark cliffs rising above the west bank of the Hudson River, the Palisades are a sight to behold. Palisades Interstate Park was formed in 1900 and runs from Fort Lee, New Jersey, to Palisades, New York.

Antipasto Sub

One night instead of setting out sandwiches with antipasto on the side, I combined the two. A zesty sandwich piled high with flavor, it was a big hit with my friends.

—JEANETTE HIOS BROOKLYN, NEW YORK

PREP: 15 MIN. + CHILLING **MAKES:** 10-12 SERVINGS

- 1 loaf (1 pound) unsliced Italian bread
- 3 cans (2½ ounces each) sliced ripe olives, drained
- 3 jars (6½ ounces each) marinated artichoke hearts, drained
- 1 jar (16 ounces) roasted sweet red pepper strips, drained
- 8 ounces provolone cheese, thinly sliced
- ¾ pound thickly sliced salami
- 3 tablespoons olive oil
- 3 tablespoons cider vinegar
- ½ teaspoon garlic powder
- ½ teaspoon Italian seasoning
- ¼ teaspoon salt
- ¼ teaspoon pepper

1. Cut bread in half lengthwise; hollow out top, leaving a 1½-in. shell. (Discard removed bread or save for another use.) Invert bread top; layer with olives, artichokes, red pepper, cheese and salami. Replace bread bottom. Wrap tightly in plastic wrap; refrigerate.
2. In a jar with a tight-fitting lid, combine the remaining ingredients; shake well. Refrigerate. Cut sub into slices; serve with the dressing.

Editor’s Note: *This recipe was tested with Vlasic roasted red pepper strips.*



Beef Stew with Sesame Seed Biscuits

Comfort food, warm and hearty, is what this dinner is all about. It has it all...homemade biscuits, tender meat and an assortment of veggies.

—**LINDA BACCI** LIVONIA, NEW YORK

PREP: 20 MIN. + SIMMERING **BAKE:** 30 MIN. **MAKES:** 5 SERVINGS

1 pound beef stew meat, cut into 1-inch cubes

2 tablespoons olive oil

1½ cups chopped onions

1 cup chopped celery

1 garlic clove, minced

1 tablespoon all-purpose flour

1½ cups water

1 cup diced tomatoes

½ cup Burgundy wine or beef broth

⅓ cup tomato paste

1 tablespoon sugar

¾ teaspoon salt

½ teaspoon Worcestershire sauce

¼ teaspoon pepper

2 cups cubed peeled potatoes

2 cups sliced fresh carrots

1 can (4 ounces) mushroom stems and pieces, drained

¼ cup sour cream

SESAME SEED BISCUITS

1¼ cups all-purpose flour

2 teaspoons baking powder

½ teaspoon salt

¼ cup shortening

¾ cup sour cream

2 tablespoons 2% milk

1 tablespoon sesame seeds

1. In a Dutch oven, brown the beef in oil in batches. Remove and keep warm. In the same pan, saute onions and celery until tender. Add garlic; cook 1 minute longer.

2. Stir in flour until blended. Gradually add the water; stir in the tomatoes, wine, tomato paste, sugar, salt, Worcestershire sauce, pepper and beef. Bring to a boil. Reduce heat; cover and simmer for 1¼ hours.

3. Add potatoes and carrots; cook for 30-45 minutes longer or until the beef and vegetables are tender. Stir in mushrooms and sour cream. Transfer to a greased 13x9-in. baking dish.

4. For biscuits, in a bowl, combine the flour, baking powder and salt. Cut in shortening until mixture resembles coarse crumbs. Stir in sour cream just until moistened.

5. Turn onto a lightly floured surface; knead 8-10 times. Roll out to ½-in. thickness; cut with a floured 2-in. biscuit cutter. Brush with milk; sprinkle with sesame seeds. Arrange over stew.

6. Bake at 400° for 30-35 minutes or until biscuits are golden brown.



Pat's King of Steaks Philly Cheese Steak

This ultimate cheese steak, an iconic sandwich in Philly, is a best-seller at Pat's King of Steaks Restaurant. Patrons praise its thinly cut beef and crusty Italian rolls.

—**FRANK OLIVIERI** PHILADELPHIA, PENNSYLVANIA

PREP: 15 MIN. **COOK:** 5 MIN./BATCH **MAKES:** 4 SERVINGS

1 large onion, sliced

½ pound sliced fresh mushrooms, optional

1 small green pepper, sliced, optional

1 small sweet red pepper, sliced, optional

6 tablespoons canola oil, divided

1½ pounds beef ribeye steaks, thinly sliced

4 crusty Italian rolls, split

Process cheese sauce

Ketchup, optional

1. In a large skillet, saute onion and, if desired, mushrooms and peppers in 3 tablespoons oil until tender. Remove and keep warm. In the same pan, saute the beef in remaining oil for 45-60 seconds or until the meat reaches desired doneness.

2. On each roll bottom, layer the beef, onion mixture, cheese and ketchup if desired. Replace tops.

dishing about food

Pat Olivieri of Pat's King of Steaks and his brother Harry are the inventors of the sandwich known as the Philly Cheese Steak. However, it was one of their restaurant managers who added a slice of provolone to make it a cheese sandwich. It can now be ordered with processed cheese sauce, provolone or American cheese.



PHILADELPHIA, PA

Find Pat's King of Steaks where 9th and Wharton Streets meet.



Broiled Cod

This is the easiest and tastiest fish you'll serve. Even finicky eaters who think they don't like fish will love it because it lacks a fishy taste and is beautiful and flaky.

—**KIM RUSSELL** NORTH WALES, PENNSYLVANIA

PREP: 10 MIN. + MARINATING **BROIL:** 10 MIN. **MAKES:** 2 SERVINGS

¼ cup fat-free Italian salad dressing

½ teaspoon sugar

⅛ teaspoon each salt, garlic powder, curry powder, paprika and pepper

2 cod fillets (6 ounces each)

2 teaspoons butter

1. In a large resealable plastic bag, combine the dressing, sugar and seasonings. Add the fish; seal bag and turn to coat. Refrigerate for 10-30 minutes.

2. Drain and discard marinade; place fillets on a broiler pan coated with cooking spray. Broil 3-4 in. from the heat for 10-12 minutes or until fish flakes easily with a fork. Place 1 teaspoon butter on each fillet; let stand until melted.

dishing about food

Cod was one of the few saltwater fish that Native Americans caught and consumed.



CAPE COD, MA

Cape Cod got its name in the 1600s, when the surrounding waters teemed with this fish.



Pesto Scallops Vermicelli

Quick and easy with a gourmet flavor, tender bay scallops shine in a simple sauce made with pesto and white wine.

—**MARILYN LUSTGARTEN** WENTZVILLE, MISSOURI

PREP/TOTAL TIME: 15 MIN. **MAKES:** 2 SERVINGS

4 ounces uncooked vermicelli

2 tablespoons butter

½ teaspoon garlic powder

¼ teaspoon dried oregano

⅛ teaspoon pepper

½ pound bay scallops

2 tablespoons white wine or chicken broth

3 tablespoons prepared pesto

1. Cook vermicelli according to the package directions. Meanwhile, in a large skillet, melt butter. Stir in the garlic powder, oregano and pepper. Add scallops and wine; cook and stir over medium heat for 5-6 minutes or until the scallops are firm and opaque.

2. Reduce heat to low. Stir in the pesto; heat through. Drain the vermicelli; toss with the scallop mixture.



Chocolate Fluffernutter Sandwiches

These fun sandwiches are sure to be greeted with smiles when served with sliced bananas and a glass of milk for lunch.

—TASTE OF HOME TEST KITCHEN

PREP/TOTAL TIME: 5 MIN. **MAKES:** 2 SERVINGS

¼ cup chunky peanut butter

4 thick slices white bread

1 tablespoon chocolate syrup

¼ cup marshmallow creme

1. Spread the peanut butter on two slices of bread. Drizzle with chocolate syrup; spread with the marshmallow creme. Top with the remaining bread.

dishing about food

The first shelf-stable marshmallow cream product, Snowflake Marshmallow Creme, was introduced in 1913 by the brother and sister team of Avery and Emma Curtis. From their factory in Melrose, Massachusetts, Emma devised all types of uses for the new product, including the classic Fluffernutter sandwich—peanut butter and marshmallow creme on white bread, which is still very popular in New England. Variations over the years have included wheat bread and added ingredients, such as the chocolate syrup used in our recipe.



Prosciutto-Stuffed Meat Loaf

Ingredients like prosciutto, sun-dried tomatoes, fresh basil and cheese blend together to make this delectable rolled loaf extraordinary.

—CAROLE HERMENAU OVIEDO, FLORIDA

PREP: 45 MIN. **BAKE:** 1¼ HOURS **MAKES:** 6-8 SERVINGS

1 cup finely chopped red onion

1 tablespoon olive oil

1 tablespoon butter

2 garlic cloves, minced

½ pound whole fresh mushrooms, coarsely chopped

¾ teaspoon salt

½ teaspoon pepper

2 eggs, lightly beaten

1¾ cups soft sourdough bread crumbs

¾ cup grated Parmesan cheese

⅓ cup minced fresh parsley

1 teaspoon minced fresh thyme

1½ pounds lean ground beef

¾ pound bulk Italian sausage

FILLING

3 ounces thinly sliced prosciutto

5 ounces thinly sliced Havarti cheese

1¼ cups loosely packed basil leaves, cut into thin strips

⅓ cup oil-packed sun-dried tomatoes, drained and cut into strips

1. In a large skillet, saute the onion in oil and butter for 2 minutes. Add garlic; cook 1 minute longer. Add mushrooms; cook 6-8 minutes longer or until mushrooms are tender and no liquid remains. Stir in salt and pepper.

2. In a large bowl, combine the eggs, bread crumbs, Parmesan cheese, parsley, thyme and mushroom mixture. Crumble beef and sausage over mixture; mix well.

3. On a large piece of heavy-duty foil, pat the beef mixture into a 15x10x1-in. rectangle. Layer the prosciutto, Havarti, basil and tomatoes to within 1 in. of edges. Roll up jelly-roll style, starting with a short side and peeling foil away while rolling. Seal seams and ends.

4. Place loaf seam side down in a greased 13x9-in. baking dish. Bake, uncovered, at 350° for 75-85 minutes or until no pink remains and a thermometer reads 160°. Let stand for 5 minutes. Using two large spatulas, carefully transfer meat loaf to a serving platter.



Grilled Lobster Tail

I had never made lobster at home until I tried this convenient and deliciously different grilled recipe. It turned out to be amazing, and now I'm not sure I'll ever order lobster at a restaurant again.

—**KATIE RUSH** KANSAS CITY, MISSOURI

PREP: 15 MIN. + MARINATING **GRILL:** 10 MIN. **MAKES:** 6 SERVINGS

6 frozen lobster tails (8 to 10 ounces each), thawed

¾ cup olive oil

3 tablespoons minced fresh chives

3 garlic cloves, minced

½ teaspoon salt

½ teaspoon pepper

1. Using scissors, cut top of the lobster shell lengthwise down the center, leaving tail fin intact. Loosen meat from shell, keeping the fin end attached; lift meat and lay over shell. With a knife, cut a slit, ½ inch deep, down center of meat.

2. In a small bowl, combine the remaining ingredients; spoon over lobster meat. Cover and refrigerate for 20 minutes.

3. Place lobster tails, meat side up, on grill rack. Grill, covered, over medium heat for 10-12 minutes or until meat is opaque.



COASTAL MAINE

Lobster buoys aren't painted bright hues just so they're more handsome. Each lobsterman uses a different color scheme so he can tell his apart from others nearby.



Classic Fried Chicken

Back when we used farm-fresh ingredients, our foods didn't need much embellishment to make them look and taste wonderful. This traditional chicken dish is a perfect example.

—**SANDRA ANDERSON** NEW YORK, NEW YORK

PREP: 10 MIN. **COOK:** 45 MIN. **MAKES:** 6 SERVINGS

1½ cups all-purpose flour

1½ teaspoons salt

½ teaspoon garlic powder

½ teaspoon pepper

1 broiler/fryer chicken (3 to 4 pounds), cut up

Oil for frying

1. In a large resealable plastic bag, combine first four ingredients. With paper towels, pat chicken dry; add to bag, a few pieces at a time. Seal bag and shake to coat.

2. In a large skillet over medium-high heat, heat ½ in. of oil; fry chicken until browned on all sides. Reduce heat; cover and cook for 30-35 minutes or until juices run clear, turning occasionally. Uncover chicken and cook 5 minutes longer. Drain on paper towels.

dishing about food

For most of us, “fried chicken” means a crunchy, crisp coating, with perhaps a dribble of grease running down your chin as you take your first bite. Maryland fried chicken is pan-fried. Once it is browned on all sides, it is covered and steamed to complete the cooking.



Irish Stew

My satisfying stew is full of potatoes, turnips, carrots and lamb. I like to serve it with Irish soda bread, which makes a hearty St. Patrick's Day meal.

—**LOIS GELZER** STANDISH, MAINE

PREP: 20 MIN. **COOK:** 1¾ HOURS **MAKES:** 6 SERVINGS

1½ pounds lamb stew meat

2 teaspoons olive oil

4 cups water

2 cups sliced peeled potatoes

1 medium onion, sliced

½ cup sliced carrot

½ cup cubed turnip

1 teaspoon salt

½ teaspoon each dried marjoram, thyme and rosemary, crushed

⅛ teaspoon pepper

2 tablespoons all-purpose flour

3 tablespoons fat-free milk

½ teaspoon browning sauce, optional

3 tablespoons minced fresh parsley

1. In a Dutch oven, brown the lamb in oil over medium-high heat. Add water; bring to a boil. Reduce heat; cover and simmer for 1 hour.
2. Add the potatoes, onion, carrot, turnip and seasonings. Bring to a boil. Reduce heat; cover and simmer for 30 minutes or until the vegetables are tender.
3. In a small bowl, combine the flour, milk and browning sauce if desired until smooth; stir into stew. Add parsley. Bring to a boil; cook and stir for 2 minutes or until thickened.

dishing about food

There are many, many variations on Irish stew. But two foods associated with Ireland—lamb and potatoes—should be the main components. Other veggies may vary. A third item associated with the Irish, stout or beer, can also be added for flavor.



Lobster Newburg

We live in Maine, so we like to use fresh lobster in this time-honored recipe. However, it can also be made with frozen, canned or imitation lobster. No matter how you prepare it, your guests will be impressed when you treat them to these rich individual seafood casseroles.

—**WENDY CORNELL** HUDSON, MAINE

PREP/TOTAL TIME: 25 MIN. **MAKES:** 4 SERVINGS

3 cups cooked lobster meat or canned flaked lobster meat or imitation lobster chunks

3 tablespoons butter

¼ teaspoon paprika

3 cups heavy whipping cream

½ teaspoon Worcestershire sauce

3 egg yolks, lightly beaten

1 tablespoon sherry, optional

¼ teaspoon salt

⅓ cup crushed butter-flavored crackers (about 8 crackers)

1. In a large skillet, saute the lobster in butter and paprika for 3-4 minutes; set aside. In a large saucepan, bring cream and Worcestershire sauce to a gentle boil. Meanwhile, in a bowl, combine egg yolks, sherry if desired and salt.

2. Remove cream from the heat; stir a small amount into egg yolk mixture. Return all to the pan, stirring constantly. Bring to a gentle boil; cook and stir for 5-7 minutes or until slightly thickened. Stir in the lobster.

3. Divide lobster mixture among four 10-oz. baking dishes. Sprinkle with cracker crumbs. Broil 6 in. from the heat for 2-3 minutes or until golden brown.



ROCKPORT, MA

Ebenezer Thorndike invented the lobster trap, or pot, in 1808.



Penne alla Vodka Sauce

This was the first Italian dish I made for my husband and the kids. Not being Italian like them, I was a little nervous. I passed the test! This is now a family-favorite recipe that I usually double for entertaining.

—**KATHY KOCHISS MONGILLO** TRUMBULL, CONNECTICUT

PREP: 10 MIN. **COOK:** 45 MIN. **MAKES:** 7½ CUPS

½ cup butter, cubed

4 ounces sliced pancetta, chopped

8 cans (8 ounces each) no-salt-added tomato sauce

⅓ cup vodka

1 cup heavy whipping cream

Hot cooked penne pasta

Shredded Parmesan cheese

1. In a large skillet, melt butter over medium heat. Add pancetta; cook and stir until slightly crisp. Stir in tomato sauce and vodka.

2. Bring to a boil. Reduce heat; simmer, uncovered, for 30-40 minutes or until slightly thickened, stirring occasionally. Add cream and heat through. Serve sauce with pasta; sprinkle with Parmesan cheese.

dishing about food

Vodka sauce for pasta has taken off in the last few years. There are claims that the sauce was developed in Italy, but some maintain it originated in the United States. Either way, it is so yummy!



Maple Pancakes

Our family looks forward to tapping the maple trees in March...and then enjoying the pure maple syrup year-round. This is just one of the recipes I like to make that has maple syrup as an ingredient.

—**MARY COLBATH** CONCORD, NEW HAMPSHIRE

PREP/TOTAL TIME: 15 MIN. **MAKES:** 6 PANCAKES

1 cup all-purpose flour

1½ teaspoons baking powder

½ teaspoon salt

1 egg

1 cup 2% milk

2 tablespoons canola oil

1 tablespoon maple syrup

Additional maple syrup

1. In a small bowl, combine the flour, baking powder and salt. In another bowl, combine the egg, milk, oil and syrup; stir into dry ingredients just until blended.

2. Pour batter by ¼ cupfuls onto a lightly greased hot griddle; turn when bubbles form on top of pancakes. Cook until second side is golden brown (pancakes will be thin). Serve with additional syrup.



ALBANY, NH

Built in 1858, the Albany Bridge crosses the Swift River in White Mountain National Forest.



Ultimate Pastrami Sandwiches

This peerless pastrami sandwich was adapted from a menu favorite at Primanti Bros. Restaurant in Philadelphia. Their marketing office shared the basic ingredients with us. From there, we created this spot-on copy, including our version of the secret coleslaw topping.

—TASTE OF HOME TEST KITCHEN

PREP: 25 MIN. + **STANDING** **BAKE:** 5 MIN. **MAKES:** 4 SERVINGS

- ½ cup sugar, divided
- ½ cup cider vinegar, divided
- 4 cups shredded cabbage
- 3½ cups frozen waffle-cut fries
- ¼ teaspoon salt
- ¼ teaspoon celery seed
- ¼ teaspoon pepper
- 1 pound sliced deli pastrami
- 4 slices provolone cheese
- 2 medium tomatoes, thinly sliced

8 slices Italian bread (¾ inch thick), toasted

1. In a large bowl, combine ¼ cup each sugar and vinegar; add cabbage and toss to coat. Cover and let stand for 30 minutes. Meanwhile, bake fries according to package directions.
2. Drain cabbage. In a bowl, combine salt, celery seed, pepper and remaining sugar and vinegar; pour over cabbage and toss to coat.
3. On an ungreased baking sheet, divide pastrami into four stacks; top each with cheese. Bake at 450° for 2-3 minutes or until cheese is melted. Place pastrami on four toast slices. Layer with fries, coleslaw, tomato slices and remaining toast. Serve immediately.



Yankee Pot Roast

Here's a traditional main dish that's tested and true. We've been enjoying it for years.

—**VERA BURKE** WEST PITTSBURGH, PENNSYLVANIA

PREP: 20 MIN. **COOK:** 2¾ HOURS **MAKES:** 12-14 SERVINGS

1 boneless beef chuck roast (4 to 5 pounds)

1 tablespoon canola oil

2 large onions, coarsely chopped

2 cups sliced carrots

2 celery ribs, sliced

2 cans (14½ ounces each) Italian stewed tomatoes

1¾ cups water

1 teaspoon salt

½ teaspoon dried thyme

¼ teaspoon pepper

4 medium potatoes, peeled and cut into eighths

1. In a Dutch oven, brown roast on all sides over medium-high heat in oil. Remove roast and keep warm. In the same pan, add the onions, carrots, celery, tomatoes, water, salt, thyme and pepper. Bring to a boil. Return the roast to pan. Reduce heat; cover and simmer for 2 hours.
2. Add the potatoes. Cover; cook 40 minutes longer or until meat and vegetables are tender.

dishing about food

This pot roast recipe originated in New England, which explains the use of “Yankee” in its name. It also embodies the Colonial New England virtues of thrift (using the tougher cuts of meat) and practicality (making a dish in one pot).



STURBRIDGE, MA

At Old Sturbridge Village, historians show visitors what daily life was like in early New England. Here, you can watch a home cook prepare “receipts” 1830s-style.



Pennsylvania Dutch Pork Chops

Recipes of Pennsylvania Dutch heritage, like this one, are popular in our area. We like to serve these sweet-and-sour pork chops with dumplings or spaetzle, red cabbage coleslaw and applesauce. Dutch apple pie makes the perfect dessert for this entree.

—**JOYCE BROTZMAN** MCVEYTOWN, PENNSYLVANIA

PREP: 25 MIN. **BAKE:** 1 HOUR **MAKES:** 6 SERVINGS

6 bone-in pork loin chops ($\frac{3}{4}$ inch thick and 8 ounces each)

2 tablespoons butter

$\frac{1}{2}$ cup unsweetened pineapple juice

$\frac{1}{2}$ cup ketchup

2 tablespoons white vinegar

2 tablespoons honey

1 $\frac{1}{2}$ teaspoons ground mustard

$\frac{1}{4}$ teaspoon salt

4 teaspoons cornstarch

2 tablespoons water

1. In a large skillet, brown the pork chops in butter. Using a slotted spoon, transfer to an ungreased 13x9-in. baking dish.
2. Combine the pineapple juice, ketchup, vinegar, honey, mustard and salt; add to the drippings. Cook and stir until mixture comes to a boil. Pour over chops.
3. Cover and bake at 350° for 45 minutes. Uncover; bake 15 minutes longer or until a thermometer reads 160°. Remove chops and keep warm.
4. In a small saucepan, combine cornstarch and water; stir in pan juices. Bring to a boil; cook and stir for 1-2 minutes or until thickened. Serve with pork chops.

dishing about food

The Pennsylvania Dutch are people of German and Swiss descent who settled in Pennsylvania. They are represented in a variety of religions and cultures, including the Amish. Over the years, the Pennsylvania Dutch developed their own German dialect. Both Pennsylvania Dutch and Amish

recipes are known for featuring hearty home-style cooking.



LANCASTER, PA

Observe living history of the Pennsylvania Dutch at the Landis Valley Village & Farm Museum. It's open year-round.



Red Flannel Hash

This is an old-fashioned meal that satisfies big appetites with its hearty mix of ingredients. It's named for the rosy color the dish picks up from the beets.

—**JESSE & ANNE FOUST** BLUEFIELD, WEST VIRGINIA

PREP/TOTAL TIME: 30 MIN. **MAKES:** 4 SERVINGS

3 tablespoons canola oil

1 can (14½ ounces) sliced beets, drained and chopped

2 cups chopped cooked corned beef

2½ cups diced cooked potatoes

1 medium onion, chopped

¼ cup half-and-half cream

2 tablespoons butter, melted

2 teaspoons dried parsley flakes

1 teaspoon Worcestershire sauce

¼ teaspoon salt

⅛ teaspoon pepper

1. Heat the oil in a 12-in. skillet. Add all the remaining ingredients. Cook and stir over low heat for 20 minutes or until lightly browned and heated through.



Fried Clams

The crunchy golden coating on these clams will truly melt in your mouth. One bite and you'll understand why these are considered a delicacy!

—TIM CONNOLLY FREEPORT, MAINE

PREP/TOTAL TIME: 30 MIN. **MAKES:** 1 DOZEN

1½ cups yellow cornmeal, divided

½ cup cake flour, divided

¾ cup water

12 fresh cherrystone clams, shucked

Oil for deep-fat frying

½ teaspoon salt

Tartar sauce or seafood cocktail sauce, optional

1. In a shallow bowl, combine ¾ cup cornmeal and ¼ cup flour with the water, forming a batter. In another bowl, combine the remaining cornmeal and flour.

2. Dip clams in batter; shake off excess. Coat with cornmeal mixture.

3. In an electric skillet or deep-fat fryer, heat oil to 375°. Fry the clams, a few at a time, for 4-5 minutes or until golden brown. Drain on paper towels; sprinkle with salt.

4. Serve immediately with sauce if desired.

dishing about food

Clam shacks dot the coastline of New England, and fried clams are a staple menu item. Lawrence “Chubby” Woodman served the first fried clams at his roadside stand in Essex, Massachusetts, on July 3, 1916, after a local fisherman, who had tried some of Woodman’s homemade potato chips, joked that the cook should fry clams to increase business. Woodman and his wife, Bessie, experimented with different batters until they found the perfect coating. Howard Johnson of the restaurant chain learned to fry clams from Chubby and soon introduced even more New Englanders to the taste sensation.



New England Boiled Dinner

This has been a popular dinner with our family for a long time. When we moved to California in 1960, I'd make it often to remind us of New England. We're back home now and continue to enjoy this comforting dish.

—**NATALIE COOK** SCARBOROUGH, MAINE

PREP: 10 MIN. **COOK:** 2 HOURS **MAKES:** 8-10 SERVINGS

1 smoked boneless pork shoulder butt roast (2 to 2½ pounds)

1 pound fresh carrots, sliced lengthwise and halved

8 medium red potatoes, peeled and halved

2 medium onions, cut into quarters

1 large head cabbage, cut into quarters

1 large turnip, peeled and cut into quarters

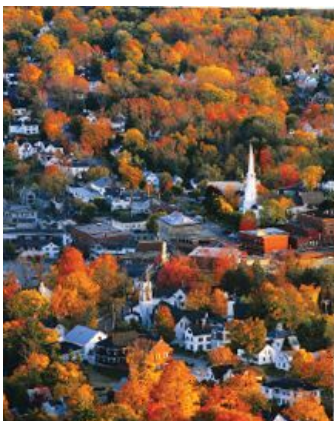
1 large rutabaga, peeled, halved and sliced

1. Place pork roast in a large Dutch oven; cover with water. Bring to a boil. Reduce heat; cover and simmer for 1 hour.

2. Add the remaining ingredients; return to a boil. Reduce the heat. Cover and simmer for 1 hour or until the vegetables are tender; drain.

dishing about food

Boiled dinners can be found in the cuisine of many countries. The appeal of this one-pot meal is the simplicity of preparation and the wonderfully warm and filling meal it produces. New England recipes use a variety of root vegetables and potatoes.



CAMDEN, ME

Don't miss New England's breathtaking fall foliage! Leaves in the northern areas of the region peak in mid-October. Farther south, the color often lasts into November.



Lobster-Stuffed Beef Wellington

Instead of stuffing a tenderloin with the typical mushrooms, I use lobster for a more elegant feel. A side of potatoes and salad completes the festive meal.

—**TERRY SMIGIELSKI** BOOTHBAY HARBOR, MAINE

PREP: 45 MIN. + CHILLING **BAKE:** 40 MIN. + STANDING **MAKES:** 14 SERVINGS

3 lobster tails (8 to 10 ounces each)

½ cup heavy whipping cream

2 fresh thyme sprigs

1¼ teaspoons salt, divided

1⅞ teaspoons pepper, divided

¾ cup dry bread crumbs

1 beef tenderloin roast (4 to 5 pounds)

1 package (17.3 ounces) frozen puff pastry, thawed

1 egg white

3 tablespoons butter, melted

1. Using kitchen scissors, cut through lobster shells; carefully remove lobster and chop. In a small skillet, combine the lobster, cream, thyme, ¼ teaspoon salt and ⅛ teaspoon pepper. Bring to a boil over medium heat; cook 3-5 minutes or until lobster is firm and opaque. Discard thyme sprigs. Stir in bread crumbs; set aside to cool.

2. Make a lengthwise slit down the center of tenderloin to within ½ in. of bottom. Open meat so it lies flat. Place lobster mixture down the center. Close tenderloin; tie several times with kitchen string. Sprinkle with remaining salt and pepper.

3. Place the tenderloin in a greased 15x10x1-in. baking pan; fold ends under tenderloin. Bake, uncovered, at 475° for 20-25 minutes or until browned. Cool to room temperature; refrigerate until chilled.

4. On a lightly floured surface, unfold one puff pastry sheet; cut lengthwise along one fold line, forming two rectangles. Cut smaller rectangle into a 6x3-in. rectangle; use remaining piece for decorations if desired. Moisten a 6-in. edge of large rectangle with water. Attach smaller rectangle along that edge, pressing lightly to seal. Roll out 2 in. longer than the tenderloin on each side. Transfer to an ungreased baking sheet. Brush with egg white.

5. Remove and discard kitchen string from tenderloin; place onto the pastry. Roll out remaining puff pastry into a rectangle 8 in. wide and 5 in. longer than the tenderloin; place over the meat. Brush pastry edges with water; fold edges under meat. With a sharp knife, make four slashes across top of pastry. Brush with butter.

6. Bake, uncovered, at 425° for 40 minutes (meat will be cooked to medium doneness); cover loosely with foil to prevent overbrowning if necessary. Transfer to a serving platter. Let stand for 15 minutes before slicing.



Mock Chicken Legs

When I was young, my mother made this recipe for us. I was recently going through her cookbook collection and found it. Now I make this tasty, fun dish for my own family and enjoy mixing the old memories with new ones.

—**JEANNE HERDA** BURNSVILLE, MINNESOTA

PREP: 20 MIN. **COOK:** 25 MIN. **MAKES:** 1 DOZEN

1 egg, lightly beaten

½ cup cornflake crumbs

¼ cup milk

2 tablespoons finely chopped green pepper

1 teaspoon salt

¾ pound ground pork

¾ pound ground veal

12 Popsicle sticks

COATING

1 egg

¼ cup milk

2 cups cornflake crumbs

Oil for frying

1. In a large bowl, combine the first five ingredients. Crumble ground meat over mixture and mix well. Shape ¼ cupful of meat mixture around each Popsicle stick to resemble a 3-in. log.

2. In a shallow bowl, whisk egg and milk. Place cornflake crumbs in another shallow bowl. Coat each leg in crumbs, then dip in egg mixture and recoat in crumbs. Let stand for 5 minutes.

3. In an electric skillet, heat ¼ in. oil to 375°. Fry legs, a few at a time, for 1 minute on each side or until golden brown. Drain the legs on paper towels.

4. Arrange on an ungreased baking sheet. Bake at 350° for 15-20 minutes or until no pink remains and a thermometer reads 160°.

dishing about food

Mock chicken legs were popular during the Depression, when chicken and eggs were in short supply and expensive. Ground pork and/or veal, which cost less than chicken during that time, was shaped into a drumstick around a skewer. Sometimes known as city chicken, this simple dish was popular in many parts of the country, including upstate New York.



Salisbury Steak with Onion Gravy

These moist meat patties are simmered in a delicious gravy that starts with French onion soup. Let the egg noodles cook while you prepare the rest of the recipe, and dinner will be done in 30 minutes.

—**KIM KIDD** NEW FREEDOM, PENNSYLVANIA

PREP: 10 MIN. **COOK:** 25 MIN. **MAKES:** 6 SERVINGS

1 egg

1 can (10½ ounces) condensed French onion soup, undiluted, divided

½ cup dry bread crumbs

¼ teaspoon salt

Dash pepper

1½ pounds ground beef

¼ cup water

¼ cup ketchup

1 teaspoon Worcestershire sauce

½ teaspoon prepared mustard

1 tablespoon all-purpose flour

2 tablespoons cold water

6 cups hot cooked egg noodles

Chopped fresh parsley, optional

1. In a large bowl, beat egg. Stir in ⅓ cup of soup, bread crumbs, salt and pepper. Crumble beef over mixture and mix well. Shape into six oval patties.

2. In a large skillet, brown the patties over medium heat for 3-4 minutes on each side or until a thermometer reads 160° and juices run clear. Remove and set aside; drain. Add the water, ketchup, Worcestershire sauce, mustard and remaining soup to skillet. Bring to a boil.

3. Return patties to the skillet. Reduce heat; cover and simmer for 15 minutes or until heated through.

4. Combine flour and cold water until smooth. Stir into pan. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve the patties and gravy with noodles. Garnish with parsley if desired.

dishing about food

Did you know that James H. Salisbury, a 19th-century American physician, invented the Salisbury steak and promoted it as a health food? He believed that a diet very high in meat (three steaks a day) and low in vegetables and starchy foods would cure many ailments. What a difference a century can make!



Lobster Rolls

Mayonnaise infused with dill and lemon lends refreshing flavor to these super sandwiches. Try toasting the buns for something special.

—TASTE OF HOME TEST KITCHEN

PREP/TOTAL: 30 MIN. **MAKES:** 8 SERVINGS

1 cup chopped celery

⅓ cup mayonnaise

2 tablespoons lemon juice

½ teaspoon dill weed

5 cups cubed cooked lobster meat (about 4 small lobsters)

8 hoagie rolls, split and toasted

1. In a large bowl, combine the celery, mayonnaise, lemon juice and dill weed. Gently stir in lobster. Serve on rolls.

dishing about food

In many parts of the country, a lobster dinner is a special treat. But in Maine and other New England states with commercial lobster fishing, it turns up in meals more frequently. One of the region's many staples is the lobster roll, which consists of fresh lobster salad on a hot dog bun.



Spiedis

This traditional Italian dish features skewered meat grilled like kabobs, then wrapped in Italian bread and eaten like a sandwich. The seasonings in this recipe work well with pork, beef, lamb and poultry.

—**GERTRUDE SKINNER** BINGHAMTON, NEW YORK

PREP: 10 MIN. + MARINATING **GRILL:** 10 MIN. **MAKES:** 8 SERVINGS

1 cup canola oil

$\frac{2}{3}$ cup cider vinegar

2 tablespoons Worcestershire sauce

$\frac{1}{2}$ medium onion, finely chopped

$\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ teaspoon sugar

$\frac{1}{2}$ teaspoon dried basil

$\frac{1}{2}$ teaspoon dried marjoram

$\frac{1}{2}$ teaspoon dried rosemary, crushed

2 $\frac{1}{2}$ pounds boneless lean pork, beef, lamb, venison, chicken or turkey, cut into 1 $\frac{1}{2}$ -to 2-inch cubes

Italian rolls or hot dog buns

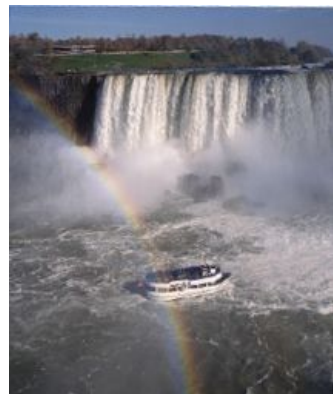
1. In a large resealable plastic bag, combine the oil, vinegar, Worcestershire sauce, onion and seasonings; add meat. Seal bag and turn to coat; refrigerate for 24 hours, turning occasionally.

2. Drain and discard marinade. Thread meat on metal or soaked wooden skewers. Using long-handled tongs, moisten a paper towel with cooking oil and lightly coat the grill rack.

3. Grill meat, covered, over medium heat or broil 4 in. from the heat for 10-15 minutes or until meat reaches desired doneness, turning occasionally. Remove meat from skewers and serve on long Italian rolls or hot dog buns.

dishing about food

Spiedis are a specialty of Binghamton in Broome County, New York.



NIAGARA FALLS, NY

Picturesque Niagara Falls has been dubbed the Honeymoon Capital of the World since the early 19th century, when wealthy newlyweds began spending their first days of married life there.

Chicken with Blueberry Sauce

This is one of my best recipes. Blueberries are mixed with apricot jam and mustard to create a sweet, tangy sauce for tender chicken.

—**THOMAS JEWELL SR.** AVENEL, NEW JERSEY

PREP: 10 MIN. **COOK:** 35 MIN. **MAKES:** 4 SERVINGS

4 boneless skinless chicken breast halves (1 pound)

1 tablespoon canola oil

$\frac{1}{2}$ cup apricot preserves or spreadable fruit

3 tablespoons Dijon mustard

$\frac{1}{3}$ cup white wine vinegar

$\frac{1}{2}$ cup fresh or frozen blueberries

Hot cooked rice, optional

1. In a large skillet over medium heat, cook chicken in oil for about 4 minutes on each side or until lightly browned. Combine preserves and

mustard; spoon over chicken. Reduce heat; cover and simmer for 15 minutes or until chicken juices run clear.

2. With a slotted spoon, remove chicken and keep warm. Add vinegar to skillet; bring to a boil. Reduce heat; simmer, uncovered, for 3 minutes or until sauce is reduced by one-third, stirring occasionally. Stir in blueberries. Serve over chicken and rice if desired.

Double-Cheese Eggs Benedict

Making breakfast is my favorite part of running a bed-and-breakfast. Returning guests often request this poached egg dish. I serve it over English muffins and Canadian bacon, then I top the eggs with cheese sauce.

—**MEGAN HAKES** WELLSVILLE, PENNSYLVANIA

PREP: 15 MIN. **COOK:** 20 MIN. **MAKES:** 8 SERVINGS

2 tablespoons butter

2 tablespoons plus 1½ teaspoons all-purpose flour

1½ cups 2% milk

¼ cup shredded cheddar cheese

2 tablespoons shredded Parmesan cheese

½ teaspoon Dijon mustard

⅛ teaspoon salt

⅛ teaspoon white pepper

POACHED EGGS

1 tablespoon white vinegar

8 eggs

4 English muffins, split and toasted

8 slices Canadian bacon, warmed

8 bacon strips, cooked and crumbled

1. For cheese sauce, in a large saucepan, melt butter. Stir in flour until smooth; gradually add the milk. Bring to a boil; cook and stir for 2 minutes or until thickened. Reduce heat to medium-low. Add the cheese, mustard, salt and pepper, stirring until cheese is melted. Cover and keep warm.

2. Place 2-3 in. of water in a large skillet with high sides; add vinegar. Bring to a boil; reduce heat and simmer gently. Break cold eggs, one at a time, into a custard cup or saucer; holding the cup close to the surface of the water, slip egg into water.

3. Cook 4 eggs, uncovered, until whites are completely set, about 4 minutes. With a slotted spoon, lift each egg out of the water. Repeat with remaining eggs.

4. To assemble, top each muffin half with one slice Canadian bacon, one egg, cheese sauce and bacon.

dishing about food

There are different accounts of the origins of Eggs Benedict, but two are connected to restaurants in New York City—Delmonico’s and the Waldorf. In both versions of the story, the patron who suggested the concoction was named Benedict.



NEW YORK, NY

Wall Street itself is nothing to marvel at. It’s the financial giants in the area that give the industry its cachet. The New York Stock Exchange (above) happens to be just a few blocks from Delmonico’s.



Fish Fillets with Stuffing

Here is a perfect weeknight meal. Fish cooks up so moist in the microwave, it takes just minutes to cook and the dish is easy to clean!

—**DONNA SMITH** VICTOR, NEW YORK

PREP/TOTAL TIME: 25 MIN. **MAKES:** 6-8 SERVINGS

2 tablespoons butter, melted

⅓ cup chicken broth

½ cup finely chopped onion

½ cup finely grated carrots

½ cup chopped fresh mushrooms

¼ cup minced fresh parsley

½ cup dry bread crumbs

1 egg, beaten

1 tablespoon lemon juice

1 teaspoon salt

⅛ teaspoon pepper

2½ to 3 pounds fish fillets (cod, whitefish, haddock, etc.)

Paprika

1. In a large bowl, combine the first 11 ingredients and mix well. In a greased 13x9-in. microwave-safe dish, arrange the fillets with stuffing between them. Moisten paper towels with water; place over fish. Cook 9-11 minutes or until the fish flakes easily with a fork, rotating dish occasionally. Sprinkle with paprika.

Editor's Note: *This recipe was tested in a 1,100-watt microwave.*



Cranberry Pork Medallions

This juicy pork with its festive cranberry glaze is so simple to prepare. It tastes so special and looks so good, people will think you spent hours making it. Serve with refrigerated mashed potatoes and frozen green beans for a super easy meal.

—**MARIA BRENNAN** WATERBURY, CONNECTICUT

PREP/TOTAL TIME: 20 MIN. **MAKES:** 3 SERVINGS

1 pork tenderloin (about 1 pound), cut into ½-inch slices

3 tablespoons olive oil

1 medium onion, finely chopped

1 garlic clove, minced

3 tablespoons sugar

¾ cup apple juice

½ cup cranberry juice

½ cup fresh or frozen cranberries, thawed

2 teaspoons Dijon mustard

½ teaspoon minced fresh rosemary or ⅛ teaspoon dried rosemary, crushed

Additional cranberries and fresh rosemary, optional

1. In a large nonstick skillet, brown the pork in oil for 3-4 minutes on each side. Remove and set aside.
2. In the same skillet, saute the onion, garlic and sugar until onion is caramelized and tender. Stir in the apple juice, cranberry juice, cranberries, mustard and rosemary. Bring to a boil. Reduce heat; simmer, uncovered, for 5-6 minutes or until sauce is reduced by half.
3. Return the pork to pan; heat through. Sprinkle with additional cranberries and rosemary if desired.

dishing about food

Cranberries are native to North America. Much of the United States' crop is grown in New England.

Creamed Beef on Toast

World War II vets may have gotten their first taste of this old-time recipe when they were in the Army. It is easy to make and I find it a comforting dish.

—**MARGE ROSSELIT** OTTAWA, OHIO

PREP/TOTAL TIME: 25 MIN. **MAKES:** 4 SERVINGS

2 tablespoons plus 1½ teaspoons all-purpose flour

1 teaspoon minced fresh parsley

¼ teaspoon celery seed

¼ teaspoon pepper

⅛ teaspoon onion powder

¾ cup 2% milk

½ cup water

1 package (2½ ounces) thinly sliced dried beef, coarsely chopped

3 hard-cooked eggs, chopped

4 slices white bread, toasted

1. In a small saucepan, combine the first five ingredients. Whisk in milk and water. Bring to a boil; cook and stir for 2 minutes or until thickened. Add beef and eggs; heat through. Serve over toast.

dishing about food

Creamed chipped beef was a staple in Army life during WWII. While some veterans fondly remember it, others have a different view. The dish earned the nickname “SOS,” which stands for “same old stuff.”



Toasted Reubens

When New Yorkers taste my Reuben, they say it’s like those served by delis in the Big Apple. For a little less kick, omit the horseradish from the mayonnaise mixture.

—PATRICIA KILE ELIZABETHTOWN, PENNSYLVANIA

PREP/TOTAL TIME: 15 MIN. **MAKES:** 4 SERVINGS

½ cup mayonnaise

3 tablespoons ketchup

2 tablespoons sweet pickle relish

1 tablespoon prepared horseradish

4 teaspoons prepared mustard

8 slices rye bread

1 pound thinly sliced deli corned beef

4 slices Swiss cheese

1 can (8 ounces) sauerkraut, rinsed and well drained

2 tablespoons butter

1. In a small bowl, combine the mayonnaise, ketchup, pickle relish and horseradish; set aside. Spread mustard on one side of four slices of bread, then layer with corned beef, cheese, sauerkraut and mayonnaise mixture; top with remaining bread.

2. In a large skillet, melt butter over medium heat. Add sandwiches; cover and toast on both sides until bread is lightly browned and cheese is melted.

dishing about food

Reubens are a popular deli sandwich in New York and other cities on the East Coast. The sandwich’s precise origin is unknown, with more than one business claiming to have invented it—from Reuben’s Restaurant and Delicatessen on Broadway to a wholesale grocer in Omaha, Nebraska.



New England Salmon Pie

My mom always made salmon pie on Christmas Eve. Now I bake this dish for the holidays and other get-togethers during the year. It takes little time to prepare, and with a salad on the side, it makes a satisfying meal.

—JEANNE UTTLEY SALEM, NEW HAMPSHIRE

PREP: 15 MIN. **BAKE:** 40 MIN. **MAKES:** 6-8 SERVINGS

3½ cups warm mashed potatoes (without added milk and butter)

1 medium onion, finely chopped

⅓ cup milk

½ teaspoon celery seed

½ teaspoon garlic powder

½ teaspoon salt

¼ teaspoon white pepper

1 can (14¾ ounces) salmon, drained, bones and skin removed

2 tablespoons minced fresh parsley

Pastry for double-crust pie (9 inches)

1 egg

1 tablespoon water

1. In a bowl, combine the potatoes, onion, milk, celery seed, garlic powder, salt and pepper. Stir in salmon and parsley. Line a 9-in. pie plate with bottom pastry; trim even with edges. Spread salmon mixture into crust.

2. Roll out remaining pastry to fit top of pie; place over filling. Trim, seal and flute edges. Cut slits in top. Beat egg and water; brush over pastry. Bake at 350° for 40-45 minutes or until crust is golden. Refrigerate leftovers.



MAINE & NEW HAMPSHIRE

The Androscoggin River is a favorite spot for Maine and New Hampshire anglers. It's a hot spot for different types of salmon, trout and bass.



Venison Dumpling Stew

Dill-seasoned dumplings top this homey stew featuring tender venison, carrots and potatoes.

—**ELIZABETH SMITH** MIDDLEBURY, VERMONT

PREP: 20 MIN. **COOK:** 45 MIN. **MAKES:** 4 SERVINGS

¼ cup all-purpose flour

1 pound venison stew meat, cut into 1-inch cubes

3 tablespoons butter

4 to 5 cups water

2 bay leaves

2 teaspoons beef bouillon granules

3 tablespoons Worcestershire sauce

1 teaspoon salt

½ to ¾ teaspoon pepper

5 medium potatoes, peeled and cubed

5 medium carrots, peeled and cut into ¾-inch slices

1 medium onion, chopped

DILLED DUMPLINGS

1 cup all-purpose flour

1 teaspoon baking powder

½ teaspoon salt

½ teaspoon dill weed

1 egg

½ cup milk

1. In a large resealable plastic bag, combine flour and venison; shake to coat. In a Dutch oven, brown meat in butter. Add water; stir to loosen browned bits from pan. Add the bay leaves, bouillon, Worcestershire sauce, salt and pepper. Bring to a boil. Reduce heat; cover and simmer for 1 hour or until meat is tender.

2. Discard bay leaves. Add potatoes, carrots and onion. Cover and simmer for 25 minutes.

3. For dumplings, in a large bowl, combine the flour, baking powder, salt and dill. Stir in the egg and milk just until moistened. Drop by tablespoonfuls onto simmering stew. Cover and simmer for 15 minutes (do not lift cover) or until a toothpick inserted near the center comes out clean.



Homemade Pizza

This recipe is a hearty, zesty main dish with a crisp golden crust. Feel free to use whatever toppings your family enjoys.

—**MARIANNE EDWARDS** LAKE STEVENS, WASHINGTON

PREP: 25 MIN. + RISING **BAKE:** 25 MIN. **MAKES:** 2 PIZZAS (3 SERVINGS EACH)

1 package (¼ ounce) active dry yeast

1 teaspoon sugar

1¼ cups warm water (110° to 115°)

¼ cup canola oil

1 teaspoon salt

3½ cups all-purpose flour

½ pound ground beef

1 small onion, chopped

1 can (15 ounces) tomato sauce

3 teaspoons dried oregano

1 teaspoon dried basil

1 medium green pepper, diced

2 cups (8 ounces) shredded part-skim mozzarella cheese

1. In large bowl, dissolve yeast and sugar in water; let stand for 5 minutes. Add the oil and salt. Stir in the flour, a cup at a time, until a soft dough forms.

2. Turn onto floured surface; knead until smooth and elastic, about 2-3 minutes. Place in a greased bowl, turning once to grease the top. Cover and let rise in a warm place until doubled, about 45 minutes. Meanwhile, cook beef and onion over medium heat until meat is no longer pink; drain.

3. Punch down dough; divide in half. Press each into a greased 12-in. pizza pan. Combine the tomato sauce, oregano and basil; spread over each crust. Top with beef mixture, green pepper and cheese.

4. Bake at 400° for 25-30 minutes or until crust is lightly browned.

dishing about food

Pizzerias in New York often have red pepper flakes, oregano and Parmesan available for their customers to add to their pie, which is often sold by the slice. To eat the pizza like a New Yorker, fold the wedge in half to enjoy like a sandwich.



NEW YORK, NY

The top of the Empire State Building is lit in a rainbow of colors to observe holidays and special events throughout the year, like Christmas and the Super Bowl.

Chorizo Sausage Corn Chowder

The spiciness of the sausage is a wonderful counterpoint to the sweetness of the corn.

—**ROBIN HAAS** CRANSTON, RHODE ISLAND

PREP: 25 MIN. **COOK:** 20 MIN. **MAKES:** 6 SERVINGS (2½ QUARTS)

3 cups frozen corn, thawed

1 large onion, chopped

1 celery rib, chopped

1 teaspoon olive oil

2 garlic cloves, minced

3 cans (14½ ounces each) reduced-sodium chicken broth

1 tablespoon sherry or additional reduced-sodium chicken broth

2 bay leaves

1 teaspoon dried thyme

½ teaspoon pepper

1 package (12 ounces) fully cooked chorizo chicken sausage or flavor of your choice, chopped

1 cup half-and-half cream

1 cup (4 ounces) shredded smoked Gouda cheese

1 medium sweet red pepper, chopped

2 green onions, chopped

1. In a nonstick Dutch oven coated with cooking spray, saute corn, onion and celery in oil until tender. Add garlic; cook 1 minute longer. Stir in broth, sherry, bay leaves, thyme and pepper. Bring to a boil. Reduce heat; simmer, uncovered, for 8-10 minutes. Discard bay leaves.

2. Cool slightly. In a food processor, process soup in batches until blended. Return to pan. Stir in sausage and cream; heat through. Top with cheese, red pepper and green onions.

dishing about food

In the last several decades the Latino population has increased dramatically in New England, bringing new ingredients to local cuisine, such as chorizo and linguica sausage.



NEWPORT, RI

The beautiful Claiborne Pell Bridge, known to many simply as the Newport Bridge, spans part of the Narragansett Bay to connect Jamestown and Newport. It's pictured on the Rhode Island state quarter.



Lamb Kabobs with Bulgur Pilaf

I love to make this old family recipe that shows my Armenian heritage. The tender, slightly sweet lamb is complemented perfectly by the savory bulgur pilaf.

—**RUTH HARTUNIAN ALUMBAUGH** WILLIMANTIC, CONNECTICUT

PREP: 15 MIN. + MARINATING **COOK:** 35 MIN. **MAKES:** 6 SERVINGS

30 garlic cloves, crushed (1½ to 2 bulbs)

½ cup balsamic vinegar

¾ cup chopped fresh mint or ¼ cup dried mint

¼ cup olive oil

2 pounds lean boneless lamb, cut into 1½-inch cubes

PILAF

½ cup butter, cubed

1 large onion, chopped

1 cup uncooked mini spiral pasta

2 cups bulgur

3 cups beef broth

1. In a large resealable plastic bag, combine the garlic, vinegar, mint and oil; add lamb. Seal bag and turn to coat; refrigerate for several hours or overnight.

2. For pilaf, in a large skillet, melt butter. Add onion and pasta; saute until pasta is lightly browned. Add bulgur and stir to coat. Stir in broth. Bring to a boil. Reduce heat; cover and simmer for 25-30 minutes or until tender. Remove from the heat; let stand for 5 minutes. Fluff with a fork.

3. Drain and discard marinade. Thread onto six metal or soaked wooden skewers.

4. Grill kabobs, covered, over medium heat for 8-10 minutes or until meat reaches desired doneness, turning frequently. Serve with pilaf.

Editor's Note: *This recipe was tested with Barilla brand mini fusilli pasta.*



Baked Blueberry & Peach Oatmeal

Baked oatmeal is a staple in our home. It's very easy to prepare the night before; just keep the dry and wet ingredients separate until ready to bake. I've tried a variety of fruits in this dish, but the blueberry and peach combination is our favorite.

—**ROSEMARIE WELESKI** NATRONA HEIGHTS, PENNSYLVANIA

PREP: 20 MIN. **BAKE:** 35 MIN. **MAKES:** 9 SERVINGS

3 cups old-fashioned oats

½ cup packed brown sugar

2 teaspoons baking powder

½ teaspoon salt

2 egg whites

1 egg

1¼ cups fat-free milk

¼ cup canola oil

1 teaspoon vanilla extract

1 can (15 ounces) sliced peaches in juice, drained and chopped

1 cup fresh or frozen blueberries

⅓ cup chopped walnuts

Additional fat-free milk, optional

1. In a large bowl, combine the oats, brown sugar, baking powder and salt. Whisk the egg whites, egg, milk, oil and vanilla; add to dry ingredients and stir until blended. Let stand for 5 minutes. Stir in peaches and blueberries.

2. Transfer to an 11x7-in. baking dish coated with cooking spray. Sprinkle with the walnuts. Bake, uncovered, at 350° for 35-40 minutes or until top is lightly browned and a thermometer reads 160°. Serve oatmeal with additional milk if desired.

dishing about food

Other ways to dress up this breakfast treat:

- Add 1 teaspoon of ground cinnamon to the oatmeal before baking.
- Leave out the berries and peaches and add two mashed ripe bananas and an 8-ounce can of drained crushed pineapple.
- Drizzle maple syrup over your serving for added sweetness.



Toasty Deli Hoagie

My deluxe sub sandwich is stacked with yummy ingredients, then broiled, so it's perfect for a backyard picnic. For an even fresher taste, whip up your own guacamole.

—**STACI HOARD** BRONSTON, KENTUCKY

PREP: 35 MIN. **BROIL:** 5 MIN. **MAKES:** 6 SERVINGS

1 loaf (1 pound) French bread

2 tablespoons mayonnaise

1 tablespoon lemon juice

2 garlic cloves, minced

½ pound thinly sliced deli smoked turkey

½ pound thinly sliced deli ham

6 slices hard salami

1 medium sweet yellow pepper, julienned

1 small red onion, thinly sliced

½ pound sliced provolone cheese

1½ cups guacamole

1. Cut French bread in half lengthwise; place cut side up on a baking sheet. Bake at 350° for 4-5 minutes or until toasted.

2. In a small bowl, combine the mayonnaise, lemon juice and garlic; spread over bread bottom. Layer with turkey, ham, salami, pepper, onion and cheese. Bake for 7-8 minutes or until meat is heated through; broil 3-4 in. from the heat for 3 minutes or until cheese is lightly browned.

3. Spread guacamole over bread top; place over cheese. Cut into six slices.

dishing about food

The hoagie was born in Philadelphia, a product of that city's Italian community. Many of the stories of its origin center around the shipyards in the Hog Island area of Philly. In 1992 it became the city's official sandwich.



PHILADELPHIA, PA

You can't visit the City of Brotherly Love without stopping at Robert Indiana's LOVE sculpture. It's located in John F. Kennedy Plaza in Center City.



Simple Pan-Fried Trout

One summer when my husband and I were enjoying our first getaway in years, we found ourselves stranded in our cabin cruiser with a dead battery. When hunger set in, he rigged up a fishing line, and soon there were two trout sizzling on the portable grill. We eventually made it home all right—and kept the recipe we'd devised.

—**FELICIA CUMMINGS** RAYMOND, MAINE

PREP/TOTAL TIME: 20 MIN. **MAKES:** 4 SERVINGS

4 lake trout fillets (about 8 ounces each)

½ cup grated Parmesan cheese

½ cup bacon-flavored crackers, crushed

½ cup cornmeal

¼ to ½ teaspoon garlic salt

Dash pepper

2 eggs

½ cup milk

½ cup canola oil

Lemon wedges and/or minced chives or parsley, optional

1. Rinse fish in cold water; pat dry. In a shallow bowl, combine the cheese, cracker crumbs, cornmeal, garlic salt and pepper. In another bowl, beat eggs and milk. Dip fish in the egg mixture, then gently roll in the crumb mixture.

2. In a large skillet, fry the fillets in oil for 3-4 minutes on each side or until the fish flakes easily with a fork. Garnish with lemon, chives and/or parsley if desired.



Corned Beef and Cabbage

St. Patrick's Day is one of my favorite holidays. I'm not Irish, but as they say, everyone's Irish on March 17! Everything about St. Pat's is so festive, especially the food.

—**CONNIE LOU BLOMMERS** PELLA, IOWA

PREP: 20 MIN. **COOK:** 3 HOURS **MAKES:** 8 SERVINGS

¼ cup packed brown sugar

2 teaspoons finely grated orange peel

2 teaspoons yellow mustard

¼ teaspoon ground cloves

1 corned beef brisket with spice packet (2 to 3 pounds)

2 medium onions, sliced

2 quarts water

1 cup apple juice

8 carrots, cut into 3-inch pieces

1 small head cabbage

1. In a small bowl, combine the first four ingredients; set aside. In a Dutch oven, place corned beef and seasoning packet. Add onions, water and apple juice; bring to a boil. Reduce heat; cover and simmer for 2 to 2½ hours or until meat is tender.

2. Remove brisket from cooking liquid; place in a greased roasting pan. Rub sugar mixture over warm meat. Bake at 350° for 15 minutes.

3. Add carrots to cooking liquid. Cover and simmer for 10 minutes. Cut cabbage into eight wedges, leaving a portion of the core on each wedge; add to carrots. Cover and simmer for 15-20 minutes or until vegetables are tender. Thinly slice meat; serve with vegetables.

dishing about food

Serving corned beef and cabbage for St. Patrick's Day is actually an Irish-American custom. In Ireland, corned beef was exported to England, France and America. Beef was too expensive to buy in Ireland, but Irish immigrants found they could afford it in America. As a result, corned beef and cabbage became a common weekly meal of the poor in the 19th century.



BOSTON, MA

The city of Boston and its suburbs boast a higher percentage of folks with Irish heritage than any other place in the U.S.—nearly 20 percent!



Tourtieres

Some time ago, a co-worker brought a meat pie to lunch. The aroma was familiar—and after one taste, I was amazed to discover it was the same pie my grandmother used to serve when I was a youngster! She shared the recipe, and I have been enjoying it ever since.

—RITA WINTERBERGER HUSON, MONTANA

PREP: 20 MIN. **BAKE:** 30 MIN. **MAKES:** 2 PIES (8 SERVINGS EACH)

2 large onions, thinly sliced

¼ cup canola oil

2 pounds ground beef

2 pounds ground pork

3 cups frozen mixed vegetables

2 cups mashed potatoes

1 tablespoon ground allspice

2 teaspoons salt

½ teaspoon pepper

Pastry for two double-crust pies (9 inches)

1 egg, lightly beaten

1. In a Dutch oven, saute onions in oil until tender. Remove and set aside. In the same pan, cook beef and pork over medium heat until no longer pink; drain. Remove from the heat. Add the onions, vegetables, potatoes and seasonings.

2. Line two 9-in. pie plates with bottom crusts; trim pastry even with edge of plate. Fill each with about 5 cups filling. Roll out remaining pastry to fit tops of pies; place over filling. Trim, seal and flute edges. Cut slits in pastry and brush tops with egg.

3. Bake pies at 375° for 30-35 minutes or until golden brown.



Crumb-Coated Chicken & Blackberry Salsa

Maple lends a sweet touch to blackberry salsa. This easy recipe is also great made with fish.

—**TAMMY THOMAS** MORRISVILLE, VERMONT

PREP/TOTAL TIME: 25 MIN. **MAKES:** 2 SERVINGS

½ cup fresh blackberries

1 jalapeno pepper, seeded and minced

2 tablespoons minced fresh cilantro

2 tablespoons chopped red onion

2 tablespoons maple syrup

2 tablespoons balsamic vinegar

2 boneless skinless chicken breast halves (5 ounces each)

⅛ teaspoon salt

⅛ teaspoon pepper

¼ cup all-purpose flour

1 egg, beaten

½ cup panko (Japanese) bread crumbs

1 tablespoon olive oil

1. In a bowl, combine the first six ingredients. Cover and refrigerate until serving.

2. Flatten the chicken to ¼-in. thickness; sprinkle with salt and pepper. Place flour, egg and bread crumbs in separate shallow bowls. Coat chicken with flour, dip in egg, then coat with crumbs.

3. In a large skillet, cook chicken in oil over medium heat for 4-6 minutes on each side or until no longer pink. Serve with salsa.

Editor’s Note: *Wear disposable gloves when cutting hot peppers; the oils can burn skin. Avoid touching your face.*

Portuguese Pork Tenderloin

I won a contest to attend a cooking school in Portugal, where the chef laughed at all ideas of cooking light. This is my version of one of his recipes. I cut back on the olive oil and heavy cream. It reminds me of the flavors of Miguel’s roast, but I don’t feel guilty about eating it.

—JESSIE GREARSON-SAPAT FALMOUTH, MAINE

PREP: 20 MIN. **COOK:** 40 MIN. **MAKES:** 4 SERVINGS

2 large potatoes, peeled and cut into 1-inch cubes

3 tablespoons olive oil, divided

¾ teaspoon pepper, divided

½ teaspoon salt, divided

2 cups dry red wine or chicken broth

¼ cup tawny port wine or grape juice

1 cup pitted dried plums

2 fresh rosemary sprigs

2 pounds pork tenderloin, cut into 1-inch cubes

1 cup reduced-sodium chicken broth

2 tablespoons reduced-fat cream cheese

2 tablespoons heavy whipping cream

Additional fresh rosemary sprigs, optional

1. Place potatoes in a large bowl; drizzle with 1 tablespoon oil. Sprinkle with ½ teaspoon pepper and ¼ teaspoon salt; toss to coat.

2. Transfer to a greased 15x 10-in. baking pan. Bake at 400° for 40–45 minutes or until tender, stirring occasionally.

3. Meanwhile, in a small saucepan, combine the red wine, port wine, plums and rosemary. Bring to a boil; cook until liquid is reduced to about 1 cup, about 25–30 minutes. Remove rosemary and discard. Transfer to a blender; cover and process until smooth. Set aside.

4. Sprinkle pork with remaining pepper and salt. In a large skillet, brown pork in remaining oil; remove and keep warm.

5. Add the broth, cream cheese, cream and plum mixture to skillet; cook over medium-low heat until blended. Return the pork to the pan; cook and stir for 8–10 minutes or until meat is no longer pink. Serve the pork and sauce with potatoes. Garnish with additional rosemary if desired.

dishing about food

There are large populations of people with Portuguese heritage in the New England area, particularly in Rhode Island and Massachusetts.



The Roman Doric portico marks the spot where the Mayflower landed at Plymouth Rock in 1620.



Shredded Venison Sandwiches

My husband hunts for deer every November, so I'm always looking for new recipes for venison. The whole family loves these slow cooker sandwiches seasoned with soy sauce, brown sugar, ketchup and hot pepper sauce.

—**RUTH SETTERLUND** FREYBURG, MAINE

PREP: 15 MIN. **COOK:** 8 HOURS **MAKES:** 14-18 SERVINGS

1 boneless venison roast (4 pounds)

1½ cups ketchup

3 tablespoons brown sugar

1 tablespoon ground mustard

1 tablespoon lemon juice

1 tablespoon soy sauce

1 tablespoon liquid smoke, optional

2 teaspoons celery salt

2 teaspoons pepper

2 teaspoons Worcestershire sauce

1 teaspoon onion powder

1 teaspoon garlic powder

⅓ teaspoon ground nutmeg

3 drops hot pepper sauce

14 to 18 hamburger buns, split

1. Cut venison roast in half; place in a 5-qt. slow cooker. In a large bowl, combine the ketchup, brown sugar, mustard, lemon juice, soy sauce, liquid smoke if desired and seasonings. Pour over venison. Cover and cook on low for 8-10 hours or until meat is tender.

2. Remove the roast; set aside to cool. Shred meat with two forks; return to the slow cooker and heat through. Using a slotted spoon, place meat mixture on bun bottoms. Replace tops.



Grilled Clam Bake

With clams and crab legs, this grilled entree looks impressive but is quite easy to prepare on the grill. Add corn and potatoes, and it's a satisfying meal.

—TASTE OF HOME TEST KITCHEN

PREP: 20 MIN. **GRILL:** 25 MIN. **MAKES:** 6 SERVINGS

18 fresh littleneck clams

4 medium ears sweet corn, husks removed and cut into thirds

8 medium red potatoes, cut into ½-inch cubes

2 medium onions, cut into 2-inch pieces

1 cup white wine or chicken broth

1 cup minced fresh parsley

¼ cup minced fresh basil

½ cup olive oil

2 garlic cloves, minced

1 teaspoon coarsely ground pepper

1 teaspoon hot pepper sauce

½ teaspoon salt

3 bay leaves

3 pounds uncooked snow crab legs

¼ cup butter, cubed

French bread, optional

1. Tap clams; discard any that do not close.
2. In a large disposable roasting pan, layer the clams, corn, potatoes, onions, wine, herbs, oil, garlic, pepper, pepper sauce, salt and bay leaves. Grill, covered, over medium heat for 15 minutes.
3. Add crab; cook until potatoes are tender, about 25-30 minutes. Discard bay leaves; stir in butter. Serve with bread if desired.

dishing about food

Native Americans introduced early settlers to the concept of steaming seafood on the beach. East Coast residents still enjoy doing this today. Those of us who don't live along the coast can enjoy succulent seafood with this grilled variation, along with extras like corn on the cob, onions and potatoes.



MYSTIC, CT

Get a hearty dose of maritime history at the Mystic Seaport, the Museum of America and the Sea. In 2000, workers at the shipyard built a replica of the Amistad, the famed schooner seized by slaves to commemorate the 200th anniversary of the end of the Atlantic slave trade.



New England Fish Bake

I've lived in Rhode Island for 36 years and love the fresh seafood dishes served here. This is a favorite of mine. My mother-in-law gave me the recipe.

—**NORMA DESROCHES** WARWICK, RHODE ISLAND

PREP: 25 MIN. **BAKE:** 20 MIN. **MAKES:** 3-4 SERVINGS

4 medium potatoes, peeled

1 teaspoon all-purpose flour

1 small onion, sliced into rings

½ teaspoon salt

¼ teaspoon pepper

¾ cup milk, divided

1½ pounds cod fillets or freshwater fish (trout, catfish or pike)

3 tablespoons grated Parmesan cheese, optional

2 tablespoons minced fresh parsley or 2 teaspoons dried parsley flakes

¼ teaspoon paprika

1. Place potatoes in a saucepan and cover with water. Bring to a boil. Reduce heat; cover and simmer for 15-20 minutes or until tender. Drain; cool slightly.

2. Slice potatoes ½ in. thick; place in a greased shallow 2-qt. baking dish. Sprinkle with flour. Top with onion; sprinkle with salt and pepper. Pour half of the milk over potatoes. Place fish on top; pour remaining milk over fish. Sprinkle with Parmesan cheese if desired.

3. Cover and bake at 375° for 20-30 minutes or until fish flakes easily with a fork. Sprinkle with parsley and paprika.



Moroccan Vegetable Chicken Tagine

Take a trip to Morocco with this exotic and rich dish. A tagine is a North African slow-cooked stew that is named after the pot in which it is cooked.

—TASTE OF HOME TEST KITCHEN

PREP: 45 MIN. **COOK:** 7½ HOURS **MAKES:** 6 SERVINGS

1 medium butternut squash (about 3 pounds), peeled and cut into 1-inch cubes

2 medium red potatoes, cut into 1-inch cubes

1 medium sweet potato, peeled and cut into 1-inch cubes

1 large onion, halved and sliced

2 garlic cloves, minced

6 chicken leg quarters, skin removed

½ teaspoon salt

¼ teaspoon pepper

½ cup dried apricots, chopped

½ cup dried cranberries, chopped

2 tablespoons all-purpose flour

1 can (14¾ ounces) reduced-sodium chicken broth

¼ cup chili sauce

1 tablespoon minced fresh gingerroot

1 teaspoon curry powder

½ teaspoon ground cinnamon

½ teaspoon ground cumin

1 can (15 ounces) garbanzo beans or chickpeas, rinsed and drained

Hot cooked couscous, optional

1. In a 6-qt. slow cooker, combine the squash, potatoes, onion and garlic. Sprinkle chicken with salt and pepper; place over vegetables. Top with apricots and cranberries.

2. In a small bowl, combine flour and broth until smooth. Stir in the chili sauce, ginger, curry, cinnamon and cumin. Pour over the chicken. Cover and cook on low for 7-8 hours or until chicken and vegetables are tender.

3. Stir in garbanzo beans; cover and cook for 30 minutes or until heated through. Serve with couscous if desired.



Cornmeal Scrapple

I grew up in a German-Dutch community and this dish was a favorite there. I like to eat scrapple in the wintertime, but my husband thinks it's perfect anytime. As he always says, 'It really sticks to your ribs.'

—**MRS. MERLIN BRUBAKER** BETTENDORF, IOWA

PREP: 20 MIN. + CHILLING **BAKE:** 10 MIN. **MAKES:** 6 SERVINGS

1 cup white or yellow cornmeal

1 cup milk

1 teaspoon sugar

1 teaspoon salt

2¾ cups boiling water

8 ounces bulk pork sausage, cooked, drained and crumbled

All-purpose flour

2 tablespoons butter

Maple syrup, optional

1. In a saucepan, combine the cornmeal, milk, sugar and salt; gradually stir in water. Cook and stir until thickened and bubbly. Reduce heat; cook, covered, 10 minutes longer or until very thick, stirring occasionally.
2. Remove from the heat and stir in sausage. Pour into a greased 7½ x 3½-in. loaf pan (the pan will be very full). Cover with plastic wrap and refrigerate.
3. To serve, unmold and cut into ½-in. slices. Dip both sides in flour. In a skillet, melt butter over medium heat; brown scrapple on both sides. Serve with maple syrup if desired.



Chicken with Slippery Dumplings

These dumplings are cooked in a mild broth and are served with chicken and gravy at church dinners. The old-fashioned dish reminds many of us of simpler days growing up on the farm.

—**BETTY JEAN BOYD** WILMINGTON, DELAWARE

PREP: 30 MIN. + RESTING **COOK:** 20 MIN. **MAKES:** 8 SERVINGS

1 stewing chicken (about 5 pounds), cut up

4 celery ribs, chopped

1 medium onion, chopped

4 medium carrots, coarsely chopped

1 tablespoon chicken bouillon granules

DUMPLINGS

3 cups all-purpose flour

1 teaspoon salt, optional

½ teaspoon baking powder

Minced fresh parsley, optional

1. Place chicken, celery and onion in a Dutch oven. Cover with water; bring to a boil. Reduce heat; cover and simmer until chicken is tender. Remove chicken and keep warm. Skim fat from the pan juices; add water to measure 3 qts. Set aside 1½ cups for dumplings; cool. Return the remaining broth to the Dutch oven; add carrots and bouillon.

2. For dumplings, combine flour, salt if desired and baking powder. Add enough reserved broth to form a stiff dough. Divide dough into thirds; cover and let rest for 10-15 minutes.

3. Meanwhile, bring broth to a simmer. Roll each portion of dough to ¼-in. thickness; cut into 2-in. squares. Drop one at a time into simmering broth. Cover Dutch oven and cook for 5-7 minutes, stirring occasionally.

4. Serve immediately with the chicken. Sprinkle with parsley if desired.

dishing about food

In downstate (southern) Delaware, slippery dumplings are a comforting treat. Slippery dumplings are a cross between a noodle and a dumpling. Unlike the classic round dumpling, the dough is rolled out and cut into squares. The squares are then cooked in simmering broth. Recipes for these dumplings may or may not use baking powder.



LEWES, DE

Hailed as the first town in the first state, Lewes is the site of the Zwaanendael Museum, which honors the history and culture of the area. Its distinctive facade was modeled after the Hoorn town hall in the Netherlands. Lewes was settled by the Dutch in 1631.

Fiddlehead Shrimp Salad

Fiddleheads are tightly curled fronds from bracken, ostrich and cinnamon ferns that sprout in moist fields and open wooded areas. Each spring, fiddleheads are prepared in dozens of ways, in everything from soups to cakes, at the Fiddlehead Festival in my home state.

—**WILMA JOHNSON** THORNDIKE, MAINE

PREP/TOTAL TIME: 15 MIN. **MAKES:** 4 SERVINGS

3 cups fiddlehead ferns

1 cup cooked shell macaroni

½ cup diced unpeeled apple

¼ cup chopped celery

1 cup diced cooked shrimp

¼ to ½ cup mayonnaise

1 tablespoon lemon juice

1 teaspoon grated lemon peel

Salt and pepper to taste

1. Cook ferns in a small amount of water until tender. Drain. Toss with all remaining ingredients. Cover and refrigerate until mixture is chilled.



Amish Breakfast Casserole

We enjoyed a hearty breakfast bake during a visit to an Amish inn. When I asked for the recipe, one of the ladies told me the ingredients right off the top of her head. I modified it to create this version my family loves. Try breakfast sausage in place of bacon.

—**BETH NOTARO** KOKOMO, INDIANA

PREP: 15 MIN. **BAKE:** 35 MIN. + STANDING **MAKES:** 12 SERVINGS

1 pound sliced bacon, diced

1 medium sweet onion, chopped

6 eggs, lightly beaten

4 cups frozen shredded hash brown potatoes, thawed

2 cups (8 ounces) shredded cheddar cheese

1½ cups (12 ounces) 4% cottage cheese

1¼ cups shredded Swiss cheese

1. In a large skillet, cook bacon and onion over medium heat until bacon is crisp; drain. In a large bowl, combine the remaining ingredients; stir in bacon mixture. Transfer to a greased 13 x9-in. baking dish.

2. Bake, uncovered, at 350° for 35-40 minutes or until a knife inserted near the center comes out clean. Let casserole stand for 10 minutes before cutting.

dishing about food

More than 20 states have Amish communities, but the largest is in Lancaster County, Pennsylvania. These descendants of Swiss-German settlers prepare simple fare made mostly from unprocessed ingredients. Their recipes tend to be high in calories, but the Amish easily burn those off working their farms.



LANCASTER COUNTY, PA

Travel to Lancaster County, Pennsylvania, and you'll have many opportunities to experience Amish Country, from touring the Amish Village to taking a buggy ride.



Fish with Fennel

This brightly flavored fish is a great showcase for fennel. You'll use the seeds, bulb and fronds.

—**BARBARA STELLUTO** DEVON, PENNSYLVANIA

PREP: 30 MIN. **COOK:** 10 MIN. **MAKES:** 4 SERVINGS

1 medium lime

1 teaspoon fennel seeds

1 large fennel bulb, sliced

¼ teaspoon salt

4 teaspoons olive oil, divided

2 garlic cloves, minced

4 striped bass or barramundi fillets (8 ounces each)

1 tablespoon chopped fennel fronds

1. Cut lime in half; cut four slices from one half for garnish. Finely grate enough peel from remaining half to measure ¾ teaspoon; squeeze juice from lime half. Set aside.
2. In a small dry skillet over medium heat, toast the fennel seeds until aromatic, about 1-2 minutes. Cool. Crush seeds in a spice grinder or with a mortar and pestle.
3. In a large saucepan, bring 1 in. of water to a boil. Add sliced fennel and salt; cover and boil for 6-10 minutes or until crisp-tender. Drain and pat dry.
4. In a large nonstick skillet, saute fennel in 2 teaspoons oil for 3 minutes or until fennel is lightly browned. Add garlic; cook 1 minute longer. Remove from the pan and set aside.
5. In the same skillet over medium-high heat, cook fillets in remaining oil for 3-4 minutes on each side or until fish flakes easily with a fork.
6. Drizzle with lime juice; sprinkle with lime peel and crushed fennel seeds. Serve with sauteed fennel. Garnish with fennel fronds and lime slices.



New Haven Clam Pizza

This appetizer is the perfect start to any meal. It's always a big hit with our family and friends.

—**SUSAN SEYMOUR** VALATIE, NEW YORK

PREP: 20 MIN. + RISING **BAKE:** 20 MIN. **MAKES:** 8 SERVINGS

1 package (¼ ounce) active dry yeast

1 cup warm water (110° to 115°)

1 teaspoon sugar

2½ cups all-purpose flour

1 teaspoon salt

2 tablespoons canola oil

2 cans (6½ ounces each) chopped clams, drained

4 bacon strips, cooked and crumbled

3 garlic cloves, minced

2 tablespoons grated Parmesan cheese

1 teaspoon dried oregano

1 cup (4 ounces) shredded mozzarella cheese

1. In a large bowl, dissolve yeast in water. Add sugar; let stand for 5 minutes. Add the flour, salt and oil; beat until smooth. Cover and let dough rise in a warm place until doubled, about 15-20 minutes.

2. Punch dough down. Press onto the bottom and up the sides of a greased 14-in. pizza pan; build up edges slightly. Prick dough several times with a fork.

3. Bake at 425° for 6-8 minutes. Sprinkle remaining ingredients over crust in order listed. Bake for 13-15 minutes or until crust is golden and cheese is melted. Cut into wedges.

dishing about food

The New Haven clam pizza, or white clam pie, was created by Connecticut pizzeria owner Frank Pepe in the 1960s. It was so popular that other area pizzerias began serving it, too. It's traditionally served with just a sprinkling of Romano cheese and no mozzarella.

Mom's Dynamite Sandwiches

Whenever we had a family get-together and my mom had a lot of people to feed, she'd make her delicious dynamite sandwiches. I am from Woonsocket, Rhode Island, and this is a staple in this area. Dynamites are to Woonsocket what cheese steaks are to Philadelphia.

—KATHY HEWITT CRANSTON, RHODE ISLAND

PREP: 15 MIN. **COOK:** 1 HOUR 20 MIN. **MAKES:** 16 SERVINGS

2½ pounds ground beef

5 medium green peppers, finely chopped

4 large onions, chopped (6 cups)

1 can (28 ounces) crushed tomatoes in puree

1 can (16 ounces) tomato sauce

1 can (12 ounces) tomato paste

1 cup water

2 tablespoons sugar

2 tablespoons garlic powder

1 tablespoon Italian seasoning

1 tablespoon dried oregano

2¼ teaspoons salt

2 teaspoons hot pepper sauce

1½ teaspoons pepper

½ teaspoon crushed red pepper flakes, optional

12 hoagie buns or other sandwich rolls, split

1. In a Dutch oven, cook beef over medium-high heat 8-10 minutes or until no longer pink, breaking into crumbles; drain.

2. Stir in all remaining ingredients except buns. Bring to a boil. Reduce heat; simmer, uncovered, 1 hour or until desired consistency and flavors are blended, stirring occasionally. Serve on buns.

dishing about food

Iowa has its loose meat sandwiches and Rhode Island has its spicy tomato-sauced dynamites. Dynamites are a Woonsocket specialty, although their origin remains a mystery. Local cooks like to add their own special touches. Some versions are made with loose meat, like a sloppy joe with a kick. In another variation, the filling is formed into meatballs and served like a meatball hero.



Breaded Eggplant Sandwiches

Eggplant Parmesan is one of my family's favorite comfort foods. We love this version served open-faced with a salad.

—**HOLLY GOMEZ** SEABROOK, NEW HAMPSHIRE

PREP: 30 MIN. **BAKE:** 25 MIN. **MAKES:** 6 SERVINGS

¼ cup minced fresh basil

2 teaspoons olive oil

¼ teaspoon dried oregano

¼ teaspoon pepper

⅛ teaspoon salt

2 egg whites, lightly beaten

1 cup seasoned bread crumbs

1 medium eggplant

2 large tomatoes

1½ cups (6 ounces) shredded part-skim mozzarella cheese

2 tablespoons grated Parmesan cheese

1 garlic clove, peeled

12 slices Italian bread (½ inch thick), toasted

1. Combine the basil, oil, oregano, pepper and salt; set aside. Place egg whites and bread crumbs in separate shallow bowls. Cut eggplant lengthwise into six slices. Dip slices in egg whites, then coat in crumbs.

2. Place on a baking sheet coated with cooking spray. Bake at 37° for 20-25 minutes or until tender and golden brown, turning once.

3. Cut each tomato into six slices; place two slices on each eggplant slice. Spoon reserved basil mixture over tomatoes and sprinkle with cheeses. Bake for 3-5 minutes or until cheese is melted.

4. Meanwhile, rub garlic over one side of each slice of bread; discard garlic. Place each eggplant stack on a slice of bread, garlic side up. Top with remaining bread, garlic side down.



Latkes with Lox

Lox, a salty smoked salmon, is a year-round delicacy. This recipe, inspired by one from the *Jewish Journal*, uses lox as a topping.

—TASTE OF HOME TEST KITCHEN

PREP: 20 MIN. **COOK:** 5 MIN./BATCH **MAKES:** 3 DOZEN

2 cups finely chopped onion

¼ cup all-purpose flour

6 garlic cloves, minced

2 teaspoons salt

1 teaspoon coarsely ground pepper

4 eggs, lightly beaten

4 pounds russet potatoes, peeled and shredded

¾ cup canola oil

TOPPINGS

4 ounces lox

Sour cream and minced fresh chives, optional

1. In a large bowl, combine the first five ingredients. Stir in eggs until blended. Add potatoes; toss to coat.

2. Heat 2 tablespoons oil in a large nonstick skillet over medium heat. Drop batter by ¼ cupfuls into oil; press lightly to flatten. Fry in batches until golden brown on both sides, using remaining oil as needed. Drain on paper towels.

3. Serve with lox; top with sour cream and chives if desired.

dishing about food

Potato pancakes have a place in the cuisine of many Eastern European countries such as Poland, Lithuania, Germany and the Czech Republic, with each country adding its own unique touch. Latkes, the Yiddish word for pancakes, is one of the foods traditionally served for Hanukkah.



Cream of Mussel Soup

Every New England cook has his or her own personal version of mussel soup, depending on the favored regional herbs and cooking customs they prefer. Feel free to start with my recipe, and develop your own luscious variation.

—**DONNA NOEL** GRAY, MAINE

PREP: 35 MIN. **COOK:** 10 MIN. **MAKES:** 5 SERVINGS

3 pounds fresh mussels (about 5 dozen), scrubbed and beards removed

2 medium onions, finely chopped

2 celery ribs, finely chopped

1 cup water

1 cup white wine or chicken broth

1 bottle (8 ounces) clam juice

¼ cup minced fresh parsley

2 garlic cloves, minced

¼ teaspoon salt

¼ teaspoon pepper

1 cup half-and-half cream

1. Tap mussels; discard any that do not close. Set aside. In a stockpot, combine the onions, celery, water, wine, clam juice, parsley, garlic, salt and pepper.

2. Bring to a boil. Reduce heat; add mussels. Cover and simmer for 5-6 minutes or until mussels have opened. Remove mussels with a slotted spoon, discarding any unopened ones; set aside opened mussels and keep warm.

3. Cool cooking liquid slightly. In a blender, cover and process cooking liquid in batches until blended. Return all to pan. Add the cream and reserved mussels; heat through (do not boil).

dishing about food

You can find mussels on both coasts of North America, but most blue mussels are cultured in Maine.



COASTAL MAINE

Blue mussels live in colonies called mussel beds. They grow wild but are also farmed.



Long Island Iced Tea

“Smooth but potent” describes this cooling drink. Adjust the tequila to suit your taste: If you like a bolder flavor, use one ounce; for a more mellow drink, try half an ounce.

—TASTE OF HOME TEST KITCHEN

PREP/TOTAL TIME: 5 MIN. **MAKES:** 1 SERVING

1 to 1¼ cups ice cubes

1 ounce vodka

½ to 1 ounce tequila

1 ounce light rum

1 ounce sour mix

1 ounce Triple Sec

½ ounce cola

1. Place ice in a Collins or highball glass. Pour the remaining ingredients into the glass; stir.

dishing about food

This powerful drink was first crafted by a bartender at the Oak Beach Inn on Long Island, New York. The recipe came out of a cocktail contest the inn hosted in the 1970s. Robert “Rosebud” Butt is usually credited with creating it, but the concoction also has been attributed to fellow Oak Beach bartender Chris Bendicksen.

Watergate Salad

This fluffy salad is a real treat, creamy but not overly sweet. Easy to mix up, the flavor gets better the longer it stands. It’s perfect for St. Patrick’s Day, served in a green bowl.

—PATTIE ANN FORSSBERG LOGAN, KANSAS

PREP: 5 MIN. + CHILLING **MAKES:** 12 SERVINGS

1 carton (16 ounces) frozen whipped topping, thawed

1 package (3.4 ounces) instant pistachio pudding mix

6 to 7 drops green food coloring, optional

3 cups miniature marshmallows

1 can (20 ounces) crushed pineapple, undrained

½ cup chopped pistachios or walnuts

1. In a large bowl, combine whipped topping, pudding mix and food coloring if desired. Fold in the marshmallows and pineapple. Cover and refrigerate for at least 2 hours. Just before serving, sprinkle with nuts.

dishing about food

When Jell-O launched its pistachio pudding in 1975, the company's test kitchens began developing recipes to increase demand for the product. This fluffy dessert, originally called Pistachio Pineapple Delight, was renamed a few years after the Watergate scandal.

Soft Pretzels

Big soft pretzels are all the rage in shopping malls across the country. I think it's worth the time to make them from scratch to get the incomparable homemade taste.

—LUCINDA WALKER SOMERSET, PENNSYLVANIA

PREP: 20 MIN. + RISING **BAKE:** 15 MIN. **MAKES:** 32 PRETZELS

2 packages (¼ ounce each) active dry yeast

2 cups warm water (110° to 115°)

½ cup sugar

¼ cup butter, softened

2 teaspoons salt

1 egg

6½ to 7½ cups all-purpose flour

1 egg yolk

2 tablespoons cold water

Coarse salt

1. In a large bowl, dissolve yeast in warm water. Add the sugar, butter, salt, egg and 2 cups flour. Beat until smooth. Stir in enough remaining flour to form a stiff dough. Place in a greased bowl, turning once to grease top. Cover and refrigerate for 2-24 hours.

2. Punch dough down. Turn onto a lightly floured surface; divide in half. Cut each half into 16 pieces. Roll each piece into a 20-in. rope. Shape into a pretzel.

3. Place on greased baking sheets. Beat egg yolk and cold water; brush over pretzels. Sprinkle with coarse salt. Cover and let rise in a warm place until doubled, about 25 minutes.

4. Bake at 400° for 15-20 minutes or until golden brown. Remove from pans to wire racks to cool.



Chicken Corn Soup with Rivels

Traditional chicken soup gets an interesting twist from a dumplinglike broth-stretcher called rivels. This low-fat recipe is brimming with chicken,

vegetables and herbs. You won't be able to resist it!

—**ELISSA ARMBRUSTER** MEDFORD, NEW JERSEY

PREP/TOTAL TIME: 25 MIN. **MAKES:** 7 SERVINGS

1 cup chopped carrots

1 celery rib, chopped

1 medium onion, chopped

2 teaspoons canola oil

2 cans (14½ ounces each) reduced-sodium chicken broth

2 cups fresh or frozen corn

2 cups cubed cooked chicken breast

½ teaspoon minced fresh parsley

¼ teaspoon salt

¼ teaspoon dried tarragon

¼ teaspoon pepper

¾ cup all-purpose flour

1 egg, beaten

1. In a large saucepan, saute the carrots, celery and onion in oil until tender. Add the broth, corn, chicken, parsley, salt, tarragon and pepper. Bring to a boil.

2. Meanwhile, for rivels, place the flour in a bowl; mix in egg with a fork just until blended. Drop dough by teaspoonfuls into boiling soup, stirring constantly. Cook and stir for 1-2 minutes or until rivels are cooked through.

dishing about food

Rivels, also known as rivelets, are small dumplings popular with the Pennsylvania Dutch. They can be made as this recipe directs, with just flour and egg, but other variations may include salt and milk or water.



Crab Puffs

If you're looking for a scrumptious way to get a party started, bring out a tray of these cheesy crab puffs. They bake up golden brown and taste wonderful right out of the oven. Try serving them with soup instead of bread or crackers.

—**NADIA MIHEYEV** RICHMOND HILL, NEW YORK

PREP: 25 MIN. **BAKE:** 25 MIN. **MAKES:** ABOUT 4 DOZEN

1 cup plus 1 tablespoon water

½ cup butter

1 tablespoon ground mustard

1 teaspoon salt

1 teaspoon ground cumin

⅓ teaspoon hot pepper sauce

1 cup all-purpose flour

4 eggs

2 cups (8 ounces) shredded Swiss cheese

1 can (6 ounces) crabmeat, drained, flaked and cartilage removed

1. In a large saucepan, bring the water, butter, mustard, salt, cumin and hot pepper sauce to a boil. Add flour all at once and stir until a smooth ball forms. Remove from the heat; let stand for 5 minutes.

2. Add eggs, one at a time, beating well after each addition. Continue beating until smooth and shiny. Stir in the cheese and crab.

3. Drop by rounded teaspoonfuls 2 in. apart onto greased baking sheets. Bake at 400° for 23-26 minutes or until golden brown. Remove to wire racks. Serve warm.



BALTIMORE, MD

The Chesapeake Bay area is famous for its cuisine starring blue crab, Maryland's state crustacean.



Scotch Broth

Add a side of bread to this luscious concoction of lamb, vegetables and barley, and you'll have all a hungry body needs. I like to skim the fat to fit our lighter way of eating.

—**KELSEY HAMILTON** HIGHLAND PARK, NEW JERSEY

PREP: 2¼ HOURS **COOK:** 1¼ HOURS **MAKES:** 4 SERVINGS

1 lamb shank (about 1 pound)

2 teaspoons canola oil

4 cups water

2 cans (14½ ounces each) reduced-sodium beef broth

2 whole cloves

1 medium onion, halved

1 medium carrot, halved

1 celery rib, halved

1 bay leaf

¼ cup minced fresh parsley

¼ teaspoon dried rosemary, crushed

¼ teaspoon dried thyme

¼ teaspoon whole peppercorns

SOUP

⅓ cup medium pearl barley

1½ cups julienned peeled turnips (1-inch pieces)

1 cup coarsely chopped carrots

1 medium leek (white portion only), thinly sliced

¼ teaspoon salt

¼ teaspoon pepper

1. In a Dutch oven, brown lamb shank in oil on all sides; drain. Stir in water and broth. Insert cloves into onion. Add the onion, carrot, celery and seasonings to the pan. Bring to a boil. Reduce heat; cover and simmer for 2 hours or until meat is very tender.

2. Remove shank from broth; cool slightly. Remove meat from the bone; cut into small pieces. Discard bone. Strain broth, discarding vegetables and seasonings.

3. Skim fat from broth. In a large saucepan, bring broth to a boil. Stir in barley. Reduce heat; cover and simmer for 40 minutes.

4. Add turnips, carrots, leek, salt and pepper. Return to a boil. Reduce heat; cover and simmer for 15 minutes or until vegetables are tender. Add lamb; heat through.

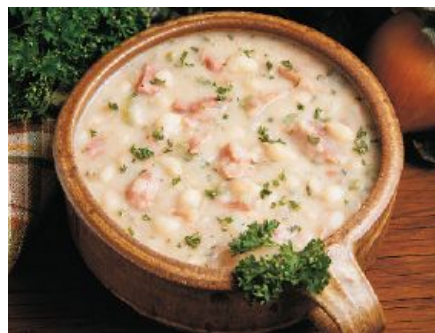
dishing about food

Scotch broth is a traditional Scottish soup that typically contains lamb or mutton, barley, carrots and leeks. When food stores were low, cooks made it with whatever was on hand. The East Jersey Colony, founded in 1683, was the first Scottish settlement in what would become the United States.



LIBERTY CORNER, NJ

To honor their ancestral history and culture, Scottish festivals have become widely attended across the U.S. Pay a visit to one and you'll see Scottish dancing, Celtic pipe and drum corps, highland games, dog shows and the like.



U.S. Senate Bean Soup

Chock-full of ham, beans and celery, this hearty soup makes a wonderful meal at any time of year. Freeze the bone from a holiday ham until you're ready to make the soup. Once prepared, it freezes well for a great make-ahead supper!

—**ROSEMARIE FORCUM** HEATHSVILLE, VIRGINIA

PREP: 30 MIN. + **STANDING COOK:** 3¾ HOURS + **COOLING MAKES:** 8-10 SERVINGS (2½ QUARTS)

1 pound dried great northern beans

1 meaty ham bone or 2 smoked ham hocks

3 medium onions, chopped

3 garlic cloves, minced

3 celery ribs, chopped

¼ cup minced fresh parsley

1 cup mashed potatoes or ⅓ cup instant potato flakes

Salt and pepper to taste

Minced parsley or chives

1. Rinse and sort beans. Place the beans in a Dutch oven or stockpot; add water to cover by 2 in. Bring to a boil; boil for 2 minutes. Remove from the heat; cover and let stand for 1 to 4 hours or until beans are softened.

2. Drain and rinse, discarding liquid. In a large Dutch oven or stockpot, place the beans, ham bone or hocks and 3 quarts water. Bring to boil. Reduce heat; cover and simmer for 2 hours.

3. Skim fat if necessary. Add onions, garlic, celery, parsley, potatoes, salt and pepper; simmer 1 hour longer.

4. Set aside ham bones until cool enough to handle. Remove meat from bones; discard bones. Cut the meat into bite-size pieces and return to Dutch oven. Heat through. Sprinkle with parsley or chives.

dishing about food

This bean soup is served daily at the Senate's restaurant, a tradition started in the early 1900s. Two different senators are credited with requesting the soup be on the menu every day—Fred Dubois of Idaho and Knute Nelson of Minnesota.



WASHINGTON, DC

Visit the U.S. Capitol, and you may be able to watch senators or representatives in action! Tours are free, but you need to reserve your spot in advance.



Cranberry Apple Cider

I love to start this soothing cider in the slow cooker on nights before my husband goes hunting. Then he can fill his thermos and take it with him out into the cold. The cider has a terrific fruit flavor we both enjoy.

—JENNIFER NABOKA NORTH PLAINFIELD, NEW JERSEY

PREP: 10 MIN. **COOK:** 2 HOURS **MAKES:** 10 SERVINGS (ABOUT 2½ QUARTS)

4 cups water

4 cups apple juice

1 can (12 ounces) frozen apple juice concentrate, thawed

1 medium apple, peeled and sliced

1 cup fresh or frozen cranberries

1 medium orange, peeled and sectioned

1 cinnamon stick

1. In a 5-qt. slow cooker, combine all ingredients. Cover and cook on low for 2 hours or until cider reaches desired temperature. Discard cinnamon stick. If desired, remove fruit with a slotted spoon before serving.



Gnocchi with Thyme Butter

If you've never attempted homemade gnocchi, this recipe is the one to try. The gnocchi are tender with a delicate butter and thyme flavor. They're absolutely delicious as a side dish with your favorite meat or seafood.

—ANNETTE LEAR SANBORNVILLE, NEW HAMPSHIRE

PREP: 70 MIN. **COOK:** 10 MIN. **MAKES:** 5 SERVINGS

1½ pounds russet potatoes, peeled and quartered

1 cup all-purpose flour

1 egg

1 teaspoon salt

½ teaspoon pepper

4 quarts water

½ cup butter, cubed

4 teaspoons fresh thyme leaves

Grated Parmesan cheese, optional

1. Place potatoes in a large saucepan and cover with water. Bring to a boil. Reduce heat; cover and simmer for 15-20 minutes or until tender. Drain; return potatoes to the pan.

2. Over very low heat, stir the potatoes for 1-2 minutes or until steam has evaporated. Press through a potato ricer or strainer into a small bowl; cool slightly.

3. Using a fork, make a well in the potatoes; sprinkle with flour. Whisk the egg, salt and pepper; pour into well. Stir until blended. On a lightly floured surface, knead 10-12 times, forming a soft dough.

4. Divide dough into four portions. On a floured surface, roll each portion into ½-in.-thick ropes; cut into ¾-in. pieces. Press and roll each piece with a lightly floured fork.

5. In a Dutch oven, bring water to a boil. Cook the gnocchi in batches for 30-60 seconds or until they float. Remove with a slotted spoon; keep warm.

6. In a large heavy saucepan, melt butter over medium heat. Add thyme and gnocchi; stir gently to coat. Sprinkle with cheese if desired.

dishing about food

Gnocchi—Italian for dumplings—are usually served as a side dish.



NEW YORK, NY

Each September, Little Italy's Mulberry Street is decked out for the Feast of San Gennaro, the city's longest-running alfresco religious festival. Parades, street games and lots of food honor Naples' patron saint.



Maple Syrup Corn Bread

Here's a good old New England recipe. Flavored with a hint of maple syrup, the corn bread makes a perfect companion to spicy chili or stew.

—**ROGER HICKUM** PLYMOUTH, NEW HAMPSHIRE

PREP/TOTAL TIME: 30 MIN. **MAKES:** 12 SERVINGS

1¼ cups all-purpose flour

1 cup cornmeal

2 teaspoons baking powder

1 teaspoon salt

1 egg

¾ cup fat-free milk

½ cup maple syrup

3 tablespoons butter, melted

1. In a large bowl, combine the flour, cornmeal, baking powder and salt. In a small bowl, whisk together the egg, milk, syrup and butter; stir into dry ingredients just until moistened.

2. Pour into a 9-in. square baking pan coated with cooking spray. Bake at 400° for 15-20 minutes or until a toothpick inserted near the center comes out clean. Serve warm.



Orange Julius

I serve this in the morning when we have overnight guests. It’s easy to make and requires only a few basic ingredients. Guests always rave about its “wake-up” taste!

—**JOYCE MUMMAU** MT. AIRY, MARYLAND

PREP/TOTAL TIME: 10 MIN. **MAKES:** 4-6 SERVINGS

1 can (6 ounces) frozen orange juice concentrate

1 cup cold water

1 cup milk

⅓ cup sugar

1 teaspoon vanilla extract

10 ice cubes

1. Combine the first five ingredients in a blender; process at high speed. Add ice cubes, a few at a time, blending until smooth. Serve immediately.

dishing about food

The Orange Julius was first served at an orange juice stand in Los Angeles. Julius Freed was struggling to make a go of his stand, when a friend shared his recipe for a frothy, less acidic orange drink. Julius began serving the new beverage and sales took off. In 1964, the Orange Julius was named the official drink of the New York World’s Fair.



QUEENS, NY

Some of the structures built for the 1964 World’s Fair still stand in Flushing Meadows Park, including the Unisphere, the world’s largest global sculpture.



Chickpea Fritters with Sweet-Spicy Sauce

Chickpeas are a common ingredient in Pakistan, where I grew up. In my home I try to combine the light spice of Pakistani foods with the love of deep-fried foods that many Americans, including my daughters, enjoy.

—**SHAHN HASAN** YORK, PENNSYLVANIA

PREP: 15 MIN. **COOK:** 5 MIN./BATCH**MAKES:** 2 DOZEN (1 CUP SAUCE)

1 cup plain yogurt

2 tablespoons sugar

1 tablespoon honey

½ teaspoon salt

½ teaspoon pepper

½ teaspoon crushed red pepper flakes

FRITTERS

1 can (15 ounces) chickpeas or garbanzo beans, rinsed and drained

1 teaspoon ground cumin

½ teaspoon salt

½ teaspoon garlic powder

½ teaspoon ground ginger

1 egg

½ teaspoon baking soda

½ cup chopped fresh cilantro

2 green onions, thinly sliced

Oil for deep-fat frying

1. In a small bowl, combine the first six ingredients; refrigerate until serving.
2. Place chickpeas and seasonings in a food processor; process until finely ground. Add egg and baking soda; pulse until blended. Transfer to a bowl; stir in cilantro and green onions.
3. In an electric skillet or deep fryer, heat oil to 375°. Shape rounded tablespoonfuls of bean mixture into balls. Drop a few at a time into hot oil. Fry 2-3 minutes or until golden brown, turning frequently. Drain on paper towels. Serve with sauce.



Country Fish Chowder

You'll think you're on Cape Cod when you taste this thick wholesome chowder made from a recipe I've treasured for many years. It's one of my

husband's favorites. He likes it more and more, because over the years I've "customized" the basic recipe by including ingredients he enjoys.

—**LINDA LAZAROFF** HEBRON, CONNECTICUT

PREP: 15 MIN. **COOK:** 25 MIN. **MAKES:** 8-10 SERVINGS (2½ QUARTS)

1 cup chopped onion

4 bacon strips, chopped

3 cans (12 ounces each) evaporated milk

1 can (15¼ ounces) whole kernel corn, undrained

1 can (6½ ounces) chopped clams, undrained

3 medium potatoes, peeled and cubed

3 tablespoons butter

1 teaspoon salt

¾ teaspoon pepper

1 pound fish fillets (haddock, cod or flounder), cooked and broken into pieces

Crumbled cooked bacon, optional

Minced chives, optional

1. In a large saucepan, cook onion and bacon over medium heat until onion is tender; drain. Add milk, corn, clams, potatoes, butter, salt and pepper. Cover and cook over medium heat, stirring occasionally, until potatoes are tender, about 20 minutes.

2. Stir in fish and heat through. Ladle into bowls. If desired, top with bacon and chives.



Colcannon Potatoes

Every Irish family has its own version of this classic dish...my recipe comes from my father's family in Ireland. It's part of my St. Pat's menu, along with lamb chops, carrots and soda bread.

—**MARILOU ROBINSON** PORTLAND, OREGON

PREP: 10 MIN. **COOK:** 35 MIN. **MAKES:** 12-16 SERVINGS

2 pounds cabbage, shredded

2 cups water

4 pounds potatoes, peeled and quartered

2 cups milk

1 cup chopped green onions

Salt and coarsely ground pepper to taste

¼ cup butter, melted

Crumbled cooked bacon and minced fresh parsley

1. In a large saucepan, bring cabbage and water to a boil. Reduce heat; cover and simmer for 10-12 minutes or until tender. Drain, reserving cooking liquid. Keep cabbage warm.

2. Place cooking liquid and potatoes in a large saucepan; add enough additional water to cover the potatoes. Bring to a boil. Reduce heat; cover and cook for 15-17 minutes or until tender. Drain and keep warm.

3. In a small saucepan, bring the milk and onions to a boil; remove from the heat. In a large bowl, mash potatoes. Add milk mixture; beat until blended. Beat in the cabbage, salt and pepper. Drizzle with the melted butter, bacon and parsley.

dishing about food

Colcannon potatoes were once considered peasant food, but this hearty Irish dish will leave you feeling so satisfied. You can substitute kale for the cabbage.



From-Scratch Bagels

Instead of going to a bakery, head to the kitchen and surprise your family with homemade bagels. For variation and flavor, sprinkle the tops with cinnamon-sugar instead of sesame and poppy seeds.

—**REBECCA PHILLIPS** BURLINGTON, CONNECTICUT

PREP: 30 MIN. + RISING **BAKE:** 20 MIN. + COOLING **MAKES:** 1 DOZEN

1 teaspoon active dry yeast

1¼ cups warm milk (110° to 115°)

½ cup butter, softened

2 tablespoons sugar

1 teaspoon salt

1 egg yolk

3¾ to 4¼ cups all-purpose flour

Sesame or poppy seeds, optional

1. In a large bowl, dissolve yeast in warm milk. Add the butter, sugar, salt and egg yolk; mix well. Stir in enough flour to form a soft dough.

2. Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour.

3. Punch dough down. Shape into 12 balls. Push thumb through centers to form a 1½-in. hole. Stretch and shape dough to form an even ring. Place on a floured surface. Cover and let rest for 10 minutes; flatten bagels slightly.

4. Fill a Dutch oven two-thirds full with water; bring to a boil. Drop bagels, two at a time, into boiling water. Cook for 45 seconds; turn and cook 45 seconds longer. Remove with a slotted spoon; drain well on paper towels.

5. Sprinkle with sesame or poppy seeds if desired. Place 2 in. apart on greased baking sheets. Bake at 400° for 20-25 minutes or until golden brown. Remove from pans to wire racks to cool.

dishing about food

A roll with a hole in the middle is nothing new. Even in ancient Egypt, some breads had holes in the middle. Versions of bagels can be found in a variety of cultures. Israelis don't boil bagels before baking, as Americans do; that technique is considered a Polish custom. When Jewish immigrants settled in Manhattan's Lower East Side, they wanted a taste of home, which included bagels. By 1900, those neighborhoods had 70 Jewish bakeries. In 1907, the International Beigel Bakers' Union was founded to keep a tight rein on bagel production. Harry Lender started one of the first bagel factories outside New York City, in New Haven, Connecticut, in 1927. He and his son, Murray, were the first to freeze bagels, which allowed them to be shipped to supermarkets across the country.

Anadama Bread

This Early American recipe from New England features an interesting combination of cornmeal and molasses.

—TASTE OF HOME TEST KITCHEN

PREP: 40 MIN. + RISING **BAKE:** 25 MIN. **MAKES:** 1 LOAF (12 SLICES)

½ cup water

¼ cup cornmeal

½ cup molasses

2 tablespoons butter

1 package (¼ ounce) active dry yeast

½ cup warm water (110° to 115°)

1 teaspoon salt

3 to 3½ cups all-purpose flour

1. In a small saucepan, bring water and cornmeal to a boil. Reduce heat; cook for 2 minutes or until mixture thickens, stirring constantly. Remove from the heat; stir in molasses and butter. Cool to 110°-115°.

2. In a large bowl, dissolve yeast in warm water. Add the cornmeal mixture, salt and 2 cups flour; beat until smooth. Stir in enough remaining flour to form a soft dough.

3. Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour.

4. Punch dough down. Turn onto a lightly floured surface; shape into a loaf. Place in a greased 9-in. x 5-in. loaf pan. Cover and let rise until doubled, about 1 hour.

5. Bake at 375° for 25-30 minutes or until browned (cover loosely with foil if top browns too quickly). Remove from pan to a wire rack to cool.



Chestnut Dressing

I enjoyed this stuffing when I spent my first Thanksgiving with my husband, Mike. It's a family recipe his mother has been making for years. Italian seasoning and chestnuts add flavor and texture.

—SHARON BRUNNER MOHNTON, PENNSYLVANIA

PREP: 25 MIN. **BAKE:** 20 MIN. **MAKES:** 18 SERVINGS (½ CUP EACH)

4 celery ribs, chopped

1 large onion, chopped

1½ cups butter, cubed

3 cups chestnuts, shelled and coarsely chopped

3 tablespoons Italian seasoning

10 slices Italian bread (¾ inch thick), cubed

1. In a large skillet, cook and stir celery and onion in butter until tender. Add chestnuts and Italian seasoning. Bring to a boil. Reduce heat; simmer, uncovered, for 10 minutes. Add bread cubes and stir to coat.

2. Transfer to an ungreased 13x9-in. baking dish. Bake, uncovered, at 350° for 20-25 minutes until golden brown.

dishing about food

The Northeast was known for its large chestnut harvests until the early 20th century, when a blight wiped out most of the American chestnut trees. Roasting chestnuts on the streets of Manhattan was a time-honored winter tradition, but it is less common today with rising prices and changing American tastes.



Smoked Salmon Appetizer

I often spoon my salmon spread onto endive leaves for an easy and pretty presentation. It's a healthful addition to any celebration.

—**PATRICIA NIEH** PORTOLA VALLEY, CALIFORNIA

PREP: 15 MIN. **MAKES:** 16 SERVINGS

12 ounces reduced-fat cream cheese, cubed

⅓ cup fat-free sour cream

4 ounces smoked salmon or lox

2 tablespoons capers, drained

3 green onions, chopped (white parts only)

1 tablespoon dried thyme

1 tablespoon lemon juice

¼ teaspoon hot pepper sauce

⅛ teaspoon pepper

1 tablespoon minced chives

Assorted fresh vegetables or assorted crackers

1. Place the first nine ingredients in a food processor; cover and process until smooth. Chill until serving. Sprinkle with chives; serve with vegetables.

dishing about food

Smoking has been a food-preservation technique for centuries. In America, West Coast anglers first did this to store bountiful catches of wild salmon. In the early 1900s, the smoking industry took off in Brooklyn, New York, with Acme Smoked Fish. Today, this family-run business is one of the largest smoked fish processors in the U.S.



Poutine

The ultimate in French-Canadian junk food, poutine commonly features warm fries topped with cheese curds and gravy. This side dish is quick to fix with frozen potatoes and packaged gravy but has all the traditional greasy-spoon comfort.

—**SHELISA TERRY** HENDERSON, NEVADA

PREP/TOTAL TIME: 30 MIN. **MAKES:** 4 SERVINGS

4 cups frozen French-fried potatoes

1 envelope brown gravy mix

¼ teaspoon pepper

½ cup white cheddar cheese curds or cubed white cheddar cheese

1. Prepare fries according to package directions.

2. Meanwhile, prepare gravy mix according to package directions. Stir in pepper. Place fries on a serving plate; top with cheese curds and gravy.

dishing about food

Poutine is an indulgent Canadian comfort food that first was served in the 1950s in rural Quebec. It has since crossed the border into many of the neighboring states, especially in New England. You'll find poutine sold as mixed fries or mix fry in Maine, disco or Elvis fries in New Jersey and gravy-cheddar fries in Connecticut. There are endless variations, and hearty steak fries may be used instead of shoestrings. The super-fresh cheese curds can be replaced with mozzarella, cheddar, feta, American cheese or cheese sauce. The thin gravy might be omitted or another sauce, such as spaghetti sauce, used.



SHELburne, VT

The Shelburne Museum, located in northern Vermont, features several restored buildings, as well as a diverse offering of art and Americana.



Buffalo Chicken Wings

Hot wings got their start in Buffalo, New York. Although there was no sporting event on at the time, today spicy wings and cool sauces are traditional game-day fare. Cayenne, hot sauce and spices keep these tangy wings good and hot, just like the originals.

—**NANCY CHAPMAN** CENTER HARBOR, NEW HAMPSHIRE

PREP: 10 MIN. **COOK:** 10 MIN./BATCH **MAKES:** ABOUT 4 DOZEN

25 whole chicken wings (5 pounds)

Oil for frying

1 cup butter, cubed

¼ cup Louisiana-style hot sauce

¾ teaspoon cayenne pepper

¾ teaspoon celery salt

½ teaspoon onion powder

½ teaspoon garlic powder

Celery ribs and ranch salad dressing, optional

1. Cut chicken wings into three sections; discard wing tip sections. In an electric skillet, heat 1 in. of oil to 375°. Fry wings in oil, a few at a time, for 3-4 minutes on each side or until chicken juices run clear. Drain on paper towels.

2. Meanwhile, in a small saucepan, melt butter. Stir in the hot sauce and spices. Place chicken in a large bowl; add sauce and toss to coat. Remove to a serving plate with a slotted spoon. Serve with celery and ranch dressing if desired.

Editor's Note: *Uncooked chicken wing sections (wingettes) may be substituted for whole chicken wings.*

dishing about food

The Anchor Bar in Buffalo, New York, is credited with serving up the first Buffalo wings. With some wings, a little imagination and a few handy ingredients, Teresa Bellissimo made a treat that's now enjoyed from coast to coast. July 29 is Chicken Wing Day in Buffalo.



BUFFALO, NY

The Anchor Bar isn't the only stop you should make in Buffalo. Try to include Shea's Performing Arts Center on Main Street, where you could take in a touring Broadway production.



Pickled Eggs with Beets

Ever since I can remember, my mother has served pickled eggs at Easter. It was a tradition that my family expected. I made them for my granddaughter the last time she visited, and they were all gone before she left!

—**MARY BANKER** FORT WORTH, TEXAS

PREP: 10 MIN. + CHILLING **MAKES:** 12 SERVINGS

2 cans (15 ounces each) whole beets

12 hard-cooked eggs, peeled

1 cup sugar

1 cup water

1 cup cider vinegar

1. Drain the beets, reserving 1 cup juice (discard remaining juice or save for another use). Place beets and eggs in a 2-qt. glass jar.
2. In a small saucepan, bring the sugar, water, vinegar and reserved beet juice to a boil. Pour over beets and eggs; cool.
3. Cover tightly and refrigerate for at least 24 hours before serving.

dishing about food

While the British consider pickled eggs pub food, it was the Germans who started pickling them to encourage egg consumption during World War II. The Pennsylvania Dutch introduced the idea of pickling eggs with beet juice. Homemade pickled eggs should always be stored in the refrigerator. The American Egg Board recommends consuming them within seven days.



Korean Wontons

Korean wontons (called mandoo) are not hot and spicy like many of the traditional Korean dishes. Filled with inexpensive vegetables and beef, the fried dumplings are very easy to prepare.

—**CHRISTY LEE** HORSHAM, PENNSYLVANIA

PREP: 35 MIN. **COOK:** 30 MIN. **MAKES:** 5 DOZEN

2 cups shredded cabbage

1 cup canned bean sprouts

½ cup shredded carrots

1½ teaspoons plus 2 tablespoons canola oil, divided

⅓ pound ground beef

⅓ cup sliced green onions

1½ teaspoons sesame seeds, toasted

1½ teaspoons minced fresh gingerroot

3 garlic cloves, minced

1½ teaspoons sesame oil

½ teaspoon salt

½ teaspoon pepper

1 package (12 ounces) wonton wrappers

1 egg, lightly beaten

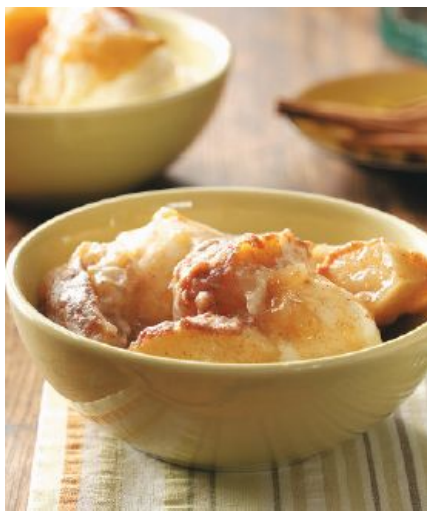
3 tablespoons water

1. In a wok or large skillet, stir-fry cabbage, bean sprouts and carrots in 1½ teaspoons canola oil until tender; set aside.

2. In a small skillet, cook beef over medium heat until no longer pink; drain. Add to the vegetable mixture. Stir in the onions, sesame seeds, ginger, garlic, sesame oil, salt and pepper.

3. Place about 1 tablespoon of filling in the center of each wonton wrapper. Combine egg and water. Moisten wonton edges with egg mixture; fold opposite corners over filling and press to seal.

4. Heat the remaining canola oil in a large skillet. Cook wontons in batches for 1-2 minutes on each side or until golden brown, adding additional oil if needed.



Matzo Ball Soup

My mother is of Russian descent and would make this for Friday night dinner when I was growing up. It's a very comforting soup that brings back so many happy memories.

—**BERNICE POLAK** NEW SMYRNA BEACH, FLORIDA

PREP: 10 MIN. **COOK:** 2¾ HOURS **MAKES:** 18 SERVINGS (4½ QUARTS)

1 broiler/fryer chicken (3½ to 4 pounds), cut up

8 cups water

6 carrots, cut in half lengthwise, then into 2-inch pieces

1 large onion, peeled

2 celery ribs, cut in half

2 sprigs fresh dill (3-inch pieces)

1 can (49½ ounces) chicken broth

2 teaspoons salt

½ teaspoon pepper

2 cups cooked noodles

MATZO BALLS

2 eggs

1 cup matzo meal

2 tablespoons rendered chicken fat or canola oil

2 tablespoons minced fresh parsley

2 teaspoons salt

Dash pepper

½ to 1 cup cold water

1. Place chicken and water in an 8-qt. stockpot. Cover and bring to a boil; skim fat. Add carrots, onion and celery. Fold dill in half and wrap many times with thread or kitchen string; add to soup. Bring to a boil. Reduce heat to medium-low; cover but keep lid ajar and simmer for 2½ hours.

2. Meanwhile, combine first six matzo ball ingredients in a medium bowl. Add enough water to make a thick pancakelike batter. Refrigerate for 2 hours (mixture thickens as it stands).

3. Remove and discard onion, celery and dill from broth. Remove chicken and allow to cool; debone and cut into chunks. Skim fat from broth. Return chicken to stockpot. Add the broth, salt and pepper; bring to a boil. Reduce heat; cover and simmer.

4. To complete matzo balls, bring 4 quarts water to a boil in a 5-qt. Dutch oven. With very wet hands, form heaping teaspoonfuls of batter into balls. If mixture is too thin, stir in 1-2 tablespoons of matzo meal.

5. Drop balls into boiling water. They will sink when dropped but will rise in a few minutes. Cook for 10 minutes. Remove with slotted spoon and add to simmering soup. Add noodles; heat through.

dishing about food

Matzo ball soup sometimes is referred to as Jewish penicillin. This classic Jewish dish might have its roots in Eastern Europe, where a Jewish cook may have modified the German dumpling into one suitable for Passover. Others believe that when the Jews fled Egypt, they took their unleavened bread dough with them, and that became the first matzo. Matzo balls are sometimes called floaters or sinkers, depending on whether they are at the top of the soup or resting at the bottom of the bowl.

Glazed Cinnamon Apples

If you are seeking comfort food on the sweet side, this warm and yummy apple dish, made with cinnamon and nutmeg, fits the bill.

—**MEGAN MAZE** OAK CREEK, WISCONSIN

PREP: 20 MIN. **COOK:** 3 HOURS **MAKES:** 7 SERVINGS

6 large tart apples

2 tablespoons lemon juice

½ cup packed brown sugar

½ cup sugar

2 tablespoons all-purpose flour

1 teaspoon ground cinnamon

¼ teaspoon ground nutmeg

6 tablespoons butter, melted

Vanilla ice cream

1. Peel, core and cut each apple into eight wedges; transfer to a 3-qt. slow cooker. Drizzle with lemon juice. Combine the sugars, flour, cinnamon and nutmeg; sprinkle over apples. Drizzle with butter.

2. Cover and cook on low for 3-4 hours or until apples are tender. Serve as a side or as a dessert with ice cream.



Waldorf Salad

Lemon juice gives this easy salad a tangy zip, and the apples and nuts offer a nice crunch. It's light, refreshing and effortless to assemble. What's not to love?

—**CHUCK HINZ** PARMA, OHIO

PREP/TOTAL TIME: 30 MIN. **MAKES:** 9 SERVINGS

2 medium Red Delicious apples, chopped

2 medium Golden Delicious apples, chopped

2 tablespoons lemon juice

2 celery ribs, chopped

¾ cup chopped walnuts

½ cup raisins

1 cup mayonnaise

Ground cinnamon and ground nutmeg, optional

1. In a large bowl, toss apples with lemon juice. Gently stir in the celery, walnuts, raisins and mayonnaise. Sprinkle with cinnamon and nutmeg if desired. Refrigerate until serving.

dishing about food

Waldorf salad is named after New York City's Waldorf Hotel, which later became the Waldorf Astoria Hotel. The maitre d'hotel, Oscar Tschirky, is credited with inventing the salad. The original dish did not contain walnuts.



NEW YORK, NY

A household name across America, the Waldorf-Astoria Hotel has been famous for its Art Deco grandeur, as well as delicious cuisine, for more than 100 years.



Daiquiris

This daiquiri blends sweet and tart to perfection! For a party, make it in chilled pitchers, then pour over ice before serving.

—TASTE OF HOME TEST KITCHEN

PREP/TOTAL TIME: 10 MIN. **MAKES:** 4 SERVINGS

5 to 5½ cups ice cubes, divided

¾ cup light rum

2½ ounces lime juice

2 ounces simple syrup

GARNISH

Lime slices

1. Fill a shaker three-fourths full with ice. Divide remaining ice among four hurricane or cocktail glasses; set aside.
2. Add the rum, lime juice and simple syrup to shaker; cover and shake for 10-15 seconds or until condensation forms on outside of shaker. Strain into prepared glasses. Garnish with lime slices as desired.

dishing about food

An American mining engineer, Jennings Cox, is credited with inventing the daiquiri while he was in Cuba during the Spanish-American War. It made its way to Miami, where it remained a local beverage until Adm. Lucius Johnson introduced it at the Army & Navy Club in Washington, D.C. The drink really took off during World War II, when there was a shortage of local whiskey and vodka, but not imported rum.



Crumb-Topped Clams

In my family, it wouldn't be Christmas Eve without baked clams. They're simple to make and always a hit.

—**ANMARIE LUCENTE MONROE**, NEW YORK

PREP: 35 MIN. **BROIL:** 10 MIN. **MAKES:** 2 DOZEN

2 pounds kosher salt

2 dozen fresh littleneck clams

½ cup dry bread crumbs

¼ cup chicken broth

1 tablespoon minced fresh parsley

2 tablespoons olive oil

2 garlic cloves, minced

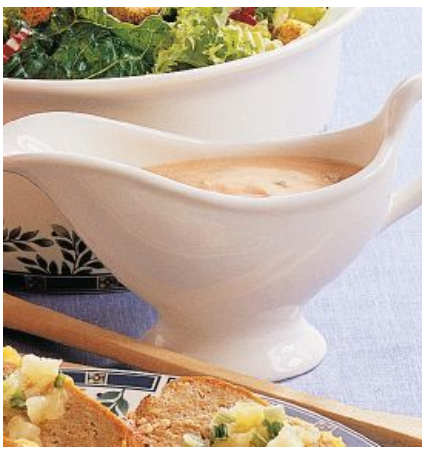
¼ teaspoon dried oregano

Dash pepper

1 tablespoon panko (Japanese) bread crumbs

Lemon wedges

1. Spread salt into an ovenproof metal serving platter or a 15x10x1-in. baking pan. Shuck clams, leaving clams and juices in bottom shells. Arrange on prepared platter; divide juices among shells.
2. In a small bowl, mix dry bread crumbs, chicken broth, parsley, oil, garlic, oregano and pepper; spoon over clams. Sprinkle with bread crumbs.
3. Broil 4-6 in. from heat for 6-8 minutes or until the clams are firm and crumb mixture is crisp and golden brown. Serve immediately with lemon wedges.



Thousand Island Dressing

This creamy dressing has a fresh taste that complements any tossed salad.

—**ELIZABETH HUNTER** PROSPERITY, SOUTH CAROLINA

PREP/TOTAL TIME: 10 MIN. **MAKES:** 1 CUP

$\frac{3}{4}$ cup fat-free plain yogurt

3 tablespoons chili sauce

1 tablespoon sweet pickle relish

Sugar substitute equivalent to $\frac{3}{4}$ teaspoon sugar

1. In a small bowl, whisk together all ingredients. Refrigerate until serving.

dishing about food

The most popular theory about this dressing's origin is that it was named for the Thousand Islands region in New York, between the St. Lawrence Seaway and Lake Ontario. One of the guides who took fishing parties to the Thousand Islands always served his wife's special salad dressing as part of their shore dinners. New York actress and cookbook author Mary Irwin is said to have named the recipe after one such meal. Another version of the story, however, claims a chef at the Drake Hotel in Chicago came up with the recipe.

Wild Blueberry Muffins

Nothing is better than a warm blueberry muffin in the morning. The flavor of wild blueberries makes these extra-special!

—**DEWEY GRINDLE** BLUE HILL, MAINE

PREP: 15 MIN. **BAKE:** 20 MIN. **MAKES:** 1 DOZEN

$\frac{1}{4}$ cup butter, softened

$\frac{1}{3}$ cup sugar

1 egg

$2\frac{1}{3}$ cups all-purpose flour

4 teaspoons baking powder

$\frac{1}{2}$ teaspoon salt

1 cup milk

1 teaspoon vanilla extract

$1\frac{1}{2}$ cups fresh or frozen wild blueberries or 1 can (15 ounces) water-packed wild blueberries, well drained

STREUSEL TOPPING

$\frac{1}{2}$ cup sugar

$\frac{1}{3}$ cup all-purpose flour

$\frac{1}{2}$ teaspoon ground cinnamon

$\frac{1}{4}$ cup cold butter, cubed

1. In a bowl, cream butter and sugar. Add egg; mix well. Combine dry ingredients; add to creamed mixture alternately with milk. Stir in vanilla. Gently fold in blueberries.

2. Fill greased or paper-lined muffin cups two-thirds full. In a small bowl, combine the sugar, flour and cinnamon; cut in the butter until crumbly. Sprinkle over muffins. Bake at 375° for 20-25 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from pan to wire rack.

Delmonico Potatoes

These rich, cheesy potatoes are perfect for a large family gathering or a potluck supper.

—**ARNOLD SONNENBERG** BROOKVILLE, OHIO

PREP: 55 MIN. + CHILLING **BAKE:** 50 MIN. **MAKES:** 12-16 SERVINGS

9 medium potatoes, unpeeled

1 cup milk

1 cup heavy whipping cream

1½ teaspoons salt

1 teaspoon ground mustard

¼ teaspoon pepper

¼ teaspoon ground nutmeg

1½ pounds shredded sharp cheddar cheese

1. Place potatoes in a large saucepan and cover with water. Bring to a boil. Reduce heat; cover and cook for 30-40 minutes or until tender. Drain and refrigerate several hours or overnight.

2. Peel potatoes and coarsely shred. In a saucepan, heat the milk, cream, salt, mustard, pepper and nutmeg over medium heat until bubbles form around side of pan. Reduce heat; add cheese, stirring until melted.

3. Place potatoes in a greased 13x9-in. baking dish. Pour cheese sauce over potatoes. Bake at 325° for 50-55 minutes or until heated through.



NEW YORK, NY

The first fine dining restaurant in the U.S., Delmonico's opened in 1837 on Beaver Street in the city's Financial District.

Amish Potato Bread

A tasty mix of whole wheat and all-purpose flour, plus a small amount of mashed potatoes, give this golden bread its wonderful texture. The loaf is very moist and stays that way even days after making it.

—**SUE VIOLETTE** NEILLSVILLE, WISCONSIN

PREP: 30 MIN. + RISING **BAKE:** 40 MIN. + COOLING **MAKES:** 1 LOAF (16 SLICES)

1 package (¼ ounce) active dry yeast

¼ cup warm water (110° to 115°)

1¾ cups warm fat-free milk (110° to 115°)

⅓ cup butter, softened

¼ cup mashed potatoes (without added milk and butter)

3 tablespoons sugar

1½ teaspoons salt

1½ cups whole wheat flour

3½ to 4 cups all-purpose flour

1. In a large bowl, dissolve yeast in warm water. Add the milk, butter, potatoes, sugar, salt, whole wheat flour and ½ cup all-purpose flour. Beat until smooth. Stir in enough remaining flour to form a firm dough.
2. Turn onto a lightly floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a bowl coated with cooking spray, turning once to coat the top. Cover and let rise in a warm place until doubled, about 1 hour.
3. Punch dough down and turn onto a floured surface; shape into a loaf. Place in a 9x5-in. loaf pan coated with cooking spray. Cover and let rise until doubled, about 30 minutes.
4. Bake at 350° for 40-45 minutes or until golden brown. Remove from pan to wire rack to cool.

dishing about food

At one time, potatoes were added to breads as extenders so the cook could use less flour. Now, mashed potatoes are added because we like the results...a tender, moist bread.



Wilted Greens Over Potatoes

Here's a homespun recipe representative of my Pennsylvania Dutch heritage. I can remember not liking this dish as a child, but I've become fond of it over the years.

—**BONNIE BLACK** SLIGO, PENNSYLVANIA

PREP/TOTAL TIME: 30 MIN. **MAKES:** 4 SERVINGS

4 cups packed fresh spinach, dandelion, collard, mustard, beet or turnip greens

2 cups plus 2 tablespoons water, divided

5 thick-sliced bacon strips, diced

4 teaspoons all-purpose flour

1 tablespoon sugar

1 cup 2% milk

½ teaspoon salt

1 egg yolk, lightly beaten

⅓ cup cider vinegar

Hot mashed potatoes

1. In a large saucepan, bring greens and 2 cups water to a boil. Reduce heat; cover and simmer for 4-8 minutes or until tender. Drain and set aside.
2. In a large skillet, cook bacon over medium heat until crisp. Using a slotted spoon, remove to paper towels; drain, discarding drippings.
3. In a small bowl, combine flour and sugar; stir in the milk, salt and remaining water until smooth. Pour into skillet and bring to a boil; cook and stir

for 2 minutes or until thickened.

4. Stir a small amount of the hot mixture into the egg yolk; return all to the pan, stirring constantly. Bring to a gentle boil; cook and stir 2 minutes longer. Add the vinegar, greens and bacon; heat through. Serve over the mashed potatoes.



LANCASTER, PA

America's oldest continually running farmers market—more than 275 years!—the Lancaster Central Market is the place to go for fresh produce, dairy and baked goods.



Irish Soda Bread

This bread is prepared much like a biscuit. Mix the dough just until moistened to keep it tender.

—**GLORIA WARCZAK** CEDARBURG, WISCONSIN

PREP: 15 MIN. **BAKE:** 30 MIN. **MAKES:** 6-8 SERVINGS

2 cups all-purpose flour

2 tablespoons brown sugar

1 teaspoon baking powder

1 teaspoon baking soda

½ teaspoon salt

3 tablespoons butter

2 eggs

¾ cup buttermilk

⅓ cup raisins

1. In a large bowl, combine flour, brown sugar, baking powder, baking soda and salt. Cut in butter until crumbly. In a small bowl, whisk 1 egg and buttermilk. Stir into flour mixture just until moistened. Fold in raisins.
2. Knead on a floured surface for 1 minute. Shape into a round loaf; place on a greased baking sheet. Cut a ¼-in.-deep cross in top of loaf. Beat remaining egg; brush over loaf.
3. Bake at 375° for 30-35 minutes or until golden brown.

Caraway Irish Soda Bread: *Add 1 to 2 tablespoons caraway seeds to the dry ingredients.*

dishing about food

Soda bread was a quick bread baked by cooks in many countries. Native Americans used potash from wood ashes to leaven their bread. When yeast bread made with hard flour became more popular in England and the U.S., the Irish continued to use their soft flour, which rises better with baking soda. True Irish soda bread does not contain raisins. Bread with raisins is called railway cake or spotted dog.



BOSTON, MA

The South Boston St. Patrick's Day parade was first marched in 1737, making it the world's oldest parade of its kind.



Cape Codder

Here's a delicious cranberry-flavored drink that is not only refreshing in the summertime, but would be great any time of the year.

—TASTE OF HOME TEST KITCHEN

PREP/TOTAL TIME: 5 MIN. **MAKES:** 1 SERVING

½ to ¾ cup ice cubes

1½ ounces vodka

3 ounces cranberry juice

GARNISH

Lime twist

1. Place ice in a highball glass. Pour the vodka and cranberry juice into the glass. Garnish as desired.

dishing about food

A Cape Codder, also known as a Cape Cod, was originally called a Red Devil. Ocean Spray developed the drink in 1945 to increase consumption of cranberry juice. The name was changed in the 1960s as a nod to Cape Cod, Massachusetts.



MASSACHUSETTS

The Bay State’s largest food crop, cranberries garner lots of attention. Not only are they the official state berry, they’re the official color and beverage.



Crispy Oven-Fried Oysters

These flavorful breaded and baked oysters, served with a zippy jalapeno mayonnaise, are just divine! I entered this recipe in a seafood contest and took first place in the hors d’oeuvres category. Oysters make an interesting party finger food.

—MARIE RIZZIO INTERLOCHEN, MICHIGAN

PREP/TOTAL TIME: 30 MIN. **MAKES:** ABOUT 2½ DOZEN (ABOUT ⅔ CUP JALAPENO MAYONNAISE)

¾ cup all-purpose flour

⅛ teaspoon salt

⅛ teaspoon pepper

2 eggs

1 cup dry bread crumbs

⅔ cup grated Romano cheese

¼ cup minced fresh parsley

½ teaspoon garlic salt

1 pint shucked oysters or 2 cans (8 ounces each) whole oysters, drained

2 tablespoons olive oil

JALAPENO MAYONNAISE

¼ cup mayonnaise

¼ cup sour cream

2 medium jalapeno peppers, seeded and finely chopped

2 tablespoons milk

1 teaspoon lemon juice

¼ teaspoon grated lemon peel

⅛ teaspoon salt

⅛ teaspoon pepper

1. In a shallow bowl, combine the flour, salt and pepper. In another shallow bowl, whisk eggs. In a third bowl, combine the bread crumbs, cheese, parsley and garlic salt.
2. Coat oysters with flour mixture, then dip in eggs, and coat with crumb mixture. Place in a greased 15x10x1-in. baking pan; drizzle with oil.
3. Bake at 400° for 15 minutes or until golden brown. Meanwhile, in a small bowl, whisk the jalapeno mayonnaise ingredients. Serve with oysters.

Editor's Note: *Wear disposable gloves when cutting hot peppers; the oils can burn skin. Avoid touching your face.*



Martini

Martinis can be made with either vodka or gin. Our taste panel's preference was for gin, but try them both and decide for yourself. Be warned, this is a strong and serious drink.

—TASTE OF HOME TEST KITCHEN

PREP/TOTAL TIME: 5 MIN. **MAKES:** 1 SERVING

Ice cubes

3 ounces gin or vodka

½ ounce dry vermouth

GARNISH

Pimiento-stuffed olives

1. Fill a mixing glass or tumbler three-fourths full with ice. Add gin and vermouth; stir until condensation forms on outside of glass. Strain into a chilled cocktail glass. Garnish as desired.

Editor's Note: *This recipe makes a dry martini. Use less vermouth for an extra-dry martini; use more for a “wet” martini. You may also serve the martini over ice in a rocks glass.*

Apple Martini: *Omit vermouth and olives. Reduce vodka to 2 ounces and use 1½ ounces sour apple liqueur and 1½ teaspoons lemon juice. Garnish with a green apple slice.*

Chocolate Martini: *Omit vermouth and olives. Reduce vodka to 2 ounces and use 2 ounces creme de cacao or chocolate liqueur. Garnish with chocolate shavings.*

dishing about food

Both New York and San Francisco lay claim to inventing the martini. However, their versions before Prohibition are not what we think of as today's martini; both coasts used bitters and gin in the original drink. The martini has waxed and waned in popularity. The movie *Goldfinger* brought the martini back to the American consciousness when James Bond asked for “a vodka martini, shaken, not stirred.” The drink had another resurgence in the 1980s and '90s. With all the flavored variations available today, it seems the martini will remain in the forefront for a while.



Butternut Squash Risotto

Change up the flavor of risotto any time by using in-season vegetables like butternut squash, spices and broths for a consistency that's both creamy and comforting.

—**KATIE FERRIER** WASHINGTON, WASHINGTON DC

PREP: 35 MIN. **COOK:** 30 MIN. **MAKES:** 6 SERVINGS

8 cups cubed peeled butternut squash

¼ cup olive oil, divided

½ teaspoon salt

¼ teaspoon pepper

4 to 4½ cups vegetable broth

1 cup water

1 small onion, chopped

2 garlic cloves, minced

2 cups uncooked arborio rice

1 cup lager

2 tablespoons butter

1 teaspoon ground ancho chile pepper

½ teaspoon ground nutmeg

1 cup grated Parmesan cheese

1. In a bowl, combine squash, 2 tablespoons oil, salt and pepper; toss to coat. Transfer to a greased 15x10x1-in. baking pan. Bake, uncovered, at 450° for 20-25 minutes or until tender, stirring once.

2. In a large saucepan, heat broth and water; keep warm. In a large skillet, saute onion and garlic in remaining oil until tender. Add rice; cook and stir for 2-3 minutes. Reduce heat; stir in lager. Cook and stir until all of the liquid is absorbed.

3. Add heated broth mixture, ½ cup at a time, stirring constantly. Allow the liquid to absorb between additions. Cook just until risotto is creamy and rice is almost tender. (Cooking time is about 20 minutes.) Add the butter, chili pepper, nutmeg and squash; cook and stir until heated through.

Remove from the heat; stir in cheese. Serve immediately.



Chesapeake Crab Dip

Our school is a Maryland Green School, and many of our students work to improve the health of our local treasure, the Chesapeake Bay. This recipe, starring crab in a rich creamy dip, reminds me of the importance of that.

—**CAROL BRZEZINSKI** MARRIOTTSVILLE, MARYLAND

PREP: 20 MIN. **BAKE:** 20 MIN. **MAKES:** 2¼ CUPS

1 package (8 ounces) cream cheese, softened

1 cup (8 ounces) sour cream

1 tablespoon lemon juice

1 teaspoon ground mustard

1 teaspoon seafood seasoning

⅛ teaspoon garlic salt

3 cans (6 ounces each) lump crabmeat, drained

½ cup shredded cheddar cheese

⅛ teaspoon paprika

Assorted crackers

1. In a large bowl, combine the cream cheese, sour cream, lemon juice, mustard, seafood seasoning and garlic salt. Fold in crab. Transfer to a greased 9-in. pie plate. Sprinkle with cheese and paprika.

2. Bake at 325° for 20-25 minutes or until bubbly. Serve warm with crackers. Refrigerate leftovers.

Turnip Casserole

I think turnips are great alone or with other vegetables. Try chopping them to add texture and flavor to soups and stews, and enjoy them in this change-of-pace hot dish.

—**DORIS HUBERT** EAST KILLINGLY, CONNECTICUT

PREP: 25 MIN. **BAKE:** 20 MIN. **MAKES:** 4 SERVINGS

4 medium turnips, peeled and cubed

1 egg, lightly beaten

⅓ cup sugar

3 tablespoons butter

½ teaspoon salt

¼ teaspoon ground cinnamon

1. Place turnips in a large saucepan and cover with water. Bring to a boil. Reduce heat; cover and cook for 15 minutes or until tender and drain. Transfer turnips to a bowl and mash. Add the egg, sugar, butter and salt.

2. Transfer to a greased 1-qt. baking dish; sprinkle with cinnamon. Cover and bake at 350° for 20-25 minutes or until a thermometer reads 160°.



Classic Corn Chowder

My grandmother and mother made this dish to warm their families during the cold winter months. Nothing chased away a chill like this chowder! Now when it's cold and damp outside, I make this and think of those days. Everyone in my household enjoys the delicious warmth of a steaming bowl of corn chowder.

—**PHYLLIS WATSON** HAVELOCK, NORTH CAROLINA

PREP/TOTAL TIME: 30 MIN. **MAKES:** 4-6 SERVINGS

6 potatoes, peeled and diced

Water

1 can (16 ounces) whole kernel corn, drained

4 cups whole milk

1 large onion, diced

4 bacon strips, cooked and crumbled

1 teaspoon salt

¼ teaspoon pepper

¼ teaspoon dried thyme

1. Place potatoes in a Dutch oven and cover with water. Bring to a boil. Reduce heat; cover and cook for 10-15 minutes or until tender. Drain. Add remaining ingredients; bring to a boil. Reduce heat and simmer for 15 minutes or until onion is soft.



Apple Cider Cinnamon Rolls

Feeling creative, I put an apple spin on a traditional cinnamon roll recipe. The results were yummy! A panful is perfect for a weekend morning.

—**KIM FORNI** CLAREMONT, NEW HAMPSHIRE

PREP: 1 HOUR + RISING **BAKE:** 30 MIN. **MAKES:** 1 DOZEN

3¼ cups all-purpose flour

¼ cup sugar

1 package (¼ ounce) quick-rise yeast

½ teaspoon salt

¾ cup 2% milk

¼ cup apple cider or juice

¼ cup plus ⅓ cup butter, softened, divided

1 egg

2 cups finely chopped peeled tart apples

1¼ cups packed brown sugar

¾ cup finely chopped walnuts

3 teaspoons ground cinnamon

APPLE CIDER CREAM CHEESE FROSTING

2 cups apple cider or juice

1 cinnamon stick (3 inches)

1 package (8 ounces) cream cheese, softened

¼ cup butter, softened

1 cup confectioners' sugar

1. In a large bowl, combine 2¼ cups flour, sugar, yeast and salt. In a small saucepan, heat the milk, cider and ¼ cup butter to 120°-130°. Add to dry ingredients; beat just until moistened. Add egg; beat until smooth. Stir in enough remaining flour to form a soft dough (dough will be sticky).
2. Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Cover and let rest for 10 minutes. Roll into a 15x10-in. rectangle. Spread remaining butter to within ½ in. of edges. Combine the apples, brown sugar, walnuts and cinnamon; sprinkle over butter.
3. Roll up jelly-roll style, starting with a long side; pinch seam to seal. Cut into 12 slices. Place cut side down in a greased 13x9-in. baking dish. Cover and let rise in a warm place for 30 minutes.
4. Bake at 325° for 30-35 minutes or until golden brown. For frosting, place cider and cinnamon stick in a small saucepan. Bring to a boil; cook until liquid is reduced to ¼ cup, about 20 minutes. Discard cinnamon stick; cool cider.
5. In a large bowl, beat cream cheese and butter until fluffy. Add confectioners' sugar and reduced cider; beat until smooth. Spread over warm rolls.

dishing about food

New England settlers originally had apple orchards on their farms so they could produce hard cider, which the entire family drank. Once beer became readily available and people moved to the cities, the demand for hard cider declined.



NEW ENGLAND

New England's orchards grow more than 40 varieties of apples, from Akane to Zestar!, some of which are still used for cider.



Bloody Mary

Horseradish makes this Bloody Mary special. Without the horseradish, you'll have a more traditional drink, and without the alcohol, you'll have a Virgin Mary. Serve it with a stalk of celery, dill pickle spear or green olives.

—TASTE OF HOME TEST KITCHEN

PREP/TOTAL TIME: 10 MIN. **MAKES:** 1 SERVING

- 1½ to 2 cups ice cubes, divided
- 2 ounces vodka
- 1 cup tomato juice, chilled
- 1 tablespoon lemon juice
- 1½ teaspoons lime juice
- ¾ teaspoon Worcestershire sauce
- ½ teaspoon prepared horseradish, optional
- ⅛ teaspoon celery salt
- ⅛ teaspoon pepper
- ⅛ teaspoon hot pepper sauce

GARNISHES

Celery rib, pickle spear, green and ripe olives, cucumber slice and/or cocktail shrimp

1. Fill a shaker three-fourths full with ice. Place remaining ice in a highball glass; set aside.
2. Add the vodka, juices, Worcestershire sauce, horseradish if desired, celery salt, pepper and pepper sauce to shaker; cover and shake for 10-15 seconds or until condensation forms on outside of shaker. Strain into prepared glass. Garnish as desired.

Editor’s Note: *To make a batch of Bloody Marys (4 servings), place 1 cup ice in a 2-qt. pitcher. Add 1 cup vodka, 4 cups tomato juice, ¼ cup lemon juice, 2 tablespoons lime juice, 1 tablespoon Worcestershire sauce, 2 teaspoons prepared horseradish if desired, ½ teaspoon celery salt, ½ teaspoon pepper and ½ teaspoon hot pepper sauce; stir to combine. Serve over ice.*

dishing about food

French bartender Fernand Petiot is credited with creating the Bloody Mary at the famous Harry’s New York Bar in Paris. After Prohibition, Petiot crossed the Atlantic to work at the King Cole Bar in the St. Regis Hotel in New York, and brought the drink with him. It was first called the Red Snapper, but later, the name Bloody Mary stuck. It is usually considered a morning drink or a hangover cure.

Coffee Milk

After one sip, you’ll see why this is the official drink of Rhode Island…it’s just delectable!

—TASTE OF HOME TEST KITCHEN

PREP: 10 MIN. **COOK:** 35 MIN. + CHILLING **MAKES:** 4 SERVINGS (1 CUP SYRUP)

- ½ cup finely ground coffee
- 2 cups cold water
- 1 cup sugar

EACH SERVING

- 1 cup cold 2% milk
1. Place ground coffee in filter basket of a drip coffeemaker. Add 2 cups cold water to water reservoir and brew according to manufacturer’s directions.
 2. In a small saucepan, combine coffee and sugar; bring to a boil. Reduce heat; simmer until reduced by half, about 30 minutes. Remove from heat; transfer to a small bowl or covered container. Refrigerate, covered, 30 minutes or until cold. Store in the refrigerator, covered, up to 2 weeks.
- To prepare coffee milk:** *In a tall glass, mix 1 cup milk and 2-4 tablespoons coffee milk syrup.*

dishing about food

Coffee milk is believed to have been created by immigrants from southern Italy. They liked their coffee strong and sweet. Their children drank it, too, and eventually it was combined with milk. First served in Rhode Island in the 1930s, this drink includes coffee syrup mixed with milk. If you add a scoop of ice cream, it becomes coffee cabinet. In 1993, coffee milk became the official state drink of Rhode Island.

Manhattan Clam Chowder

I typically serve this chowder with a tossed salad and hot rolls. It’s easy to make and tastes wonderful on cold winter evenings. My family’s enjoyed it for more than 30 years.

—JOAN HOPEWELL COLUMBUS, NEW JERSEY

PREP: 10 MIN. **COOK:** 40 MIN. **MAKES:** 6-8 SERVINGS (ABOUT 2 QUARTS)

1 cup chopped onion

⅔ cup chopped celery

2 teaspoons minced green pepper

1 garlic clove, minced

2 tablespoons butter

2 cups hot water

1 cup cubed peeled potatoes

1 can (28 ounces) diced tomatoes, undrained

2 cans (6½ ounces each) minced clams, undrained

1 teaspoon salt

½ teaspoon dried thyme

¼ teaspoon pepper

Dash cayenne pepper

2 teaspoons minced fresh parsley

1. In a 3-qt. saucepan, cook the onion, celery, green pepper and garlic in butter over low heat for 20 minutes, stirring frequently. Add the water and potatoes; bring to a boil. Reduce heat; cover and simmer for 15 minutes or until the potatoes are tender.

2. Add the tomatoes, clams, salt, thyme, pepper and cayenne; heat through. Stir in parsley. Serve immediately.

dishing about food

Not all chowders are equal. Manhattan clam chowder is a tomato-based soup and does not resemble its creamier cousin, New England clam chowder. It originally had many different names, including Coney Island chowder and Fulton Fish Market clam chowder.



Cinnamon Apples

Teenagers will have fun melting the red cinnamon candies that give bright color to these tender apples. Serve as a salad or a side dish to accompany pork.

—**ALMA DINSMORE** LEBANON, INDIANA

PREP: 20 MIN. + CHILLING **MAKES:** 6 SERVINGS

2 cups water

¾ cup red-hot candies

⅓ cup sugar

6 medium tart apples, peeled and quartered

1. In a large saucepan, bring the water, candies and sugar to a boil over medium heat; boil and stir until candies and sugar are dissolved.

2. Reduce heat; carefully add apples. Cook, uncovered, until apples are tender. Cool slightly. With a slotted spoon, transfer apples to a serving dish; pour sugar syrup over apples. Cool slightly. Cover and refrigerate for at least 3 hours.



Parker House Dinner Rolls

It's impossible to eat just one of my mom's famous yeast rolls. They're light and fluffy with a wonderful flavor...and even more delicious served warm with a little butter!

—**SUSAN HANSEN** AUBURN, ALABAMA

PREP: 1 HOUR + RISING **BAKE:** 10 MIN. **MAKES:** 3 DOZEN

½ cup shortening

¼ cup sugar

2 teaspoons salt

1½ cups boiling water

2 tablespoons active dry yeast

½ cup warm water (110° to 115°)

3 eggs

6¾ to 7¼ cups all-purpose flour

¼ cup butter, melted

1. In a large bowl, combine the shortening, sugar and salt. Stir in boiling water. Cool to 110°-115°. Dissolve yeast in warm water. Add yeast mixture, eggs and 3 cups flour to shortening mixture. Beat until smooth. Stir in enough remaining flour to form a soft dough.

2. Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease the top. Cover and let rise in a warm place until doubled, about 45 minutes.

3. Punch dough down; turn onto a lightly floured surface. Roll dough to ½-in. thickness. Cut with a 2½-in. biscuit cutter. Fold circles in half; press edges to seal. Place 2 in. apart on baking sheets coated with cooking spray. Cover and let rise until doubled, about 30 minutes.

4. Bake at 400° for 10-12 minutes or until golden brown. Remove to wire racks. Brush with butter. Serve warm.

dishing about food

A baker at the Parker House Hotel (now the Omni Hotel) in Boston first baked these crisp, buttery rolls with fluffy centers in the mid-1870s. They were so well-received that they turned into a side venture for the hotel, which began selling them to other hotels and stores.



Calico Clams Casino

A few years ago, I came across this recipe in the back of my files when I was looking for a special appetizer. Everyone raved about it. Now it's an often-requested dish.

—**PAULA SULLIVAN** BARKER, NEW YORK

PREP/TOTAL TIME: 20 MIN. **MAKES:** 8 SERVINGS

- 3 cans (6½ ounces each) minced clams
- 1 cup (4 ounces) shredded part-skim mozzarella cheese
- 1 cup (4 ounces) shredded cheddar cheese
- 4 bacon strips, cooked and crumbled
- 3 tablespoons seasoned bread crumbs
- 3 tablespoons butter, melted
- 2 tablespoons each finely chopped onion, celery and sweet red, yellow and green peppers
- 1 garlic clove, minced
- Dash dried parsley flakes

1. Drain the clams, reserving 2 tablespoons juice. In a large bowl, combine the clams and remaining ingredients; stir in the reserved clam juice. Spoon mixture into greased 6-oz. custard cups or clamshell dishes; place on baking sheets.
2. Bake at 350° for 10-15 minutes or until heated through and lightly browned.

dishing about food

In 1917, a wealthy patron asked the maitre d’ of the Little Casino at Narragansett Pier in Rhode Island to make something special for her guests. The chef came up with the first version of the dish now known as clams casino.



Authentic Boston Brown Bread

The rustic, old-fashioned flavor of this hearty bread is out of this world!

—**SHARON DELANEY-CHRONIS** SOUTH MILWAUKEE, WISCONSIN

PREP: 20 MIN. **COOK:** 50 MIN. + STANDING **MAKES:** 1 LOAF (12 SLICES)

- ½ cup cornmeal
- ½ cup whole wheat flour
- ½ cup rye flour
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- 1 cup buttermilk
- ⅓ cup molasses
- 2 tablespoons brown sugar
- 1 tablespoon canola oil
- 3 tablespoons chopped walnuts, toasted
- 3 tablespoons raisins

Cream cheese, softened, optional

1. In a large bowl, combine the first six ingredients. In another bowl, whisk the buttermilk, molasses, brown sugar and oil. Stir into dry ingredients just until moistened. Fold in walnuts and raisins. Transfer to a greased 8x4-in. loaf pan; cover with foil.

2. Place pan on a rack in a boiling-water canner or other large, deep pot; add 1 in. of hot water to pot. Bring to a gentle boil; cover and steam for 45-50 minutes or until a toothpick inserted near the center comes out clean, adding more water to the pot as needed.

3. Remove pan from the pot; let stand for 10 minutes before removing bread from pan to a wire rack. Serve with cream cheese if desired.

dishing about food

Frugal New Englanders stretched their precious wheat flour by adding more readily available rye and cornmeal to bread recipes. Resourceful cooks who did not have ovens learned to steam bread in a mold over an open fire.



BOSTON, MA

Patriot Paul Revere was a metalsmith by trade, crafting everything from silverware to ship siding. His statue stands in Paul Revere Mall; you can visit his restored home nearby, on 19 North Square.



Cinnamon Blueberry Jam

Watching my grandmother can hundreds of jars of tomatoes, peaches and pears inspired me to first try making jams and jellies myself. I can remember, as a girl, going down into her cellar—all those jars on the shelves gave me such a warm, homey feeling! My family enjoys this jam on warm corn or blueberry muffins. The cinnamon's a bit of a surprise.

—**BARBARA BURNS** PHILLIPSBURG, NEW JERSEY

PREP: 15 MIN. **PROCESS:** 10 MIN. **MAKES:** 4 HALF-PINTS

1 pound fresh or frozen blueberries (about 1 quart)

3½ cups sugar

1 tablespoon bottled lemon juice

¼ teaspoon ground cinnamon

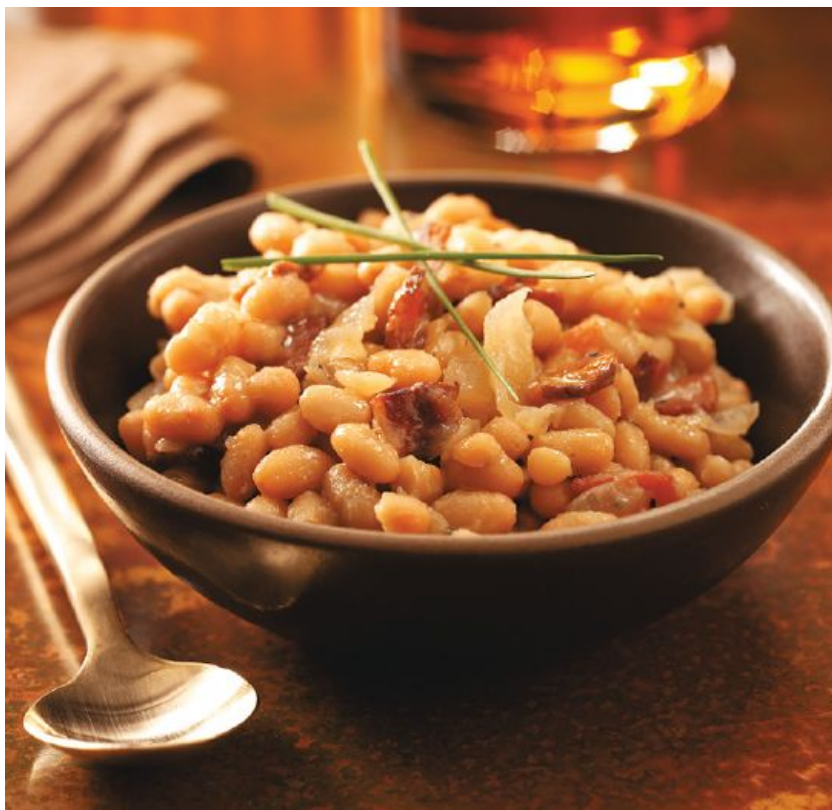
⅛ teaspoon ground cloves

1 pouch (3 ounces) liquid fruit pectin

1. Crush the blueberries; measure 2½ cups and place in a large saucepan. Add the sugar, lemon juice, cinnamon and cloves; bring to a rolling boil over high heat, stirring constantly. Quickly stir in pectin. Return to a full rolling boil; boil for 1 minute, stirring constantly.

2. Remove from the heat; skim off foam. Carefully ladle hot mixture into hot half-pint jars, leaving ¼-in. headspace. Remove air bubbles; wipe rims and adjust lids. Process for 10 minutes in a boiling-water canner.

Editor's Note: *The processing time listed is for altitudes of 1,000 feet or less. Add 1 minute to the processing time for each 1,000 feet of additional altitude.*



Vermont Baked Beans

These baked beans are nothing like the canned variety you may be used to. The rich sauce has a wonderful smokiness from chopped bacon and a subtle sweetness from maple syrup.

—**ELIZABETH HORTON** BRATTLEBORO, VERMONT

PREP: 15 MIN. + SOAKING **BAKE:** 3 HOURS **MAKES:** 8 SERVINGS

1 pound dried navy beans

4 cups water

½ pound thick-sliced bacon strips, chopped

1 large onion, chopped

⅔ cup maple syrup

2 teaspoons salt

1 teaspoon ground mustard

½ teaspoon coarsely ground pepper

1. Soak beans according to package directions. Drain and rinse beans, discarding the liquid. Place beans in a Dutch oven; add water. Bring to a boil.

2. Meanwhile, in a large skillet, cook bacon over medium heat until crisp; drain. Stir the onion, syrup, salt, mustard, pepper and bacon into the beans.

3. Cover and bake at 300° for 3 to 3½ hours or until beans are tender and reach desired consistency, stirring every 30 minutes.

dishing about food

Baked beans can be made with an array of ingredients from ketchup to molasses or corn syrup. In 2012, Vermont led the country in the production of maple syrup with 750,000 gallons. So it's no surprise that Vermont-style baked beans use maple syrup!



Mushroom-Swiss Mac & Cheese

Portobello mushrooms and three kinds of cheese give an upscale spin to a classic casserole. To make this more of an entree, I add 2 cups of cubed cooked chicken.

—**DAWN MOORE WARREN**, PENNSYLVANIA

PREP: 40 MIN. **BAKE:** 25 MIN. **MAKES:** 8 SERVINGS

1 package (16 ounces) mini penne pasta

½ pound baby portobello mushrooms, chopped

1 small onion, finely chopped

2 tablespoons butter

1 tablespoon olive oil

1 garlic clove, minced

SAUCE

5 tablespoons butter

1 package (8 ounces) cream cheese, cubed

1¼ cups whole milk

1¼ cups half-and-half cream

2½ cups (10 ounces) shredded Swiss cheese

1¼ cups grated Parmesan and Romano cheese blend

¼ teaspoon salt

¼ teaspoon pepper

6 bacon strips, cooked and crumbled

TOPPING

⅓ cup panko (Japanese) bread crumbs

2 tablespoons minced fresh parsley

2 tablespoons butter, melted

1. Cook pasta according to package directions. Meanwhile, in a large skillet, saute mushrooms and onion in butter and oil until tender. Add garlic; cook 1 minute longer. Set aside.

2. For sauce, in a large saucepan, melt butter. Stir in cream cheese until smooth. Gradually add milk and cream; heat through. Stir in the cheeses, salt and pepper until blended. Stir in bacon.

3. Drain pasta; toss with mushroom mixture and sauce. Transfer to a greased 13x9-in. baking dish. Combine the bread crumbs, parsley and melted butter; sprinkle over mixture. Bake, uncovered, at 375° for 25-30 minutes or until golden brown.

dishing about food

Around half of the nation's mushroom production comes from the Kennett Square area of Pennsylvania. Kennett Square calls itself the Mushroom Capital of the World!



KENNETT SQUARE, PA

One weekend each September, State Street in Kennett Square becomes Mushroom Boulevard for the Mushroom Festival. Fungus fans come from near and far to celebrate (and eat!) the area's prize crop.



Turtle Soup

This hearty soup has a real “snappy” flavor from the cayenne pepper and lemon juice. It's a treat and makes good use of turtle meat. Serve up a steaming bowlful with a salad and fresh bread for a satisfying meal.

—**DAVE WOOD** ELMWOOD PARK, NEW JERSEY

PREP: 25 MIN. **COOK:** 2¼ HOURS **MAKES:** 4-6 SERVINGS

1⅓ pounds turtle meat

4½ cups water

2 medium onions

1 bay leaf

¼ teaspoon cayenne pepper

1¼ teaspoons salt

5 tablespoons butter, cubed

⅓ cup all-purpose flour

3 tablespoons tomato puree

3 tablespoons Worcestershire sauce

⅓ cup chicken broth

2 hard-cooked eggs, chopped

¼ cup lemon juice

Chopped fresh parsley, optional

1. In a heavy 4-qt. saucepan, bring turtle meat and water to a boil. Skim off foam. Chop 1 onion and set aside. Quarter the other onion; add to saucepan along with bay leaf, cayenne pepper and salt. Cover and simmer for 2 hours or until the meat is tender.

2. Remove meat with a slotted spoon and cut into ½-in. cubes; set aside. Strain broth and set aside.

3. Rinse and dry saucepan; melt butter over medium-high heat. Cook chopped onion until tender. Add flour; cook and stir until bubbly and lightly browned. Whisk in reserved broth; cook and stir until thickened. Reduce heat; stir in tomato puree and Worcestershire sauce. Simmer, uncovered, for 10 minutes.

4. Add chicken broth, eggs, lemon juice and meat. Simmer for 5 minutes or until heated through. Garnish with parsley if desired.

dishing about food

Turtle soup was once a delicacy served only by the wealthy at special occasions. The middle class dined on mock turtle soup, which used calves' heads for the turtle meat. When the English came to America, they found an abundance of turtles and the soup became commonplace.



Blueberry Tea Bread

When you're looking for a "berry" impressive treat, turn to this recipe.

—**DOROTHY SIMPSON** BLACKWOOD, NEW JERSEY

PREP: 15 MIN. **BAKE:** 1 HOUR + COOLING **MAKES:** 1 LOAF

2 cups all-purpose flour

1 cup sugar

1 tablespoon baking powder

¼ teaspoon salt

1½ cups fresh or frozen blueberries

1 teaspoon grated orange peel

2 eggs

1 cup milk

3 tablespoons canola oil

Whipped cream cheese, optional

1. In a bowl, combine flour, sugar, baking powder and salt. Stir in blueberries and orange peel. In another bowl, beat eggs; add milk and oil. Stir into dry ingredients just until moistened.

2. Pour into a greased 9x5-in. loaf pan. Bake at 350° for 1 hour or until a toothpick inserted near the center comes out clean. Cool in pan for 10 minutes; remove to a wire rack to cool completely. Serve with cream cheese if desired.

dishing about food

Wild or low-bush blueberries grow in many parts of our country, but Maine has the honor of being the largest blueberry producer.



Blueberry Buckle

This recipe came from my grandmother. As children, my sister and I remember going to Pennsylvania for blueberry picking. Mother taught us to pick only perfect berries, and those gems went into this wonderful recipe.

—**CAROL DOLAN** MT. LAUREL, NEW JERSEY

PREP: 20 MIN. **BAKE:** 30 MIN. **MAKES:** 4-6 SERVINGS

¼ cup butter, softened

¾ cup sugar

1 egg

2 cups all-purpose flour

2 teaspoons baking powder

¼ teaspoon salt

½ cup milk

2 cups fresh blueberries

TOPPING

⅔ cup sugar

½ cup all-purpose flour

½ teaspoon ground cinnamon

⅓ cup cold butter, cubed

1. In a small bowl, cream butter and sugar until light and fluffy. Beat in egg. Combine the flour, baking powder and salt; add to creamed mixture alternately with milk, beating well after each addition. Fold in blueberries. Pour into greased 9-in. square baking pan.
2. For topping, in a small bowl, combine the sugar, flour and cinnamon; cut in butter until crumbly. Sprinkle over blueberry mixture.
3. Bake at 375° for 40-45 minutes or until a toothpick inserted near the center comes out clean. Cool on a wire rack.

dishing about food

Buckle is an old-fashioned cakelike dessert. It's typically made with blueberries, but other fresh berries can be used. The streusel topping gives the dessert a crumbled (buckled) look.

Special Raisin Pie

When I first made this pie, I thought it was great. Then I entered it at the county fair and I guess the judges thought it was great, too, because it won first place!

—**LAURA FALL-SUTTON** BUHL, IDAHO

PREP: 40 MIN. **BAKE:** 35 MIN. + COOLING **MAKES:** 8 SERVINGS

2½ cups raisins

2 cups water

⅓ cup packed brown sugar

⅓ cup sugar

⅛ teaspoon salt

2 tablespoons plus 1½ teaspoons cornstarch

¼ cup cold water

2 tablespoons lemon juice

1 tablespoon orange juice

2 teaspoons grated orange peel

1 teaspoon grated lemon peel

½ teaspoon rum extract

Pastry for double-crust pie (9 inches)

2 tablespoons butter

1. In a small saucepan, combine raisins and water. Bring to a boil; cook 2 minutes. Add sugars and salt; cook until sugars are dissolved. Combine cornstarch and cold water until smooth; gradually stir into the pan. Cook and stir for 2 minutes or until thickened and bubbly. Remove from the heat; stir in the juices, peels and extract.

2. Roll out half of the pastry to fit a 9-in. pie plate; transfer pastry to pie plate. Fill with raisin mixture. Dot with butter.

3. Roll out remaining pastry; make a lattice crust. Trim, seal and flute edges. Bake at 375° for 35-40 minutes or until crust is golden brown and filling is bubbly, covering edges with foil during the last 10 minutes. Cool on a wire rack. Refrigerate leftovers.

dishing about food

Old-fashioned raisin pie is also known as “funeral pie” among the Amish and Mennonites in Pennsylvania. Neighbors and relatives traditionally supplied food for grieving families after a funeral, and though fresh fruit wasn’t always available for a pie, raisins were. The pie also could be made ahead and stored without refrigeration—the perfect dessert for a meal after a funeral.



Amish Sugar Cookies

These easy-to-make cookies simply melt in your mouth! I’ve passed the recipe around to many friends. After I gave the recipe to my sister, she entered the cookies in a local fair and won the “best of show” prize.

—**SYLVIA FORD** KENNETT, MISSOURI

PREP: 10 MIN. **BAKE:** 10 MIN./BATCH **MAKES:** ABOUT 5 DOZEN

1 cup butter, softened

1 cup canola oil

1 cup sugar

1 cup confectioners' sugar

2 eggs

1 teaspoon vanilla extract

4½ cups all-purpose flour

1 teaspoon baking soda

1 teaspoon cream of tartar

1. In large bowl, beat the butter, oil and sugars. Beat in the eggs until well blended. Beat in the vanilla. Combine the flour, baking soda and cream of tartar; gradually add to the creamed mixture.

2. Drop dough by small teaspoonfuls onto ungreased baking sheets. Bake at 375° for 8-10 minutes or until lightly browned. Remove to wire racks to cool.

Concord Grape Pie

Instead of featuring typical fruits like cherries, blueberries, apples or peaches, this pie spotlights Concord grapes. Why not surprise your family with this delightfully different dessert tonight?

—**LINDA ERICKSON** HARBORCREEK, PENNSYLVANIA

PREP: 30 MIN. **BAKE:** 35 MIN. + COOLING **MAKES:** 8 SERVINGS

4½ cups Concord grapes (about 2 pounds)

1 cup sugar

¼ cup all-purpose flour

2 teaspoons lemon juice

⅛ teaspoon salt

1 unbaked pastry shell (9 inches)

TOPPING

½ cup quick-cooking oats

½ cup packed brown sugar

¼ cup all-purpose flour

¼ cup butter, cubed

1. Squeeze the end of each grape opposite the stem to separate skins from pulp. Set skins aside. Place pulp in a medium saucepan; bring to a boil. Boil and stir for 1 minute. Press through a strainer or food mill to remove seeds.

2. In a large bowl, combine the pulp, skins, sugar, flour, lemon juice and salt; pour into pastry shell. In a small bowl, combine the oats, brown sugar and flour; cut in butter until crumbly. Sprinkle over filling.

3. Cover edges of pastry with foil. Bake at 425° for 15 minutes. Remove foil; bake 20 minutes longer or until golden brown. Cool the pie on a wire rack.

dishing about food

Grapes once grew wild throughout New England. Ephraim Bulls took the seeds from these plants and created the Concord grape in 1849. He named it after the town he lived near—Concord, Massachusetts. The hearty Concord grape ripens earlier than European varieties and can be picked before the weather turns cold. It's a key component of the mainstay PB&J sandwich, and is grown primarily in New York, Pennsylvania, Ohio, Michigan, Missouri and Washington.



CONCORD, MA

Concord was home to several literary greats, including Ralph Waldo Emerson, Henry David Thoreau and Louisa May Alcott.



Five-Fruit Pie

This recipe gets compliments galore. I've given it to new neighbors or anyone who needs a pick-me-up. They all love it!

—**JEAN ROSS** OIL CITY, PENNSYLVANIA

PREP: 40 MIN. **BAKE:** 45 MIN. + COOLING **MAKES:** 8 SERVINGS

1½ cups sugar

3 tablespoons cornstarch

2 tablespoons quick-cooking tapioca

1 cup chopped peeled tart apples

1 cup chopped fresh or frozen rhubarb

1 cup each fresh or frozen raspberries, blueberries and sliced strawberries

CRUST

2 cups all-purpose flour

½ teaspoon salt

½ cup shortening

1 egg

¼ cup cold water

2 teaspoons white vinegar

2 tablespoons half-and-half cream

2 tablespoons coarse sugar

1. In a large bowl, combine sugar, cornstarch, tapioca and fruit; let stand for 15 minutes. In another bowl, combine flour and salt; cut in shortening until mixture resembles coarse crumbs. Combine the egg, water and vinegar; stir into flour mixture just until moistened.
2. Divide dough in half so that one portion is slightly larger than the other. On a lightly floured surface, roll out larger portion to fit a 9-in. pie plate. Transfer pastry to pie plate; trim pastry to ½ in. beyond edge of plate. Spoon fruit mixture into crust.
3. Roll out remaining pastry to fit top of pie; make a lattice crust. Trim, seal and flute edges. Brush with cream; sprinkle with coarse sugar.
4. Bake at 375° for 45-55 minutes or until crust is golden brown and filling is bubbly. Cool completely on a wire rack.

Editor's Note: *If using frozen fruit, measure fruit while still frozen, then thaw completely. Drain in a colander, but do not press liquid out.*



Funnel Cakes

These are much simpler to make than doughnuts but taste just as good. They have been a regular treat of ours since we came across them when we lived in the Ozarks.

—MARY FAITH YODER UNITY, WISCONSIN

PREP: 15 MIN. **COOK:** 5 MIN./BATCH **MAKES:** 8 CAKES

2 eggs

1 cup milk

1 cup water

½ teaspoon vanilla extract

3 cups all-purpose flour

¼ cup sugar

1 tablespoon baking powder

¼ teaspoon salt

Oil for deep-fat frying

Confectioners' sugar

1. In a large bowl, beat eggs. Add milk, water and vanilla until well blended. Combine flour, sugar, baking powder and salt; beat into egg mixture until smooth. In an electric skillet or deep-fat fryer, heat oil to 375°.

2. Cover the bottom of a funnel spout with your finger; ladle ½ cup of batter into the funnel. Holding the funnel several inches above the oil, release your finger and move the funnel in a spiral motion until all the batter is released (scraping with a rubber spatula if needed).

3. Fry for 2 minutes on each side or until golden brown. Drain on paper towels. Dust with confectioners' sugar and serve warm.

Editor's Note: *The batter also can be poured from a liquid measuring cup instead of a funnel.*

dishing about food

Funnel cakes are a tradition at amusement parks, church festivals and state fairs. The name comes from the cooking method—pouring the batter through a funnel into hot oil. Many cultures have a variation of this treat, but the Pennsylvania Dutch are said to have made it popular in the United States.



BROOKLYN, NY

Past and present home to some of the world's most famous amusement parks, Coney Island has been a destination for funseekers since the 1830s.



Snickerdoodles

The history of this whimsically named treat is widely disputed, but the popularity of the classic cinnamon-sugar-coated cookie is undeniable! Add this version to your holiday cookie collection.

—TASTE OF HOME TEST KITCHEN

PREP/TOTAL TIME: 25 MIN. **MAKES:** 2½ DOZEN

½ cup butter, softened

1 cup plus 2 tablespoons sugar, divided

1 egg

½ teaspoon vanilla extract

1½ cups all-purpose flour

¼ teaspoon baking soda

¼ teaspoon cream of tartar

1 teaspoon ground cinnamon

1. In a large bowl, cream butter and 1 cup sugar until light and fluffy. Beat in egg and vanilla. Combine the flour, baking soda and cream of tartar; gradually add to the creamed mixture and mix well. In a small bowl, combine cinnamon and remaining sugar.

2. Shape dough into 1-in. balls; roll in cinnamon-sugar. Place 2 in. apart on ungreased baking sheets. Bake at 375° for 10-12 minutes or until lightly browned. Remove to wire racks to cool.

dishing about food

New Englanders and the Pennsylvania Dutch are both given credit for introducing the snickerdoodle to our list of popular sweets. It's easy to make on a moment's notice, since it uses ingredients found in most pantries.

New York State Apple Muffins

I used to work at an apple orchard before retiring. We would give out this recipe to our customers, and so many of them came back telling us how good the muffins were. My family agrees! I think the cream cheese makes these stand out from other apple muffins.

—LILLIAN DAVIS BERKSHIRE, NEW YORK

PREP: 20 MIN. **BAKE:** 20 MIN. **MAKES:** 2 DOZEN

2 cups all-purpose flour

$\frac{3}{4}$ cup packed brown sugar

$\frac{1}{2}$ cup sugar

2 teaspoons baking soda

1 $\frac{1}{2}$ teaspoons ground cinnamon

$\frac{1}{2}$ teaspoon salt

$\frac{1}{4}$ to $\frac{1}{2}$ teaspoon ground cloves

$\frac{1}{8}$ teaspoon ground nutmeg

3 eggs

$\frac{1}{2}$ cup butter, melted

1 package (3 ounces) cream cheese, cut into $\frac{1}{4}$ -inch cubes and softened

$\frac{1}{2}$ teaspoon vanilla extract

2 cups chopped peeled apples

$\frac{1}{2}$ cup raisins

$\frac{1}{2}$ cup chopped walnuts

TOPPING

$\frac{1}{2}$ cup packed brown sugar

$\frac{1}{2}$ cup finely chopped walnuts

$\frac{1}{4}$ cup all-purpose flour

2 tablespoons butter, melted

1 teaspoon ground cinnamon

1 teaspoon grated lemon peel

1. In a large bowl, combine the first eight ingredients. Combine the eggs, butter, cream cheese and vanilla; stir into dry ingredients just until moistened (batter will be stiff). Fold in the apples, raisins and walnuts. Fill greased or paper-lined muffin cups two-thirds full. Combine the topping ingredients; sprinkle over batter.

2. Bake at 375° for 20-25 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from pans to wire racks.



Maine Potato Candy

Years ago, folks in Maine ate potatoes daily and used leftovers in bread, doughnuts and candies like this one.

—**BARBARA ALLEN** CHELMSFORD, MASSACHUSETTS

PREP: 30 MIN. + CHILLING **MAKES:** 2 POUNDS

4 cups confectioners' sugar

4 cups flaked coconut

$\frac{3}{4}$ cup cold mashed potatoes (without added milk and butter)

1 $\frac{1}{2}$ teaspoons vanilla extract

$\frac{1}{2}$ teaspoon salt

1 pound dark chocolate candy coating, coarsely chopped

1. In a large bowl, combine the first five ingredients. Line a 9-in. square pan with foil; butter the foil. Spread coconut mixture into pan. Cover and chill overnight. Cut into 2-in. x 1-in. rectangles. Cover and freeze.

2. In a microwave, melt candy coating; stir until smooth. Dip bars in coating; allow excess to drip off. Place on waxed paper to set. Store in an airtight container.

dishing about food

Maine potato candy, or needhams, is a mixture of potatoes and coconut dipped in chocolate. Needhams are named after the Rev. George Needham, but local lore isn't clear on why. One story suggests it happened after the pastor converted a candy-maker to Christianity, while another maintains the Rev. Needham was a candy-maker himself.



Big & Buttery Chocolate Chip Cookies

We love that the classic American cookie accidentally got its start when Ruth Wakefield used a Nestle chocolate bar as a substitute for baker's chocolate. The chocolate didn't melt, and the chocolate chip cookie was born. Our version—it's big, thick and soft—is based on a recipe from a bakery in California called Hungry Bear.

—TASTE OF HOME TEST KITCHEN

PREP: 35 MIN. + CHILLING **BAKE:** 10 MIN. **MAKES:** 2 DOZEN

1 cup butter, softened

1 cup packed brown sugar

$\frac{3}{4}$ cup sugar

2 eggs

1½ teaspoons vanilla extract

2 $\frac{2}{3}$ cups all-purpose flour

1¼ teaspoons baking soda

1 teaspoon salt

1 package (12 ounces) semisweet chocolate chips

2 cups coarsely chopped walnuts, toasted

1. In a large bowl, cream the butter, brown sugar and sugar until light and fluffy. Beat in eggs and vanilla. Combine the flour, baking soda and salt; gradually add to creamed mixture and mix well. Stir in chocolate chips and walnuts.

2. Shape quarter cupfuls of dough into balls. Place in an airtight container, separating layers with waxed or parchment paper; cover and refrigerate overnight.

3. To bake, place dough balls 3 in. apart on parchment paper-lined baking sheets. Press a shallow indentation in the center of each with your thumb, reshaping sides to smooth any cracks. Let stand at room temperature for 30 minutes.

4. Bake at 400° for 10-12 minutes or until edges are golden brown. Cool for 2 minutes before removing from pans to wire racks; cool.



Italian Pignoli Cookies

Cookies are the crown jewels of Italian confections. I can't let a holiday go by without baking these traditional almond cookies rolled in mild pine nuts.

—**MARIA REGAKIS** SOMERVILLE, MASSACHUSETTS

PREP: 30 MIN. **BAKE:** 15 MIN./BATCH **MAKES:** 2½ DOZEN

1¼ cups (12 ounces) almond paste

½ cup sugar

4 egg whites, divided

1 cup confectioners' sugar

1½ cups pine nuts

1. In a small bowl, beat almond paste and sugar until crumbly. Beat in 2 egg whites. Gradually add confectioners' sugar; mix well.
2. Whisk remaining egg whites in a shallow bowl. Place pine nuts in another shallow bowl. Shape dough into 1-in. balls. Roll in the egg whites and coat with pine nuts. Place 2 in. apart on parchment paper-lined baking sheets. Flatten slightly.
3. Bake at 325° for 15-18 minutes or until lightly browned. Cool for 1 minute before removing from pans to wire racks. Store in an airtight container.

dishing about food

These cookies, similar to macaroons, are a treat in southern Italy and Sicily. The outside is covered with pine nuts and the inside is soft and chewy.



Grandma's Tandy Kake

My grandmother made this for all our family gatherings. Everyone loves it, and now I make it for every party we attend or host.

—**JOHN MORGAN III** LEBANON, PENNSYLVANIA

PREP: 20 MIN. **BAKE:** 20 MIN.+ CHILLING **MAKES:** 24 SERVINGS

4 eggs

2 cups sugar

1 cup 2% milk

1 teaspoon vanilla extract

2 cups all-purpose flour

1 teaspoon baking powder

¼ teaspoon salt

1¾ cups creamy peanut butter

5 milk chocolate candy bars (1.55 ounces each), chopped

2 tablespoons butter

1. Preheat oven to 350°. In a large bowl, beat eggs and sugar until thick and lemon-colored. Beat in milk and vanilla. In another bowl, combine flour, baking powder and salt; gradually add to egg mixture and mix well.

2. Spread into a greased 15x10x1-in. baking pan. Bake 20-25 minutes or until lightly browned. Cool 15 minutes on a wire rack. Spread peanut butter over top; cool completely.

3. In a double boiler or metal bowl over simmering water, melt chocolate and butter; stir until smooth. Gently spread over peanut butter. Refrigerate 30 minutes or until firm.

dishing about food

Tandy Kakes, also known as Kandy Kakes, were first sold in 1931 by the Tastykake Baking Co. in the Philadelphia area and have been a Philly favorite ever since. The top seller is the peanut butter flavor, which is a sponge cake topped with peanut butter, then covered in milk chocolate.



PHILADELPHIA, PA

Independence Hall, the province's state house at the time, was finished in 1756, 74 years after Philadelphia was founded.



New York-Style Cheesecake

My mother-in-law got this recipe from an Italian friend many years ago. I added the chocolate-nut crust. It is our very favorite dessert.

—**GLORIA WARCZAK** CEDARBURG, WISCONSIN

PREP: 20 MIN. **BAKE:** 45 MIN. + CHILLING **MAKES:** 12 SERVINGS

1¼ cups crushed chocolate wafers

½ cup chopped walnuts

⅓ cup sugar

½ cup butter, melted

FILLING

2 packages (8 ounces each) cream cheese, softened

3 tablespoons sour cream

⅓ cup sugar

½ cup evaporated milk

1 teaspoon lemon juice

2 eggs, lightly beaten

TOPPING

2 cups (16 ounces each) sour cream

5 tablespoons sugar

1 teaspoon vanilla extract

Cherry pie filling

1. In a small bowl, combine the wafer crumbs, walnuts and sugar; stir in butter. Press onto the bottom and halfway up the sides of an ungreased 10-in. springform pan. Freeze for 15 minutes.

2. In a large bowl, beat the cream cheese, sour cream and sugar until smooth. Combine milk and lemon juice; add to cream cheese mixture just until blended. Add eggs; beat on low speed just until combined.

3. Pour into crust. Place pan on a baking sheet. Bake at 350° for 35-40 minutes or until center is almost set.

4. Combine the sour cream, sugar and vanilla; carefully spread over cheesecake. Bake 10 minutes longer. Cool on a wire rack for 10 minutes. Carefully run a knife around edge of pan to loosen; cool 1 hour longer. Refrigerate overnight. Top with cherry pie filling. Refrigerate leftovers.

dishing about food

New Yorkers adore cheesecake and believe those made in the Big Apple are superior to all others. A classic New York-style cheesecake is rich, dense, smooth and creamy. It may or may not be topped with sour cream.



Maple Syrup Pudding

If you make this pudding just before eating, it will still be warm at dessert time, which makes it a comforting addition to a winter supper.

—JEANETTE CAKOUROS BRUNSWICK, MAINE

PREP/TOTAL TIME: 10 MIN. **MAKES:** 4 SERVINGS

1¾ cups milk

1 package (3 ounces) cook-and-serve vanilla pudding mix

¼ cup maple syrup

Whipped topping, optional

1. In a microwave-safe bowl, whisk the milk, pudding mix and syrup until combined. Cover and microwave on high for 5-6 minutes or until mixture comes to a full boil, stirring every 2 minutes.

2. Pour into dessert dishes; cool slightly. Garnish with whipped topping if desired. Refrigerate leftovers.

Editor's Note: *This recipe was tested in a 1,100-watt microwave.*



First-Prize Doughnuts

One year I entered 18 different baked goods in the county fair, and all of them won ribbons. Here's my favorite prizewinning doughnut recipe. I've been making doughnuts since I was a bride—quite some time ago!

—BETTY CLAYCOMB ALVERTON, PENNSYLVANIA

PREP: 25 MIN. + RISING **COOK:** 5 MIN./BATCH **MAKES:** 20 DOUGHNUTS

2 packages (¼ ounce each) active dry yeast

½ cup warm water (110° to 115°)

½ cup warm 2% milk (110° to 115°)

½ cup sugar

½ cup shortening

2 eggs

1 teaspoon salt

4½ to 5 cups all-purpose flour

Oil for deep-fat frying

TOPPINGS

1¼ cups confectioners' sugar

4 to 6 tablespoons water

Colored sprinkles and/or assorted breakfast cereals

1. In a large bowl, dissolve the yeast in warm water. Add the milk, sugar, shortening, eggs, salt and 2 cups flour; beat until smooth. Stir in enough remaining flour to form a soft dough.
2. Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease the top. Cover and let rise in a warm place until doubled, about 1 hour.
3. Punch dough down. Turn onto a floured surface; roll out to ½-in. thickness. Cut with a floured 2½-in. doughnut cutter. Place on greased baking sheets. Cover and let rise until doubled, about 1 hour.
4. In an electric skillet or deep fryer, heat oil to 375°. Fry doughnuts, a few at a time, until golden brown on both sides. Drain on paper towels.
5. In a shallow bowl, combine confectioners' sugar and water until smooth. Dip the warm doughnuts in glaze; decorate as desired with sprinkles and/or cereals.

dishing about food

Doughnuts have been around for centuries. Archaeologists have even found petrified doughnuts in the southwestern United States. However, the Dutch immigrants who settled in Manhattan get the credit for bringing olykoeks (oily cakes) here. At first they had no hole, and the center was generally undercooked. A New England sea captain, Hanson Crockett Gregory, is believed to have come up with the idea of putting a hole in the center, which allows for even cooking.



Pizzelle

This recipe was adapted from one used by my Italian-born mother and grandmother. They used old irons on a gas stove, but now we have the convenience of electric pizzelle irons. The cookies are so delectable and beautiful, they're worth the cost!

—ELIZABETH SCHWARTZ TREVORTON, PENNSYLVANIA

PREP: 10 MIN. **COOK:** 5 MIN./BATCH **MAKES:** 7 DOZEN

18 eggs

3½ cups sugar

1¼ cups canola oil

1 tablespoon anise oil

6½ cups all-purpose flour

1. In a large bowl, beat the eggs, sugar and oils until smooth. Gradually add flour and mix well.

2. Bake in a preheated pizzelle iron according to manufacturer's directions until golden brown. Remove to wire racks to cool. Store in an airtight container.



Hermits

Dress up a cookie plate with these old-fashioned spice bars full of raisins, molasses, cinnamon, ginger and nuts. The chewy treats are great with coffee or hot cocoa on frosty days. These cookies are said to be called “hermits” because they keep well—they’re even better when hidden away like a hermit for several days!

—**JERI TIRMENSTEIN** APACHE JUNCTION, ARIZONA

PREP: 25 MIN. **BAKE:** 10 MIN. + COOLING **MAKES:** 16 COOKIES

⅓ cup raisins

1 cup all-purpose flour

⅓ cup packed brown sugar

½ teaspoon baking powder

½ teaspoon ground ginger

½ teaspoon ground cinnamon

¼ teaspoon salt

¼ cup molasses

3 tablespoons butter, melted

1 egg white or 2 tablespoons egg substitute

1 teaspoon vanilla extract

⅓ cup chopped walnuts

1. Place raisins in a small bowl; cover with boiling water. Let stand for 5 minutes; drain and set aside.

2. In a large bowl, combine the flour, brown sugar, baking powder, ginger, cinnamon and salt. Combine the molasses, butter, egg white and vanilla; stir into dry ingredients just until moistened. Fold in walnuts and raisins.

3. Divide batter in half; shape each half into a 12-in. x 2-in. rectangle 2 in. apart on an ungreased baking sheet. Bake at 375° for 10-15 minutes or until edges are lightly browned and edges are set.

4. Transfer to a cutting board; cut with a serrated knife into 1½-in. rectangles. Remove to wire racks to cool. Store in an airtight container.



Chocolate Guinness Cake

One bite and everyone will propose a toast to this moist, chocolaty cake. The cream cheese frosting resembles the foamy head on a pint of dark ale.

—**MARJORIE HENNIG** SEYMOUR, INDIANA

PREP: 25 **BAKE:** 45 MIN. + COOLING **MAKES:** 12 SERVINGS

1 cup Guinness (dark beer)

½ cup butter, cubed

2 cups sugar

¾ cup baking cocoa

2 eggs, beaten

⅔ cup sour cream

3 teaspoons vanilla extract

2 cups all-purpose flour

1½ teaspoons baking soda

TOPPING

1 package (8 ounces) cream cheese, softened

1½ cups confectioners' sugar

½ cup heavy whipping cream

1. Grease a 9-in. springform pan and line the bottom with parchment paper; set aside.

2. In a small saucepan, heat beer and butter until butter is melted. Remove from the heat; whisk in sugar and cocoa until blended. Combine the eggs, sour cream and vanilla; whisk into beer mixture. Combine flour and baking soda; whisk into beer mixture until smooth. Pour batter into prepared pan.

3. Bake at 350° for 45-50 minutes or until a toothpick inserted near the center comes out clean. Cool completely in pan on a wire rack. Remove sides of pan.

4. In a large bowl, beat cream cheese until fluffy. Add confectioners' sugar and cream; beat until smooth (do not overbeat). Remove cake from the pan and place on a platter or cake stand. Ice top of cake so that it resembles a frothy pint of beer. Refrigerate leftovers.

dishing about food

Guinness, the beloved stout from Ireland, has been around for more than 250 years. It adds deep, rich color and a unique toasty flavor to a variety of dishes, from bread and beef stew to sweets like this cake.



POTTSVILLE, PA

Founded in 1829, family-owned D.G. Yuengling & Son is America's oldest brewery. It survived Prohibition by brewing "near beer" and running a dairy across the street. These days, guided brewery tours run Monday through Saturday.



Orange-Glazed Crullers

I enjoy preparing these lovely treats with my grandchildren. The make-ahead dough is great when planning a gathering.

—**MURIEL LERDAL** HUMBOLDT, IOWA

PREP: 25 MIN. + RISING **COOK:** 20 MIN. + CHILLING **MAKES:** ABOUT 3 DOZEN

1 package (¼ ounce) active dry yeast

¼ cup warm water (110° to 115°)

¾ cup warm 2% milk (110° to 115°)

½ cup butter, softened

2 eggs, lightly beaten

¼ cup sugar

1 teaspoon salt

4 cups all-purpose flour

Oil for deep-fat frying

GLAZE

2 cups confectioners' sugar

3 tablespoons orange juice

1 teaspoon grated orange peel

1. In a large bowl, dissolve yeast in water. Beat in the milk, butter, eggs, sugar, salt and 2 cups of flour. Beat until smooth. Stir in enough remaining flour to form a soft dough. Place in a greased bowl, turning once to grease top. Cover and refrigerate overnight.

2. Punch dough down; divide in half. Return one portion to the refrigerator. On a floured surface, roll out second portion into an 18x9-in. rectangle; cut widthwise into ¾-in. strips. Fold each strip in half lengthwise and twist several times. Pinch the ends to seal.

3. Place on greased baking sheets. Repeat with remaining dough. Cover and let rise until almost doubled, about 35-45 minutes.

4. In an electric skillet or deep-fat fryer, heat oil to 375°. Fry crullers, a few at a time, about 1 minute on each side or until golden brown, turning with a slotted spoon. Drain on paper towels. In a small bowl, combine glaze ingredients; brush over warm crullers.

dishing about food

The word cruller comes from the Dutch *krullen*, which means to curl. These deep-fried sweets were brought here by German settlers. They are a popular snack in both New England and the Midwest.

Shoofly Pie

Shoofly pie is to the Pennsylvania Dutch as pecan pie is to Southerners. And my grandmother's recipe makes the very best traditional Shoofly Pie!

—**MARK MORGAN** WATERFORD, WISCONSIN

PREP: 30 MIN. **BAKE:** 45 MIN. **MAKES:** 6-8 SERVINGS

1 unbaked pastry shell (9 inches)

1 egg yolk, lightly beaten

FILLING

½ cup packed brown sugar

½ cup molasses

1 egg

1½ teaspoons all-purpose flour

½ teaspoon baking soda

1 cup boiling water

TOPPING

1½ cups all-purpose flour

¾ cup packed brown sugar

¾ teaspoon baking soda

Dash salt

6 tablespoons cold butter

1. Line pastry with a double thickness of heavy-duty foil. Bake at 350° for 10 minutes. Remove foil; brush crust with egg yolk. Bake 5 minutes longer; cool on a wire rack.
2. For filling, in a small bowl, combine the brown sugar, molasses, egg, flour and baking soda; gradually add boiling water. Cool to room temperature; pour into prepared crust.
3. For topping, in a large bowl, combine the flour, brown sugar, baking soda and salt. Cut in butter until crumbly. Sprinkle over filling.
4. Bake at 350° for 45-50 minutes or until golden brown and filling is set. Cool on a wire rack. Store in the refrigerator.



Mamie Eisenhower's Fudge

My mother came across this effortless recipe in a newspaper some 40 years ago. One taste and you'll see why it doesn't take long for a big batch to disappear.

—**LINDA FIRST** HINSDALE, ILLINOIS

PREP: 20 MIN. + CHILLING **MAKES:** ABOUT 6 POUNDS

1 tablespoon plus ½ cup butter, divided

3 milk chocolate candy bars (two 7 ounces, one 1.55 ounces), broken into pieces

4 cups (24 ounces) semisweet chocolate chips

1 jar (7 ounces) marshmallow creme

1 can (12 ounces) evaporated milk

4½ cups sugar

2 cups chopped walnuts

1. Line a 13x9-in. pan with foil and butter the foil with 1 tablespoon butter; set aside. In a large heat-proof bowl, combine the candy bars, chocolate chips and marshmallow creme; set aside.

2. In a large heavy saucepan over medium-low heat, combine the milk, sugar and remaining butter. Bring to a boil, stirring constantly. Boil and stir for 4½ minutes. Pour over chocolate mixture; stir until chocolate is melted and mixture is smooth and creamy. Stir in walnuts. Pour into prepared pan. Cover and refrigerate until firm.

3. Using foil, lift fudge out of pan; cut into 1-in. squares. Store in an airtight container in the refrigerator.

dishing about food

First published in the 1950s in newspapers and magazines, this easy-to-make fudge still remains popular today. It's also known as Million Dollar Fudge, which is what President Dwight D. Eisenhower is believed to have called his wife's homemade treat.



WASHINGTON, DC

The White House kitchen staff is equipped to prepare full meals for 140 and hors d'oeuvres for more than 1,000!

Pumpkin Patch Pie

If you'd like to make pumpkin pie from a fresh pumpkin, here's an easy recipe that eliminates the guesswork. Use a pie pumpkin for maximum flavor.

—**JANE VAN DEUSEN** ONEONTA, NEW YORK

PREP: 1 HOUR 55 MIN. **BAKE:** 1¼ HOURS **MAKES:** 6-8 SERVINGS

1 medium pie pumpkin (about 3 pounds)

¾ cup sugar, divided

1½ teaspoons ground cinnamon, divided

⅛ teaspoon salt

½ teaspoon ground ginger

½ teaspoon ground nutmeg

3 eggs, lightly beaten

1 can (5 ounces) evaporated milk

½ cup milk

Pastry for single-crust pie (9 inches)

1. Wash pumpkin; cut a 6-in. circle around stem. Remove top and set aside. Remove loose fibers and seeds from the inside and discard or save seeds for toasting. In a small bowl, combine ⅓ cup sugar, ½ teaspoon cinnamon and salt; sprinkle around inside of pumpkin.

2. Replace the top. Place in a greased 15x10x 1-in. baking pan. Bake at 325° for 1½ hours or until very tender. Cool.
3. Scoop out pumpkin; puree in a blender until smooth. Place 2 cups pureed pumpkin in a large bowl. Add the ginger, nutmeg and the remaining sugar and cinnamon. Stir in the eggs, evaporated milk and milk.
4. Line a 9-in. pie plate with pastry; trim pastry to ½ in. beyond edge of plate. Flute edges or decorate with pastry leaves. Pour filling into crust.
5. Cover edges with foil. Bake at 375° for 75-80 minutes or until a knife inserted near the center comes out clean. Cool on a wire rack.

Editor's Note: *Additional pastry will be needed to decorate pie with pastry leaves.*



Chocolate Dream Whoopie Pies

Chocolate lovers will simply adore these cute triple-chocolate irresistible goodies. Two luscious cookies, a yummy mousselike filling and mini semisweet chips—mmm!

—JILL PAPKE OCONOMOWOC, WISCONSIN

PREP: 40 MIN. **BAKE:** 15 MIN./BATCH + COOLING **MAKES:** ABOUT 1 DOZEN

1 package chocolate cake mix (regular size)

3 eggs

½ cup canola oil

1 teaspoon vanilla extract

FILLING

⅔ cup sugar

2 tablespoons all-purpose flour

⅛ teaspoon salt

1 cup 2% milk

½ cup milk chocolate chips

⅔ cup shortening

⅓ cup butter, softened

¾ teaspoon vanilla extract

GARNISH

1 cup miniature semisweet chocolate chips

1. In a large bowl, combine the cake mix, eggs, oil and vanilla; beat on low speed for 30 seconds. Beat on medium for 2 minutes (mixture will be sticky).
2. Drop by 2 tablespoonfuls 2 in. apart onto greased baking sheets. Bake at 350° for 9-11 minutes or until edges are set. Cool for 2 minutes before removing to wire racks to cool completely.
3. For filling, in a small saucepan, combine the sugar, flour and salt. Gradually add milk. Bring to a boil; cook and stir for 1-2 minutes or until thickened. Stir in chocolate chips until melted. Transfer to a small bowl; cover and refrigerate until chilled, about 1 hour.
4. In a large bowl, beat the shortening and butter until fluffy. Beat in chocolate mixture and vanilla.
5. Spread chocolate filling on the bottoms of half of the cookies, about 2 tablespoons on each; top with remaining cookies. Roll sides in miniature chocolate chips for garnish. Store in the refrigerator.

dishing about food

Both Maine and Pennsylvania lay claim to whoopie pies, also known as gobs in western Pennsylvania. Two cakelike cookies hold a fluffy white filling, like a soft version of a sandwich cookie. In Maine, the cookies may be as large as a hamburger bun. In fact, Labadie's Bakery in Lewiston first sold the treat in 1925 and sells 5-, 12- and 16-inch pies today. The Amish whoopie pie recipe is thought to have originated in Germany and emigrated with them. In the coalfields of western Pennsylvania, gobs were included in miners' lunch buckets. The dark cakes may have reminded miners of the coal lumps in the refuse pile, which were called gobs. Today, whoopie pies are made in a variety of flavors.

Watergate Cake

This cake was a huge hit the very first time I made it. I hadn't been sure I'd like it, but I was hooked immediately! It has a nice, light flavor if you like to avoid super-sweet desserts.

—STEPHANIE CURVELO NEW BEDFORD, MASSACHUSETTS

PREP: 10 MIN. **BAKE:** 30 MIN. + COOLING **MAKES:** 15 SERVINGS

1 package yellow cake mix (regular size)

1 package (3.4 ounces) instant pistachio pudding mix

1 cup club soda

½ cup canola oil

3 eggs

¾ cup pistachios

FROSTING

2 packages (3.4 ounces each) instant pistachio pudding mix

2 cups heavy whipping cream

1 cup 2% milk

1. Preheat oven to 350°. In a large bowl, combine cake mix, pudding mix, club soda, oil and eggs; beat on low speed for 30 seconds. Beat on medium for 2 minutes. Stir in pistachios. Transfer to a greased 13x9-in. baking pan. Bake 30-35 minutes or until a toothpick inserted in center comes out clean. Cool on a wire rack.
2. For frosting, in a small bowl, combine pudding mix, whipping cream and milk; beat until soft peaks form. Spread over cake.

dishing about food

Pistachio cake was rechristened after the Watergate scandal in 1972, when members of President Nixon's re-election committee ordered a break-in at Democratic National Committee headquarters in the Watergate office complex. The ensuing cover-up and scandal resulted in Nixon's resignation. No one really knows why the name of the dessert changed, but some say it's because the cake, like the scandal, had nuts and was covered with fluff.



WASHINGTON, DC

Located in Washington’s Foggy Bottom neighborhood, the Watergate complex was designed by Italian architect Luigi Moretti.



Maine Mud Cookies

Every year as winter makes way for spring, we here in Maine experience a fifth season we call “mud season.” I made this special treat just to get through that period. These cookies bring a smile to every face.

—**KATHLEEN WINSLOW** SWANVILLE, MAINE

PREP: 15 MIN. **BAKE:** 10 MIN./BATCH **MAKES:** 4 DOZEN

2⅓ cups all-purpose flour

⅔ cup baking cocoa

⅔ cup sugar

⅓ cup packed brown sugar

¾ teaspoon baking soda

¼ teaspoon salt

1 cup buttermilk

⅓ cup unsweetened applesauce

1. In a large bowl, combine the flour, cocoa, sugars, baking soda and salt. Stir in the buttermilk and applesauce (dough will be thick and moist).
2. Drop by tablespoonfuls 2 in. apart on baking sheets coated with cooking spray. Spread with a fork to make irregular shapes.
3. Bake at 350° for 8-10 minutes or until firm. Remove to wire racks.

Mock Apple Pie

My mother made this dessert often during the Depression, and our guests were always astounded that soda crackers could double as such convincing “apples.”

—**SHIRLEY HUNTER** ST. PAUL, MINNESOTA

PREP: 15 MIN. + COOLING **BAKE:** 25 MIN. **MAKES:** 8 SERVINGS

Pastry for double-crust pie

18 saltines, halved

1½ cups sugar

1¼ cups water

2 tablespoons lemon juice

1 teaspoon cream of tartar

½ to 1 teaspoon ground cinnamon

½ to 1 teaspoon ground nutmeg

1. Place bottom pastry in a 9-in. pie plate. Layer crackers in shell; set aside. In a small saucepan, combine remaining ingredients; bring to a boil. Carefully pour over crackers (filling will be very thin). Cool for 10 minutes.
2. Cut lattice strips from remaining pastry; place over filling. Seal and flute edges. Bake at 400° for 25-20 minutes or until golden brown. Cool on a wire rack.

dishing about food

Versions of cracker-based pies have been around since the 1800s. Nabisco printed a mock apple pie recipe on Ritz crackers packaging from 1935 to 1993. Because these crackers have a buttery flavor, Nabisco claimed its version tasted better than pies made with plain soda crackers.



Maple Sugar Cake

Old-fashioned maple sugar frosting tops my spice cake. Its homemade goodness was just what judges were looking for at our local fair, where it won a blue ribbon.

—**ELIN LEE** LANCASTER, MASSACHUSETTS

PREP: 20 MIN. **BAKE:** 20 MIN. + COOLING **MAKES:** 12-14 SERVINGS

½ cup butter, softened

1¼ cups packed brown sugar

3 eggs

½ cup maple syrup

¼ cup 2% milk

¼ cup sour cream

1 teaspoon maple flavoring

2½ cups cake flour

1 teaspoon baking powder

½ teaspoon baking soda

½ teaspoon salt

½ teaspoon ground cloves

¼ teaspoon each ground allspice, nutmeg and mace

MAPLE SUGAR FROSTING

6 tablespoons butter, softened

1½ teaspoons maple flavoring

4½ cups confectioners' sugar

½ to ¾ cup sour cream

Chopped walnuts, optional

1. In a large bowl, cream butter and brown sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. In a small bowl, combine the syrup, milk, sour cream and maple flavoring. In another bowl, combine the flour, baking powder, baking soda, salt, cloves, allspice, nutmeg and mace; gradually add to creamed mixture alternately with syrup mixture, beating well after each addition.

2. Pour into two greased and floured 9-in. round baking pans. Bake at 350° for 20-25 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to a wire rack to cool.

3. For frosting, in a large bowl, cream butter and maple flavoring until fluffy. Gradually beat in the confectioners' sugar until smooth. Add enough sour cream to achieve spreading consistency.

4. Spread frosting between layers and over top and sides of cake. Sprinkle with walnuts if desired. Store in the refrigerator.



VERMONT

Native Americans have been sweetening their meals with maple syrup for ages. Now, making syrup is a full-fledged industry in the Northeast and Midwest, especially in Vermont. Many sugarmakers invite visitors to watch the process firsthand, from collecting the sap to boiling it down to syrup in sugarhouses.

Kettle Corn

If one of the reasons you go to fairs is to satisfy your craving for kettle corn, you'll get the same wonderful salty-sweet taste at home with my recipe. Now you can indulge whenever the mood strikes you!

—JENN MARTIN SEBAGO, MAINE

PREP/TOTAL TIME: 15 MIN. **MAKES:** 3 QUARTS

½ cup popcorn kernels

¼ cup sugar

3 tablespoons canola oil

2 to 3 tablespoons butter, melted

½ teaspoon salt

1. In a Dutch oven over medium heat, cook the popcorn, sugar and oil until oil begins to sizzle. Cover and shake for 3-4 minutes or until popcorn stops popping.
2. Transfer to a large bowl. Drizzle with butter. Add salt; toss to coat.

dishing about food

The first references to kettle corn were found in papers from Dutch settlers in Pennsylvania in the 18th century. The slightly sweet-salty combo was a favorite through the 19th century as an evening snack for farmers. Originally, it was sweetened with honey or molasses, but later, sugar became the sweetener of choice because it was easier to work with and did not make the corn soggy. Eventually, kettle corn took a backseat to other snack items and lost its appeal. But it's made a comeback in recent years and can be found at fairs and flea markets, where you can watch it being made in cast-iron cauldrons.



Grandma's Red Velvet Cake

It's just not Christmas at our house without this cake. I baked the first one for the holidays in 1963, when I found the recipe in our newspaper. It's different from other red velvet cakes I've tasted over the years and has a mild chocolate taste, with icing is as light as snow.

—KATHRYN DAVISON CHARLOTTE, NORTH CAROLINA

PREP: 30 MIN. **BAKE:** 20 MIN. + COOLING **MAKES:** 14 SERVINGS

½ cup butter, softened

1½ cups sugar

2 eggs

2 bottles (1 ounce each) red food coloring

1 tablespoon white vinegar

1 teaspoon vanilla extract

2¼ cups cake flour

2 tablespoons baking cocoa

1 teaspoon baking soda

1 teaspoon salt

1 cup buttermilk

FROSTING

1 tablespoon cornstarch

½ cup water

2 cups butter, softened

2 teaspoons vanilla extract

3½ cups confectioners' sugar

1. In a large bowl, cream butter and sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Beat in the food coloring, vinegar and vanilla. Combine the flour, cocoa, baking soda and salt; add to creamed mixture alternately with buttermilk, beating well after each addition.

2. Pour into two greased and floured 9-in. round baking pans. Bake at 350° for 20-25 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to wire racks to cool completely.

3. For frosting, in a small saucepan, combine cornstarch and water until smooth. Cook and stir over medium heat for 2-3 minutes or until thickened and opaque. Cool to room temperature.

4. In a large bowl, beat butter and vanilla until light and fluffy. Beat in cornstarch mixture. Gradually add confectioners' sugar; beat until frosting is light and fluffy. Spread frosting between layers and over top and sides of cake.

Almond Frosting: *Decrease vanilla extract to 1 teaspoon; add ½ teaspoon almond extract. Proceed as directed.*

Chocolate Frosting: *Decrease confectioners' sugar to 3¼ cups; add ¼ cup baking cocoa. Sift ingredients together before adding to butter mixture. Proceed as directed.*



Brandy Snap Cannoli

This recipe combines two classic recipes...brandy snaps and cannoli. You can assemble and chill the treats up to an hour before serving.

—TASTE OF HOME TEST KITCHEN

PREP: 1½ HOURS **BAKE:** 5 MIN./BATCH + COOLING **MAKES:** ABOUT 2 DOZEN

½ cup butter, cubed

½ cup sugar

3 tablespoons molasses

1 teaspoon ground ginger

¼ teaspoon salt

1 cup all-purpose flour

2 tablespoons brandy

FILLING

1½ cups ricotta cheese

3 tablespoons grated orange peel

3 tablespoons sugar, divided

1½ cups miniature semisweet chocolate chips, divided

1½ cups heavy whipping cream

1. In a small saucepan, combine the first five ingredients. Cook and stir over medium heat until butter is melted. Remove from the heat. Stir in flour and brandy; keep warm.
2. Drop tablespoonfuls of batter onto a parchment paper-lined or well-greased baking sheet; spread each into a 4-in. circle. Bake at 350° for 5-6 minutes or until edges begin to brown. Cool for about 1 minute or just until cookies start to firm.
3. Working quickly, loosen each cookie and curl around a metal cannoli tube to shape. Remove cookies from tubes; cool on wire racks.
4. For filling, in a large bowl, combine the ricotta, orange peel and 1 tablespoon sugar; stir in ½ cup chocolate chips. In a small bowl, beat cream on medium speed until soft peaks form. Gradually add remaining sugar, beating on high until stiff peaks form. Fold into ricotta mixture. Chill until serving.
5. Just before serving, pipe filling into cannoli shells. Dip ends in remaining chocolate chips.

dishing about food

Cannoli (cannolo is the singular) are Sicilian pastries from Palermo and date back to 1000 AD. Cannoli were originally made for Carnival (then called Carnivale), a festival where the faithful could enjoy one last indulgence before Lent's restrictive diet. The traditional filling is ricotta or mascarpone cheese. When Sicilians emigrated here, however, it was hard to find ricotta and almost impossible to find mascarpone, so they improvised and started filling cannoli with custard.



Apple Betty with Almond Cream

I love making this treat for friends during the peak of apple season. I plan a quick soup-and-bread meal, so we can get right to the dessert!

—LIBBY WALP CHICAGO, ILLINOIS

PREP: 15 MIN. **COOK:** 3 HOURS **MAKES:** 8 SERVINGS

3 pounds tart apples, peeled and sliced

10 slices cinnamon-raisin bread, cubed

¾ cup packed brown sugar

½ cup butter, melted

1 teaspoon almond extract

½ teaspoon ground cinnamon

¼ teaspoon ground cardamom

⅛ teaspoon salt

WHIPPED CREAM

1 cup heavy whipping cream

2 tablespoons sugar

1 teaspoon grated lemon peel

½ teaspoon almond extract

1. Place apples in an ungreased 4- or 5-qt. slow cooker. In a large bowl, combine the bread, brown sugar, butter, extract, cinnamon, cardamom and salt; spoon over apples. Cover and cook on low for 3-4 hours or until apples are tender.

2. In a small bowl, beat cream until it begins to thicken. Add the sugar, lemon peel and extract; beat until soft peaks form. Serve with apple mixture.

dishing about food

This dessert is a simple dish of apples, butter and bread crumbs. It first appeared in books in the 1800s, but is said to date back to Colonial times.



NEW YORK, NY

The Big Apple became a popular moniker for NYC when a sports writer used it in the '20s.



Potato Chip Cookies

Give this cookie a try the next time you're looking for a sweet-and-salty treat! They quickly bake to a crispy, golden brown...and disappear even faster!

—**MONNA LU BAUER** LEXINGTON, KENTUCKY

PREP: 15 MIN. **BAKE:** 10 MIN./BATCH **MAKES:** 4 DOZEN

1 cup butter-flavored shortening

$\frac{3}{4}$ cup sugar

$\frac{3}{4}$ cup packed brown sugar

2 eggs

2 cups all-purpose flour

1 teaspoon baking soda

2 cups crushed potato chips

1 cup butterscotch chips

1. In a large bowl, cream shortening and sugars until light and fluffy. Beat in eggs. Combine flour and baking soda; gradually add to creamed mixture and mix well. Stir in potato chips and butterscotch chips.

2. Drop by tablespoonfuls 2 in. apart onto ungreased baking sheets. Bake at 375° for 10-12 minutes or until golden brown. Cool for 1 minute before removing to wire racks.

dishing about food

Chef George Crum is said to have created the potato chip while working at Moon's Lake House, a resort in Saratoga Springs, New York, after a difficult customer complained about his fried potatoes. First known as Saratoga chips, they quickly became popular along the East Coast. And a chip manufacturer is believed to have created the first potato chip cookies—to encourage increased consumption of his product.



SARATOGA SPRINGS, NY

A few hours’ drive from New York City, Saratoga Springs remains a hot spot for horse enthusiasts who come for the racing, dressage, polo and more.

Indian Pudding

This recipe comes from a 1900 cookbook, although I’ve made some adjustments to better fit today’s ingredients and cooking methods. Everyone seems to love this timeless, comforting, baked pudding!

—JENNIFER MUSGROVE WHEATLAND, IOWA

PREP: 30 MIN. + COOLING **BAKE:** 1 HOUR + STANDING **MAKES:** 8 SERVINGS

4 cups cold milk, divided

1 cup cornmeal

¾ cup molasses

¼ cup butter, softened

3 tablespoons sugar

½ teaspoon salt

¼ teaspoon each ground ginger, cinnamon and nutmeg

2 eggs, beaten

Whipped topping or vanilla ice cream, optional

1. In a saucepan, heat 3 cups milk over medium heat until bubbles form around sides of pan. In a small bowl, combine cornmeal and remaining cold milk; gradually add to heated milk. Cook over medium-low heat for 10 minutes, stirring occasionally. Remove from the heat. Stir in the molasses, butter, sugar, salt, ginger, cinnamon and nutmeg. Cool for 10 minutes. Whisk in the eggs.

2. Pour into a greased 11x7-in. baking dish. Bake at 325° for 1 hour or until center is almost set. Let stand for 30 minutes. Serve warm with whipped topping or ice cream if desired.

dishing about food

The English colonists brought their recipe for hasty pudding to the New World. Since the ingredients for the traditional pudding were not readily available, the settlers used what they had on hand, substituting cornmeal for flour and using molasses, maple syrup or honey for sweetening.



PLYMOUTH, MA

Built in 1957, the Mayflower II is a full-scale replica of the ship that brought Pilgrims to the New World. Visit Plimoth Plantation to learn about 17th century life and to tour the ship.



Maple-Cream Apple Pie

Here’s a pleasing pie that features a rich, maple cream filling topped with cinnamon apples and a crunchy streusel topping. It’s heavenly!

—**SUE SMITH** NORWARK, CONNECTICUT

PREP: 25 MIN. + CHILLING **BAKE:** 20 MIN. + COOLING **MAKES:** 6-8 SERVINGS

4 cups thinly sliced peeled tart apples

¼ cup sugar

1 teaspoon ground cinnamon

¼ cup butter, cubed

1 pastry shell (9 inches), baked

FILLING

1 package (8 ounces) cream cheese, softened

1½ cups cold milk

1 package (3.4 ounces) instant vanilla pudding mix

1 teaspoon maple extract

TOPPING

¼ cup sugar

3 tablespoons quick-cooking oats

3 tablespoons all-purpose flour

½ teaspoon ground cinnamon

2 tablespoons butter, melted

1. In a large bowl, toss apples, sugar and cinnamon. In a large skillet, cook apple mixture in butter for 10-12 minutes or until tender; cool. Spoon into pastry shell; set aside.
2. In a small bowl, beat cream cheese until fluffy. In another bowl, whisk milk and pudding mix for 2 minutes. Let stand for 2 minutes or until soft-set. Gradually beat into cream cheese. Stir in extract. Spoon over apple layer. Cover and refrigerate for 2 hours or until set.
3. Meanwhile, in a small bowl, combine topping ingredients. Spread onto an ungreased baking sheet. Bake at 350° for 20-25 minutes or until crisp and golden brown, stirring three or four times. Cool. Just before serving, sprinkle topping over pie.

Crumble-Top Coffee Cake

Thinly sliced apples are baked right in this cake, providing delicious flavor and moisture. The golden crumb topping only adds to the dessert’s popularity.

—**JANICE HOSE** HAGERSTOWN, MARYLAND

PREP: 25 MIN. **BAKE:** 55 MIN. **MAKES:** 12 SERVINGS

⅓ cup butter, softened

⅓ cup shortening

2 cups sugar

2 eggs

3 cups all-purpose flour

2 teaspoons baking powder

1 teaspoon ground cinnamon

½ teaspoon baking soda

¼ teaspoon salt

1¾ cups buttermilk

2 medium apples, peeled and sliced

TOPPING

½ cup all-purpose flour

½ cup packed brown sugar

1½ teaspoons ground cinnamon

3 tablespoons cold butter

½ cup chopped walnuts

1. In a large bowl, cream the butter, shortening and sugar until light and fluffy. Add eggs one at a time, beating well after each addition. Combine the flour, baking powder, cinnamon, baking soda and salt; add to the creamed mixture alternately with buttermilk, beating well after each addition.
2. Spoon half of the batter into a greased 13x9-in. baking dish. Top with apple slices; spread with remaining batter.
3. In a small bowl, combine the flour, brown sugar and cinnamon; cut in the butter until crumbly. Stir in walnuts. Sprinkle over batter.
4. Bake at 350° for 55-60 minutes or until a toothpick inserted near the center comes out clean.

dishing about food

Settlers from Germany, France, Holland and other countries brought versions of coffee cakes to America. Dutch and German coffee cakes, including the crumb cake, were particularly popular in New York, New Jersey and Delaware.



DOVER, DE

The architecture of Delaware's capitol, called the Legislative Hall, may look centuries old, but it was built in 1933!



Apple Rhubarb Crumble

In Vermont, we enjoy a bounty of rhubarb, apples and maple syrup. These ingredients inspired me to create this dessert.

—**LIZ BACHILAS** SHELBURNE, VERMONT

PREP: 10 MIN. **BAKE:** 45 MIN. **MAKES:** 4-6 SERVINGS

3 cups chopped fresh or frozen rhubarb

2 medium tart apples, peeled and chopped

1 egg

¾ cup sugar

¼ cup maple syrup

¼ to ½ teaspoon ground nutmeg

¼ teaspoon ground cinnamon

1 cup all-purpose flour

½ cup packed brown sugar

Dash salt

½ cup cold butter, cubed

1. In a bowl, combine the rhubarb, apples, egg, sugar, syrup, nutmeg and cinnamon. Pour into a greased 2-qt. baking dish.

2. In another bowl, combine the flour, brown sugar and salt. Cut in butter until the mixture resembles coarse crumbs; sprinkle over fruit mixture. Bake at 350° for 45-55 minutes or until bubbly.



Sacher Torte

Guests will be surprised to hear this dessert starts with a convenient cake mix. Each bite features chocolate, almonds and apricots.

—TASTE OF HOME TEST KITCHEN

PREP: 30 MIN. **BAKE:** 25 MIN. + CHILLING **MAKES:** 12-16 SERVINGS

½ cup chopped dried apricots

½ cup amaretto

1 package devil's food cake mix (regular size)

¾ cup water

⅓ cup canola oil

3 eggs

APRICOT FILLING

⅔ cup apricot preserves

1 tablespoon amaretto

FROSTING

½ cup butter, softened

4½ cups confectioners' sugar

¾ cup baking cocoa

⅓ cup boiling water

1 tablespoon amaretto

1 cup sliced almonds, toasted

1. In a small bowl, combine apricots and amaretto; let stand for 15 minutes. In a large bowl, combine the cake mix, water, oil, eggs and apricot mixture. Beat on low speed for 30 seconds; beat on medium for 2 minutes.
2. Pour into two greased and floured 9-in. round baking pans. Bake at 350° for 25-30 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to wire racks to cool completely.
3. For filling, in a small saucepan, heat apricot preserves and amaretto on low until preserves are melted, stirring occasionally; set aside.
4. For frosting, in a large bowl, cream the butter, confectioners' sugar and cocoa until light and fluffy. Add water and amaretto. Beat on low speed until combined. Beat on medium for 1 minute or until frosting achieves spreading consistency.
5. Cut each cake horizontally into two layers. Place a bottom layer on a serving plate; spread with half of the filling. Top with another cake layer; spread with $\frac{3}{4}$ cup frosting. Top with third layer and remaining filling. Top with remaining cake layer.
6. Frost top and sides of cake with remaining frosting. Gently press almonds into the sides. Refrigerate for several hours before slicing.

dishing about food

A young apprentice cook named Franz Sacher developed his classic torte in 1832, after his employer, Prince Metternich, asked him to create an extraordinary dessert for his guests. Franz created a rich chocolate cake layered with apricot jam and topped with a silky icing, which is customarily served with unsweetened whipped cream on the side. Austrian immigrants brought the recipe along when they settled in urban areas of the Northeast. The dessert is still widely available at restaurants in New York City, as well as the Sacher Hotel in Vienna, which was opened by Franz's son Eduard in 1876.



Brooklyn Blackout Cake

If you like chocolate, you will LOVE this cake. I found the recipe when looking for a special cake to make for my chocolate-loving daughter-in-law's birthday. Be sure to give the pudding and the cake enough time to cool or the end results might be disappointing.

—DONNA BARDOCZ HOWELL, MICHIGAN

PREP: 1¼ HOURS + CHILLING **BAKE:** 35 MIN. + COOLING **MAKES:** 8 SERVINGS

PUDDING

$\frac{1}{2}$ cup sugar

2 tablespoons cornstarch

$\frac{1}{4}$ teaspoon salt

1½ cups whole milk

3 ounces semisweet chocolate, chopped

1 teaspoon vanilla extract

CAKE

1½ cups all-purpose flour

2 teaspoons baking powder

½ teaspoon baking soda

½ teaspoon salt

½ cup unsalted butter, cubed

¾ cup Dutch-processed cocoa

1 cup sugar

1 cup packed brown sugar

1 cup buttermilk

1 cup strong brewed coffee

1 teaspoon vanilla extract

2 eggs

FROSTING

8 ounces semisweet chocolate, chopped

½ cup unsalted butter, cubed

⅓ cup hot water

2 teaspoons light corn syrup

2 teaspoons vanilla extract

1. In a small heavy saucepan, mix sugar, cornstarch and salt. Whisk in milk. Cook and stir over medium heat until thickened and bubbly. Reduce heat to low; cook and stir 2 minutes longer. Stir in chocolate until melted. Transfer to a bowl; stir in vanilla. Cool slightly, stirring occasionally. Press plastic wrap onto surface of pudding. Refrigerate, covered, for 2 hours or until cold.

2. Preheat oven to 325°. Line bottoms of two greased 8-in. round baking pans with parchment paper; grease paper. In a small bowl, whisk flour, baking powder, baking soda and salt. In a large saucepan, melt butter over medium heat. Add cocoa; cook and stir until blended. Stir in sugars. Remove from heat; stir in buttermilk, coffee and vanilla. Whisk in eggs, one at a time, until blended. Stir in flour mixture just until combined.

3. Transfer batter to prepared pans. Bake 35-40 minutes or until toothpick inserted in center comes out clean. Cool in pans 10 minutes before removing to wire racks; remove paper. Cool completely.

4. For frosting, in the top of a double boiler or a metal bowl over hot water, melt chocolate and butter; stir until smooth. Remove from heat. Whisk in hot water, all at once. Whisk in corn syrup and vanilla. Refrigerate 25-30 minutes or just until spreadable.

5. Using a long serrated knife, cut each cake horizontally in half. Place a cake layer on a serving plate. Spread with half of the pudding. Repeat layers. Top with a third cake layer. Spread frosting over top and sides of cake.

6. Crumble remaining cake layer; sprinkle over top and sides of cake, pressing lightly to adhere. Refrigerate leftovers.

dishing about food

This rich chocolate cake, created by Ebinger Baking Co. in Brooklyn, New York, is so dark it's almost black—like the blackout curtains people used during World War II. New Yorkers had blackout drills, when all lights were turned off and windows covered. This was intended to prevent the city lights from silhouetting U.S. ships offshore, in case German bombers or submarines appeared.



BROOKLYN, NY

Settled by the Dutch in 1624, Brooklyn didn't become part of New York City until 1898. Now it's the most populous borough with more than 2.5 million people. That's a lot of light!



Joe Froggers

Large, soft and chewy, these cookies make a great snack. The classic recipe has a warm blend of spices that seem to be more pronounced the second day. Your family is sure to ask you to make these again.

—TASTE OF HOME TEST KITCHEN

PREP: 15 MIN. + CHILLING **BAKE:** 15 MIN./BATCH **MAKES:** 1½ DOZEN

½ cup shortening

1 cup packed brown sugar

1 cup molasses

⅓ cup hot water

2 tablespoons rum or 1 teaspoon rum extract

3½ cups all-purpose flour

1½ teaspoons salt

1½ teaspoons ground ginger

1 teaspoon baking soda

½ teaspoon ground cloves

½ teaspoon ground nutmeg

¼ teaspoon ground allspice

Sugar

1. In a large bowl, cream shortening and brown sugar until light and fluffy. In a small bowl, whisk molasses, hot water and rum. In another bowl, whisk the flour, salt and spices; add to creamed mixture alternately with molasses mixture, beating after each addition. Refrigerate, covered, 4 hours or until easy to handle.

2. Preheat oven to 375°. Shape dough into 1½-in. balls and place 3 in. apart on greased baking sheets. Flatten to ½-in. thickness with bottom of a custard cup dipped in sugar.

3. Bake 12-14 minutes or until lightly browned. Cool on pans 2 minutes. Remove to wire racks to cool completely. Store in airtight containers.

dishing about food

In Colonial times, Joe Brown and Aunt Crease ran a tavern out of their home next to a pond in Marblehead, Massachusetts. They also sold thick, spiced molasses cookies the size of plates. Flavored with rum and saltwater, Joe's Froggers stayed moist for so long that fishermen took barrels of them out to sea. Over the years, the name became Joe Froggers, and the size shrank down to about 4 inches.



Boston Cream Pie

Yellow cake mix and vanilla pudding mix help create this classic dessert in no time. A rich chocolate glaze provides a fast finishing touch.

—**EDWINA OLSON** ENID, OKLAHOMA

PREP: 10 MIN. + COOLING **BAKE:** 30 MIN. **MAKES:** 6-8 SERVINGS

1 package yellow cake mix (regular size)

1½ cups cold milk

1 package (3.4 ounces) instant vanilla pudding mix

2 ounces unsweetened chocolate

2 tablespoons butter

1 cup confectioners' sugar

½ teaspoon vanilla extract

2 to 3 tablespoons hot water

1. Prepare cake mix batter according to package directions. Pour into two greased and floured 9-in. round baking pans.
2. Bake at 350° for 28-33 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing the cake from pans to wire racks to cool completely.
3. In a small bowl, whisk milk and pudding mix for 2 minutes. Let stand for 2 minutes or until soft-set. Cover and refrigerate.
4. In a microwave, melt chocolate and butter; stir until smooth. Stir in confectioners' sugar, vanilla and enough water to achieve a thick glaze; set aside.
5. Place one cake layer on a serving plate; spread with pudding. Top with the second cake layer. Spoon chocolate glaze over the top, allowing it to drip down sides of cake. Refrigerate until serving.

dishing about food

Boston cream pie has been known by many names, such as pudding-cake pie or Parker House chocolate pie. This cake has a custard filling and a chocolate glaze topping. Monsieur Sanzian, a French pastry chef at the Parker House Hotel in Boston, added the chocolate glaze and almonds in 1855. It was, and still is, a hit.



BOSTON, MA

There's a hidden and historic gem in the heart of Boston: Faneuil Hall Marketplace, where folks can find entertainment, shops and good eats indoors and out.



Raspberry Ice Cream

When our garden produces an abundance of raspberries, we know it's time to make this fruity frozen dessert. It's super in the summertime...and a treat throughout the year made with frozen raspberries.

—**DIANA LESKAUSKAS** CHATHAM, NEW JERSEY

PREP: 15 MIN. + **CHILLING PROCESS:** 20 MIN./BATCH+ **FREEZING MAKES:** ABOUT 1½ QUARTS

2 cups fresh or frozen raspberries

2 cups heavy whipping cream

1 cup half-and-half cream

1 cup sugar

2 teaspoons vanilla extract

1. Place the raspberries in a blender; cover and process on medium-high speed until chopped; set aside. In a large saucepan, heat milk to 175°; stir in sugar until dissolved. Remove from the heat. Stir in whipping cream and vanilla. Fold in raspberries. Refrigerate until chilled.

2. Fill cylinder of ice cream freezer two-thirds full; freeze according to the manufacturer's directions. Refrigerate remaining mixture until ready to freeze. When ice cream is frozen, transfer to a freezer container; freeze for 2-4 hours before serving.



Walnut Mincemeat Pie

Here's a tasty twist on the more traditional mincemeat pie. This one's sweeter, creamier, easier to make and so yummy!

—**MARY REAGAN** WARSAW, NEW YORK

PREP: 15 MIN. **BAKE:** 40 MIN. + **COOLING MAKES:** 6-8 SERVINGS

Pastry for single-crust pie (9 inches)

1 cup sugar

2 tablespoons all-purpose flour

½ teaspoon salt

3 eggs, lightly beaten

¼ cup butter, melted

1 cup prepared mincemeat

½ cup chopped walnuts

1. Line a 9-in. pie plate with pastry; flute edges. Line pastry shell with a double thickness of heavy-duty foil. Bake at 450° for 5 minutes. Remove foil; bake 5 minutes longer. Cool on a wire rack. Reduce heat to 350°.

2. In a large bowl, combine the sugar, flour and salt. Stir in the eggs, butter, mincemeat and walnuts until blended. Pour into crust.

3. Bake for 40-45 minutes or until a knife inserted near the center comes out clean. Cover edges with foil during the last 15 minutes to prevent overbrowning if necessary. Cool on a wire rack.

Mincemeat pies grace many a British table at Christmas as an old-time tradition. While we think of mincemeat as a holiday food made into pies and cookies, the original mince pies were served with the main meal. They were made from finely cut up meats, spices and dried fruit. On both sides of the pond, mincemeat eventually evolved into the product we know today...one made up of minced dried fruit, spices, nuts and suet or vegetable oil.



[Chicken and Okra Gumbo](#)

South

[Main Dishes](#)

[Sides & More](#)

[Sweets](#)

Hey, y'all! Who's ready to eat? Nothing whets appetites like the promise of Southern cooking. Fried chicken, pulled pork and barbecue are just a few of the savory staples this region has to offer...but there's so much more! Don't forget about Cajun cooking, spicy Creole favorites and Cuban specialties that are sure to mix up your dinnertime routine. Desserts? The South is famous for them! Pecan pies, Key lime treats, beignets, hummingbird cakes and fruit cobblers conclude a truly Southern menu you'll never forget!



Chicken and Okra Gumbo

We used to live in New Orleans and learned to love the cuisine there. Even though we've since moved, I still make many Creole dishes, and this gumbo is one of our favorites.

—**CATHERINE BOUIS** PALM HARBOR, FLORIDA

PREP: 40 MIN. **COOK:** 2 HOURS **MAKES:** 8-10 SERVINGS

1 broiler/fryer chicken (2½ to 3 pounds), cut up

2 quarts water

¼ cup canola oil or bacon drippings

2 tablespoons all-purpose flour

2 medium onions, chopped

2 celery ribs, chopped

1 medium green pepper, chopped

3 garlic cloves, minced

1 can (28 ounces) tomatoes, drained

2 cups fresh or frozen sliced okra

2 bay leaves

1 teaspoon dried basil

1 teaspoon salt

½ teaspoon pepper

1 to 2 teaspoons hot pepper sauce

2 tablespoons sliced green onions

Minced fresh parsley

Hot cooked rice

1. Place chicken and water in a stockpot. Cover and bring to a boil. Reduce heat; cover and simmer for 30-45 minutes or until chicken is tender.

2. Remove chicken; reserve broth. Set chicken aside until cool enough to handle. Remove the chicken from bones; discard bones and cut meat into cubes; set aside.

3. In a stockpot, combine oil or drippings and flour until smooth. Cook over medium-high heat for 5 minutes, stirring constantly. Reduce heat to medium. Cook and stir about 5 minutes more or until mixture is reddish-brown (the color of a penny). Turn the heat to high. Stir in 2 cups reserved broth. Bring to a boil; cook and stir for 2 minutes or until thickened.

4. Add the onions, celery, green pepper and garlic; cook and stir for 5 minutes. Add the tomatoes, okra, bay leaves, basil, salt, pepper and pepper sauce. Cover and simmer for 1½ to 2 hours.

5. Discard bay leaves. Garnish with green onions and parsley. Serve with rice.

dishing about food

Gumbo is a Cajun dish from southern Louisiana. Many versions, like the one here, start with a dark roux (a fat and flour mixture cooked until reddish-brown), which adds a rich flavor. Gumbos are thickened with either okra or file powder. They can be made with seafood, chicken, sausage, ham or a combination of meats.



Toasted PB & Banana Sandwiches

A sandwich worthy of Elvis himself, this grilled, finger-licking treat may surprise you with its flavor. I saw the recipe and wasn't expecting much... but it's delicious!

—**MARIAN PICKETT ARGYLE**, WISCONSIN

PREP/TOTAL TIME: 20 MIN. **MAKES:** 4 SERVINGS

2 large ripe bananas

6 tablespoons reduced-fat peanut butter

8 slices whole wheat bread

2 tablespoons honey

Refrigerated butter-flavored spray

1. Cut each banana in half widthwise, then cut each half lengthwise into four pieces. Spread peanut butter on bread. Place banana slices on four slices of bread; drizzle with honey. Top with remaining bread.

2. Spritz the outsides of sandwiches with butter-flavored spray. In a large nonstick skillet, toast sandwiches over medium heat until golden brown.

dishing about food

Peanut-butter-and-banana sandwiches are still associated with the singer who made them famous, Elvis Presley. There are a few acceptable variations to this sandwich: the honey may be omitted or bacon can be added. If you're in a hurry, you can even skip toasting it.



MEMPHIS, TN

Few homes are as well known as Graceland. Elvis fans make pilgrimages there to tour the king of rock and roll's 14-acre estate, now a museum with restaurants, shops, a wedding chapel and the Heartbreak Hotel!



Southern Barbecued Chicken

Nothing says Texas like outdoor grilling. And summer is a prime time for patio picnics featuring my barbecued chicken. Guests are surprised to find the basis for my "mystery marinade" is simply vinegar and oil.

—**REVONDA STROUD** FORT WORTH, TEXAS

PREP: 25 MIN. + MARINATING **GRILL:** 40 MIN. **MAKES:** 4 SERVINGS

2 cups cider vinegar

1 cup canola oil

1 egg, lightly beaten

2 tablespoons hot pepper sauce

1 tablespoon garlic powder

1 tablespoon poultry seasoning

2 teaspoons salt

1 teaspoon pepper

1 broiler/fryer chicken (3 to 4 pounds), cut up

1. In a large saucepan, combine the first eight ingredients. Bring to a boil, stirring constantly. Reduce heat; simmer, uncovered, for 10 minutes, stirring often. Cool.
2. Pour 1½ cups of the marinade into a large resealable plastic bag; add the chicken. Seal bag and turn to coat; refrigerate overnight, turning occasionally. Cover and refrigerate remaining marinade for basting.
3. Prepare grill for indirect heat, using a drip pan. Drain and discard marinade from chicken. Place skin side down over pan. Grill, covered, over indirect medium heat for 20-25 minutes on each side or until juices run clear, basting occasionally with reserved marinade.

dishing about food

The South is known for its regional barbecue sauce preferences, whether tomato-based, mustard-based or vinegar-based. The sauce for this chicken features a peppery vinegar zing.



DALLAS, TX

Whether a tour of Southfork Ranch, Dealey Plaza or the arboretum is more your speed, there’s plenty to see and do (and eat!) in this east Texas cultural hub.

Cuban Pork Roast

A citrus and spice marinade seasons this moist, tender roast. The pork is flavorful but mild, so everyone likes it. You can serve it Cuban-style with black beans and rice, or make a traditional Cuban sandwich of pork, ham, Swiss cheese, tomatoes, lettuce, mustard, mayonnaise and dill pickle.

—VIRGINIA CRONK LITTLE TORCH KEY, FLORIDA

PREP: 10 MIN. + MARINATING BAKE: 1 HOUR + STANDING MAKES: 12 SERVINGS

- 1 cup lime juice
- 1 cup orange juice
- 10 garlic cloves, minced
- 4 teaspoons ground cumin
- 2 tablespoons minced fresh thyme or 2 teaspoons dried thyme
- 2 tablespoons minced fresh cilantro
- 4 bay leaves
- 1 boneless pork top loin roast (3 pounds)
- ½ teaspoon salt
- ¼ teaspoon pepper

1. In a large bowl, combine the first seven ingredients. Pour half of the marinade into a large resealable plastic bag; add the pork roast. Seal bag and turn to coat; refrigerate the pork for 2 hours. Refrigerate remaining marinade.
2. Drain and discard marinade from pork. Place roast in an ungreased 13x9-in. baking dish. Pour reserved marinade over the roast. Sprinkle with salt and pepper.
3. Cover and bake at 350° for 45 minutes. Uncover; baste with pan drippings. Bake 15 minutes longer or until a thermometer reads 145°. Discard bay leaves. Let roast stand for 10 minutes before slicing.



Deluxe Muffuletta

I first made this hearty sandwich for my husband, friends and family who were helping to build our deck. They enjoyed it so much, I have made it several times since. It also makes a quick and impressive summer party entree!

—**DANA SCHMITT** AMES, IOWA

PREP/TOTAL TIME: 25 MIN. **MAKES:** 6 SERVINGS

$\frac{2}{3}$ cup pimiento-stuffed olives, chopped

1 can (4 $\frac{1}{4}$ ounces) chopped ripe olives

6 tablespoons shredded Parmesan cheese

$\frac{1}{4}$ cup Italian salad dressing

2 teaspoons minced garlic

1 loaf (1 pound) Italian bread

$\frac{1}{2}$ pound sliced deli turkey

$\frac{1}{4}$ pound sliced Swiss cheese

$\frac{1}{4}$ pound thinly sliced hard salami

$\frac{1}{4}$ pound sliced provolone cheese

$\frac{1}{4}$ pound thinly sliced bologna

1. In a small bowl, combine the first five ingredients; set aside.

2. Cut the bread in half horizontally; carefully hollow out the top and bottom, leaving a 1-in. shell (discard removed bread or save for another use).

3. Spoon half of olive mixture over bottom half of bread. Layer with turkey, Swiss cheese, salami, provolone cheese, bologna and remaining olive mixture. Replace bread top. Cut into six wedges.

dishing about food

Sicilian Lupo Salvatore, owner of the Central Grocery in New Orleans, is credited with creating the first muffuletta. Italian farmers coming into the city would eat lunch at his store. They would eat their meat, cheese and olive salad on plates while sitting on crates or barrels. Salvatore experimented until, in 1906, he came up with a sandwich that had all the ingredients and was easy to eat—the muffuletta.



Bourbon Baked Ham

Because of its simple ingredient list, easy preparation and unbeatable flavor, this baked ham is one you'll come to rely on often. The honey-bourbon glaze not only looks lovely, but also helps to seal in the meat's juices.

—JEAN ADAMS WAYCROSS, GEORGIA

PREP: 15 MIN. **BAKE:** 2½ HOURS **MAKES:** 15 SERVINGS

1 bone-in fully cooked spiral-sliced ham (7 to 9 pounds)

1 cup honey

½ cup bourbon

½ cup molasses

¼ cup orange juice

2 tablespoons Dijon mustard

1. Place ham on a rack in a shallow roasting pan. Score the surface of the ham, making diamond shapes ½ in. deep. Bake at 325° for 2 hours.
2. In a small saucepan, combine remaining ingredients; cook and stir until smooth.
3. Brush the ham with some of the glaze; bake 20-25 minutes longer or until a thermometer reads 140°, brushing occasionally with remaining glaze.



NEW ORLEANS, LA

Among the most famous streets in the U.S., Bourbon Street is full of historic spots, from Galatoire's Restaurant, one of the city's oldest, to Jean Lafitte's Blacksmith Shop, the front for an 18th century privateering outfit.



Blackened Chicken

This spicy standout packs a one-two punch of flavor. The grilled chicken is basted with a peppery white sauce, and there's always plenty extra left over for dipping.

—**STEPHANIE KENNEY** FALKVILLE, ALABAMA

PREP/TOTAL TIME: 25 MIN. **MAKES:** 4 SERVINGS

1 tablespoon paprika

4 teaspoons sugar, divided

1½ teaspoons salt, divided

1 teaspoon garlic powder

1 teaspoon dried thyme

1 teaspoon lemon-pepper seasoning

1 teaspoon cayenne pepper

1½ to 2 teaspoons pepper, divided

4 boneless skinless chicken breast halves (4 ounces each)

1⅓ cups mayonnaise

2 tablespoons water

2 tablespoons cider vinegar

1. In a small bowl, combine the paprika, 1 teaspoon sugar, 1 teaspoon salt, garlic powder, thyme, lemon-pepper, cayenne and ½ to 1 teaspoon pepper; sprinkle over both sides of chicken. Set aside.

2. In another bowl, combine the mayonnaise, water, vinegar and remaining sugar, salt and pepper; cover and refrigerate 1 cup for serving. Save remaining sauce for basting.

3. Grill chicken, covered, over indirect medium heat for 4-6 minutes on each side or until a thermometer reads 165°, basting frequently with remaining sauce. Serve with reserved sauce.

dishing about food

Blackening is a cooking technique in which meat or fish is rubbed with a mixture of Cajun spices like paprika, garlic powder and peppers. It's then cooked in hot butter in a cast-iron skillet over high heat. The result is a dark, crisp coating on the food. The cooking fumes from this technique can be strong, so be ready with a powerful exhaust fan. Try to do your blackening on the grill outside. Then you don't need to worry about it.



Hot Brown Sandwiches

This is a fabulous open-faced sandwich to make when you have leftover turkey. If you're craving one and don't have any leftovers, try sliced, cooked turkey from the deli counter.

—TASTE OF HOME TEST KITCHEN

PREP/TOTAL TIME: 25 MIN. **MAKES:** 8 SERVINGS

¼ cup butter

¼ cup all-purpose flour

1 cup milk

1 cup chicken broth

½ teaspoon Worcestershire sauce

¾ cup shredded cheddar cheese

¼ teaspoon salt

⅛ teaspoon white pepper

8 slices Italian bread (½ inch thick), toasted

1½ pounds sliced cooked turkey

8 cooked bacon strips, halved

2 medium tomatoes, sliced

1 cup (4 ounces) shredded Parmesan cheese

1. In a large saucepan, melt butter over low heat. Stir in flour until smooth; gradually add milk, broth and Worcestershire sauce. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in the cheese, salt and white pepper until cheese is melted. Remove from the heat.

2. Place slices of toast on a baking sheet. Layer each with turkey, cheese sauce, bacon, tomatoes and Parmesan cheese. Broil 3-4 in. from the heat for 3-4 minutes or until cheese is melted.

dishing about food

Hot Brown Sandwiches hail from the Brown Hotel in Louisville, Kentucky. Chef Fred Schmidt's signature sandwich debuted in the 1920s as a new and special dish to serve to the dinner-dance crowd at midnight, when the dancers grew tired and the band took a break.



LOUISVILLE, KY

Built in 1914, the Belle of Louisville is the oldest riverboat in the U.S. Take in views of the Ohio River while you enjoy a lunch, dinner or sightseeing cruise aboard this floating National Historic Landmark.

Frogmore Stew

Enjoy a relaxing dinner with this simple but hearty Southern fare. If you like a little spice in your food, definitely use the hot links.

—TASTE OF HOME TEST KITCHEN

PREP: 10 MIN. **COOK:** 35 MIN. **MAKES:** 8 SERVINGS

- 16 cups water
- 1 large sweet onion, quartered
- 3 tablespoons seafood seasoning
- 2 medium lemons, halved, optional
- 1 pound small red potatoes
- 1 pound smoked kielbasa or fully cooked hot links, cut into 1-inch pieces
- 4 medium ears sweet corn, cut into thirds
- 2 pounds uncooked medium shrimp, peeled and deveined
- Seafood cocktail sauce
- Melted butter
- Additional seafood seasoning

1. In a stockpot, combine the water, onion, seafood seasoning and, if desired, lemons; bring to a boil. Add potatoes; cook, uncovered, 10 minutes. Add kielbasa and corn; return to a boil. Reduce heat; simmer 10-12 minutes or until potatoes are tender. Add shrimp; cook 2-3 minutes longer or until shrimp turn pink.

2. Drain; transfer to a large serving bowl. Serve with cocktail sauce, butter and additional seasoning.

dishing about food

Frogmore Stew, also known as Beaufort Stew, is a prime example of low-country cuisine. It's named after Frogmore, a rural community on St. Helena Island, South Carolina. This one-pot stew features shrimp, sausage, corn on the cob and potatoes. It's a casual dish to share with friends.



Black-and-Blue Pizzas

Goopy with cheese and loaded with flavorful toppings, these pizzas are rich and filling. Add a green salad to make your meal complete.

—**MICHELLE HUELSKAMP** MARION, NORTH CAROLINA

PREP: 40 MIN. **BAKE:** 15 MIN. **MAKES:** 2 PIZZAS (12 PIECES EACH)

2 loaves (1 pound each) frozen bread dough, thawed

8 bacon strips, chopped

1 pound boneless skinless chicken breasts, cut into strips

5 teaspoons blackened seasoning

3 shallots, finely chopped

2 garlic cloves, minced

1 jar (15 ounces) Alfredo sauce

2½ cups sliced fresh shiitake mushrooms

1 can (3.8 ounces) sliced ripe olives, drained

½ cup finely chopped sun-dried tomatoes (not packed in oil)

1¼ cups (5 ounces) crumbled blue cheese

3 tablespoons minced fresh basil or 3 teaspoons dried basil

2 tablespoons minced fresh thyme or 2 teaspoons dried thyme

12 slices provolone cheese

3 ounces Parmesan cheese, shaved into strips or ¾ cup grated Parmesan cheese

1. Roll dough into two 16x10-in. rectangles; transfer to ungreased baking sheets and build up edges slightly.

2. In a large skillet, cook bacon over medium heat until crisp. Remove to paper towels with a slotted spoon; drain, reserving 2 tablespoons drippings. Sprinkle chicken with blackened seasoning; cook chicken in the drippings until no longer pink. Add shallots and garlic; cook 1 minute longer. Set aside.

3. Spread sauce over crusts; top with chicken mixture, bacon, mushrooms, olives and tomatoes. Sprinkle with blue cheese, basil and thyme; top with provolone and Parmesan cheeses.

4. Bake at 450° for 14-18 minutes or until bubbly and cheese is melted.

Southern Pan-Fried Quail with Cream Cheese Grits

Growing up in Tennessee, Southern- or Country-Fried Chicken was a staple in our home. It wasn't until I moved to South Carolina that I was introduced to quail and discovered different ways to prepare it.

—**ATHENA RUSSELL** FLORENCE, SOUTH CAROLINA

PREP: 40 MIN. + MARINATING **COOK:** 25 MIN. **MAKES:** 8 SERVINGS

1½ cups buttermilk

1½ teaspoons salt, divided

1 teaspoon pepper, divided

8 split and flattened quail (4 ounces each), thawed

1 cup all-purpose flour

½ teaspoon onion powder

½ teaspoon garlic powder

¼ teaspoon cayenne pepper

⅔ cup canola oil

GRAVY

3 tablespoons all-purpose flour

1½ cups heavy whipping cream

1 cup chicken broth

¼ teaspoon salt

¼ teaspoon pepper

GRITS

1 cup uncooked old-fashioned grits

½ cup cream cheese, softened

½ cup heavy whipping cream

¼ teaspoon salt

¼ teaspoon pepper

4 bacon strips, cooked and crumbled, optional

2 green onions, thinly sliced, optional

1. In a large resealable plastic bag, combine the buttermilk, ½ teaspoon each salt and pepper. Add the quail; seal bag and turn to coat. Refrigerate for 1 hour. Drain and discard marinade.
2. In a shallow bowl, combine the flour, onion powder, garlic powder, cayenne and remaining salt and pepper. Coat quail with flour mixture.
3. In a large skillet, cook quail in oil in batches over medium heat for 4-6 minutes on each side or until a thermometer reads 165°. Drain on paper towels. Remove to a serving platter and keep warm.
4. For gravy, stir flour into pan drippings until blended; cook and stir for 4 minutes or until golden brown. Gradually add the cream, broth, salt and pepper. Bring to a boil; cook and stir for 2 minutes or until thickened.
5. Meanwhile, prepare grits according to package directions. Add the cream cheese, cream, salt and pepper. Cook and stir until cream cheese is melted and grits are heated through. Serve with quail and gravy; sprinkle with bacon and green onions if desired.



Country Ham Sandwiches

This yummy sandwich is perfect for lunches or a quick weeknight dinner when there's no time for a big meal. Smoked cheddar and a creamy garlic-infused spread lend special appeal to this easy hand-held sandwich.

—**JENNIFER PARHAM** BROWNS SUMMIT, NORTH CAROLINA

PREP/TOTAL TIME: 5 MIN. **MAKES:** 2 SERVINGS

2 tablespoons mayonnaise

2 tablespoons sour cream

$\frac{1}{8}$ teaspoon garlic powder

4 slices whole wheat bread

2 ounces smoked cheddar cheese, sliced

4 slices tomato

4 ounces thinly sliced deli ham

2 lettuce leaves

1. In a bowl, combine the mayonnaise, sour cream and garlic powder. Spread over two slices of bread. Layer each with cheese, tomato, ham and lettuce. Top with remaining bread.



Slow-Cooked Lechon with Cuban Mojito Sauce

Growing up in South Florida, my culinary taste buds were influenced by the Cuban culture so prominent in that area. If ‘the way to a man’s heart is through his stomach,’ this Cuban twist on pulled pork will knock the socks off of any man! Make it into a sandwich with Cuban bread or tortillas.

—**KRISTINA WILEY** JUPITER, FLORIDA

PREP: 15 MIN. + MARINATING **COOK:** 9 HOURS **MAKES:** 12 SERVINGS (1½ CUPS SAUCE)

2 large onions, quartered

12 garlic cloves

1 bottle (18 ounces) Cuban-style mojo sauce and marinade

½ cup lime juice

½ teaspoon salt

¼ teaspoon pepper

1 bone-in pork shoulder butt roast (5 to 5¼ pounds)

MOJITO SAUCE

¾ cup canola oil

1 medium onion, finely chopped

6 garlic cloves, finely chopped

⅓ cup lime juice

½ teaspoon salt

¼ teaspoon pepper

Lime wedges, optional

Chopped onions, optional

1. Place onions and garlic in a food processor; cover and process until finely chopped. Add mojo sauce, lime juice, salt and pepper; cover and process until blended. Pour half of the marinade into a large resealable plastic bag. Cut roast into quarters; add to bag. Seal the bag and turn to coat. Refrigerate for 8 hours or overnight. Cover and refrigerate the remaining marinade.

2. Drain pork, discarding marinade. Place pork roast in a 5-qt. slow cooker coated with cooking spray. Top with remaining marinade. Cook, covered, on low 8-10 hours or until pork is tender.

3. For sauce, in a small saucepan, heat oil over medium heat 2½ to 3 minutes or until a thermometer reads 200°. Carefully add onion, cook 2 minutes, stirring occasionally. Stir in garlic; remove from heat. Stir in lime juice, salt and pepper.
4. Remove roast from slow cooker; cool slightly. Skim fat from cooking juices. Remove meat from bone; discard bone. Shred pork with two forks. Return pork to slow cooker; heat through.
5. Using tongs, remove meat to a platter. Serve with chopped onion, lime wedges and mojito sauce, stirring just before serving.



Country Captain Chicken

The Southern side of my family originally came from Columbus, Georgia, and the recipe for Country Captain has been passed down for generations. It is said to have originated in India and has been served since the earliest American colonies were founded.

—**SARAH MCKENNEY** TAYLORS, SOUTH CAROLINA

PREP: 40 MIN. **BAKE:** 35 MIN. **MAKES:** 4 SERVINGS

2 pounds bone-in chicken thighs

1 pound bone-in chicken breast halves

¼ cup all-purpose flour

1¼ teaspoons salt, divided

½ teaspoon pepper

3 tablespoons canola oil

2 medium onions, finely chopped

2 medium green peppers, finely chopped

1 garlic clove, minced

2 teaspoons curry powder

1 can (28 ounces) diced tomatoes, undrained

¼ cup dried currants or raisins

2 tablespoons minced fresh parsley

½ teaspoon dried thyme

Hot cooked rice

¼ cup slivered almonds, toasted

Additional minced fresh parsley, optional

1. Preheat oven to 350°. Place chicken in a large bowl. Mix flour, 1 teaspoon salt and pepper; sprinkle over chicken and toss to coat. In a Dutch oven, heat oil over medium-high heat. Brown chicken in batches on all sides; remove from pan.

2. Add onions, peppers and garlic to drippings; cook and stir over low heat until tender. Increase heat to medium-high. Add curry powder; cook and stir 1 minute longer. Stir in tomatoes, currants, parsley, thyme and remaining salt. Bring to a boil. Return chicken to pan.

3. Bake, covered, 35-45 minutes or until the chicken is tender. Skim fat. Serve chicken and sauce over rice; sprinkle with almonds and additional parsley, if desired.

dishing about food

Curry-spiced Country Captain is said to have originated in India. It's likely that the dish arrived in the South centuries ago, via a ship carrying spices to a port city. General George S. Patton enjoyed it so much that for a few years, it was one of the ready-to-eat meal packs for the U.S. Army.



CALABASH, NC

The Myrtle Beach area is a top destination for fun in the sun in the Carolinas. Golfers flock here to play at the many courses, including the Meadowlands Golf Club.



Crab Cakes with Chesapeake Bay Mayo

I placed my personal stamp on my Aunt Ellie's crab cake recipe by changing up some of her ingredients. I like to serve mine with a tart and tangy creamy sauce.

—MICHELLE CRITCHELL MOON, VIRGINIA

PREP: 20 MIN. + CHILLING **COOK:** 10 MIN./BATCH **MAKES:** 16 CRAB CAKES

½ cup sour cream

½ cup mayonnaise

2 tablespoons sweet pickle relish

1 tablespoon spicy brown mustard

¼ teaspoon seafood seasoning

CRAB CAKES

1 egg, beaten

¼ cup grated Parmesan cheese

¼ cup seasoned bread crumbs

¼ cup mayonnaise

2 tablespoons finely chopped onion

1 tablespoon minced fresh parsley

1 tablespoon spicy brown mustard

½ teaspoon seafood seasoning

⅛ teaspoon pepper

3 cans (6 ounces each) lump crabmeat, drained

¼ cup canola oil

1. In a large bowl, combine the first five ingredients. Cover and chill until serving. For crab cakes, in a large bowl, combine the egg, cheese, bread crumbs, mayonnaise, onion, parsley, mustard, seafood seasoning and pepper. Fold in crab. Refrigerate for at least 30 minutes.
2. With floured hands, shape the mixture by 2 tablespoonfuls into ½-in.-thick patties. In a large skillet over medium heat, cook crab cakes in oil in batches for 3-4 minutes on each side or until golden brown. Serve with the sauce.

dishing about food

Popular since colonial times and inspired by recipes much more ancient, crab cakes combine crabmeat with bread and spices and are then fried or sauteed.



CHESAPEAKE BAY

Although blue crab is often called Maryland crab, many of those we eat were actually caught in Chesapeake Bay's Virginian waters!

Pepperoni Rolls

When I was growing up, I loved pepperoni and would walk around the house munching on sticks of it. One day my mother made these pepperoni rolls for me—and I fell in love with them. If you like, add some chopped-up veggies to the rolls and use as a meal.

—WENDY STEINER SUWANEE, GEORGIA

PREP: 45 MIN. **BAKE:** 15 MIN. **MAKES:** 32 APPETIZERS

2 loaves (1 pound each) frozen bread dough, thawed

1 stick (6½ ounces) pepperoni, cut into 32 slices

6 ounces fresh mozzarella cheese, cut into 32 cubes

1 jar (14 ounces) pizza sauce, warmed

1. Divide one loaf of dough into 16 pieces; roll each into a 3-in. circle. Place a piece of pepperoni and cheese in the center of each circle. Fold all edges together; press to seal. Place rolls, seam side down, on a parchment paper-lined baking sheet.
2. Preheat oven to 350°. Repeat with the remaining ingredients. Bake 15-20 minutes or until the rolls are golden brown. Serve warm with pizza sauce.

dishing about food

The snack of choice in West Virginia just may be pepperoni rolls. Originally created by the Country Club Bakery in Fairmont, West Virginia, they

made a portable, sturdy lunch-pail item for area miners. During baking, the bread is infused with spicy flavor from the pepperoni's oils. The tasty rolls may be eaten cold or warm.



DANESE, WV

Tucked inside Babcock State Park, the Glade Creek Grist Mill makes a lovely rustic photo op. Mills like it were once the lifeblood of the surrounding communities.



Sweet Potato Pancakes with Caramel Sauce

Sometimes sweet potatoes end up as leftovers. By happy chance, they can really dress up pancake batter. Topped with butter, caramel sauce and toasted cashews, they look nothing like yesterday's forgotten dish. No leftovers? Use canned sweet potatoes!

—**SHERYL LITTLE** SHERWOOD, ARKANSAS

PREP: 25 MIN. **COOK:** 10 MIN./BATCH **MAKES:** 7 SERVINGS

2 cups all-purpose flour

2 tablespoons packed brown sugar

3 teaspoons baking powder

½ teaspoon salt

½ teaspoon ground ginger

¼ teaspoon ground allspice

¼ teaspoon ground cinnamon

¼ teaspoon ground nutmeg

1 egg

1¾ cups 2% milk

½ cup canned sweet potatoes, mashed

2 tablespoons butter, melted

1 jar (12 ounces) hot caramel ice cream topping, warmed

¾ cup coarsely chopped unsalted cashews, toasted

Whipped butter, optional

1. In a small bowl, combine the first eight ingredients. In another bowl, whisk the egg, milk, sweet potatoes and melted butter. Stir into dry ingredients just until moistened.

2. Pour batter by ¼ cupfuls onto a greased hot griddle; turn when bubbles form on top. Cook until the second side is golden brown.

3. Drizzle with caramel topping; sprinkle with nuts. Serve with whipped butter if desired.



Crawfish Fettuccine

I have lived in this close-knit community all my life and enjoy cooking Cajun dishes, especially those with seafood. Along with a green salad and garlic bread, this dish is great for family gatherings. The recipe can easily be doubled to serve a larger group, and if you'd like it less spicy, just remove the seeds from the jalapeno before chopping it.

—**CAROLYN LEJEUNE** WELSH, LOUISIANA

PREP: 30 MIN. **COOK:** 30 MIN. **MAKES:** 8 SERVINGS

1 large onion, chopped

1 medium sweet red pepper, chopped

¾ cup sliced green onions

1 celery rib, chopped

1¼ cups butter, cubed

1 garlic clove, minced

¼ cup all-purpose flour

8 ounces process cheese (Velveeta), cubed

1 cup half-and-half cream

1 tablespoon chopped jalapeno pepper

½ teaspoon salt

8 ounces uncooked fettuccine

1½ pounds frozen cooked crawfish tails, thawed, or cooked medium shrimp, peeled and deveined

1. In a Dutch oven, saute the onion, red pepper, green onions and celery in butter for 5 minutes or until vegetables are crisp-tender. Add garlic; cook 1 minute longer. Stir in flour until blended; cook and stir for 2 minutes. Add the cheese, cream, jalapeno and salt; cook and stir for 10 minutes or until mixture is thickened and cheese is melted.

2. Meanwhile, cook fettuccine according to package directions; drain. Stir fettuccine and crawfish into the vegetable mixture. Cook, uncovered, over medium heat for 10 minutes or until heated through, stirring occasionally.

Editor’s Note: *Wear disposable gloves when cutting hot peppers; the oils can burn skin. Avoid touching your face.*

dishing about food

Louisiana christened itself the *Crawfish Capital of the World*, and in 1983 named the crawfish its official state crustacean. Also called crawdads, crayfish or mudbugs, crawfish resemble small lobsters.



CHALMETTE, LA

Each year, scores of seafood lovers kick off the trapping season at the Louisiana Crawfish Festival. There’s always plenty of music, fun and, of course, crawfish to go around.

Creole Jambalaya

Creole jambalaya, also known as red jambalaya, is a traditional Louisiana dish with deep roots in French and Spanish cuisines. Tomatoes, seafood, rice and the holy trinity of onions, green peppers and celery are the key ingredients in this Southern favorite. Most recipes also call for chicken or sausage, but mine uses ham for a unique taste twist.

—**RUBY WILLIAMS** BOGALUSA, LOUISIANA

PREP: 20 MIN. **COOK:** 35 MIN. **MAKES:** 8 SERVINGS

- ¾ cup chopped onion
- ½ cup chopped celery
- ¼ cup chopped green pepper
- 2 tablespoons butter
- 2 garlic cloves, minced
- 2 cups cubed fully cooked ham
- 1 can (28 ounces) diced tomatoes, undrained
- 1 can (10½ ounces) condensed beef broth, undiluted
- 1 cup uncooked long grain white rice
- 1 cup water
- 1 teaspoon sugar
- 1 teaspoon dried thyme
- ½ teaspoon chili powder
- ¼ teaspoon pepper
- 1½ pounds fresh or frozen uncooked shrimp, peeled and deveined
- 1 tablespoon minced fresh parsley

1. In a Dutch oven, saute the onion, celery and green pepper in butter until tender. Add the garlic; cook 1 minute longer. Add the next nine ingredients; bring to a boil. Reduce heat; cover and simmer until rice is tender, about 25 minutes.
2. Add shrimp and parsley; simmer, uncovered, for 7-10 minutes or until shrimp turn pink.



Cool-Kitchen Meat Loaf

Juicy slices of this tender meat loaf are wonderful served with a homemade sweet-and-sour sauce. It's such an easy supper to fix!

—**SUSAN TAUL** BIRMINGHAM, ALABAMA

PREP: 10 MIN. **GRILL:** 30 MIN. **MAKES:** 2 LOAVES (3 SERVINGS EACH)

1 cup soft bread crumbs

1 medium onion, chopped

½ cup tomato sauce

1 egg

1½ teaspoons salt

¼ teaspoon pepper

1½ pounds lean ground beef

SAUCE

½ cup ketchup

3 tablespoons brown sugar

3 tablespoons Worcestershire sauce

2 tablespoons white vinegar

2 tablespoons prepared mustard

1. In a large bowl, combine the first six ingredients. Crumble the beef over mixture and mix well. Shape into two loaves; place each loaf in a disposable 8x4-in. loaf pan. Cover with foil.

2. Prepare the grill for indirect heat. Grill, covered, over medium heat for 30 minutes or until meat is no longer pink and a thermometer reads 160°.

3. Meanwhile, in a small saucepan, combine sauce ingredients. Cook and stir over low heat until sugar is dissolved. Spoon over meat loaves before serving.

dishing about food

Those lazy, hazy days of summer may well refer to summertime in the South, because this region's high humidity makes warm days feel even hotter! That's why Southern cooks always keep a keen eye out for recipes that won't heat up the house.



Hot Chicken Salad

I know you'll enjoy this rich and creamy chicken dish. Topped with crunchy potato chips and almonds, the delicious casserole is a fabulous way to use up leftover chicken.

—**DORIS HEATH** FRANKLIN, NORTH CAROLINA

PREP: 10 MIN. **BAKE:** 30 MIN. **MAKES:** 4 SERVINGS

2 cups diced cooked chicken

1 can (10¾ ounces) condensed cream of chicken soup, undiluted

2 celery ribs, finely chopped

½ cup mayonnaise

1 can (4 ounces) mushroom stems and pieces, drained

2 tablespoons finely chopped onion

½ cup crushed butter-flavored crackers (about 12 crackers)

½ cup crushed potato chips

½ cup sliced almonds, toasted

1. In a large bowl, combine the chicken, soup, celery, mayonnaise, mushrooms and onion. Stir in cracker crumbs. Spoon into a greased 1½-qt. baking dish.

2. Bake, uncovered, at 375° for 15 minutes. Sprinkle with the potato chips and almonds. Bake 15 minutes longer or until bubbly and lightly browned.



Easy Cuban Picadillo

My girlfriend gave me this delicious recipe years ago. I've made it ever since for family and friends, and they all love it. My daughter says it's the best dish I make and she loves to take leftovers to school for lunch the next day.

—MARIE WIELGUS WAYNE, NEW JERSEY

PREP/TOTAL TIME: 30 MIN. **MAKES:** 4 SERVINGS

- 1 pound lean ground beef (90% lean)
- 1 small green pepper, chopped
- ¼ cup chopped onion
- 1 can (8 ounces) tomato sauce
- ½ cup sliced pimiento-stuffed olives
- ¼ cup raisins
- 1 tablespoon cider vinegar
- 2 cups hot cooked rice

1. In a large nonstick skillet, cook the beef, pepper and onion over medium heat until the meat is no longer pink; drain. Stir in the tomato sauce, olives, raisins and vinegar. Cook for 5-6 minutes or until raisins are plumped. Serve with rice.

dishing about food

Picadillo is enjoyed in many Latin American countries. The Cuban version of this hashlike dish contains ground beef and raisins. It's served with rice and sometimes with beans.



MIAMI, FL

With Cuban-Americans comprising about 25 percent of Miami’s population, Cuban cuisine is prevalent, and Havanan flavors are popular with people of many ethnic backgrounds.

Lakes Burgoo

While I was visiting a friend in Kentucky, I was treated to this delicious local dish. It’s both hearty and healthy, and I simply love it!

—**DONNA REAVIS** CROFTON, KENTUCKY

PREP: 20 MIN. **COOK:** 1 HOUR **MAKES:** 8 SERVINGS (3 QUARTS)

1½ pounds ground beef

2 cups diced potatoes

1 large onion, chopped

¾ cup chopped green pepper

1 can (14½ ounces) diced tomatoes, undrained

1 can (14½ ounces) peas, drained

1 can (14½ ounces) cut green beans, drained

1 can (14½ ounces) whole kernel corn, drained

1 bottle (18 ounces) barbecue sauce

2 cups water

1 can (14½ ounces) tomato puree

½ cup ketchup

½ teaspoon salt

½ teaspoon pepper

1. In a large skillet, cook beef over medium heat until no longer pink; drain. Transfer to a Dutch oven. Add remaining ingredients. Bring to a boil. Reduce heat; simmer for 1 to 1¼ hours or until potatoes are tender.

dishing about food

Kentuckians are fond of their burgoo, a thick stew. Burgoo, like most dishes of its type, consists of meat and vegetables. Originally, squirrel and wild game starred in the stew. Now mutton, beef, pork and chicken often take their place. Variations on this versatile dish are as numerous as the cooks who make it.



HODGENVILLE, KY

Abraham Lincoln was born in rural Kentucky in 1809. To honor the centennial of his birth, a monument was built at Lincoln’s birthplace—Theodore Roosevelt laid the cornerstone and William Howard Taft dedicated the building two years later.



Southern Barbecued Brisket

Ever since a former neighbor shared this recipe with me, it has been a family favorite. Since it makes a lot, it's good for a company dinner or buffet. The meat gets nice and tender from baking slowly for several hours.

—LORRAINE HODGE MCLEAN, VIRGINIA

PREP: 10 MIN. **BAKE:** 3 HOURS + STANDING **MAKES:** 12 SERVINGS

1 fresh beef brisket (5 pounds)

1 large onion, chopped

1 cup ketchup

¼ cup water

3 tablespoons brown sugar

1 tablespoon Liquid Smoke, optional

2 teaspoons celery seed

1 teaspoon salt

1 teaspoon ground mustard

½ teaspoon cayenne pepper

1. Place brisket on a large sheet of heavy-duty foil; seal tightly. Place in a greased shallow roasting pan. Bake at 325° for 2 to 2½ hours or until meat is tender.

2. Meanwhile, in a small saucepan, combine the remaining ingredients. Bring to a boil. Reduce heat; cover and simmer for 20 minutes, stirring occasionally. Remove from the heat.

3. Carefully open foil to allow steam to escape. Remove brisket from foil; let stand for 20 minutes. Thinly slice meat across the grain. Place in an ungreased 13x9-in. baking dish. Spoon sauce over meat. Cover and bake for 1 hour or until heated through.

Editor's Note: *This is a fresh beef brisket, not corned beef.*



Home-Style Sausage Gravy and Biscuits

My mother-in-law introduced me to her hamburger gravy, and I modified it slightly. We enjoy this dish every weekend.

—**MICHELE BAPST** JACKSONVILLE, NORTH CAROLINA

PREP/TOTAL TIME: 30 MIN. **MAKES:** 8 SERVINGS

1 tube (16.3 ounces) large refrigerated flaky biscuits

1 pound bulk pork sausage

1 cup chopped sweet onion

2 tablespoons butter

1 envelope country gravy mix

1 tablespoon all-purpose flour

Dash each garlic powder, Italian seasoning, onion powder and pepper

1½ cups 2% milk

1 cup reduced-sodium chicken broth

1. Bake the biscuits according to the package directions.

2. Meanwhile, in a large skillet, cook sausage and onion over medium heat until sausage is no longer pink; drain. Add butter, cook until melted. Stir in the gravy mix, flour and seasonings until blended. Gradually add milk and broth. Bring to a boil; cook and stir for 1 minute or until thickened. Serve with biscuits.

dishing about food

A comforting dish, biscuits and gravy are not only a Southern breakfast favorite, but also enjoyed in many parts of the country. It's said that this economical specialty came from the logging camps in Appalachia. It is also known as "poor-do" since the entree feeds several people with just a little bit of meat.



APPALACHIAN TRAIL

As many as 3 million people visit the Appalachian Trail each year, with up to 2,000 hiking the whole thing—that's about 2,180 miles! The Trail crosses through 14 states, from Springer Mountain, Georgia, to Katahdin, Maine.



Nutty Oven-Fried Chicken

The pecans that give this dish its unique nutty flavor are plentiful in the South, and so is chicken. I love to prepare and serve this easy favorite because the chicken comes out moist, tasty and crispy.

—**DIANE HIXON** NICEVILLE, FLORIDA

PREP: 10 MIN. **BAKE:** 1 HOUR **MAKES:** 6 SERVINGS

½ cup evaporated milk

1 cup biscuit/baking mix

⅓ cup finely chopped pecans

2 teaspoons paprika

½ teaspoon salt

½ teaspoon poultry seasoning

½ teaspoon rubbed sage

1 broiler/fryer chicken (3 to 4 pounds), cut up

⅓ cup butter, melted

1. Place milk in a shallow bowl. In another shallow bowl, combine the baking mix, pecans and seasonings. Dip chicken pieces in milk, then coat generously with pecan mixture.

2. Place in a lightly greased 13x9-in. baking dish. Drizzle with butter. Bake, uncovered, at 350° for 1 hour or until chicken is golden brown and crispy and juices run clear.

Pork Chops with Mushroom Bourbon Sauce

These golden-crust pork chops are accompanied with a rich mushroom sauce. The scrumptious entree is loved by my family and makes a terrific company dish. It's wonderful served with mashed potatoes.

—**NADINE MESCH** MOUNT HEALTHY, OHIO

PREP: 20 MIN. **COOK:** 30 MIN. **MAKES:** 2 SERVINGS

½ pound sliced fresh mushrooms

2 tablespoons chopped onion

2 tablespoons olive oil, divided

1 tablespoon butter

1 garlic clove, minced

¼ cup white wine or reduced-sodium chicken broth

2 tablespoons bourbon

½ cup reduced-sodium chicken broth

¼ cup heavy whipping cream

2 boneless pork loin chops (6 ounces each)

¼ teaspoon salt

¼ teaspoon paprika

⅛ teaspoon pepper

1 egg

2 tablespoons water

3 tablespoons all-purpose flour

½ cup panko (Japanese) bread crumbs

4 teaspoons minced fresh basil

1. In a large skillet, saute mushrooms and onion in 1 tablespoon oil and butter until tender. Add the garlic; cook 1 minute longer. Remove from the heat.

2. Add the wine and bourbon; cook over medium heat until liquid is evaporated. Add chicken broth and cream; bring to a boil. Reduce heat and simmer until sauce is thickened, stirring occasionally; keep warm.

3. Sprinkle chops with salt, paprika and pepper. In a shallow bowl, whisk egg and water. Place flour and bread crumbs in separate shallow bowls. Dip pork in the flour, egg mixture, then bread crumbs.

4. In a large skillet, cook chops over medium heat in remaining oil for 4-5 minutes on each side or until crisp and a thermometer reads 165°. Stir basil into mushroom sauce; serve over the pork.

dishing about food

Bourbon is a corn-based American whiskey most closely associated with Kentucky. In fact, there's a trail winding through the state that connects six classic bourbon distilleries.



Ham on Biscuits

I like entertaining friends with a luncheon. They always compliment me on these special little ham sandwiches made on cheesy homemade biscuits. Usually, I use Smithfield ham, but if salty ham is not your preference, any thin-sliced ham works well.

—**BETSY HEDEMAN** TIMONIUM, MARYLAND

PREP/TOTAL TIME: 30 MIN. **MAKES:** 8 SANDWICHES

1 cup all-purpose flour

2 teaspoons sugar

1⅞ teaspoons baking powder

¼ teaspoon baking soda

⅛ teaspoon salt

2 tablespoons cold butter

½ cup 4% cottage cheese

1 egg

3 tablespoons milk

8 teaspoons butter, softened

½ pound sliced deli ham

1. In a small bowl, combine the flour, sugar, baking powder, baking soda and salt; cut in cold butter until mixture resembles coarse crumbs. In a small bowl, beat cottage cheese for 2 minutes. Beat in egg and milk until blended. Stir into crumb mixture just until moistened.
2. Turn onto a lightly floured surface; knead 8-10 times. Pat or roll out to ½-in. thickness; cut out eight biscuits with a floured 2½-in. biscuit cutter.
3. Place 1 in. apart on an ungreased baking sheet. Bake at 450° for 8-12 minutes or until golden brown. Split biscuits in half; spread with softened butter. Place ham on biscuit bottoms; replace tops.



Southern Shrimp & Grits

This is just a classic old, Southern, stick-to-your-ribs dinner combining fresh shrimp, a medley of peppers, onion and creamy cheese grits. It's great served with corn bread and sliced tomatoes.

—**MELISSA HASS** GILBERT, SOUTH CAROLINA

PREP/TOTAL TIME: 30 MIN. **MAKES:** 4 SERVINGS

2½ cups chicken broth

1 cup quick-cooking grits

1 medium onion, sliced

1 package (14 ounces) frozen pepper strips, thawed

4 teaspoons olive oil

12 uncooked jumbo shrimp, peeled and deveined

¼ cup minced fresh parsley

1 teaspoon lemon juice

1 cup (4 ounces) shredded sharp cheddar cheese

½ cup sour cream

1. In a large saucepan, bring broth to a boil. Slowly stir in grits. Reduce heat; cook and stir for 5-7 minutes or until thickened.
2. Meanwhile, in a large skillet, saute onion and pepper strips in oil until crisp-tender. Add the shrimp, parsley and lemon juice; saute 3-4 minutes longer or until shrimp turn pink.
3. Stir cheese and sour cream into grits; serve with shrimp mixture.

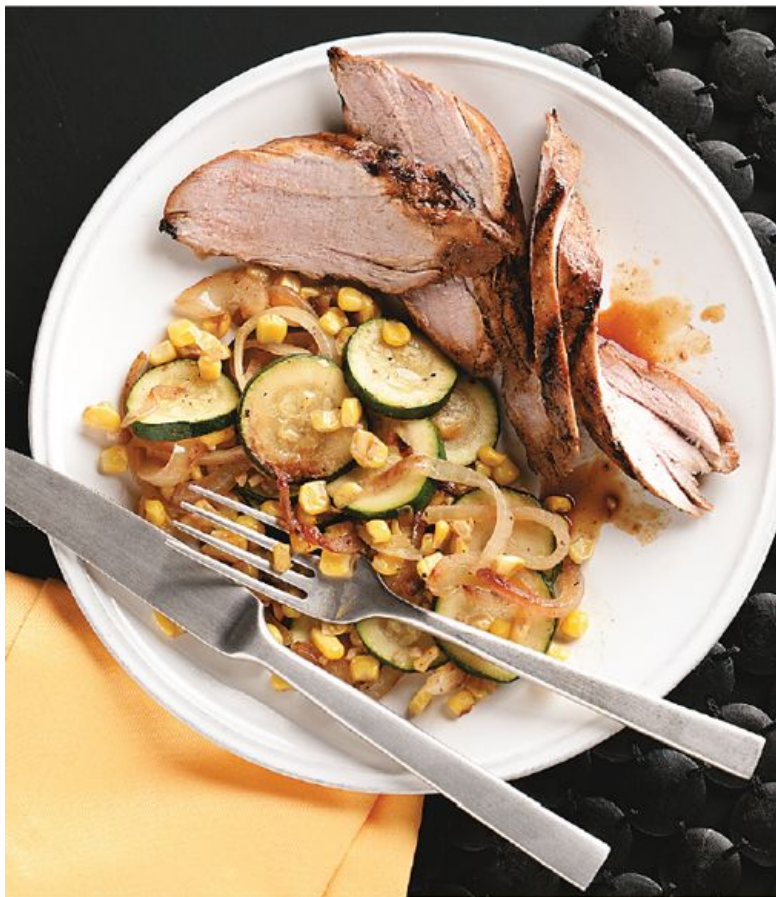
dishing about food

Shrimp and grits is a popular and timeless combination in the Charleston area of South Carolina—with some claiming it's actually essential to life! It's even on menus for breakfast during shrimping season. A 1985 article by Craig Claiborne in *The New York Times* helped spread a new awareness of this Southern favorite to the entire country.



CHARLESTON, SC

In an effort to help revive Charleston decades after the Civil War, Dorothy Pocher Legge bought a few row houses on East Bay Street. She painted them candy pink. Other homeowners followed suit, and eventually Rainbow Row was born.



Carolina Marinated Pork Tenderloin

You'll need just three ingredients to make a melt-in-your-mouth marinade that friends, family and neighbors will rave about.

—**SHARISSE DUNN** ROCKY POINT, NORTH CAROLINA

PREP: 10 MIN. + MARINATING **GRILL:** 20 MIN. **MAKES:** 4 SERVINGS

¼ cup molasses

2 tablespoons spicy brown mustard

1 tablespoon cider vinegar

1 pork tenderloin (1 pound)

1. In a large resealable plastic bag, combine the molasses, mustard and vinegar; add the pork. Seal bag and turn to coat; refrigerate for 8 hours or overnight.
2. Prepare grill for indirect heat, using a drip pan. Drain and discard marinade. Moisten a paper towel with cooking oil; using long-handled tongs, lightly coat grill rack.
3. Place pork over drip pan and grill, covered, over indirect medium-hot heat for 20-27 minutes or until a thermometer reads 145°, turning occasionally. Let stand for 5 minutes before slicing.



Crawfish Etouffee

I like to serve this Cajun sensation when I entertain. Etouffee is typically served with shellfish over rice and is similar to gumbo.

—**TAMRA DUNCAN** LINCOLN, ARKANSAS

PREP: 15 MIN. **COOK:** 50 MIN. **MAKES:** 6-8 SERVINGS

½ cup butter, cubed

½ cup plus 2 tablespoons all-purpose flour

1¼ cups chopped celery

1 cup chopped green pepper

½ cup chopped green onions

1 can (14½ ounces) chicken broth

1 cup water

¼ cup minced fresh parsley

1 tablespoon tomato paste

1 bay leaf

½ teaspoon salt

¼ teaspoon pepper

¼ teaspoon cayenne pepper

2 pounds frozen cooked crawfish tail meat, thawed

Hot cooked rice

1. In a large heavy skillet, melt butter; stir in the flour. Cook and stir over low heat for about 20 minutes until mixture is a caramel-colored paste. Add the celery, pepper and onions; stir until coated. Add the broth, water, parsley, tomato paste, bay leaf, salt, pepper and cayenne pepper. Bring to a boil.

2. Reduce the heat; cover and simmer for 30 minutes, stirring occasionally. Discard bay leaf. Add crawfish and heat through. Serve with rice.

Test Kitchen Tip: *Sometimes Tamra serves this with cooked penne pasta instead of rice. You can mix it all together or just serve it over the pasta. Also, you can add a bit more tomato paste for a deeper color and more cayenne pepper to raise the heat level.*

dishing about food

New Orleans cooks are proud of their etouffees! Meaning “to smother” in French, an etouffee is similar to gumbo in that it uses the same seasonings and also, a roux. But while gumbo uses a rich and reddish-brown roux, an etouffee uses a blond one.



LOUISIANA

The bayou is a unique and diverse ecosystem. The swampy terrain is home to crawfish, alligators, catfish and shrimp—all popular eats in Cajun

cuisine.



Peanutty Chicken

We use peanuts in a variety of dishes. This tender chicken, covered in a tasty gravy and sprinkled with peanuts, has a zip that perks up the taste buds!

—**MARY KAY DIXSON** DECATUR, ALABAMA

PREP: 10 MIN. **COOK:** 45 MIN. **MAKES:** 4 SERVINGS

1 teaspoon chili powder

1 teaspoon salt

¼ teaspoon pepper

1 broiler/fryer chicken (3½ to 4 pounds), cut up

5 tablespoons butter

1 cup orange juice

⅔ to 1 cup salted peanuts

Orange slices or minced fresh cilantro, optional

1. In a small bowl, combine the chili powder, salt and pepper; rub over chicken. In a large skillet, saute chicken in butter until golden brown. Reduce heat; cover and cook for 30 minutes or until juices run clear.

2. Transfer chicken to a serving platter and keep warm. Add orange juice to skillet, stirring to loosen browned bits from pan; simmer for 5 minutes. Pour over chicken. Sprinkle with peanuts. Garnish with orange slices and cilantro if desired.

Tomato Sandwiches

Use garden-fresh tomatoes for this sandwich. It's simple, but what a refreshing way to savor your tomato crop!

—**TASTE OF HOME TEST KITCHEN**

PREP/TOTAL TIME: 5 MIN **MAKES:** 4 SERVINGS

8 slices white bread, toasted if desired

½ cup mayonnaise, divided

2 large ripe tomatoes, sliced ½ inch thick

¼ teaspoon salt

¼ teaspoon pepper

1. Spread four slices of bread with half of the mayonnaise. Top with tomatoes; season with salt and pepper. Spread remaining mayonnaise over remaining bread; close sandwiches.

dishing about food

Southerners can agree on the simple delights of a homegrown, vine-ripened tomato sandwich. However, exactly how to make that sandwich is another matter. Are the tomatoes peeled or unpeeled, thin-sliced or thick-sliced? Is the white bread plain or toasted? Most everyone does agree, however, that the sandwich must be made with regular mayonnaise (no substitutions!), salt, pepper and classic white bread. It's a summertime tradition and treat.



Cajun Shrimp Lasagna Roll-Ups

If you enjoy Creole and Cajun dishes, you'll love this one. The seasoning and andouille sausage give it a nice kick, and seafood fans will appreciate the shrimp.

—**MARY BETH HARRIS-MURPHREE** TYLER, TEXAS

PREP: 30 MIN. **BAKE:** 25 MIN. + STANDING **MAKES:** 6 SERVINGS

1¼ pounds uncooked medium shrimp, peeled and deveined

1 medium onion, chopped

2 tablespoons olive oil

4 medium tomatoes, seeded and chopped

2 tablespoons Cajun seasoning

3 garlic cloves, minced

¼ cup butter, cubed

¼ cup all-purpose flour

2 cups milk

1½ cups (6 ounces) shredded cheddar cheese

1 cup diced fully cooked andouille sausage

12 lasagna noodles, cooked and drained

4 ounces pepper jack cheese, shredded

1 teaspoon paprika

1. In a large skillet, saute shrimp and onion in oil until shrimp turn pink. Stir in tomatoes and Cajun seasoning; set aside.
2. In a large saucepan, saute garlic in butter for 1 minute. Stir in flour until blended. Gradually add milk. Bring to a boil over medium heat; cook and stir for 2 minutes or until thickened. Remove from the heat; stir in cheddar cheese until smooth. Add sausage; set aside.
3. Spread ⅓ cup shrimp mixture over each noodle. Carefully roll up; place seam side down in a greased 13x9-in. baking dish. Top with cheese sauce. Sprinkle with pepper jack cheese and paprika.
4. Cover and bake at 350° for 15 minutes. Uncover; bake 10-15 minutes longer or until bubbly. Let stand 15 minutes before serving.



Kentucky Grilled Chicken

This chicken is perfect for an outdoor summer meal. It takes about an hour on the grill. I use a new paintbrush to “mop” on the basting sauce.

—**JILL EVELY** WILMORE, KENTUCKY

PREP: 5 MIN. + MARINATING **GRILL:** 40 MIN. **MAKES:** 10 SERVINGS

1 cup cider vinegar

½ cup canola oil

5 teaspoons Worcestershire sauce

4 teaspoons hot pepper sauce

2 teaspoons salt

10 bone-in chicken breast halves (10 ounces each)

1. In a small bowl, combine the first five ingredients. Pour 1 cup marinade into a large resealable plastic bag; add the chicken. Seal bag and turn to coat; refrigerate for at least 4 hours. Cover and refrigerate the remaining marinade for basting.

2. Drain and discard marinade from chicken. Using long-handled tongs, moisten a paper towel with cooking oil and lightly coat the grill rack. Prepare the grill for indirect heat, using a drip pan.

3. Place chicken breast bone side down and grill, covered, over indirect medium heat for 20 minutes on each side or until a thermometer reads 170°, basting occasionally with reserved marinade.

dishing about food

A mixture of vinegar and Worcestershire sauce is the base of a special barbecue sauce that is popular in Western Kentucky. It's used primarily on smoked chicken and mutton but is also delicious on other types of meat.



Cajun Catfish Sandwiches

You won't miss the fat and calories in this lightened-up version of a restaurant-style sandwich. Serve alongside your favorite vegetable side dish and enjoy.

—**SHAUNIECE FRAZIER** LOS ANGELES, CALIFORNIA

PREP/TOTAL TIME: 25 MIN. **MAKES:** 4 SERVINGS

¾ teaspoon seasoned pepper

½ teaspoon chili powder

½ teaspoon cayenne pepper

¼ teaspoon seasoned salt

4 catfish fillets (4 ounces each)

2 teaspoons olive oil, divided

2 green onions, chopped

3 garlic cloves, minced

½ cup fat-free mayonnaise

4 French or kaiser rolls, split and toasted

4 romaine leaves

1. Combine the seasoned pepper, chili powder, cayenne and seasoned salt; sprinkle over fillets.
2. In a large skillet, cook fillets in 1 teaspoon oil for 4-6 minutes on each side or until fish flakes easily with a fork. Remove; keep warm.
3. In the same skillet, saute the onions in the remaining oil until the onions are tender. Add the garlic; cook 1 minute longer. Remove from the heat; stir in the mayonnaise. Spread over rolls; top each with a romaine leaf and fillet. Replace tops.



Salmon Croquettes

Mom frequently served salmon when I was a girl. Learning the ropes in the kitchen as I grew up, I got the chore of deboning the salmon. I didn't mind, because these light crisp croquettes are absolutely delicious.

—**MARY MCGUIRE** GRAHAM, NORTH CAROLINA

PREP/TOTAL TIME: 30 MIN. **MAKES:** 4-6 SERVINGS

1 can (14¾ ounces) pink salmon, drained, deboned and flaked

1 cup evaporated milk, divided

1½ cups cornflake crumbs, divided

¼ cup dill pickle relish

¼ cup finely chopped celery

2 tablespoons finely chopped onion

Oil for deep-fat frying

TARTAR SAUCE

⅔ cup evaporated milk

¼ cup mayonnaise

2 tablespoons dill pickle relish

1 tablespoon finely chopped onion

1. In a large bowl, combine the salmon, ½ cup milk, ½ cup crumbs, relish, celery and onion. With wet hands, shape ¼ cupfuls into cones. Dip into remaining milk, then into remaining crumbs. Heat oil in a deep-fat fryer to 365°. Fry croquettes, a few at a time, for 2 to 2½ minutes or until golden brown, Drain on paper towels; keep warm.
2. In a small saucepan, combine tartar sauce ingredients; cook over medium-low heat until heated through and slightly thickened. Serve warm with croquettes.

dishing about food

Salmon croquettes are also known as salmon patties and salmon cakes. Croquettes are frequently cone-shaped, and the patties and cakes are shaped like burgers. The traditional recipe is made with canned salmon for a budget-friendly entree.

Shredded Barbecue Chicken over Grits

There’s nothing like juicy meat sitting atop a pile of steaming grits. And the pumpkin in these grits makes them taste like a spicy, comforting bowl of fall flavors. Your family will come running to the table for this one!

—**ERIN RENOUF MYLROIE** SANTA CLARA, UTAH

PREP: 20 MIN. **COOK:** 25 MIN. **MAKES:** 6 SERVINGS

- 1 pound boneless skinless chicken breasts
- ¼ teaspoon pepper
- 1 can (14½ ounces) reduced-sodium chicken broth, divided
- 1 cup hickory smoke-flavored barbecue sauce
- ¼ cup molasses
- 1 tablespoon ground ancho chili pepper
- ½ teaspoon ground cinnamon
- 2¼ cups water
- 1 cup quick-cooking grits
- 1 cup canned pumpkin
- ¾ cup shredded pepper jack cheese
- 1 medium tomato, seeded and chopped
- 6 tablespoons reduced-fat sour cream
- 2 green onions, chopped
- 2 tablespoons minced fresh cilantro

1. Sprinkle chicken with pepper; place in a nonstick skillet coated with cooking spray.
2. In a large bowl, combine 1 cup broth, barbecue sauce, molasses, chili pepper and cinnamon; pour over the chicken. Bring to a boil. Reduce the heat; cover and simmer for 20-25 minutes or until a thermometer reads 165°. Shred meat with two forks and return to the skillet.
3. Meanwhile, in a large saucepan, bring water and remaining broth to a boil. Slowly stir in grits and pumpkin. Reduce heat; cook and stir for 5-7 minutes or until thickened. Stir in cheese until melted.
4. Divide grits among six serving bowls; top each with ½ cup chicken mixture. Serve with tomato, sour cream, green onions and cilantro.



Cuban Roasted Pork Sandwiches

For an incredible hot sandwich, slowly roast pork in a seasoned citrus marinade, then layer slices with pickles, zippy mustard, ham and cheese.

—TASTE OF HOME TEST KITCHEN

PREP: 10 MIN. + **MARINATING** **BAKE:** 2¾ HOURS + **STANDING** **MAKES:** 24 SERVINGS

1 boneless pork shoulder butt roast (5 to 6 pounds)

4 garlic cloves, sliced

2 large onions, sliced

1 cup orange juice

1 cup lime juice

2 tablespoons dried oregano

2 teaspoons ground cumin

1 teaspoon salt

1 teaspoon pepper

SANDWICHES

4 loaves (1 pound each) French bread

¾ cup butter, softened

Yellow mustard, optional

24 thin sandwich pickle slices

2¼ pounds sliced deli ham

2¼ pounds Swiss cheese, sliced

1. Cut sixteen 1-in. slits in roast; insert garlic slices. In a large bowl, combine the onions, orange juice, lime juice and seasonings. Pour 1½ cups marinade into a large resealable plastic bag; add pork. Seal bag and turn to coat; refrigerate for at least 8 hours or overnight. Cover and refrigerate remaining marinade.

2. Drain and discard marinade. Place roast and reserved marinade in a shallow roasting pan. Bake at 350° for 2¾ to 3¼ hours or until a thermometer reads 160°, basting occasionally. Let stand for 15 minutes before slicing.

3. Meanwhile, cut each loaf of bread in half lengthwise. Spread butter and mustard if desired over cut sides of bread. Cut pork into thin slices. Layer bottom halves of bread with pickles, pork, ham and cheese. Replace tops. Cut each loaf into sixths.

4. Cook in batches on a panini maker or indoor grill for 4-5 minutes or until bread is browned and cheese is melted.

dishing about food

Cubans brought their cuisine to America, namely the Tampa and Miami areas of Florida and the Northeast. The Cuban Sandwich has been particularly embraced and is sold in restaurants and corner snack bars. It consists of pork, ham, cheese and a pickle on a long roll. The entire

sandwich is warmed in a press until all the ingredients melt together.



MIAMI BEACH, FL

From 1923 to 1943, Art Deco architecture was all the rage—especially in Miami Beach. Today, the hotels, apartments and other buildings in this district are on the National Register of Historic Places.



Red-Eye Beef Roast

The addition of hot sauce zips up this cut of meat. It takes me back to spicy dinners I enjoyed as a child in the Southwest. I like to use the leftovers in different dishes—including BBQ beef sandwiches, quesadillas and spicy burritos.

—CAROL STEVENS BASYE, VIRGINIA

PREP: 25 MIN. **BAKE:** 2 HOURS + STANDING **MAKES:** 10-12 SERVINGS

1 boneless beef eye of round roast (about 3 pounds)

1 tablespoon canola oil

2½ cups water, divided

1 envelope onion soup mix

3 tablespoons cider vinegar

2 tablespoons Louisiana hot sauce

2 tablespoons all-purpose flour

1. In a Dutch oven, brown roast on all sides in oil over medium-high heat; drain. Combine ¾ cup water, soup mix, vinegar and hot sauce; pour over roast.

2. Cover and bake at 325° for 2-3 hours or until the beef is tender. Transfer to a serving platter and keep warm. Let stand for 10-15 minutes before slicing.

3. For gravy, combine flour and remaining water until smooth; stir into meat juices. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve with meat.



Whiskey Sirloin Steak

Moist, tender and slightly sweet from the marinade, this juicy steak boasts wonderful flavor and oh-so-easy preparation. Serve with potatoes and a green vegetable for a complete meal.

—TASTE OF HOME TEST KITCHEN

PREP: 10 MIN. + MARINATING **BROIL:** 15 MIN. **MAKES:** 4 SERVINGS

¼ cup whiskey or apple cider

¼ cup reduced-sodium soy sauce

1 tablespoon sugar

1 garlic clove, thinly sliced

½ teaspoon ground ginger

1 beef top sirloin steak (1 inch thick and 1 pound)

1. In a large resealable plastic bag, combine the first five ingredients; add the beef. Seal bag and turn to coat; refrigerate for 8 hours or overnight.
2. Drain and discard marinade. Place beef on a broiler pan coated with cooking spray. Broil 4-6 in. from the heat for 7-8 minutes on each side or until meat reaches desired doneness (for medium-rare, a thermometer should read 145°; medium, 160°; well-done, 170°).



Louisiana Red Beans and Rice

Smoked turkey sausage and red pepper flakes punch up the flavor of this saucy, slow-cooked version of the New Orleans classic. For extra heat, add red pepper sauce at the table.

—**JULIA BUSHREE** GEORGETOWN, TEXAS

PREP: 20 MIN. **COOK:** 8 HOURS **MAKES:** 9 SERVINGS

4 cans (16 ounces each) kidney beans, rinsed and drained

1 can (14½ ounces) diced tomatoes, undrained

1 package (14 ounces) smoked turkey sausage, sliced

1 cup chicken broth

3 celery ribs, chopped

1 large onion, chopped

1 medium green pepper, chopped

1 small sweet red pepper, chopped

6 garlic cloves, minced

1 bay leaf

½ teaspoon crushed red pepper flakes

2 green onions, chopped

Hot cooked rice

1. In a 4-qt. slow cooker, combine the first 11 ingredients. Cover and cook on low for 8-10 hours or until vegetables are tender. Stir before serving. Discard bay leaf.

2. Sprinkle each serving with onions. Serve with rice.

dishing about food

A classic Monday-night dinner in Louisiana is Red Beans and Rice. Historically, the meat used for this dish was left over from Sunday's dinner—either pork or ham. The beans would simmer unattended on stovetops, while housewives did their Monday laundry.



Beef Brisket with Mop Sauce

This brisket roasts in a sauce that adds great flavor. When one of our sons lived in the South, I learned that “mop sauce” is traditionally prepared for Texas ranch-style barbecues in batches so large that it’s brushed on the meat with a mop! You won’t need that much for my recipe but will get the big-time taste.

—**DARLIS WILFER** WEST BEND, WISCONSIN

PREP: 20 MIN. **BAKE:** 2 HOURS **MAKES:** 10-12 SERVINGS

½ cup water

¼ cup cider vinegar

¼ cup Worcestershire sauce

¼ cup ketchup

¼ cup dark corn syrup

2 tablespoons canola oil

2 tablespoons prepared mustard

1 fresh beef brisket (3 pounds)

1. In a large saucepan, combine the first seven ingredients. Bring to a boil, stirring constantly. Reduce the heat; simmer for 5 minutes, stirring occasionally. Remove from the heat.

2. Place the brisket in a shallow roasting pan; pour sauce over the top. Cover and bake at 350° for 2 to 2½ hours or until meat is tender. Let stand for 5 minutes. Thinly slice meat across the grain.

Tangy Beef Brisket: *Omit sauce. In a large saucepan, saute ½ cup diced onion in ¼ cup butter until tender. Add 1¾ cups ketchup, ¾ cup packed brown sugar, ¼ cup Worcestershire sauce, 3 tablespoons lemon juice, 1 tablespoon chili powder, ¾ teaspoon hot pepper sauce, ½ teaspoon each salt and prepared horseradish and ¼ teaspoon garlic powder. Bring to a boil. Reduce heat; simmer, uncovered, for 30-40 minutes. Proceed as directed in step 2.*

Editor’s Note: *This is a fresh beef brisket, not corned beef.*

Bayou Burgers with Spicy Remoulade

I like to serve these Southern, slightly spicy and flavorful burgers with sweet potato fries.

—**MICHELE CLAYBROOK-LUCAS** MEDIA, PENNSYLVANIA

PREP/TOTAL TIME: 30 MIN. **MAKES:** 4 SERVINGS

1 small onion, chopped

2 tablespoons olive oil

¼ pound fully cooked andouille sausage link, casing removed, finely chopped

1 teaspoon Creole seasoning

¾ teaspoon garlic powder, divided

¼ teaspoon salt

¼ teaspoon pepper

1 pound ground turkey

¼ pound Italian turkey sausage link, casing removed

4 slices cheddar cheese

½ cup Miracle Whip

2 tablespoons lemon juice

1 tablespoon hot pepper sauce

2 teaspoons sweet pickle relish

1 teaspoon capers, drained

4 kaiser rolls, split

1 tablespoon butter

1. In a large skillet, saute onion in oil until tender. Add andouille sausage; cook 1 minute longer. Transfer to a large bowl. Stir in the Creole seasoning, ¼ teaspoon garlic powder, salt and pepper. Crumble turkey and turkey sausage over mixture and mix well. Shape into four patties.

2. In a large skillet over medium heat, cook burgers for 5-7 minutes on each side or until a thermometer reads 165° and juices run clear. Top with cheese; cover and cook for 1-2 minutes or until cheese is melted.

3. For remoulade, in a small bowl, combine the Miracle Whip, lemon juice, pepper sauce, relish and capers. Spread rolls with butter and sprinkle with remaining garlic powder. Broil 4 in. from the heat for 2-3 minutes or until lightly browned. Serve burgers on rolls with the remoulade.

Editor’s Note: *The following spices may be substituted for 1 teaspoon Creole seasoning: ¼ teaspoon each salt, garlic powder and paprika; and a pinch each of dried thyme, ground cumin and cayenne pepper.*

Whiskey Barbecue Pork

The list of ingredients seems long for my saucy pork, but most items are common things you already have in your kitchen. I think the liquid smoke gives it the authentic taste!

—**REBECCA HORVATH** JOHNSON CITY, TENNESSEE

PREP: 15 MIN. **COOK:** 6 HOURS **MAKES:** 8 SERVINGS

½ to ¾ cup packed brown sugar

1 can (6 ounces) tomato paste

⅓ cup barbecue sauce

¼ cup whiskey

2 tablespoons liquid smoke

2 tablespoons Worcestershire sauce

3 garlic cloves, minced

½ teaspoon chili powder

½ teaspoon salt

½ teaspoon pepper

½ teaspoon hot pepper sauce

¼ teaspoon ground cumin

1 boneless pork shoulder butt roast (3 to 4 pounds)

1 medium onion, quartered

8 hamburger buns, split

1. In a small bowl, mix the first 12 ingredients. Place the pork roast and onion in a 5-qt. slow cooker. Add sauce mixture. Cook, covered, on low for 6-8 hours or until pork is tender.

2. Remove roast and onion. Cool pork slightly; discard onion. Meanwhile, skim fat from sauce. If desired, transfer sauce to a small saucepan; bring to a boil and thicken slightly.

3. Shred the pork with two forks. Return pork and sauce to slow cooker; heat through. Serve on buns.

dishing about food

Tennessee is known for its whiskey, especially Jack Daniel’s. So it’s no surprise that Tennessee barbecue sauce often has a splash or more of whiskey in it.



LYNCHBURG, TN

Sights on the Jack Daniel's tour offer an indoors-and-out view of the famous distiller's world, including a cave spring, which still provides water for the whiskey.



Molasses-Glazed Baby Back Ribs

My husband sizzles up his luscious ribs recipe for our family of five at least once a month in the summer. The sweet-and-sour barbecue sauce is the perfect condiment for the moist tender meat.

—KIM BRALEY DUNEDIN, FLORIDA

PREP: 20 MIN. + MARINATING **GRILL:** 70 MIN. **MAKES:** 4 SERVINGS

4½ pounds pork baby back ribs

1 bottle (2 liters) cola

½ teaspoon salt

½ teaspoon pepper

¼ teaspoon garlic salt

¼ teaspoon dried oregano

¼ teaspoon onion powder

⅛ teaspoon cayenne pepper

BARBECUE SAUCE

¼ cup ketchup

¼ cup honey

¼ cup molasses

1 tablespoon prepared mustard

½ teaspoon cayenne pepper

½ teaspoon salt

1. Place the ribs in large resealable plastic bags; add cola. Seal bags and turn to coat; refrigerate for 8 hours or overnight.

2. Drain and discard cola. Pat ribs dry with paper towels. Combine the seasonings; rub over the ribs.
3. Prepare grill for indirect heat, using a drip pan. Place ribs over pan; grill, covered, over indirect medium heat for 1 hour, or until tender, turning occasionally.
4. In a small bowl, combine the barbecue sauce ingredients. Brush over the ribs; grill, covered, over medium heat 10-20 minutes longer or until ribs are browned, turning and basting occasionally.



Shrimp Po-Boys

You don't have to feel poor after you pay in for your taxes. These sandwiches will star on the table and add a Louisiana flair. You can adjust the cayenne pepper to suit your tastes.

—**BETTY JEAN JORDAN** MONTICELLO, GEORGIA

PREP: 30 MIN. **COOK:** 15 MIN. **MAKES:** 8 SERVINGS

½ cup mayonnaise

½ cup finely chopped onion

½ cup chopped dill pickles

1⅓ cups all-purpose flour

1 teaspoon salt

4 eggs, separated

1⅓ cups 2% milk

2 tablespoons canola oil

8 French sandwich rolls, split

Additional oil for deep-fat frying

2 pounds uncooked large shrimp, peeled and deveined

Cayenne pepper to taste

4 cups shredded lettuce

16 tomato slices

1. In a small bowl, combine the mayonnaise, onion and pickles; set aside. For the batter, combine flour and salt in a bowl. Add the egg yolks, milk and oil; beat until smooth.

2. In a small bowl, beat egg whites until stiff peaks form; fold in batter.

3. Wrap sandwich rolls in foil. Bake at 350° for 10 minutes or until warmed. Meanwhile, in a large skillet or deep-fat fryer, heat ½ in. of oil to 375°. Dip shrimp in batter; fry for 2-3 minutes on each side or until golden brown. Drain on paper towels; sprinkle with cayenne

4. Spread mayonnaise mixture over rolls; top with lettuce, tomato slices and shrimp.

dishing about food

According to popular theory, the Po-Boy sandwich came about during the 1929 streetcar strike in New Orleans. Former streetcar conductors Clovis and Bennie Martin operated a small coffee stand and restaurant at the time, and during the strike, they vowed to feed the strikers until the strike was over. When one of the strikers came by, the Martins would call out, “Here comes another poor boy.” The name eventually stuck—to the sandwiches they handed out.



NEW ORLEANS, LA

Cruise historic New Orleans in a streetcar! The three lines, St. Charles, Canal Street and Riverfront, offer access to many must-see spots in the French Quarter and beyond.



Creole Chicken

Chili powder lends just a hint of heat to this full-flavored and oh-so-easy chicken entree.

—**SUSAN SHIELDS** ENGLEWOOD, FLORIDA

PREP: 15 MIN. **COOK:** 25 MIN. **MAKES:** 2 SERVINGS

2 boneless skinless chicken breast halves (4 ounces each)

1 teaspoon canola oil

1 can (14½ ounces) stewed tomatoes, cut up

⅓ cup julienned green pepper

¼ cup chopped celery

¼ cup sliced onion

½ to 1 teaspoon chili powder

½ teaspoon dried thyme

⅛ teaspoon pepper

1 cup hot cooked rice

1. In a small nonstick skillet coated with cooking spray, cook the chicken in oil over medium heat for 5-6 minutes on each side or a thermometer reads 165° Remove; keep warm.

2. In the same skillet, combine the tomatoes, green pepper, celery, onion, chili powder, thyme and pepper. Bring to a boil. Reduce heat; cover and simmer for 10 minutes or until vegetables are crisp-tender. Return chicken to pan; heat through. Serve with rice.

dishing about food

Creole cooking is a robust blend of French, Spanish, African and other cuisines from around the world. Dishes in this family of foods are often tomato-based and frequently feature seafood and rich flavors.



BATON ROUGE, LA

A towering 34 stories high, the Louisiana State Capitol is the tallest in the country. It was built in the early '30s and is surrounded by lush gardens.



South Carolina-Style Ribs

This recipe makes some of the very best country-style pork ribs you'll ever eat. We use the same delicious sauce on barbecued chicken, too.

—**KAREN CONKLIN** SUPPLY, NORTH CAROLINA

PREP: 15 MIN. **BAKE:** 2¼ HOURS **MAKES:** 6-8 SERVINGS

4 pounds pork baby back ribs

½ cup red wine vinegar

½ cup honey

½ cup prepared mustard

2 tablespoons canola oil

4 teaspoons Worcestershire sauce

2 teaspoons butter

2 teaspoons coarsely ground pepper

1 teaspoon salt

1 teaspoon hot pepper sauce

1. Cut ribs into serving-size pieces. Place ribs meat side up in a roasting pan. Cover and bake at 325° for 1½ to 2 hours or until tender; drain.
2. Meanwhile, combine the remaining ingredients in a saucepan. Bring to a boil over medium heat. Reduce the heat; simmer, uncovered, for about 30 minutes or until slightly reduced.
3. Brush sauce over ribs. Bake, uncovered, for 30-44 minutes or until the ribs are glazed, basting occasionally.

dishing about food

South Carolina barbecue sauce reflects a German influence. During the 1730s through the 1750s, the English who had settled in the area encouraged Germans to immigrate to South Carolina by paying their passage and giving them land grants. The Germans brought their tradition of family farming—along with their love of mustard, demonstrated in the area’s mustard-based barbecue sauce.



CHARLESTON, SC

Since its founding in 1738, Drayton Hall has survived the Revolution, the Civil War and several natural disasters. Visit and you’ll see the oldest surviving example of Georgian-Palladian architecture.

Cajun Beef Burgers

Flavor abounds in these hefty and juicy Cajun burgers, spiked with bits of veggies and Cajun seasoning. A creamy mayonnaise-and-Creole-mustard spread adds even more Louisiana-style flair.

—REBECCA BAIRD SALT LAKE CITY, UTAH

PREP: 30 MIN. **GRILL:** 10 MIN. **MAKES:** 4 SERVINGS

¼ cup mayonnaise

1 green onion, thinly sliced

1½ teaspoons Creole mustard

½ teaspoon minced garlic

½ teaspoon grated lime peel

½ teaspoon lime juice

¼ teaspoon pepper

⅛ teaspoon salt

Dash hot pepper sauce

Dash Worcestershire sauce

BURGERS

¼ cup each finely chopped onion, celery and carrot

2 tablespoons minced fresh parsley

1 tablespoon butter

1 tablespoon Cajun seasoning

¼ teaspoon salt

¼ teaspoon hot pepper sauce

1 pound lean ground beef (90% lean)

4 onion rolls, split

1. In a small bowl, combine the first 10 ingredients until blended; chill until serving.
2. In a large skillet, saute the onion, celery, carrot and parsley in butter for 6-8 minutes or until tender; cool slightly.
3. In a large bowl, combine the vegetable mixture, Cajun seasoning, salt and pepper sauce. Crumble beef over mixture and mix well. Shape into four patties.
4. Grill burgers, covered, over medium heat or broil 4 in. from the heat for 5-7 minutes on each side or until a thermometer reads 160° and juices run clear. Grill rolls, cut side down, over medium heat for 30-60 seconds or until toasted. Serve burgers on rolls with sauce.

Arkansas Travelers

I came across this club-style sandwich in a tearoom in Arkansas. I brought the “secret” recipe back home, much to the delight of my husband and our two sons.

—**ROBI KASTNER** SPRINGFIELD, MISSOURI

PREP/TOTAL TIME: 15 MIN. **MAKES:** 5 SERVINGS

- 1 pound turkey breast
- 1 block (5 ounces) Swiss cheese
- 1 avocado, peeled and pitted
- 1 large tomato
- 10 bacon strips, cooked and crumbled
- ⅓ to ½ cup ranch salad dressing
- 10 slices whole wheat bread, toasted

1. Chop turkey, cheese, avocado and tomato into ¼-in. cubes; place in a large bowl. Add bacon and dressing. Spoon ½ cup between two slices of toast.

dishing about food

The term *Arkansas Traveler* can refer to many different things, including a newspaper, minor league baseball team, a tomato breed, and a racehorse, as well as bikes, wagons, boats and an airplane service! Bill Clinton’s Arkansas friends who campaigned for him during his presidential campaigns were dubbed the same.



PONCA, AR

Adventurous travelers in Arkansas won’t want to miss hiking to famous Hawksbill Crag in the Ozark National Forest. Bring your camera—the natural vistas can’t be beat!



Soda Pop Chops with Smashed Potatoes

Root beer gives this family-friendly recipe a tangy taste kids will love. Served alongside the smashed potatoes, this recipe makes a stick-to-the-ribs meal any weeknight.

—TASTE OF HOME TEST KITCHEN

PREP: 25 MIN. **COOK:** 15 MIN. **MAKES:** 4 SERVINGS

1½ pounds small red potatoes, halved

1 cup root beer

1 cup ketchup

1 tablespoon brown sugar

2 teaspoons chili powder

2 teaspoons Worcestershire sauce

¼ teaspoon garlic powder

2 tablespoons all-purpose flour

¾ teaspoon pepper, divided

½ teaspoon salt, divided

4 bone-in pork loin chops (7 ounces each)

2 tablespoons olive oil

2 tablespoons butter

¼ teaspoon garlic powder

1. Place potatoes in a large saucepan and cover with water. Bring to a boil. Reduce heat; cover and cook for 15-20 minutes or until tender.

2. Meanwhile, in a small bowl, combine the root beer, ketchup, brown sugar, chili powder, Worcestershire sauce and garlic powder; set aside. In a large resealable plastic bag, combine the flour, ½ teaspoon pepper and ¼ teaspoon salt. Add pork chops, one at a time, and shake to coat.

3. In a large skillet, cook the chops in oil over medium heat for 2-3 minutes on each side or until chops are lightly browned; drain. Add root beer mixture. Bring to a boil. Reduce heat; cover and simmer 6-8 minutes or until a thermometer reads 145°. Remove the pork and keep warm. Let stand for 5 minutes before serving.

4. Bring sauce to a boil; cook until liquid is reduced by half. Meanwhile, drain potatoes; mash with the butter, garlic powder and remaining salt and pepper. Serve with pork chops and sauce.

Brunswick Stew

When this stick-to-your-ribs recipe is on the menu, no one leaves the table hungry. The tomato-based stew has chicken and ham in addition to the beef and is thickened with mashed potatoes.

—**JUDI BRINEGAR** LIBERTY, NORTH CAROLINA

PREP: 45 MIN. **COOK:** 2 HOURS **MAKES:** ABOUT 8 QUARTS (25-30 SERVINGS)

4 large onions, halved and thinly sliced

¼ cup butter, cubed

1 broiler/fryer chicken (3 to 4 pounds), cut up

8 cups water

2 cans (28 ounces each) crushed tomatoes

1¾ cups ketchup

1 can (6 ounces) tomato paste

1 can (10¾ ounces) condensed tomato soup, undiluted

2 medium jalapeno peppers, seeded and chopped

3 teaspoons salt

1 teaspoon Worcestershire sauce

1 teaspoon hot pepper sauce

1 teaspoon pepper

2 pounds ground beef, cooked and drained

1 pound cubed fully cooked ham

1 package (16 ounces) frozen cut green beans

1 package (16 ounces) frozen butter beans

1 package (16 ounces) frozen corn

6 cups hot mashed potatoes (without added milk and butter)

1. In a large stockpot, saute onions in butter until tender. Add chicken and water. Bring to a boil. Reduce heat; cover and simmer for 1 hour.
2. Remove chicken; when cool enough to handle, remove meat from bones. Discard bones and dice meat. Skim fat from broth; return chicken to broth.
3. Stir in the next 14 ingredients; bring to a boil. Reduce heat; cover and simmer for 1 hour or until vegetables are tender. Stir in potatoes; heat through.

Editor's Note: *Wear disposable gloves when cutting hot peppers; the oils can burn skin. Avoid touching your face.*

dishing about food

Brunswick, Georgia, and Brunswick County, Virginia, both claim to be the home of the original Brunswick Stew. Squirrel or rabbit was the meat of choice back in the 1800s, but now it's chicken. There are many variations on this thick tomato-based stew, but it always includes corn and may also have beans and additional meats.



Drive along Georgia's coast, and you may cross the Sidney Lanier Bridge, the longest one in the state. Built in 2003, the bridge features special lighting designed to protect turtles nesting nearby.



Southern Eggs and Biscuits

To me, nothing beats the flavor of Southern cooking, especially for breakfast! The rich flavor of these eggs served over homemade biscuits is a hearty way to start any day.

—**RUTH WARD** LEXINGTON, TENNESSEE

PREP: 30 MIN. **BAKE:** 25 MIN. **MAKES:** 6-8 SERVINGS

10 hard-cooked eggs, sliced

1 pound sliced bacon, diced

⅓ cup all-purpose flour

¼ teaspoon salt

⅛ teaspoon pepper

4 cups milk

2 cups cubed process cheese (Velveeta)

BISCUITS

½ cup shortening

3 cups self-rising flour

1¼ cups buttermilk

1. Place eggs in a greased 13x9-in. baking dish. In a large skillet, cook bacon over medium heat until crisp. Drain, reserving ¼ cup drippings. Sprinkle bacon over eggs.

2. Whisk the flour, salt and pepper into reserved drippings until smooth. Gradually add milk. Bring to a boil. Cook and stir for 2 minutes or until thickened and bubbly. Add cheese, stirring until melted; pour over eggs.

3. For biscuits, cut shortening into flour until mixture resembles coarse crumbs. Stir in buttermilk; gently knead six to eight times. Roll out on a lightly floured surface to ½-in. thickness. Cut with a 2½-in. biscuit cutter and place on a greased baking sheet.

4. Bake biscuits and eggs at 400° for 25 minutes or until biscuits are golden brown. Serve eggs over biscuits.



Creole Steaks

Here's a quick way to "fancy up" an economical cut of beef. I created the recipe as a variation on Swiss steak. Serve this entree with rice to catch the flavorful sauce.

—**NICOLE FILIZETTI** JACKSONVILLE, FLORIDA

PREP: 15 MIN. **COOK:** 35 MIN. **MAKES:** 4 SERVINGS

1 large onion, chopped

¼ cup chopped green pepper

¼ cup chopped celery

4 tablespoons canola oil, divided

3 garlic cloves, minced

1 tablespoon all-purpose flour

½ teaspoon salt

½ teaspoon dried thyme

½ teaspoon cayenne pepper

½ teaspoon pepper

2 cans (14½ ounces each) fire-roasted diced tomatoes, undrained

¼ teaspoon hot pepper sauce

1 tablespoon lemon juice

4 beef cubed steaks (4 ounces each)

Additional salt and pepper

1. In a large skillet, saute the onion, green pepper and celery in 2 tablespoons oil until crisp-tender. Add garlic; cook 1 minute longer. Stir in flour, salt, thyme, cayenne and pepper.

2. Add tomatoes and pepper sauce; bring to a boil. Reduce heat; simmer, uncovered, for 20-25 minutes or until thickened, stirring occasionally. Remove from the heat; stir in lemon juice and keep warm.

3. Sprinkle steaks with salt and pepper to taste. In another large skillet, cook steaks in remaining oil over medium heat for 3-4 minutes on each side or until no longer pink. Serve with sauce.



Southern Fried Chicken

In the South, they often serve fried chicken with a creamy seasoned gravy.

—TASTE OF HOME TEST KITCHEN

PREP: 25 MIN. **COOK:** 45 MIN. **MAKES:** 6 SERVINGS

1 cup all-purpose flour

1 teaspoon onion powder

1 teaspoon paprika

$\frac{3}{4}$ teaspoon salt

$\frac{1}{2}$ teaspoon rubbed sage

$\frac{1}{2}$ teaspoon pepper

$\frac{1}{4}$ teaspoon dried thyme

1 egg

$\frac{1}{2}$ cup milk

1 broiler/fryer chicken (3 to 3 $\frac{1}{2}$ pounds), cut up

Oil for frying

CREAMY GRAVY

$\frac{1}{3}$ cup all-purpose flour

$\frac{1}{4}$ teaspoon salt

$\frac{1}{4}$ teaspoon dried thyme

$\frac{1}{4}$ to $\frac{1}{2}$ teaspoon pepper

2 $\frac{1}{2}$ cups milk

$\frac{1}{2}$ cup heavy whipping cream

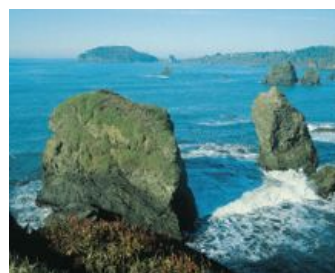
1. In a large resealable plastic bag, combine the first seven ingredients. In a shallow bowl, beat egg and milk. Dip chicken pieces into egg mixture, then add to flour mixture, a few pieces at a time, and shake to coat.

2. In a large skillet, heat $\frac{1}{4}$ in. of oil; fry chicken until browned on all sides. Cover and simmer for 35-40 minutes or until juices run clear and chicken is tender, turning occasionally. Uncover and cook 5 minutes longer. Drain on paper towels and keep warm. Drain skillet, reserving 3 tablespoons of the drippings.

3. For gravy, in a small bowl, combine the flour, salt, thyme and pepper. Gradually whisk in milk and cream until smooth; add to skillet. Bring to a boil over medium heat; cook and stir for 2 minutes or until thickened. Serve with the chicken.

dishing about food

Various versions of fried chicken can be found on tables around the world and throughout history. English settlers brought recipes for boiled or baked chicken to the South, but it's believed that Scottish settlers' preference for fried chicken had a lasting influence in the region.



CAPE FEAR, NC

A large number of Highland Scots settled around Cape Fear in the 18th and 19th centuries, perhaps in part because the rugged terrain resembles their homeland.



Low Country Boil

Ideal for camping and relaxing trips to the beach, this crowd-pleasing recipe includes a combination of shrimp, crab, sausage, corn and potatoes.

—**MAGESWARI ELAGUPILLAI** VICTORVILLE, CALIFORNIA

PREP: 20 MIN. **COOK:** 40 MIN. **MAKES:** 4 SERVINGS

2 quarts water

1 bottle (12 ounces) beer

2 tablespoons seafood seasoning

1½ teaspoons salt

4 medium red potatoes, cut into wedges

1 medium sweet onion, cut into wedges

4 medium ears sweet corn, cut in half

½ pound smoked chorizo or kielbasa, cut into 1-inch slices

3 tablespoons olive oil

6 large garlic cloves, minced

1 tablespoon ground cumin

1 tablespoon minced fresh cilantro

½ teaspoon paprika

½ teaspoon pepper

1 pound uncooked large shrimp, deveined

1 pound uncooked snow crab legs

Optional condiments: seafood cocktail sauce, lemon wedges and melted butter

1. In a stockpot, combine the water, beer, seafood seasoning and salt; add potatoes and onion. Bring to a boil. Reduce heat; simmer, uncovered, for 10 minutes. Add corn and chorizo; simmer 10-12 minutes longer or until potatoes and corn are tender.

2. Meanwhile, in a small skillet, heat oil. Add the garlic, cumin, cilantro, paprika and pepper. Cook and stir over medium heat for 1 minute.

3. Stir the shrimp, crab legs and garlic mixture into the stockpot; cook for 4-6 minutes or until shrimp and crab turn pink. Drain; transfer seafood mixture to a large serving bowl. Serve with condiments of your choice.

dishing about food

Low Country Boil is also known as Beaufort Stew. “Low Country” refers to the area around Charleston, South Carolina, to Savannah and the coast of southern Georgia. It’s rich with waterways and seafood.



SAVANNAH, GA

Wander the streets of Savannah’s historic district and you’re sure to find Forsyth Park. The ornate Forsyth Fountain was unveiled in 1858.



Sweet Potato Fries

Nutritious sweet potatoes lend a distinctive flavor to these extra-crunchy fries. With the tasty mayo-chutney dip, this super side could double as a party appetizer!

—**KELLY MCWHERTER** HOUSTON, TEXAS

PREP: 15 MIN. **BAKE:** 25 MIN. **MAKES:** 2 SERVINGS

2 tablespoons beaten egg

1 tablespoon water

⅓ cup dry bread crumbs

2 tablespoons grated Parmesan cheese

¼ teaspoon cayenne pepper

¼ teaspoon pepper

1 large sweet potato (14 ounces), peeled

2 teaspoons olive oil

MANGO CHUTNEY MAYONNAISE

¼ cup mayonnaise

2 tablespoons mango chutney

¼ teaspoon curry powder

Dash salt

2 teaspoons minced fresh parsley, optional

1. In a shallow bowl, whisk egg and water. In a resealable plastic bag, combine the bread crumbs, cheese, cayenne and pepper. Cut sweet potato into ¼-in. strips. Add to egg mixture, a few at a time, and toss to coat. Add to the crumb mixture, a few at a time; seal bag and shake to coat.

2. Arrange potato strips in a single layer on a baking sheet coated with cooking spray; drizzle with oil. Bake at 450° for 25-30 minutes or until golden brown and crisp, turning occasionally.

3. In a small bowl, combine the mayonnaise, chutney, curry powder and salt. If desired, sprinkle parsley over fries. Serve with mango chutney mayonnaise.

dishing about food

North Carolina is the No. 1 producer of sweet potatoes in the United States. As sweet potato fries become more popular, consumption of this nutritional powerhouse continues to grow.



NORTH CAROLINA

Sweet potatoes are known for containing lots of vitamins A and C and offering good doses of fiber, potassium and other important minerals. But did you know they increase blood sugar more slowly than regular potatoes, so they are a good option for diabetics?



Watermelon Rind Pickles

“Waste not, want not” has always been smart advice—especially when it produces results as delicious and refreshing as this recipe.

—TASTE OF HOME TEST KITCHEN

PREP: 45 MIN. + **CHILLING PROCESS:** 10 MIN. **MAKES:** 4 PINTS

8 cups sliced peeled watermelon rind (2x1-inch pieces)

6 cups water

1 cup canning salt

4 cups sugar

2 cups white vinegar

6 cinnamon sticks (3 inches), divided

1 teaspoon whole cloves

1 teaspoon whole peppercorns

1. Place rind in a large nonreactive bowl; stir in water and salt. Refrigerate for several hours or overnight. Rinse and drain well.
2. In a Dutch oven, mix sugar, vinegar, 2 cinnamon sticks, cloves and peppercorns. Bring to a boil. Add rinds; return to a boil. Reduce heat; simmer, uncovered, 10 minutes or until tender. Discard cinnamon sticks.
3. Carefully ladle hot mixture into four hot 1-pint jars, leaving ½-in. headspace. Add a remaining cinnamon stick to each jar. Remove air bubbles and adjust headspace, if necessary, by adding hot liquid. Wipe rims. Center lids on jars; screw on bands until fingertip tight.
4. Place jars into canner, ensuring that they are completely covered with water. Bring to a boil; process for 10 minutes. Remove jars and cool.

Editor’s Note: *To prepare watermelon rind, remove dark green peel from watermelon rind and discard. The processing time listed is for altitudes of 1,000 feet or less. For altitudes up to 3,000 feet, add 5 minutes; 6,000 feet, add 10 minutes; 8,000 feet, add 15 minutes; 10,000 feet, add 20 minutes.*

dishing about food

Anyone who’s sliced watermelon for a fruit salad or served it at a picnic knows there’s a lot of rind left behind. Instead of tossing it out, create a sweet-sour pickle with it as Southerners have done for generations.



CAVE CITY, AR

For decades, citizens of one north Arkansas town have been hosting an annual celebration of their juiciest crop at the Cave City Watermelon Festival.



Bacon Collard Greens

Collard greens are a staple vegetable of Southern cuisine. This side dish is often made with smoked or salt-cured meats, such as ham hocks, pork or fatback.

—**MARSHA ANKENY** NICEVILLE, FLORIDA

PREP: 25 MIN. **COOK:** 55 MIN. **MAKES:** 9 SERVINGS

2 pounds collard greens

4 thick-sliced bacon strips, chopped

1 cup chopped sweet onion

5 cups reduced-sodium chicken broth

1 cup sun-dried tomatoes (not packed in oil), chopped

½ teaspoon garlic powder

¼ teaspoon salt

¼ teaspoon crushed red pepper flakes

1. Trim thick stems from collard greens; coarsely chop leaves. In a Dutch oven, saute bacon for 3 minutes. Add onion; cook and stir 8-9 minutes longer or until onion is tender and bacon is crisp. Add the greens; cook just until wilted.

2. Stir in remaining ingredients. Bring to a boil. Reduce heat; cover and simmer for 45-50 minutes or until greens are tender.

dishing about food

Potlikker, also known as pot or collard liquor, is the greenish broth that's left over after boiling collard, turnip or mustard greens. This savory liquid is used as a base for soups and stews, poured over rice or grits, or soaked up directly on the plate with corn bread or rolls. Some people even drink it by the glass!



Georgia Peanut Salsa

Former President Jimmy Carter gave First Place to this zippy salsa at the Plains Peanut Festival in his Georgia hometown. My daughter and I came up with the recipe just days before the competition. Although we weren't allowed in the judging room, we later saw a tape of President Carter tasting our salsa and saying, "M-m-m, that's good." Elizabeth was only 9 at the time, but it's a day she'll never forget.

—**LANE MCCLOUD** SILOAM SPRINGS, ARKANSAS

PREP: 25 MIN. + CHILLING **MAKES:** ABOUT 6½ CUPS

3 plum tomatoes, seeded and chopped

1 jar (8 ounces) picante sauce

1 can (7 ounces) white or shoepeg corn, drained

⅓ cup Italian salad dressing

1 medium green pepper, chopped

1 medium sweet red pepper, chopped

4 green onions, thinly sliced

½ cup minced fresh cilantro

2 garlic cloves, minced

2½ cups salted roasted peanuts or boiled peanuts

Hot pepper sauce, optional

Tortilla chips

1. In a large bowl, combine the first nine ingredients. Cover and refrigerate for at least 8 hours.

2. Just before serving, stir in peanuts and pepper sauce if desired. Serve with tortilla chips.

Editor's Note: *This recipe was tested with salted peanuts, but the original recipe used boiled peanuts, which are often available in the South.*

Mixed Citrus Marmalade

I often have an abundance of grapefruit and oranges, which I love to use in this orange-colored marmalade. It makes a great gift, too.

—CORKY HUFFSMITH INDIO, CALIFORNIA

PREP: 1½ HOURS **PROCESS:** 5 MIN. **MAKES:** 10 HALF-PINTS

1 pound lemons, thinly sliced and seeds removed

1 pound grapefruit, thinly sliced and seeds removed

1 pound oranges, thinly sliced and seeds removed

2 quarts water

8 cups sugar

1. In a large bowl, combine the lemons, grapefruit, oranges and water. Cover and refrigerate overnight.

2. Transfer to a Dutch oven. Bring to a boil. Reduce heat; simmer, uncovered, for 10-15 minutes or until fruit is tender. Stir in the sugar. Bring to a boil. Cook and stir for 45-55 minutes or until thickened, stirring frequently.

3. Remove from the heat; skim off the foam. Carefully ladle the hot mixture into hot sterilized half-pint jars, leaving ¼-in. headspace. Remove air bubbles; wipe rims and adjust lids. Process for 5 minutes in a boiling-water canner.

Editor's Note: *The processing time listed is for altitudes of 1,000 feet or less. Add 1 minute to the processing time for each 1,000 feet of additional altitude.*

dishing about food

Florida is the No. 1 producer of oranges in America. Much of its crop arrives at juicing centers where the seeds and pulp are extracted. Soon, the final product finds its way to stores across the country.



FLORIDA

Love OJ? Find out how it gets from grove to carton by visiting one of the many Florida orange juice producers that are open for tours across the state.



Homey Mac & Cheese

I also call this "My Grandson's Mac and Cheese." Zachary has been to Iraq and Afghanistan with both the Marines and Navy, and I've been privileged to make his favorite casserole for him for more than 20 years.

—**ALICE BEARDSSELL** OSPREY, FLORIDA

PREP: 20 MIN. **BAKE:** 25 MIN. **MAKES:** 8 SERVINGS

2½ cups uncooked elbow macaroni

¼ cup butter, cubed

¼ cup all-purpose flour

½ teaspoon salt

¼ teaspoon pepper

3 cups 2% milk

5 cups (20 ounces) shredded sharp cheddar cheese, divided

2 tablespoons Worcestershire sauce

½ teaspoon paprika

1. Preheat oven to 350°. Cook macaroni according to package directions for al dente.

2. Meanwhile, in a large saucepan, heat butter over medium heat. Stir in flour, salt and pepper until smooth; gradually whisk in milk. Bring to a boil, stirring constantly; cook and stir for 2-3 minutes or until thickened. Reduce heat. Stir in 3 cups cheese and Worcestershire sauce until cheese is melted.

3. Drain macaroni; stir into sauce. Transfer to a greased 11x7-in. baking dish. Bake, uncovered, 20 minutes. Top with remaining cheese; sprinkle with paprika. Bake 5-10 minutes longer or until cheese is melted.



Sally Lunn Batter Bread

The tantalizing aroma of this golden loaf as it's baking always draws people into my mother's kitchen. With its circular shape, it's as pretty as it is delicious. I've never seen it last more than 2 days once it's out of the oven!

—**JEANNE VOSS** ANAHEIM HILLS, CALIFORNIA

PREP: 15 MIN. + RISING **BAKE:** 25 MIN. **MAKES:** 12-16 SERVINGS

1 package (¼ ounce) active dry yeast

½ cup warm water (110° to 115°)

1 cup warm milk (110° to 115°)

½ cup butter, softened

¼ cup sugar

2 teaspoons salt

3 eggs

5½ to 6 cups all-purpose flour

HONEY BUTTER

½ cup butter, softened

½ cup honey

1. In a large bowl, dissolve yeast in warm water. Add the milk, butter, sugar, salt, eggs and 3 cups flour; beat until smooth. Stir in enough remaining flour to form a soft dough.
2. Do not knead. Place in a greased bowl, turning once to grease the top. Cover and let rise in a warm place until doubled, about 1 hour.
3. Stir the dough down. Spoon into a greased and floured 10-in. tube pan. Cover and let rise until doubled, about 1 hour.
4. Bake at 400° for 25-30 minutes or until golden brown. Remove from pan to a wire rack to cool.
5. Combine the honey butter ingredients until smooth. Serve with bread.

dishing about food

Sally Lunn bread has a texture like sponge cake. One story claims the French Protestant refugees who brought it to England called it *soleil et lune* (sun and moon) because of its brown crust and light, airy interior. The English accent turned that into Sally Lunn. Another story claims Sally Lunn was a French refugee who settled in Bath, England, and became famous for her baked goods. The English brought the recipe to the States, and it's been a Southern favorite since Colonial times. It's traditionally baked in a tube pan but can also be made as loaves and buns.



Creamy Succotash

This is a creation from my sister Jenny. When I first saw her making it, I didn't think the ingredients would be very tasty together, but I changed my mind immediately upon tasting it!

—**SHANNON KOENE** BLACKSBURG, VIRGINIA

PREP: 10 MIN. **COOK:** 20 MIN. + COOLING **MAKES:** 10 SERVINGS

4 cups frozen lima beans

1 cup water

4 cups frozen corn

⅔ cup reduced-fat mayonnaise

2 teaspoons Dijon mustard

½ teaspoon onion powder

½ teaspoon garlic powder

¼ teaspoon salt

¼ teaspoon pepper

2 medium tomatoes, finely chopped

1 small onion, finely chopped

1. In a large saucepan, bring the lima beans and water to a boil. Reduce heat; cover and simmer for 10 minutes. Add the corn; return to a boil. Reduce heat; cover and simmer 5-6 minutes longer or until vegetables are tender. Drain; cool for 10-15 minutes.

2. Meanwhile, in a large bowl, combine the mayonnaise, mustard, onion powder, garlic powder, salt and pepper. Stir in the bean mixture, tomatoes and onion. Serve immediately or refrigerate.

dishing about food

Succotash was a creation of the Narragansett Indians. Their word “msickquatash” means “boiled kernels of corn.” Succotash must contain corn and beans, usually lima beans. After that, cooks have tinkered with the recipe so much there are many variations...some that include sweet peppers, cream or tomatoes.



ALEXANDRIA, VA

Once home to President George Washington and his family, Mount Vernon not only has spectacular buildings, but abundant gardens as well. There, caretakers still grow flowers, nuts, fruits and veggies, including many of the ingredients used in succotash.



Sweet Tea Concentrate

Sweet iced tea is a Southern classic, and this is a fabulous recipe for a party of tea lovers. The concentrate will make 20 servings.

—**NATALIE BREMSON** PLANTATION, FLORIDA

PREP: 30 MIN. + COOLING **MAKES:** 20 SERVINGS (5 CUPS CONCENTRATE)

2 medium lemons

4 cups sugar

4 cups water

1½ cups English breakfast tea leaves or 20 black tea bags

⅓ cup lemon juice

EACH SERVING

1 cup cold water

Ice cubes

1. Remove peels from lemons; save fruit for another use.

2. In a large saucepan, combine the sugar and water. Bring to a boil over medium heat. Reduce heat; simmer, uncovered, for 3-5 minutes or until the sugar is dissolved, stirring occasionally. Remove from the heat; add the tea leaves and lemon peels. Cover and steep for 15 minutes. Strain tea, discarding tea leaves and lemon peels; stir in lemon juice. Cool to room temperature.

3. Transfer to a container with a tight-fitting lid. Store in the refrigerator for up to 2 weeks.

To prepare tea: *In a tall glass, combine water with $\frac{1}{4}$ cup concentrate; add ice.*



Hoppin' John

A New Year's tradition, this mildly flavored rice dish is a great accompaniment to almost any meat entree.

—**BETH WALL INMAN**, SOUTH CAROLINA

PREP/TOTAL TIME: 15 MIN. **MAKES:** 2 SERVINGS

$\frac{1}{4}$ cup chopped sweet red pepper

$\frac{1}{4}$ cup chopped green pepper

2 tablespoons chopped onion

$\frac{1}{4}$ teaspoon garlic powder

$\frac{1}{8}$ teaspoon salt

1 tablespoon butter

$\frac{2}{3}$ cup canned black-eyed peas, rinsed and drained

$\frac{2}{3}$ cup cooked rice

1. In a small skillet, saute the peppers, onion, garlic powder and salt in butter for 4-5 minutes or until vegetables are tender. Stir in the peas and rice; heat through, stirring occasionally.

dishing about food

Black-eyed peas were consumed on many continents, including Africa and Asia, before hopping over to the United States. Some history shows that African slaves brought the peas with them, and they're still popular in the South to this day. Eating Hoppin' John on New Year's Day is believed to bring good luck and prosperity.



Peach Chutney

Here's my take on several different chutney recipes combined. The sweet and spicy condiment pairs well with meat or poultry.

—**JOANNE SURFUS** STURGEON BAY, WISCONSIN

PREP: 1 HOUR **PROCESS:** 15 MIN. **MAKES:** 7 HALF-PINTS

2½ cups white vinegar

1 cup packed brown sugar

¾ cup sugar

1 medium sweet red pepper, finely chopped

1 small onion, finely chopped

1 banana pepper, seeded and finely chopped

⅔ cup golden raisins

1 tablespoon minced fresh gingerroot

1 teaspoon canning salt

6 whole cloves

1 cinnamon stick (3 inches), cut in half

3 pounds fresh peaches, peeled and chopped

1. In a Dutch oven, bring the vinegar, brown sugar and sugar to a boil. Add the red pepper, onion, banana pepper, raisins, ginger and salt. Place cloves and cinnamon stick on a double thickness of cheesecloth; bring up corners of cloth and tie with string to form a bag. Add to the pan. Return to a boil. Reduce heat; simmer, uncovered, for 10 minutes.

2. Add peaches and return to a boil. Reduce heat; simmer, uncovered, for 25-30 minutes or until thickened. Discard spice bag.

3. Carefully ladle hot chutney into hot half-pint jars, leaving ½-in. headspace. Remove air bubbles; wipe rims and adjust lids. Process for 15 minutes in a boiling-water canner.

Editor's Note: *The processing time listed is for altitudes of 1,000 feet or less. For altitudes up to 3,000 feet, add 5 minutes; 6,000 feet, add 10 minutes; 8,000 feet, add 15 minutes; 10,000 feet, add 20 minutes.*



Passion Fruit Hurricanes

This is our version of the famous beverage that's so popular in New Orleans. As tropical as a hurricane and with just as much punch, this is the perfect summer cooler!

—TASTE OF HOME TEST KITCHEN

PREP/TOTAL TIME: 10 MIN. **MAKES:** 6 SERVINGS

2 cups passion fruit juice

1 cup plus 2 tablespoons sugar

$\frac{3}{4}$ cup lime juice

$\frac{3}{4}$ cup light rum

$\frac{3}{4}$ cup dark rum

3 tablespoons grenadine syrup

6 to 8 cups ice cubes

Orange slices and maraschino cherries

1. In a pitcher, combine the fruit juice, sugar, lime juice, rum and grenadine; stir until sugar is dissolved.

2. Pour into hurricane or highball glasses filled with ice. Garnish with orange slices and cherries.

dishing about food

During World War II, whiskey was in short supply. It was said that liquor salesmen forced bar owners to buy several cases of rum (which was abundant at the time) in order to get one case of whiskey. A bartender at Pat O'Brien's in New Orleans created this fruity cocktail to use up the bar's abundance of rum.



NEW ORLEANS, LA

The Big Easy boasts a thriving restaurant business. That's good news for hungry tourists—who number about 7.5 million a year.



South Coast Hominy

The first time I tasted this hominy dish, I just couldn't get enough. It's something my stepmother has prepared for a long time. And now, whenever I fix it for friends or family, there are never any leftovers.

—**LESLIE HAMPEL** PALMER, TEXAS

PREP: 25 MIN. **BAKE:** 30 MIN. **MAKES:** 6-8 SERVINGS

½ cup chopped onion

½ cup chopped green pepper

5 tablespoons butter, divided

3 tablespoons all-purpose flour

1 teaspoon salt

½ teaspoon ground mustard

Dash cayenne pepper

1½ cups milk

1 cup (4 ounces) shredded cheddar cheese

1 can (15½ ounces) white hominy, drained

½ cup sliced ripe olives, optional

½ cup dry bread crumbs

1. In a skillet, saute onion and green pepper in 3 tablespoons butter until tender. Add the flour, salt, mustard and cayenne; cook and stir until smooth and bubbly, about 2 minutes. Gradually add milk; bring to a boil. Boil for 2 minutes, stirring constantly. Stir in cheese until melted.

2. Remove from the heat; add the hominy and olives if desired. Pour into a greased 1½-qt. baking dish. Melt remaining butter and toss with bread crumbs; sprinkle over hominy mixture. Bake, uncovered, at 375° for 30 minutes or until golden.

dishing about food

Native Americans first introduced hominy to the European settlers. It was ground into grits in the South, where it remains a mealtime staple and tradition.



BILOXI, MS

If you're on the Gulf Coast and see a boat decorated this way, chances are it has recently been blessed! Shrimping communities, including Biloxi, have an annual Blessing of the Fleet to safeguard their boats.

Texas Tea

Why not try making a pitcher of this "tea" for a get-together on a hot summer day? It's a potent drink, so limit yourself to one or two!

—TASTE OF HOME TEST KITCHEN

PREP/TOTAL TIME: 10 MIN. **MAKES:** 8 SERVINGS

1 cup cola

1 cup sour mix

½ cup vodka

½ cup gin

½ cup Triple Sec

½ cup golden or light rum

½ cup tequila

Lemon or lime slices

1. In a pitcher, combine the first seven ingredients; serve over ice. Garnish with lemon or lime slices.



Watermelon Spritzer

Beverages don't get much easier than this bright spritzer! Watermelon blended with limeade is so cool and refreshing— a wonderful thirst quencher on those steamy summer afternoons.

—**GERALDINE SAUCIER** ALBUQUERQUE, NEW MEXICO

PREP: 5 MIN. + CHILLING **MAKES:** 5 SERVINGS

4 cups cubed seedless watermelon

¾ cup frozen limeade concentrate, thawed

2½ cups carbonated water

Lime slices

1. Place the watermelon in a blender. Cover and process until blended. Strain and discard the pulp; transfer juice to a pitcher. Stir in the limeade concentrate. Refrigerate for 6 hours or overnight.

2. Just before serving, stir in carbonated water. Garnish servings with lime slices.

Rice Dressing

This yummy rice mixture is a delightful change from our traditional corn bread dressing. To make it a meal in itself, I sometimes add finely chopped cooked chicken.

—**LINDA EMERY** BEARDEN, ARKANSAS

PREP: 35 MIN. **BAKE:** 30 MIN. **MAKES:** 10-12 SERVINGS

4 cups chicken broth, divided

1½ cups uncooked long grain rice

2 cups chopped onion

2 cups chopped celery

½ cup butter, cubed

2 cans (4 ounces each) mushroom stems and pieces, drained

3 tablespoons minced fresh parsley

1½ to 2 teaspoons poultry seasoning

¾ teaspoon salt

½ teaspoon pepper

Fresh sage and thyme, optional

1. In a saucepan, bring 3½ cups broth and rice to a boil. Reduce heat; cover and simmer for 20 minutes or until tender.

2. Meanwhile, in a skillet, saute onion and celery in butter until tender. Stir in the rice, mushrooms, parsley, poultry seasoning, salt, pepper and the remaining broth. Pour into a greased 13x9-in. baking dish. Bake, uncovered, at 350° for 30 minutes. Garnish with sage and thyme if desired.

dishing about food

Rice plantations in Georgia and South Carolina died out after the Civil War. Today, Arkansas devotes more acreage to rice production than any other state.



Baked Oysters with Tasso Cream

I love nothing more than a cold beer and a shucked oyster, so when my partners and I opened Saw's Juke Joint in Birmingham, we wanted to add oysters to the menu. We love making them, we love serving them and our guests love eating them. We take a lot of pride in our food, particularly this item. Apalachicola oysters are the best! We wouldn't make this dish without them.

—TAYLOR HICKS BIRMINGHAM, ALABAMA

PREP: 1 HOUR **BAKE:** 10 MIN. **MAKES:** 1 DOZEN (1½ CUPS SAUCE).

4 slices white bread

¼ cup butter, melted

⅛ teaspoon salt

⅛ teaspoon pepper

3 ounces tasso ham or fully cooked chorizo, finely chopped (about ½ cup)

2 tablespoons chopped sweet onion

1 garlic clove, minced

2 cups heavy whipping cream

1 to 2 dashes Louisiana-style hot sauce

Salt and pepper to taste

1 dozen fresh oysters in the shell, scrubbed

1. Preheat oven to 300°. Place bread on an ungreased baking sheet; bake 8-10 minutes on each side or until lightly browned. Break bread into smaller pieces; place in a food processor. Pulse until coarse crumbs form. Transfer to a small bowl. Add melted butter, salt and pepper; toss to combine.

2. In a large skillet, cook ham over medium heat until lightly browned, stirring occasionally. Add onion and garlic; cook and stir 1-2 minutes or until tender. Stir in cream. Bring to a boil; cook until liquid is reduced by half, stirring occasionally. Add hot sauce; season with salt and pepper to taste. Keep warm.

3. Increase oven setting to 350°. Shuck oysters, leaving oysters in the half-shell. Arrange on a rack in a shallow baking pan; sprinkle with bread crumbs. Bake 8-10 minutes or until topping is golden brown and oysters are plump. Top with sauce just before serving.



BIRMINGHAM, AL

Looking for some unbeatable barbecue? Stop by Saw's Juke Joint in Birmingham. Guests are encouraged to write on the chalkboard walls of this hot spot, which offers live music regularly. You might even catch the owner, American Idol winner Taylor Hicks, onstage entertaining the crowd!



Taylor's Jalapeno Poppers

If you own a barbecue joint like I do, you pretty much dream about barbecue all the time. And jalapeno poppers are one of my favorite appetizers, so this recipe is a great way to combine those foods. They're very popular on the menu at my place. Try your own variation by using cooked chicken or beef for the stuffing.

—**TAYLOR HICKS** BIRMINGHAM, ALABAMA

PREP: 35 MIN. **COOK:** 5 MIN./BATCH **MAKES:** 6 SERVINGS.

6 large jalapeno peppers

Oil for deep-fat frying

1 cup refrigerated fully cooked barbecued shredded pork (about 8 ounces)

1 cup (4 ounces) shredded mild cheddar cheese

¼ cup barbecue sauce

1 cup all-purpose flour

1 cup cornstarch

3 teaspoons salt

3 teaspoons paprika

12 ounces beer

White barbecue sauce, optional

1. Cut off stem end of jalapenos. Using the tip of a small knife, remove seeds and membrane. In a large saucepan, bring 8 cups water to a boil. Add the jalapenos; cook, uncovered, 2-3 minutes or just until crisp-tender. Remove and immediately drop into ice water. Drain and pat completely dry.

2. In an electric skillet or deep fryer, heat oil to 375°. In a small bowl, mix pork, cheese and barbecue sauce; spoon into jalapenos. In another bowl, whisk flour, cornstarch, salt and paprika; stir in beer just until moistened.

3. Using tongs, dip stuffed jalapenos into batter; fry in batches 3-4 minutes or until golden brown. Drain on paper towels. If desired, serve with white barbecue sauce.



Cheese 'n' Grits Casserole

Grits are a staple in Southern cooking. Serve this flavorful casserole as a brunch item with bacon or as a side dish for dinner. For a little extra tang, use sharp cheddar cheese and sprinkle a bit on top before baking.

—JENNIFER WALLIS GOLDSBORO, NORTH CAROLINA

PREP: 10 MIN. **BAKE:** 30 MIN. + STANDING **MAKES:** 8 SERVINGS

4 cups water

1 cup uncooked old-fashioned grits

½ teaspoon salt

½ cup 2% milk

¼ cup butter, melted

2 eggs, lightly beaten

1 cup (4 ounces) shredded cheddar cheese

1 tablespoon Worcestershire sauce

⅛ teaspoon cayenne pepper

⅛ teaspoon paprika

1. In a large saucepan, bring water to a boil. Slowly stir in grits and salt. Reduce heat; cover and simmer for 5-7 minutes or until thickened. Cool slightly. Gradually whisk in the milk, butter and eggs. Stir in the cheese, Worcestershire sauce and cayenne.

2. Transfer to a greased 2-qt. baking dish. Sprinkle with paprika. Bake, uncovered, at 350° for 30-35 minutes or until bubbly. Let stand for 10 minutes before serving.



Southern Fried Okra

Nothing beats a batch of okra right from the garden! Golden brown, with a little fresh green color showing through, these okra nuggets are crispy

and flavorful. My sons like to dip theirs in ketchup.

—**PAM DUNCAN** SUMMERS, ARKANSAS

PREP/TOTAL TIME: 30 MIN. **MAKES:** 2 SERVINGS

1½ cups sliced fresh or frozen okra, thawed

3 tablespoons buttermilk

2 tablespoons all-purpose flour

2 tablespoons cornmeal

¼ teaspoon salt

¼ teaspoon garlic herb seasoning blend

⅛ teaspoon pepper

Oil for deep-fat frying

Additional salt and pepper, optional

1. Pat okra dry with paper towels. Place the buttermilk in a shallow bowl. In another shallow bowl, combine the flour, cornmeal, salt, seasoning blend and pepper. Dip okra in buttermilk, then roll in cornmeal mixture.

2. In an electric skillet or deep-fat fryer, heat 1 in. of oil to 375°. Fry the okra, a few pieces at a time, for 1½ to 2½ minutes on each side or until golden brown. Drain the okra on paper towels. Season with additional salt and pepper if desired.

dishing about food

Fried okra is one of 12 foods featured in Oklahoma’s Official State Meal. Other menu items include chicken-fried steak, biscuits and gravy, black-eyed peas and pecan pie. The state legislature approved the meal in 1988.



TULSA, OK

Pass the Tulsa County Fairgrounds and you’re sure to notice the Golden Driller standing guard. Built for the 1953 International Petroleum Expo, he was named Oklahoma’s official state monument in 1979.



Yellow Summer Squash Relish

My friends can barely wait for the growing season to arrive so I can make this incredible relish. The color really dresses up a hot dog!

—**RUTH HAWKINS** JACKSON, MISSISSIPPI

PREP: 1 HOUR + MARINATING **PROCESS:** 15 MIN. **MAKES:** 6 PINTS

10 cups shredded yellow summer squash (about 4 pounds)

2 large onions, chopped

- 1 large green pepper, chopped
- 6 tablespoons canning salt
- 4 cups sugar
- 3 cups cider vinegar
- 1 tablespoon each celery seed, ground mustard and ground turmeric
- ½ teaspoon ground nutmeg
- ½ teaspoon pepper

1. In a large container, combine the squash, onions, green pepper and salt. Cover and refrigerate overnight. Drain; rinse and drain again.
2. In a Dutch oven, combine sugar, vinegar and seasonings; bring to a boil. Add the squash mixture; return to a boil. Reduce heat; simmer for 15 minutes. Remove from the heat.
3. Carefully ladle hot mixture into six hot pint jars, leaving ½-in. headspace. Remove air bubbles; wipe rims and adjust lids. Process for 15 minutes in a boiling-water canner. Refrigerate remaining relish for up to 1 week.

Editor’s Note: *The processing time listed is for altitudes of 1,000 feet or less. For altitudes up to 3,000 feet, add 5 minutes; 6,000 feet, add 10 minutes; 8,000 feet, add 15 minutes; 10,000 feet, add 20 minutes.*

Kool-Aid Pickles

Everyone will love getting into these pickles. They owe their color and sweet-sour taste to a long marinating in a fruity drink mix.

—TASTE OF HOME TEST KITCHEN

PREP: 10 MIN. + CHILLING **MAKES:** 3 CUPS

- 1 jar (32 ounces) whole dill pickles, undrained
- ¾ cup sugar
- 1 envelope unsweetened Kool-Aid mix, flavor of your choice

1. Drain pickles, reserving juice. In a bowl, combine the reserved juice, sugar and Kool-Aid, stirring until sugar is dissolved. Set aside.
2. Slice the pickles and return to jar. Pour the juice mixture over pickles. Discard any remaining juice. Cover and refrigerate for one week before serving.

dishing about food

In the Mississippi Delta, schoolkids relish a treat that many people outside the South have never heard of: Kool-Aid pickles. These typically red pickles are sold at Mom-and-Pop stores and even as school fundraisers. The pickle’s sweet-sour taste comes from the sour dill pickle that soaks in a bath of Kool-Aid for a week before serving. The red Kool-Aid colors—cherry and strawberry—are most popular, but you can make them with any flavor you like.



Kentucky Spoon Bread

Here’s a traditional Kentucky recipe that’s a popular side dish and served all year long. If you’ve never tried spoon bread before, I think you might enjoy this one.

—CAROLINE BROWN LEXINGTON, KENTUCKY

PREP: 20 MIN. **BAKE:** 40 MIN. **MAKES:** 8 SERVINGS

- 4 cups 2% milk
- 1 cup cornmeal

3 teaspoons sugar

1 teaspoon salt

½ teaspoon baking powder

2 tablespoons butter

3 eggs, separated

1. In a saucepan, heat 3 cups milk over medium heat until bubbles form around sides of pan.

2. Meanwhile, in a small bowl, combine the cornmeal, sugar, salt and remaining milk until smooth. Slowly whisk cornmeal mixture into hot milk. Cook and stir until mixture comes to a boil. Reduce heat; simmer for 5 minutes, stirring constantly.

3. Remove from the heat. Sprinkle baking powder over the cornmeal mixture, then stir it in with the butter. In a small bowl, beat egg yolks; stir in a small amount of hot cornmeal mixture. Return all to the pan and mix well.

4. In a small bowl, beat egg whites until stiff peaks form. Fold a fourth of the egg whites into the cornmeal mixture. Fold in remaining egg whites until blended.

5. Transfer to a greased 2½-qt. baking dish. Bake, uncovered, at 350° for 40-45 minutes or until puffed and golden brown. Serve immediately.

Louisiana Shrimp

This is a Lenten favorite at our house. I serve it right out of the roaster with corn on the cob and boiled potatoes or just serve by itself as an appetizer.

—**SUNDRA HAUCK** BOGALUSA, LOUISIANA

PREP: 40 MIN. **BAKE:** 20 MIN. **MAKES:** 10 SERVINGS

1 pound butter, cubed

3 medium lemons, sliced

2 tablespoons plus 1½ teaspoons coarsely ground pepper

2 tablespoons Worcestershire sauce

2 garlic cloves, minced

½ teaspoon salt

½ teaspoon hot pepper sauce

2½ pounds uncooked shell-on medium shrimp

1. In a large saucepan, combine the first seven ingredients. Bring to a boil. Reduce the heat; cover and simmer for 30 minutes, stirring occasionally.

2. Place shrimp in a large roasting pan; pour butter mixture over top. Bake, uncovered, at 375° for 20-25 minutes or until shrimp turn pink. Serve warm with a slotted spoon.



Buttermilk Corn Bread

My grandmother always referred to this recipe as “comfort food”—made from ingredients available on the farm or staples found in her pantry. She cooked the corn bread in her seasoned cast-iron skillet, and it turned out slick as butter every time!

—**ELIZABETH COOPER** MADISON, ALABAMA

PREP/TOTAL TIME: 30 MIN. **MAKES:** 2-4 SERVINGS

1 tablespoon canola oil

1 cup cornmeal

¼ cup all-purpose flour

1½ teaspoons baking powder

½ teaspoon salt

½ teaspoon baking soda

1 egg

1 cup buttermilk

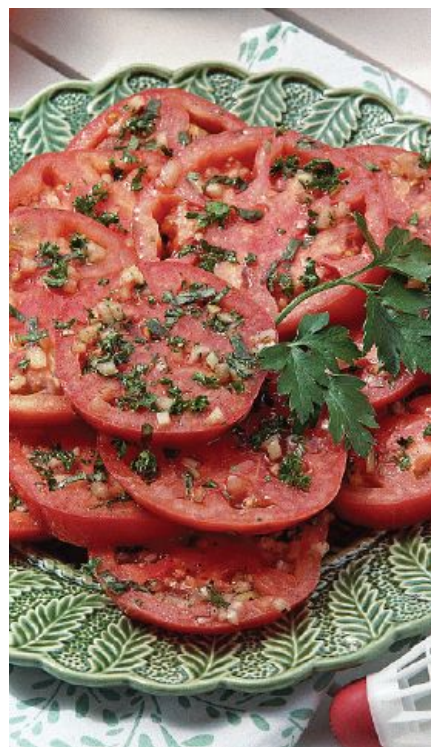
1. Place oil in an 8-in. ovenproof skillet; tilt to coat bottom and sides. Place in a 425° oven for 10 minutes.

2. In a small bowl, combine cornmeal, flour, baking powder, salt and baking soda. Beat egg and buttermilk; add to the dry ingredients just until moistened.

3. Pour batter into the hot skillet. Bake for 15 minutes or until golden brown and a toothpick inserted in center comes out clean.

dishing about food

The early settlers were able to grow corn more easily than wheat or rye, so it became a grain that was used widely to make bread. The Northeast, South and Southwest all have corn bread recipes suited to their regional preferences. The Northeast likes theirs sweet, the South savory, and the Southwest with a little zip.



Marinated Tomatoes

A niece introduced me to this colorful, easy recipe some time ago. I especially like making it for buffets or large gatherings because it can be prepared hours ahead. It's one great way to use a bumper crop of tomatoes!

—**MYRTLE MATTHEWS** MARIETTA, GEORGIA

PREP: 10 MIN. + MARINATING **MAKES:** 8 SERVINGS

3 large fresh tomatoes, thickly sliced

⅓ cup olive oil

¼ cup red wine vinegar

1 teaspoon salt, optional

¼ teaspoon pepper

½ garlic clove, minced

2 tablespoons chopped onion

1 tablespoon minced fresh parsley

1 tablespoon minced fresh basil or 1 teaspoon dried basil

1. Arrange the tomatoes in a large shallow dish. Combine the remaining ingredients in a jar; cover tightly and shake well. Pour over the tomato slices. Cover and refrigerate for several hours before serving.



Fried Green Tomatoes

Panko bread crumbs have a coarser texture than ordinary bread crumbs, which can also be used to coat the tomatoes. But panko crumbs will give them a uniquely light and crispy texture.

—JACQUELYNNE STINE LAS VEGAS, NEVADA

PREP: 20 MIN. **COOK:** 25 MIN. **MAKES:** 10 SERVINGS

¾ cup all-purpose flour

3 eggs, lightly beaten

2 cups panko (Japanese) bread crumbs

5 medium green tomatoes, cut into ¼-inch slices

Oil for deep-fat frying

Salt

1. In three separate shallow bowls, place the flour, eggs and bread crumbs. Dip tomatoes in flour, then in eggs; coat with bread crumbs.
2. In an electric skillet or deep-fat fryer, heat oil to 375°. Fry the tomatoes, a few at a time, for 2-3 minutes on each side or until golden brown. Drain on paper towels. Sprinkle with the salt. Serve immediately.

dishing about food

Fried Green Tomatoes gained new popularity after the 1991 movie of the same name became a hit. Before that, the recipe rarely appeared on menus in the South. In fact, according to Robert F. Moss, culinary historian, it seems that this dish emerged from farther north, coming from homemakers in states with colder climates.



DOUBLE SPRINGS, AL

Scores of waterfalls lend Alabama's Sipsey Wilderness a beautiful nickname: Land of a Thousand Waterfalls. The Wilderness is surrounded by the William B. Bankhead National Forest just northwest of Birmingham.



Mint Juleps

This classic Kentucky Derby drink features the perfect blend of mint, bourbon and sugar. The refreshing beverage is as strongly associated with the South as sweet tea. Mint juleps were traditionally served in a silver or pewter mug, but today folks enjoy them in a cocktail or highball glass with a straw.

—TASTE OF HOME TEST KITCHEN

PREP: 30 MIN. + CHILLING **MAKES:** 10 SERVINGS (2½ CUPS SYRUP)

MINT SYRUP

2 cups sugar

2 cups water

2 cups loosely packed chopped fresh mint

EACH SERVING

½ to ¾ cup crushed ice

½ to 1 ounce bourbon

Mint sprig

1. For syrup, combine the sugar, water and chopped mint in a large saucepan. Bring to a boil over medium heat; cook until sugar is dissolved, stirring occasionally. Remove from the heat; cool to room temperature.
2. Line a mesh strainer with a double layer of cheesecloth or a coffee filter. Strain syrup; discard mint. Cover and refrigerate syrup for at least 2 hours or until chilled.
3. For each serving, place ice in a metal julep cup or rocks glass. Pour ¼ cup mint syrup and bourbon into the glass; stir until mixture is well chilled. Garnish with mint sprig.

dishing about food

The mint julep was first linked to the Kentucky Derby at the 1938 race, when it was served in souvenir glasses. The drink, however, had been around long before that. The first known print reference to the mint julep was in the early 1800s. Kentucky Sen. Henry Clay later introduced it to his fellow lawmakers in Washington.



LOUISVILLE, KY

For more than 135 years, horse racing fans and people-watchers have gathered at Churchill Downs to witness one of the most prestigious races in the country. Here's I'll Have Another, winner of the 2012 contest.



Orange-Pecan Hot Wings

We have an orange tree in our backyard and like to use oranges and orange juice in lots of different ways. These chicken wings are a fun appetizer that our friends are very fond of.

—JUNE JONES HUDSON, FLORIDA

PREP: 25 MIN. **BAKE:** 55 MIN. **MAKES:** 8-10 SERVINGS

3 pounds whole chicken wings

3 eggs

1 can (6 ounces) frozen orange juice concentrate, thawed

2 tablespoons water

1 cup all-purpose flour

½ cup finely chopped pecans

½ cup butter, melted

RED HOT SAUCE

2 cups ketchup

¾ cup packed brown sugar

2 to 3 tablespoons hot pepper sauce

1. Cut chicken wings into three pieces; discard wing tips.

2. In a bowl, whisk the eggs, orange juice concentrate and water. In another bowl or a resealable plastic bag, combine flour and pecans. Dip wings in egg mixture, then roll or toss in flour mixture.

3. Pour butter into a 15x10x1-in. baking pan. Arrange wings in a single layer in pan. Bake, uncovered, at 375° for 25 minutes.

4. Meanwhile, combine sauce ingredients. Spoon half over the wings; turn. Top with remaining sauce. Bake 30 minutes longer or until meat juices run clear.

Editor's Note: *Uncooked chicken wing sections (wingettes) may be substituted for whole chicken wings.*

Pimiento Cheese Spread

A classic Southern comfort food, this cheese spread is often served as an appetizer with crackers, corn chips or celery. It is also spread on white bread for sandwiches, or used as a topping for hamburgers and hot dogs.

—EILEEN BALMER SOUTH BEND, INDIANA

PREP: 10 MIN. + CHILLING **MAKES:** 1¼ CUPS

1½ cups (6 ounces) shredded cheddar cheese

1 jar (4 ounces) diced pimientos, drained and finely chopped

⅓ cup mayonnaise

Assorted crackers

1. In a small bowl, combine the cheese, pimientos and mayonnaise. Refrigerate for at least 1 hour. Serve with crackers.

dishing about food

While we tend to associate pimiento cheese with the South, during the early to mid-1900s it was enjoyed across the U.S. and available in grocery stores from cheese producers like Kraft and Borden. Consumption has declined in other parts of the country, but it still holds a special place in the hearts and palates of Southerners.

Oyster Stuffing

My mother made this special recipe every Thanksgiving for my father—who absolutely loves it!

—**AMY VOIGHTS** BRODHEAD, WISCONSIN

PREP: 30 MIN. **BAKE:** 30 MIN. **MAKES:** 4 SERVINGS

1 celery rib, chopped

1 small onion, chopped

¼ cup butter, cubed

2 tablespoons minced fresh parsley

¼ teaspoon poultry seasoning

⅛ teaspoon rubbed sage

⅛ teaspoon pepper

3 cups cubed day-old bread

1 egg, beaten

¾ cup chicken broth

1 cup shucked oysters, drained and coarsely chopped

1. In a small skillet, saute celery and onion in butter until tender; transfer to a large bowl. Stir in the parsley, poultry seasoning, sage and pepper. Add bread cubes. Combine the egg, broth and oysters; add to bread mixture, stirring gently to combine.

2. Transfer to a greased 1-qt. baking dish. Cover and bake at 350° for 20 minutes. Uncover; bake 10-15 minutes longer or until a thermometer reads 160° and stuffing is lightly browned.



Barbecue Sauce with Mustard

Forget about ho-hum barbecue. Add some zing to chicken or pork with our sauce.

—**CHARLIE AND RUTHIE KNOTE** CAPE GIRARDEAU, MISSOURI

PREP/TOTAL TIME: 15 MIN. **MAKES:** 4 CUPS

½ cup sugar

¼ teaspoon ground oregano

½ teaspoon ground thyme

1 teaspoon salt

½ teaspoon pepper

⅛ teaspoon cayenne pepper

½ teaspoon cornstarch

½ cup vinegar

1 cup molasses

1 cup ketchup

1 cup prepared mustard

2 tablespoons canola oil

1. Combine first seven ingredients in a small saucepan. Stir in enough vinegar to make paste. Combine molasses, ketchup, mustard, oil and remaining vinegar; add to herb paste. Bring to a boil, stirring constantly. Reduce heat and simmer 10 minutes. Remove from heat; cool completely.

2. Pour into a glass jar; cover tightly. Store refrigerated for up to 3 months. Baste over smoked chicken, turkey, ham or hot dogs.



Andouille-Shrimp Cream Soup

This dish is a variation on a creamy southern Louisiana corn stew. The bold flavor of andouille sausage blends beautifully with the shrimp and subtle spices.

—**JUDY ARMSTRONG** PRAIRIEVILLE, LOUISIANA

PREP: 20 MIN. **COOK:** 30 MIN. **MAKES:** 7 SERVINGS

½ pound fully cooked andouille sausage links, thinly sliced

1 medium onion, chopped

2 celery ribs, thinly sliced

1 medium sweet red pepper, chopped

1 medium green pepper, chopped

1 jalapeno pepper, seeded and chopped

¼ cup butter, cubed

3 garlic cloves, minced

2 cups fresh or frozen corn, thawed

4 medium plum tomatoes, chopped

1 cup vegetable broth

2 tablespoons minced fresh thyme or 2 teaspoons dried thyme

1 teaspoon chili powder

½ teaspoon salt

½ teaspoon pepper

¼ to ½ teaspoon cayenne pepper

1 pound uncooked medium shrimp, peeled and deveined

1 cup heavy whipping cream

1. In a large skillet, saute the first six ingredients in butter until the vegetables are tender. Add the garlic; cook 1 minute longer. Add the corn, tomatoes, broth, thyme, chili powder, salt, pepper and cayenne. Bring to a boil. Reduce heat; simmer, uncovered, for 10 minutes.

2. Stir in shrimp and cream. Bring to a gentle boil. Simmer, uncovered, for 8-10 minutes or until shrimp turn pink.

Editor's Note: *Wear disposable gloves when cutting hot peppers; the oils can burn skin. Avoid touching your face.*

dishing about food

When the French migrated to New Orleans, they brought the recipe for andouille sausage with them. Over the years, this spiced and smoked pork sausage became even spicier as Cajun cooks modified the recipe.



NEW ORLEANS, LA

Ornate ironwork, flat tile roofs and a kaleidoscope of paint make French Quarter townhouses unmistakable. The signature architecture is actually influenced by French, Spanish and American styles.



Southern Buttermilk Biscuits

The recipe for these four-ingredient biscuits has been handed down for many generations.

—FRAN THOMPSON TARBORO, NORTH CAROLINA

PREP/TOTAL TIME: 30 MIN. **MAKES:** 9 BISCUITS

½ cup cold butter, cubed

2 cups self-rising flour

¾ cup buttermilk

Melted butter

1. In a large bowl, cut butter into flour until mixture resembles coarse crumbs. Stir in buttermilk just until moistened. Turn onto a lightly floured surface; knead 3-4 times. Pat or lightly roll to ¾-in. thickness. Cut with a floured 2½-in. biscuit cutter.
2. Place on a greased baking sheet. Bake at 425° for 11-13 minutes or until golden brown. Brush tops with butter. Serve warm.

Editor’s Note: *As a substitute for each cup of self-rising flour, place 1½ teaspoons baking powder and ½ teaspoon salt in a measuring cup. Add all-purpose flour to measure 1 cup.*

dishing about food

Many Southerners prefer to use soft flour rather than all-purpose flour for biscuits. Soft flour is lower in protein and gluten, and makes a far more tender biscuit.

Dirty Rice

This is an old Louisiana recipe that I’ve had for longer than I can remember. It’s a very popular Southern dish. To turn this into a main meal, simply add more sausage and chicken livers.

—**LUM DAY** BASTROP, LOUISIANA

PREP/TOTAL TIME: 30 MIN. **MAKES:** 10-12 SERVINGS

½ pound bulk pork sausage

½ pound chicken livers, chopped

1 cup chopped onion

½ cup chopped celery

⅓ cup sliced green onions

2 tablespoons minced fresh parsley

3 tablespoons butter

1 garlic clove, minced

1 can (10½ ounces) chicken broth

½ teaspoon dried basil

½ teaspoon dried thyme

½ teaspoon salt

¼ teaspoon pepper

¼ teaspoon hot pepper sauce

3 cups cooked rice

1. In a large skillet, cook the sausage for 2-3 minutes; stir in the chicken livers. Cook 5-7 minutes longer or until sausage and chicken livers are no longer pink; drain and set aside.
2. In the same skillet, saute the onion, celery, green onions and parsley in butter until the vegetables are tender. Add the garlic; cook 1 minute longer. Add the broth, basil, thyme, salt, pepper and hot pepper sauce. Stir in the rice, sausage and chicken livers. Heat through, stirring constantly.

Alabama White BBQ Sauce

My boys used to spend summers with their grandmother in Alabama. She would treat them to a meal at a restaurant that served white barbecue sauce over chicken, and my family thought it was wonderful. I started making the sauce at home and every time I do, it still brings back memories of those summers in Tuscaloosa. The white sauce should be applied only at the very end of your grilling or smoking because it will break down and separate if heated too long.

—**SABRINA EVERETT** THOMASVILLE, GEORGIA

PREP: 5 MIN. + CHILLING **MAKES:** 3 CUPS

2 cups mayonnaise

1 cup cider vinegar

2 tablespoons pepper

2 tablespoons lemon juice

1 teaspoon salt

½ teaspoon cayenne pepper

1. In a small bowl, whisk all ingredients. Refrigerate for at least 8 hours. Brush sauce over meats during the last few minutes of grilling. Serve remaining sauce on the side for dipping.



MONTGOMERY, AL

Montgomery was not Alabama's first permanent capital city. Cahaba was the first, in 1820, and Tuscaloosa followed in 1826. Montgomery finally became the seat of state government in 1846.



Corn Bread Layered Salad

My mother's corn bread salad is so complete, it could be a meal in itself! The recipe has been in our family for years and is great for potlucks.

—**JODY MILLER** OKLAHOMA CITY, OKLAHOMA

PREP: 20 MIN. **BAKE:** 20 MIN. + COOLING **MAKES:** 6-8 SERVINGS

1 package (8½ ounces) corn bread/muffin mix

6 green onions, chopped

1 medium green pepper, chopped

1 can (15¼ ounces) whole kernel corn, drained

1 can (15 ounces) pinto beans, rinsed and drained

¾ cup mayonnaise

¾ cup sour cream

2 medium tomatoes, seeded and chopped

½ cup shredded cheddar cheese

1. Prepare and bake corn bread according to package directions. Cool on a wire rack.
2. Crumble corn bread into a 2-qt. glass serving bowl. Layer with onions, green pepper, corn and beans.
3. In a small bowl, combine mayonnaise and sour cream; spread over the vegetables. Sprinkle with tomatoes and cheese. Refrigerate until serving.

dishing about food

If you're not from the South, chances are you've never heard of Corn Bread Salad. It's delicious! The salad features crumbled corn bread—fresh-baked or leftovers—and includes such colorful ingredients as corn, tomatoes and green peppers. Dressed with a seasoned mayonnaise, the salad is found at picnics, barbecues, potlucks and family reunions all over the South. It's just not a summertime party without it!

Fried Pickle Coins

It took me several tries to create the ideal seasoning blend for my fried pickles, which are a hit with my family and friends. Serve them as a side or as an appetizer with dips.

—**AMANDA THORNTON** ALEXANDRIA, KENTUCKY

PREP: 20 MIN. **COOK:** 5 MIN./BATCH **MAKES:** 16 SERVINGS

2 cups all-purpose flour

1 teaspoon garlic powder

- 1 teaspoon ground mustard
- 1 teaspoon dill weed
- 1 teaspoon paprika
- ½ teaspoon garlic salt
- ½ teaspoon cayenne pepper
- ¼ teaspoon pepper
- 2 eggs
- 3 tablespoons 2% milk
- 1 garlic clove, minced
- 3 cups dill pickle slices
- Oil for deep-fat frying
- Ranch salad dressing and prepared mustard, optional

1. In a shallow bowl, combine the first eight ingredients. In another shallow bowl, whisk the eggs, milk and garlic. Drain pickles and pat dry. Coat pickles with flour mixture, then dip in egg mixture; coat again with flour mixture.
2. In an electric skillet or deep-fat fryer, heat oil to 375°. Fry pickles, about 10 at a time, for 1-2 minutes or until golden brown, turning once. Drain on paper towels. Serve warm with ranch dressing and mustard if desired.

dishing about food

Bernell Austin popularized these beloved fried dills. In 1963, he wanted a gimmick to draw more customers to his restaurant—Duchess Drive-In, in Atkins, Arkansas. The fried snacks took off, and other places in the South started serving them, too. His secret recipe, however, is still held by his immediate family.



ATKINS, AR

Everyone’s crazy for cukes at Picklefest, which has been taking place in Atkins each May for decades. And yes, they’re serving fried pickles, this town’s culinary claim to fame.



Ambrosia Fruit Salad

This fresh and creamy salad is a favorite around my house. I make it with plenty of fruit, yogurt for dressing, and then mix in just enough goodies (marshmallows and coconut) so that it tastes like the richer version I grew up with. Fuss-free!

—TRISHA KRUSE EAGLE, IDAHO

PREP/TOTAL TIME: 10 MIN. **MAKES:** 6 SERVINGS

- 1 can (8¼ ounces) fruit cocktail, drained
- 1 can (8 ounces) unsweetened pineapple chunks, drained
- 1 cup green grapes
- 1 cup seedless red grapes
- 1 cup miniature marshmallows
- 1 medium banana, sliced
- ¾ cup vanilla yogurt
- ½ cup flaked coconut

1. In a large bowl, combine all the ingredients.

Candied Sweet Potatoes

My town is known as the Yam Capital of the United States. Here’s a simple recipe that goes well with baked ham or roasted turkey.

ESSIE NEALEY TABOR CITY, NORTH CAROLINA

PREP: 40 MIN. + COOLING **BAKE:** 15 MIN.**MAKES:** 8-10 SERVINGS

- 3 pounds sweet potatoes, peeled
- ½ cup packed brown sugar
- 1 teaspoon ground cinnamon
- ¼ cup butter, cubed
- ¼ cup corn syrup

1. Place the sweet potatoes in a Dutch oven and cover with water. Cover and bring to a boil; boil gently for 30-45 minutes or until potatoes can be easily pierced with the tip of a sharp knife.
2. When cool enough to handle, peel potatoes and cut into wedges. Place in an ungreased 11x7-in. baking dish. Sprinkle with brown sugar and cinnamon. Dot with butter; drizzle with the corn syrup.
3. Bake, uncovered, at 375° for 15-20 minutes or until bubbly, basting with sauce occasionally.

Down-Home Hush Puppies

Hush puppies are a classic side dish served at many get-togethers in the South. This sweet-and-spicy recipe has delighted my friends and family for decades.

—**GENE PITTS** WILSONVILLE, ALABAMA

PREP: 15 MIN. + STANDING **COOK:** 20 MIN. **MAKES:** 2½ DOZEN

- 1 cup cornmeal
- 1 cup self-rising flour
- 1½ teaspoons baking powder
- ½ teaspoon salt
- 1 large onion, chopped
- 2 jalapeno peppers, seeded and diced
- ¼ cup sugar
- 1 egg
- 1 cup buttermilk
- Canola oil

1. In a large bowl, combine first seven ingredients. Beat egg and buttermilk; stir into flour mixture until dry ingredients are moistened. Set aside at room temperature for 30 minutes. Do not stir again.
2. In an electric skillet or deep fryer, heat 2-3 in. of oil to 375°. Drop batter by rounded tablespoonfuls, a few at a time, into hot oil. Fry until golden brown, about 1½ minutes on each side. Drain on paper towels.

Editor’s Note: *As a substitute for 1 cup of self-rising flour, place 1½ teaspoons baking powder and ½ teaspoon salt in a measuring cup. Add all-purpose flour to measure 1 cup.*

dishing about food

Common lore says cornmeal fritters got their nickname when Southern soldiers, hunters and trappers or cooks tossed small pieces of fried cornmeal batter to yapping dogs to “hush” them.

Cheddar Rice Casserole

With its blend of garlic, parsley and cheese, this casserole makes a savory side dish. It’s one of my favorite ways to serve rice.

—**NANCY BAYLOR** HOLIDAY ISLAND, ARKANSAS

PREP: 10 MIN. **BAKE:** 40 MIN. **MAKES:** 6-8 SERVINGS

¼ cup chopped onion

2 garlic cloves, minced

¼ cup butter, cubed

3 cups cooked long grain rice

2 cups (8 ounces) shredded cheddar cheese

1 cup minced fresh parsley

1 cup milk

4 eggs, lightly beaten

2 teaspoons Worcestershire sauce

1 teaspoon salt

1. In a large saucepan, saute onion and garlic in butter until tender. Add remaining ingredients; mix well.

2. Transfer to a greased shallow 1-qt. baking dish. Bake, uncovered, at 350° for 40-45 minutes or until a knife inserted near the center comes out clean.

dishing about food

The six major rice-producing states—Arkansas, California, Louisiana, Mississippi, Missouri and Texas—grow 85 percent of the rice eaten in the United States. On average, every American eats 25 pounds of it per year!



Pickled Beets

I grew up with my mother’s pickled beets. They came from our garden, and she canned them for the winter months. Even as a child, I loved beets for the color they brought to our table. And their tangy flavor makes a great complement to so many meals.

—**SARA LINDLER** IRMO, SOUTH CAROLINA

PREP: 20 MIN. + CHILLING **MAKES:** 6-8 SERVINGS

8 medium fresh beets

1 cup vinegar

½ cup sugar

1½ teaspoons whole cloves

1½ teaspoons whole allspice

½ teaspoon salt

1. Remove and discard greens and all but ½ in. of the stems from beets. Cook beets in boiling water until tender; drain and cool. Peel and slice; place in a bowl and set aside.

2. In a small saucepan, combine vinegar, sugar, cloves, allspice and salt. Bring to a boil; boil for 5 minutes. Pour over beets. Refrigerate at least 1 hour. Drain before serving.



Sweet Potato Muffins

Minced gingerroot and dried orange peel enhance the taste of these spiced muffins. I especially love the whipped ginger butter served with these holiday treats.

—**SUSAN BRACKEN** APEX, NORTH CAROLINA

PREP: 15 MIN. **BAKE:** 20 MIN. **MAKES:** 1 DOZEN

1½ cups all-purpose flour

1 cup plus 1 tablespoon sugar, divided

3 teaspoons grated orange peel

1½ teaspoons baking powder

1 teaspoon ground ginger

¼ teaspoon salt

¼ teaspoon baking soda

2 eggs, lightly beaten

1 cup cold mashed sweet potatoes (prepared without milk and butter)

¼ teaspoon ground cinnamon

GINGER BUTTER

½ cup butter, softened

2 tablespoons finely chopped crystallized ginger

1. In a large bowl, combine the flour, 1 cup sugar, orange peel, baking powder, ginger, salt and baking soda. In a small bowl, combine eggs and sweet potatoes; stir into dry ingredients just until moistened.

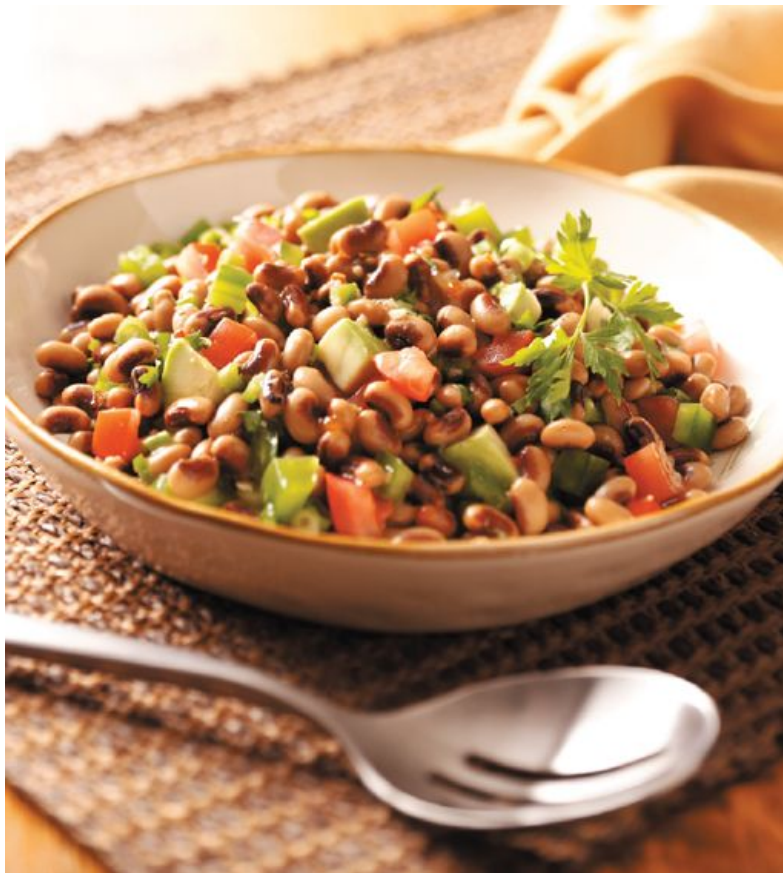
2. Fill greased or paper-lined muffin cups two-thirds full. Combine cinnamon and remaining sugar; sprinkle over batter.

3. Bake at 400° for 16-20 minutes or until a toothpick inserted in center comes out clean. Cool for 5 minutes before removing from pans to wire racks.

4. In a small bowl, combine the ginger butter ingredients. Serve with warm muffins.

dishing about food

When someone mentions sweet potatoes, you may think of a misshapen orange tuber. The two most popular sweet potato varieties in the U.S., Covington and Beauregard, are orange. But there are hundreds of sweet potato types, with flesh ranging from white to purple. Moisture content, texture and sweetness differ among the varieties, too.



Black-Eyed Pea Salad

I've had a lot of compliments and requests for this recipe over the years. My husband loves it, and it's especially great on hot days. The salad dressing keeps the avocado from turning dark, even if you have leftovers—which doesn't happen often! It's a fun alternative to pasta or potato salad.

—**NANCY CARIKER** BAKERSFIELD, CALIFORNIA

PREP/TOTAL TIME: 10 MIN. **MAKES:** 4 SERVINGS

1 can (15½ ounces) black-eyed peas, rinsed and drained

1 large tomato, diced

1 medium ripe avocado, peeled and diced

⅓ cup chopped green pepper

2 green onions, chopped

1 tablespoon minced fresh cilantro

1 jalapeno pepper, seeded and chopped

⅓ cup Italian salad dressing

1. In a large serving bowl, combine all the ingredients; toss to coat. Serve with a slotted spoon.

Black-Eyed Pea Corn Salad: *Omit the tomato, avocado, green pepper and green onions. Add 2 cups corn and ¼ cup chopped red onion to the salad mixture.*

Editor's Note: *Wear disposable gloves when cutting hot peppers; the oils can burn skin. Avoid touching your face.*



Catfish Spread

Whenever we have a fish fry, we begin the meal with this dip. My children and grandchildren love it, and it gets a positive response at picnics and potlucks. Someone always requests the recipe.

—**EDNA CARTER** WEST POINT, VIRGINIA

PREP: 20 MIN. + CHILLING **MAKES:** 5 CUPS

1 pound catfish fillets

2 teaspoons water

2 packages (8 ounces each) cream cheese, softened

2 packages (6½ ounces each) garlic-herb spreadable cheese

4 green onions, thinly sliced

½ cup minced fresh parsley

1 tablespoon lemon juice

2 teaspoons Worcestershire sauce

⅛ teaspoon garlic powder

⅛ teaspoon cayenne pepper

Dash paprika

1 can (6 ounces) crabmeat, drained, flaked and cartilage removed

1 can (6 ounces) small shrimp, rinsed and drained

Assorted fresh vegetables

1. Place the catfish in a 2-qt. microwave-safe dish; drizzle with water. Cover and microwave on high for 4-6 minutes or until fish flakes easily with a fork. Drain and discard cooking liquid. Using a fork, flake fish into small pieces; set aside.

2. In a large bowl, beat cream cheese and spreadable cheese until smooth. Add the onions, parsley, lemon juice, Worcestershire sauce and seasonings and mix well. Stir in the crab, shrimp and catfish. Cover and refrigerate for at least 2 hours. Serve with vegetables.

Editor's Note: *This recipe was tested in a 1,100-watt microwave.*

dishing about food

Catfish is an important aquaculture industry in Alabama, Mississippi, Arkansas and Louisiana. In 1963, Arkansas was the first state to commercially raise catfish, but the title “catfish country” really belongs to central Alabama.

Fried Onion Rings

Here's a yummy snack that's also a great side dish. Try it as an accompaniment to hamburgers or fried fish, or with steaks on the grill. The recipe's from my mom, and it's one of her most popular. (As a newlywed years ago, I often found myself on the kitchen “hotline” to her!)

—**MARSHA MOORE** POPLAR BLUFF, MISSOURI

PREP: 15 MIN. + SOAKING **COOK:** 15 MIN. **MAKES:** 4-6 SERVINGS

2 large sweet onions

1 egg, lightly beaten

$\frac{2}{3}$ cup water

1 tablespoon canola oil

1 teaspoon lemon juice

1 cup all-purpose flour

1½ teaspoons baking powder

1 to 1¼ teaspoons salt

$\frac{1}{8}$ to $\frac{1}{4}$ teaspoon cayenne pepper

Additional oil for deep-fat frying

1. Cut onions into ½-in. slices; separate into rings. Place in a bowl; cover with ice water and soak for 30 minutes.

2. Meanwhile, combine the egg, water, oil and lemon juice in a bowl. Combine the flour, baking powder, salt and cayenne; stir into egg mixture until smooth.

3. Drain onion rings; dip into batter. In an electric skillet or deep-fat fryer, heat 1 in. of oil to 375°. Fry onion rings, a few at a time, for 1 to 1½ minutes on each side or until golden brown. Drain on paper towels.

Editor's Note: *Onion rings may be kept warm in a 200° oven while frying remainder of batch.*

dishing about food

Who invented onion rings? No one knows for sure, but several institutions helped spread their popularity. The first drive-in restaurant, Kirby's Pig Stand in Dallas, Texas, opened in 1921, and is known as the first to serve onion rings. Crisco shortening brought the recipe to the masses by printing it in one of their ads in 1933. And A&W also had a hand in spreading the word about these delicious crispy treats around the same time.



DALLAS, TX

Get a fresh look at downtown Dallas atop Reunion Tower, a distinctive silhouette in the city's skyline.

Persimmon Salad with Honey Spiced Vinaigrette

The sweetness of the persimmons makes a delectable contrast to the bite of the arugula. And their pop of orange color gives a festive look to this winter salad.

—TASTE OF HOME TEST KITCHEN

PREP/TOTAL TIME: 20 MIN. **MAKES:** 12 SERVINGS (1 CUP EACH)

12 cups torn mixed salad greens

4 cups fresh arugula or baby spinach

4 persimmons, peeled and sliced

1 cup walnut halves, broken and toasted

1 cup dried cranberries

1 medium red onion, finely chopped

¼ cup lemon juice

¼ cup canola oil

2 tablespoons honey

½ teaspoon ground allspice

¼ teaspoon salt

1 cup crumbled feta cheese

1. In a large bowl, combine salad greens, arugula, persimmons, walnuts, cranberries and onion. In a small bowl, whisk lemon juice, oil, honey, allspice and salt. Drizzle over salad; toss to coat. Sprinkle with cheese.



Vidalia Onion Bake

Mild tasting Vidalias make this casserole appealing to those who love onions—and even those who don’t! It’s great served with beef, pork or chicken.

KATRINA STITT ZEPHYRHILLS, FLORIDA

PREP: 25 MIN. **BAKE:** 20 MIN. **MAKES:** 4-6 SERVINGS

6 large sweet onions, sliced (about 12 cups)

½ cup butter, cubed

2 cups crushed butter-flavored crackers

1 cup shredded Parmesan cheese

½ cup shredded cheddar cheese

¼ cup shredded Romano cheese

1. In a large skillet, saute onions in butter until tender and liquid has evaporated. Place half of the onions in a greased 2-qt. baking dish; sprinkle with half of the cracker crumbs and cheeses. Repeat layers.

2. Bake, uncovered, at 325° for 20-25 minutes or until golden brown.

Old-Fashioned Stack Cakes

My grandmother has always fixed these at Christmas and they are the first thing everyone asks about. “Where is the stack cake?” The super-thin layers are what make this recipe stand out...delicious!

—**STEPHANIE GILBERT** WHITESBURG, KENTUCKY

PREP: 35 MIN. **BAKE:** 5 MIN./BATCH **MAKES:** 3 STACK CAKES (6 SLICES EACH)

½ cup butter, softened

1 cup sugar

2 eggs

2 teaspoons vanilla extract

4 cups all-purpose flour

4 teaspoons baking powder

1½ teaspoons ground ginger

½ teaspoon baking soda

1 teaspoon salt

½ cup molasses

½ cup buttermilk

2 cups apple butter

Additional apple butter, optional

1. Preheat oven to 450°. In a large bowl, cream butter and sugar until light and fluffy. Beat in eggs and vanilla. In another bowl, whisk flour, baking powder, ginger, baking soda and salt; add to creamed mixture alternately with molasses and buttermilk, beating well after each addition.

2. Drop two scant ¼ cupfuls of batter 7 in. apart onto a parchment paper-lined baking sheet. With well-floured fingers, pat each into a 5- to 6-in. circle. Bake 2-3 minutes or until golden brown. Remove from pans to wire racks to cool. Repeat with remaining batter.

3. To assemble, place one cake layer on a serving plate; spread with 2 tablespoons apple butter. Repeat layers four times; top with a sixth layer. Repeat to make two more stack cakes. Refrigerate, covered, until serving. If desired, serve with additional apple butter.

dishing about food

The stack cake, a traditional Appalachian wedding confection, consists of apple preserves, apple butter or dried apples between thin layers of cake. Neighbors would bring a single tier to the wedding, and the bride's family would spread the apple layer on top. Kentucky and Tennessee both stake claims to this cake.



NASHVILLE, TN

Home of the Grand Ole Opry from 1943 until 1974, the Ryman Auditorium remains a major hub of country music.



Chocolate Pecan Torte

This impressive dessert looks lovely on a buffet table. It requires several steps but is worth the effort for special occasions.

—LOIS SCHLICKAU HAVEN, KANSAS

PREP: 1 HOUR **BAKE:** 20 MIN. + COOLING **MAKES:** 12-16 SERVINGS

8 eggs, separated

1½ cups sugar, divided

1½ cups ground pecans

⅔ cup all-purpose flour

⅔ cup baking cocoa

1 teaspoon baking soda

½ teaspoon salt

½ cup water

2 teaspoons vanilla extract

CHOCOLATE FROSTING

3 cups heavy whipping cream

1 cup confectioners' sugar

½ cup baking cocoa

2 teaspoons vanilla extract

CHOCOLATE GLAZE

2 tablespoons baking cocoa

2 tablespoons water

1 tablespoon butter

1 cup confectioners' sugar

¼ teaspoon vanilla extract

1. Let eggs stand at room temperature for 30 minutes. In a large bowl, beat egg yolks. Gradually add 1 cup sugar, beating until thick and lemon-colored. Combine pecans, flour, cocoa, baking soda and salt; add to yolk mixture alternately with water. Stir in vanilla.

2. In another large bowl, beat egg whites until foamy. Gradually add remaining sugar, 1 tablespoon at a time, beating until stiff peaks form; fold into batter.

3. Spoon into two greased and floured 9-in. round baking pans. Bake at 375° for 20-22 minutes or until cake springs back when lightly touched. Cool for 10 minutes before removing from pans to wire racks to cool completely.

4. For frosting, in a large bowl, beat cream until soft peaks form. Beat in sugar, cocoa and vanilla until stiff peaks form. Cut each cake horizontally into two layers. Place bottom layer on a plate; top with about 1 cup frosting. Repeat layers twice. Top with remaining layer.

5. For glaze, in a small saucepan, combine cocoa, water and butter. Cook and stir over medium heat until butter is melted. Remove from the heat; stir in confectioners' sugar and vanilla until smooth. Spread over top cake layer. Spread remaining frosting over sides of cake. Store in the refrigerator.



Marshmallow-Almond Key Lime Pie

It's great to see that many grocers now carry Key limes, which give this pie its distinctive sweet-tart flavor.

—**JUDY CASTRANOVA** NEW BERN, NORTH CAROLINA

PREP: 40 MIN. **BAKE:** 15 MIN. + CHILLING **MAKES:** 8 SERVINGS

1 cup all-purpose flour

3 tablespoons brown sugar

1 cup slivered almonds, toasted, divided

¼ cup butter, melted

1 tablespoon honey

1 can (14 ounces) sweetened condensed milk

1 package (8 ounces) cream cheese, softened, divided

½ cup Key lime juice

1 tablespoon grated Key lime peel

Dash salt

1 egg yolk

1¾ cups miniature marshmallows

4½ teaspoons butter

½ cup heavy whipping cream

1. Place the flour, brown sugar and ½ cup almonds in a food processor. Cover and process until blended. Add melted butter and honey; cover and process until crumbly. Press onto the bottom and up the sides of a greased 9-in. pie plate. Bake at 350° for 8-10 minutes or until crust is lightly browned. Cool on a wire rack.

2. In a large bowl, beat the milk, 5 ounces cream cheese, lime juice, peel and salt until blended. Add egg yolk; beat on low speed just until combined. Pour into crust. Bake for 15-20 minutes or until center is almost set. Cool on a wire rack.

3. In a saucepan, combine marshmallows and butter. Cook and stir over medium-low heat until melted. Remove from the heat and transfer to a bowl. Add cream and remaining cream cheese; beat until smooth. Cover and refrigerate until chilled.

4. Beat marshmallow mixture until light and fluffy. Spread over pie; sprinkle with remaining almonds.

dishing about food

Key lime pie is a story of culinary ingenuity. With no grazing land for cows and no refrigeration, the Florida Keys relied on canned sweetened condensed milk for cooking, which businessman, William Curry brought there in the late 1850s. It was only natural that the milk would be paired with the local Key limes for a pie. Some say it was sponge divers who first put the two ingredients together. Others say it was William Curry's cook, Aunt Sally, who first created the pie.



Bourbon Chocolate Pecan Pie

When my fiance first made this for me, I declared it to be the best pie ever! Creamy chocolate combines with crunchy nuts in a great, gooey filling.

—TANYA TAYLOR CARY, NORTH CAROLINA

PREP: 25 MIN. + CHILLING **BAKE:** 55 MIN. + COOLING **MAKES:** 8 SERVINGS

1 cup all-purpose flour

1 tablespoon sugar

½ teaspoon salt

6 tablespoons cold butter

2 to 3 tablespoons cold water

FILLING

3 eggs

1 cup packed dark brown sugar

½ cup light corn syrup

½ cup dark corn syrup

¼ cup bourbon

2 tablespoons butter, melted

½ teaspoon salt

1½ cups pecan halves, divided

¾ cup 60% cacao bittersweet chocolate baking chips, divided

1. In a small bowl, combine the flour, sugar and salt. Cut in butter until mixture resembles coarse crumbs. Add water; toss with a fork until mixture forms a ball. Flatten into a disk. Wrap dough in plastic wrap and refrigerate for 30 minutes or until easy to handle.
2. On a floured surface, roll out dough to fit a 9-in. deep-dish pie plate. Transfer to pie plate; trim to ½ in. beyond edge of plate and flute edges.
3. In a large bowl, beat eggs, brown sugar, corn syrups, bourbon, butter and salt until blended. Stir in 1 cup pecans and ½ cup chocolate chips. Pour filling into crust; sprinkle with remaining pecans and chocolate chips.
4. Bake at 325° for 50-60 minutes or until the crust is golden brown and filling is puffed. Cool completely on a wire rack.

dishing about food

Legend has it that the wife of a Karo sales executive came up with the recipe for pecan pie (then called Karo Pie) in the 1930s. Others believe the Southern classic is much older, and that the syrup manufacturer simply popularized the pie by printing the recipe on its label.



Bananas Foster

Guests are always impressed when I ignite the rum in this delicious dessert. Use perfectly ripe bananas for best results.

—**MARY LOU WAYMAN** SALT LAKE CITY, UTAH

PREP/TOTAL TIME: 25 MIN. **MAKES:** 4 SERVINGS

⅓ cup butter, cubed

¾ cup packed dark brown sugar

¼ teaspoon ground cinnamon

3 medium bananas

2 tablespoons creme de cacao or banana liqueur

¼ cup dark rum

2 cups vanilla ice cream

1. In a large skillet or flambé pan, melt butter over medium-low heat. Stir in brown sugar and cinnamon until combined. Cut each banana lengthwise and then widthwise into quarters; add to butter mixture. Cook, stirring gently, for 3-5 minutes or until glazed and slightly softened. Stir in creme de cacao; heat through.
2. In a small saucepan, heat rum over low heat until vapors form on surface. Carefully ignite the rum and slowly pour over the bananas, coating evenly.
3. Leaving skillet or pan on the cooking surface, gently shake pan back and forth until flames are completely extinguished.
4. Spoon ice cream into fluted glasses; top with bananas and sauce. Serve immediately.

Editor's Note: *Keep liquor bottles and other flammables at a safe distance when preparing this dessert. We do not recommend using a nonstick skillet.*

dishing about food

A New Orleans original, Bananas Foster was developed by the chef at Brennan's Restaurant in 1951. The impressive dessert was named after owner Owen Brennan's good friend and customer, Richard Foster. At the time, New Orleans was a hub for American banana imports.



NEW ORLEANS, LA

Brennan's Restaurant is still hopping. You'll find it at 417 Royal St. in the French Quarter.



South Carolina Cobbler

With peach orchards just a couple of miles from home, it's easy to treat my family to this traditional dessert.

—**MATTIE CARTER** ROCK HILL, SOUTH CAROLINA

PREP: 10 MIN. **BAKE:** 50 MIN. **MAKES:** 8 SERVINGS

4 cups sliced peeled fresh or frozen peaches, thawed

1 cup sugar, divided

½ teaspoon almond extract

⅓ cup butter, melted

¾ cup all-purpose flour

2 teaspoons baking powder

Dash salt

¾ cup milk

Vanilla ice cream, optional

1. In a large bowl, gently toss peaches, ½ cup sugar and extract; set aside. Pour butter into a 2-qt. baking dish.
2. In a small bowl, combine the flour, baking powder, salt and remaining sugar; stir in milk until smooth. Pour evenly over butter (do not stir). Top with peach mixture.
3. Bake at 350° for 50-55 minutes or until golden brown and bubbly. Serve with ice cream if desired.



Chocolate Hazelnut Tassies

Your taste buds will be delighted to find these delicious tassies filled not with the standard pecans but with dark chocolate and hazelnuts.

—**JOAN RANZINI** WAYNESBORO, VIRGINIA

PREP: 25 MIN. **BAKE:** 20 MIN./BATCH + COOLING **MAKES:** 3 DOZEN

1 cup butter, softened

2 packages (3 ounces each) cream cheese, softened

1 tablespoon sugar

2 teaspoons grated lemon peel

2 cups all-purpose flour

FILLING

¼ cup Nutella

½ cup packed brown sugar

1 egg

1 tablespoon butter, melted

1 teaspoon vanilla extract

½ cup finely chopped hazelnuts

¼ cup miniature semisweet chocolate chips

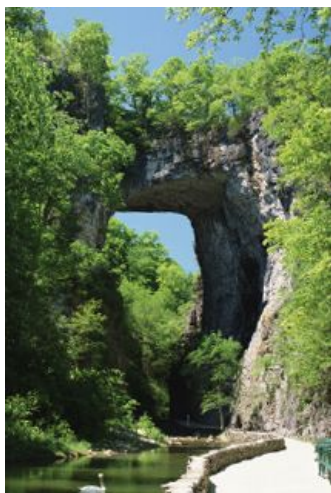
1. In a large bowl, cream the butter, cream cheese, sugar and lemon peel. Beat in flour. Shape into 36 balls. With floured fingers, press onto the bottom and up the sides of ungreased miniature muffin cups.

2. For filling, in a small bowl, beat the Nutella, brown sugar, egg, butter and vanilla until blended. Stir in hazelnuts and chocolate chips. Fill prepared cups three-fourths full.

3. Bake at 375° for 16-18 minutes or until set. Cool on wire racks for 10 minutes. Carefully remove from pans to wire racks. Store in an airtight container.

dishing about food

Since the name means “small cup” in both Scottish and French, tassies definitely come from one of these culinary traditions, but nobody’s sure which. This Southern sweet resembles a bite-size pie.



NATURAL BRIDGE, VA

The Blue Ridge Mountains run through much of Appalachia and boast some amazing formations. One is this natural bridge, a 215-foot limestone archway.

Old-Time Buttermilk Pie

This recipe is older than I am, and I was born in 1919! My mother and grandmother made this pie with buttermilk and eggs from our farm and took it to church meetings and social gatherings. I did the same and now our children make it, too!

—**KATE MATHEWS** SHREVEPORT, LOUISIANA

PREP: 15 MIN. **BAKE:** 45 MIN. + COOLING **MAKES:** 8-10 SERVINGS

CRUST

1½ cups all-purpose flour

1 teaspoon salt

½ cup shortening

¼ cup cold milk

1 egg, lightly beaten

FILLING

½ cup butter, softened

2 cups sugar

3 tablespoons all-purpose flour

3 eggs

1 cup buttermilk

1 teaspoon vanilla extract

1 teaspoon ground cinnamon

¼ cup lemon juice

1. In a large bowl, mix flour and salt. Cut in shortening until smooth. Gradually add milk and egg and mix well. On a floured surface, roll dough out very thin. Place in a 10-in. pie pan; set aside.

2. For filling, cream butter and sugar in a bowl. Add flour. Add eggs, one at a time, beating well after each addition. Stir in remaining ingredients and mix well. Pour into crust.

3. Bake at 350° for 45 minutes. Cool completely before serving.



Strawberry Biscuit Shortcake

This is a perfect finish to any meal. I make the most of fresh berries with this dessert.

—STEPHANIE MOON BOISE, IDAHO

PREP/TOTAL TIME: 30 MIN. **MAKES:** 8 SERVINGS

2 cups all-purpose flour

3 tablespoons sugar, divided

1 tablespoon baking powder

½ teaspoon salt

¼ cup cold butter

1 cup milk

2 pints strawberries, sliced

1 tablespoon orange juice

1½ cups whipped topping

1. In a large bowl, combine flour, 2 tablespoons sugar, baking powder and salt. Cut in butter until the mixture resembles coarse crumbs. Gradually stir in milk until a soft dough forms.

2. Drop the dough by heaping tablespoonfuls into eight mounds on a lightly greased baking sheet. Bake at 425° for 12-15 minutes or until lightly browned. Cool on a wire rack.

3. Meanwhile, place the strawberries, orange juice and remaining sugar in a bowl; toss gently. Split the shortcakes in half horizontally. Place bottom halves on serving plates; top with the whipped topping and strawberries. Replace shortcake tops.

Berry Shortcake: *Replace 1 pint strawberries with 1 pint fresh blueberries.*

Mixed Fruit Shortcake: *Omit strawberries and orange juice. Combine 4 cups mixed fresh berries, 2 cups sliced fresh peaches and 2 teaspoons sugar.*

dishing about food

The “cake” in shortcake can vary from a yellow, sponge-like cake to a biscuit. Arkansas cooks prefer a buttery biscuit base for their strawberry shortcake.



LITTLE ROCK, AR

Arrive at Little Rock’s Union Station in style—aboard a passenger train! This depot, built in 1921, is one of many with the same name across the United States.



Golden Pound Cake

The surprise ingredient in this cake is a can of Mountain Dew. I sometimes substitute orange cake mix and a can of orange Crush soda for a flavorful variation.

—**VICKI BOYD** MECHANICSVILLE, VIRGINIA

PREP: 10 MIN. **BAKE:** 45 MIN. + COOLING **MAKES:** 12 SERVINGS

1 package lemon cake mix (regular size)

1 package (3.4 ounces) instant vanilla pudding mix

4 eggs

$\frac{3}{4}$ cup canola oil

1 can (12 ounces) Mountain Dew

Confectioners' sugar, optional

1. In a large bowl, combine cake mix, pudding mix, eggs, oil and soda; beat on low speed for 30 seconds. Beat on medium for 2 minutes.

2. Pour into a greased and floured 10-in. fluted tube pan. Bake at 350° for 45-50 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pan to a wire rack to cool completely. Dust with confectioners' sugar if desired.



Lemon Chess Pie

This creamy, lemony pie cuts beautifully and has a smooth texture. It's one of my favorites.

—**HANNAH LARUE RIDER** EAST POINT, KENTUCKY

PREP: 15 MIN. **BAKE:** 35 MIN. + CHILLING **MAKES:** 6 SERVINGS

1 sheet refrigerated pie pastry

4 eggs

1½ cups sugar

½ cup lemon juice

¼ cup butter, melted

1 tablespoon cornmeal

2 teaspoons all-purpose flour

⅛ teaspoon salt

1. Unroll pastry on a lightly floured surface. Transfer to a 9-in. pie plate. Trim pastry to ½ in. beyond edge of plate; flute edges.

2. In a large bowl, beat eggs for 3 minutes. Gradually add sugar; beat for 2 minutes or until mixture becomes thick and lemon-colored. Beat in the lemon juice, butter, cornmeal, flour and salt.

3. Pour into pastry shell. Bake at 350° for 35-40 minutes or until a knife inserted near the center comes out clean. Cool on a wire rack for 1 hour. Refrigerate for at least 3 hours before serving.

dishing about food

Simple chess pie has been enjoyed in the South for centuries. The name is perplexing, but two theories prevail. One is that the pie resembles English lemon cheese pie, and the name might have been Americanized, with the pronunciation changed to “chess.” The other theory is based on the fact that the dessert contains enough sugar to safely store the pie at room temperature in a pie chest. The Southern accent may have turned “chest” into “chess.”



Grandma's Blackberry Cake

Here's a lightly seasoned spice cake that lets the wonderful flavor of blackberries shine through.

—**DIANA MARTIN** MOUNDSVILLE, WEST VIRGINIA

PREP: 15 MIN. **BAKE:** 45 MIN. + COOLING **MAKES:** 9 SERVINGS

1 cup fresh blackberries

2 cups all-purpose flour, divided

½ cup butter, softened

1 cup sugar

2 eggs

1 teaspoon baking soda

1 teaspoon ground cinnamon

1 teaspoon ground nutmeg

½ teaspoon salt

¼ teaspoon ground cloves

¼ teaspoon ground allspice

¾ cup buttermilk

Whipped cream, optional

1. Toss the blackberries with 2 tablespoons of flour; set aside. In a large bowl, cream the butter and sugar until light and fluffy. Beat in eggs. Combine the baking soda, cinnamon, nutmeg, salt, cloves, allspice and remaining flour; add to creamed mixture alternately with buttermilk, beating well after each addition. Fold in blackberries. Pour into a greased and floured 9-in. square baking pan.

2. Bake at 350° for 45-50 minutes or until a toothpick inserted in the center comes out clean. Cool on a wire rack. Serve with whipped cream if desired.

dishing about food

Blackberries grow wild in the Ozarks and are very popular. Southern varieties of this juicy berry reach peak ripeness in June.



BRANSON, MO

No matter the season, fun times await the whole family in Branson. Watch a show, take a lake cruise—even explore the nearby caverns!



Apple Pear Pie

This fruit pie brimming with apples and pears really says fall. What a yummy way to use your backyard bounty or the pickings from local orchards! I've made plenty of pies over the years, and this is a real standout.

—**GRACE CAMP** OWINGSVILLE, KENTUCKY

PREP: 20 MIN. **BAKE:** 1 HOUR **MAKES:** 8 SERVINGS

Pastry for double-crust pie (9 inches)

3 medium ripe pears, peeled and thinly sliced

3 medium tart apples, peeled and thinly sliced

1 cup plus 1 teaspoon sugar, divided

1 teaspoon lemon juice

1 teaspoon ground cinnamon

¼ teaspoon ground nutmeg

3 tablespoons butter

1 teaspoon whole milk

1. Line a 9-in. pie plate with bottom pastry; trim to 1 in. beyond edge of plate. In a large bowl, combine the pears, apples, 1 cup sugar, lemon

juice, cinnamon and nutmeg. Transfer mixture to crust; dot with butter.

2. Roll out remaining pastry to fit top of pie; cut slits or decorative cutouts in pastry. Place over filling; trim, seal and flute edges. Add decorative cutouts if desired. Brush with milk; sprinkle with remaining sugar. Cover edges loosely with foil.

3. Bake at 350° for 30 minutes. Remove foil; bake 30-35 minutes longer or until crust is golden brown. Cool on a wire rack.



Coke Cake

I receive a great response every time I serve this cake, and it seems like I'm forever sharing the recipe! People are always curious about the ingredients, and when I tell them the cake has cola in it, they are really surprised! The unusual combination makes it moist and delicious.

—**ANNA BAKER** BLAINE, WASHINGTON

PREP: 15 MIN. **BAKE:** 35 MIN. **MAKES:** 8-10 SERVINGS

2 cups all-purpose flour

2 cups sugar

1 teaspoon baking soda

1 cup butter, cubed

3 tablespoons baking cocoa

1 cup cola

½ cup buttermilk

2 eggs, beaten

1 teaspoon vanilla extract

1 cup miniature marshmallows

ICING

½ cup butter, cubed

2 to 3 tablespoons baking cocoa

6 tablespoons cola

3¼ cups confectioners' sugar

1 cup coarsely chopped nuts

1. In a bowl, combine the flour, sugar and baking soda; set aside.

2. In a saucepan, bring the butter, cocoa and cola to a boil; stir into dry ingredients. Stir in buttermilk, eggs, vanilla and marshmallows; mix well.

3. Pour into a greased 13x9-in. baking pan. Bake at 350° for 35 minutes or until a toothpick inserted in the center comes out clean.

4. For icing, combine the butter, cocoa and cola in a saucepan; bring to a boil and stir until smooth. Remove from the heat; stir in confectioners' sugar; mix well. Spread over hot cake. Sprinkle with nuts. Cool before cutting.



Georgia Peach Ice Cream

My state is well known for growing good peaches. This delightful recipe has been a family favorite for more than 50 years.

—**MARGUERITE ETHRIDGE** AMERICUS, GEORGIA

PREP: 45 MIN. + **CHILLING PROCESS:** 20 MIN./BATCH + **FREEZING MAKES:** 3¾ QUARTS

4 eggs

1¼ cups sugar, divided

½ teaspoon salt

4 cups whole milk

2 cans (14 ounces each) sweetened condensed milk

1¾ pounds fresh peaches, peeled and sliced

1. In a large heavy saucepan, whisk eggs, 1 cup sugar and salt until blended; stir in milk. Cook over low heat, stirring constantly, until mixture is just thick enough to coat a spoon and a thermometer reads at least 160°. Do not allow to boil. Remove from heat immediately.

2. Quickly transfer to a bowl; place bowl in a pan of ice water. Stir gently and occasionally for 2 minutes. Stir in sweetened condensed milk. Press plastic wrap onto surface of custard. Refrigerate several hours or overnight.

3. When ready to freeze, in a small bowl, mash peaches with remaining sugar; let stand 30 minutes. Pour custard into cylinder of ice cream freezer; stir in peaches. Freeze according to manufacturers' directions.

dishing about food

For more than 150 years, Georgia farmers have been growing plump, golden peaches, the state's official fruit—and Americans have been happily wiping the sweet juice from their chins! The fact is, Georgia ranks third in peach production behind California and South Carolina.



GEORGIA

Franciscan monks brought peaches to Georgia's coastal islands in the late 16th century.



Lady Baltimore Cake

I first made this cake for my father's birthday and now it is the only cake he requests. It has complex flavors with the raisin-fig filling and is very unique.

—CLEO GONSKE REDDING, CALIFORNIA

PREP: 30 MIN. + **STANDING** **BAKE:** 20 MIN. + **COOLING** **MAKES:** 16 SERVINGS

1⅓ cups raisins, chopped

8 dried figs, finely chopped

½ cup brandy

CAKE

2½ cups all-purpose flour

2 cups sugar

2 teaspoons grated orange peel

1 teaspoon baking powder

½ teaspoon baking soda

⅛ teaspoon salt

1⅓ cups buttermilk

½ cup butter, softened

1 teaspoon vanilla extract

4 egg whites

FROSTING

2 cups butter, softened

6 cups confectioners' sugar, sifted

2 teaspoons vanilla extract

¼ to ⅓ cup heavy whipping cream

1 cup finely chopped pecans, toasted

1. In a small bowl, combine the raisins and figs. Add brandy; toss to combine. Let stand, covered, at room temperature about 2 hours or until brandy is absorbed, stirring occasionally.

2. Preheat oven to 350°. Line bottoms of three greased 8-in. round cake pans with parchment paper; grease paper.

3. In a large bowl, mix the flour, sugar, orange peel, baking powder, baking soda and salt until blended. Add the buttermilk, butter and vanilla; beat on low speed 30 seconds or just until the dry ingredients are moistened. Beat on medium for 2 minutes. Add the egg whites; beat 2 minutes longer.

4. Transfer batter to prepared pans. Bake 20-25 minutes or until a toothpick inserted in center comes out clean. Cool in pans for 10 minutes before removing from the pans to wire racks to cool completely.

5. In a large bowl, cream butter until fluffy. Gradually beat in confectioners' sugar. Beat in vanilla and enough cream to reach desired consistency. For filling, remove 1 cup frosting to a small bowl; stir in pecans and raisin mixture.

6. Place one cake layer on a serving plate; spread with half of the filling. Add another cake layer; top with remaining filling. Add remaining cake layer; spread remaining frosting over top and sides of cake.

Editor's Note: *To toast nuts, spread in a 15x10x1-in. baking pan. Bake at 350° for 5-10 minutes or until lightly browned, stirring occasionally. Or, spread in a dry nonstick skillet and heat over lowheat until lightly browned, stirring occasionally.*

dishing about food

Some say Lady Baltimore Cake sprang from the imagination of author Owen Wister, who described the dessert in his 1906 novel, *Lady Baltimore*. Others maintain that socialite Alicia Rhett Mayberry baked the cake for Wister, who then described it in his novel. Still others believe sisters Florence and Nina Ottolengui, owners of Lady Baltimore Tea Room in Charleston, South Carolina, created it. One thing is certain: This classic is not from Baltimore!



CHARLESTON, SC

A carriage ride is a quaint way to take in the sights of historic Charleston. Several companies offer guided tours.



Bourbon Pecan Pralines

Like authentic pralines found in New Orleans, these treats are sweet, crunchy and rich!

—TASTE OF HOME TEST KITCHEN

PREP: 15 MIN. **COOK:** 25 MIN. + **STANDING MAKES:** 1 POUND

¼ cup butter, cubed

½ cup sugar

½ cup packed brown sugar

¾ cup heavy whipping cream

1 cup pecan halves, toasted

½ cup chopped pecans, toasted

1 tablespoon bourbon

1. Grease two baking sheets; set aside. In a large heavy saucepan over medium heat, melt butter. Stir in the sugars, then cream; cook and stir until mixture comes to a boil. Cook, stirring occasionally, until a candy thermometer reads 236° (soft-ball stage), about 20 minutes.

2. Remove from the heat; stir in pecan halves, chopped pecans and bourbon. Immediately drop by tablespoonfuls onto prepared baking sheets. Let stand until pralines are set and no longer glossy. Store in an airtight container.

Editor's Note: *We recommend that you test your candy thermometer before each use by bringing water to a boil; the thermometer should read 212°. Adjust your recipe temperature up or down based on your test.*

dishing about food

Pralines are a French candy that was first made with almonds. In 1727, French Ursuline nuns traveled to New Orleans with young women who

would become brides for the male colonists. The nuns taught the women the art of homemaking, including how to make pralines. Since pecans, rather than almonds, are abundant in the South, the recipe was transformed into pecan pralines.



Shortbread Lemon Tart

For a change from ordinary lemon bars, we added orange peel to both the crust and filling and turned the recipe into a tart. It's a refreshing finish to heavy holiday meals.

—TASTE OF HOME TEST KITCHEN

PREP: 20 MIN. **BAKE:** 25 MIN. + COOLING **MAKES:** 10-12 SERVINGS

3 eggs

¼ cup lemon juice

1¼ cups sugar

1 tablespoon grated orange peel

¼ cup butter, melted

CRUST

1 cup all-purpose flour

⅓ cup confectioners' sugar

½ cup ground almonds

1 teaspoon grated lemon peel

1 teaspoon grated orange peel

½ cup cold butter, cubed

Additional confectioners' sugar

1. For filling, in a blender, combine the eggs, lemon juice, sugar and orange peel. Cover and blend on high until smooth. Add butter; cover and process on high just until smooth. Set aside.
2. In a food processor, combine the flour, confectioners' sugar, almonds, lemon peel, orange peel and butter; cover and process until mixture forms a ball. Press pastry onto the bottom and up the sides of an ungreased 9-in. tart pan with removable bottom.
3. Pour filling into crust. Bake at 350° for 25-30 minutes or until center is almost set. Cool on a wire rack. Just before serving, sprinkle with confectioners' sugar.



Devil's Food Cake with Chocolate Fudge Frosting

This recipe won several blue ribbons at our state fair. The made-from-scratch chocolate layer cake topped with a fudgy homemade frosting is truly a can't-miss dessert.

—**DONNA CARMAN** TULSA, OKLAHOMA

PREP: 45 MIN. **BAKE:** 25 MIN. + COOLING **MAKES:** 12 SERVINGS

3 ounces unsweetened chocolate, chopped

½ cup butter, softened

2¼ cups packed brown sugar

3 eggs

1½ teaspoons vanilla extract

2¼ cups cake flour

1 teaspoon baking soda

½ teaspoon baking powder

½ teaspoon salt

1 cup water

1 cup (8 ounces) sour cream

FROSTING

½ cup butter, cubed

4 ounces unsweetened chocolate, chopped

3¾ cups confectioners' sugar

½ cup milk

2 teaspoons vanilla extract

1. In a microwave, melt the chocolate; stir until smooth. Set aside. In a large bowl, cream butter and brown sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Beat in vanilla and melted chocolate.

2. Combine the flour, baking soda, baking powder and salt; add to the creamed mixture alternately with the water and sour cream. Transfer to two greased and floured 9-in. round baking pans.

3. Bake at 350° for 25-30 minutes or until a toothpick inserted in center comes out clean. Cool for 10 minutes before removing from pans to wire racks to cool completely.

4. For frosting, in a small heavy saucepan, melt butter and chocolate over low heat. Remove from the heat; cool for 5 minutes. In a large bowl, beat the confectioners' sugar, milk and vanilla until smooth. Gradually beat in chocolate mixture until frosting is light and fluffy. Spread between layers and over top and sides of cake. Refrigerate leftovers.

dishing about food

Devil's food cake is said to be a Southern creation that appeared on dining tables in the early 1900s. Some argue that it should be made with

cocoa, while others say the original recipe used melted chocolate. There are many tales about how the cake was named, from its dark color or sinfully rich flavor to the idea that it was the antithesis of angel food cake.



Southern Lane Cake

Guest will just love this impressive and festive cake. With the fruit filling and topping, it is reminiscent of a fruitcake, but it's so much more delicious!

—**MABEL PARVI** RIDGEFIELD, WASHINGTON

PREP: 40 MIN. **BAKE:** 20 MIN. + CHILLING **MAKES:** 12 SERVINGS

6 egg whites

$\frac{3}{4}$ cup butter, softened

1 $\frac{1}{2}$ cups sugar

1 teaspoon vanilla extract

2 $\frac{1}{4}$ cups all-purpose flour

2 $\frac{1}{2}$ teaspoons baking powder

$\frac{1}{2}$ teaspoon salt

$\frac{3}{4}$ cup 2% milk

FILLING

6 egg yolks

1 cup sugar

$\frac{1}{2}$ cup butter, cubed

$\frac{1}{4}$ cup bourbon

1 tablespoon grated orange peel

$\frac{1}{4}$ teaspoon salt

¾ cup raisins

¾ cup flaked coconut

¾ cup chopped pecans

¾ cup coarsely chopped red candied cherries

1 cup heavy whipping cream, whipped and sweetened

1. Line bottoms of three greased 9-in. round baking pans with parchment paper; grease paper; set aside. Place egg whites in a large bowl; let stand at room temperature for 30 minutes.
2. In another large bowl, cream butter and sugar until light and fluffy. Beat in vanilla. In another bowl, whisk flour, baking powder and salt; add to creamed mixture alternately with milk, beating well after each addition. Beat egg whites until stiff peaks form; fold into batter. Transfer to prepared pans.
3. Bake at 325° for 20-25 minutes or until a toothpick inserted in center comes out clean. Cool for 10 minutes before removing from pans to wire racks; remove paper. Cool completely.
4. For filling, combine egg yolks and sugar in a large saucepan. Add butter; cook and stir over medium-low heat until sugar is dissolved and mixture thickens, but does not boil. Remove from the heat. Stir in bourbon, orange peel, and salt. Fold in the raisins, coconut, pecans and cherries. Cool.
5. Place one cake layer on a serving plate; spread with a third of the filling. Repeat for second cake layer. Top with third cake layer, then remaining filling. Frost sides of cake with whipped cream. Store in the refrigerator.

dishing about food

This special-occasion cake is a Deep South classic. Emma Rylander Lane of Alabama created the recipe. She entered her cake in a county fair in Columbus, Georgia, and walked away with first prize. It's been a winner across tables in the South for more than 100 years.



New Orleans Beignets

These sweet French doughnuts are square instead of round and have no hole in the middle. They're a traditional part of breakfast in New Orleans.

—**BETH DAWSON JACKSON**, LOUISIANA

PREP: 15 MIN. **COOK:** 35 MIN. **MAKES:** 4 DOZEN

1 package (¼ ounce) active dry yeast

¼ cup warm water (110° to 115°)

1 cup evaporated milk

½ cup canola oil

¼ cup sugar

1 egg

4½ cups self-rising flour

Oil for deep-fat frying

Confectioners' sugar

1. In a large bowl, dissolve yeast in warm water. Add the milk, oil, sugar and egg and 2 cups flour. Beat until smooth. Stir in enough remaining flour to form a soft dough (dough will be sticky). Do not knead. Cover and refrigerate overnight.

2. Punch dough down. Turn onto a floured surface; roll into a 16-in. x 12-in. rectangle. Cut into 2-in. squares.

3. In an electric skillet or deep-fat fryer, heat oil to 375°. Fry the squares, a few at a time, until golden brown on both sides. Drain the beignets on paper towels. Roll the warm beignets in confectioners' sugar.

Editor's Note: *As a substitute for each cup of self-rising flour, place 1½ teaspoons baking powder and ½ teaspoon salt in a measuring cup. Add all-purpose flour to measure 1 cup.*

dishing about food

Louisiana's French settlers brought recipes for deep-frying pastries, and the beignet evolved from fruit-filled fritters to squares of fried sweet dough generously dusted with confectioners' sugar. Historic Cafe Du Monde is famous for its beignets. You can find its original location on New Orleans' famed Jackson Square.



NEW ORLEANS, LA

Jackson Square was named for Andrew Jackson, the general who led troops to defeat the British in the Battle of New Orleans during the War of 1812. He was later elected president. In the square, St. Louis Cathedral towers over Jackson's statue and the crowds that gather to enjoy the artists and musicians performing there.



Old-Fashioned Jam Cake

I remember my Aunt Murna telling me she made this cake often when she was a young girl. Through the years, she made improvements to it, and her cake became a real family favorite. It has been a popular staple at our reunions.

—**JANET ROBINSON** LAWRENCEBURG, KENTUCKY

PREP: 25 MIN. + **STANDING** **BAKE:** 40 MIN. + **COOLING** **MAKES:** 12-16 SERVINGS

1 cup raisins

1 can (8 ounces) crushed pineapple, undrained

1 cup butter, softened

1 cup sugar

4 eggs

3 cups all-purpose flour

⅓ cup baking cocoa

1 teaspoon baking soda

1 teaspoon ground cinnamon

1 teaspoon ground nutmeg

½ teaspoon ground cloves

1 jar (12 ounces) or 1 cup blackberry jam

⅔ cup buttermilk

1 cup chopped pecans

CARAMEL ICING

1 cup butter, cubed

2 cups packed brown sugar

½ cup 2% milk

3½ to 4 cups confectioners' sugar

1. In a small bowl, combine raisins and pineapple; let stand for at least 30 minutes.

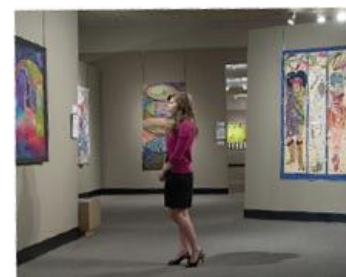
2. In a large bowl, cream butter and sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Combine dry ingredients; gradually add to creamed mixture alternately with jam and buttermilk, beating well after each addition. Stir in raisin mixture and nuts.

3. Spread into two greased and floured 9-in. round baking pans. Bake at 350° for 40-45 minutes or until a toothpick inserted in center comes out clean. Cool the cake for 10 minutes before removing from pans to wire racks to cool completely.

4. For icing, in a large saucepan, melt butter over medium heat. Stir in sugar and milk. Bring to a boil. Remove from the heat; cool until just warm. Pour into a large bowl; beat in enough confectioners' sugar to achieve a spreading consistency. Spread the frosting between layers and over the top and sides of the cake.

dishing about food

Kentucky is considered the birthplace of jam cake, but Tennesseans also enjoy this treat. The moist raisin-pineapple cake is filled with the spices of Christmas—cinnamon, nutmeg and cloves—along with blackberry jam. The cake is frosted with a rich caramel icing.



PADUCAH, KY

Now among the most popular tourist destinations in Kentucky, the National Quilt Museum opened in 1991. On-site and traveling exhibits display the fine work of quilters and fiber artists from around the world.

Strawberry Rhubarb Pie

My niece tasted this pie at a family dinner and urged me to enter it in our hometown pie contest. She said it would win the Grand Prize, and it did! I cook at our local nursing home, and everyone enjoys this recipe.

—JANICE SCHMIDT BAXTER, IOWA

PREP: 25 MIN. + CHILLING **MAKES:** 8 SERVINGS

2 tablespoons cornstarch

1 cup sugar

1 cup water

1 cup sliced rhubarb

3 tablespoons strawberry gelatin powder

1 pastry shell (9 inches), baked

2 pints fresh strawberries, halved

1. In a large saucepan, mix cornstarch and sugar. Stir in water until smooth. Add rhubarb; cook and stir until clear and thickened. Add gelatin and stir until dissolved. Cool.

2. Pour about half of the rhubarb sauce into the pastry shell. Arrange berries over sauce; top with remaining sauce. Refrigerate for 3-4 hours before serving. Store in the refrigerator.



Banana Pudding

I didn't see my son, Lance Cpl. Eric Harris, for more than two years after he enlisted in the Marines following high school. When I saw him for the first time at the airport last fall, I just grabbed hold of him and busted out crying. The first thing he ate when we got home was two bowls of my banana pudding. He's a true Southern boy!

—STEPHANIE HARRIS MONTPELIER, VIRGINIA

PREP: 15 MIN. + COOLING **COOK:** 20 MIN. + CHILLING **MAKES:** 9 SERVINGS

$\frac{3}{4}$ cup sugar

$\frac{1}{4}$ cup all-purpose flour

$\frac{1}{4}$ teaspoon salt

3 cups 2% milk

3 eggs

1½ teaspoons vanilla extract

58 vanilla wafers, divided

4 large ripe bananas, cut into $\frac{1}{4}$ -inch slices

1. In a large saucepan, mix sugar, flour and salt. Whisk in milk. Cook and stir over medium heat until thickened and bubbly. Reduce heat to low; cook and stir 2 minutes longer. Remove from heat.

2. In a small bowl, whisk eggs. Whisk a small amount of hot mixture into eggs; return all to pan, whisking constantly. Bring to a gentle boil; cook and stir 2 minutes. Remove from heat. Stir in vanilla. Cool 15 minutes, stirring occasionally.

3. In an ungreased 8-in.-square baking dish, layer 25 vanilla wafers, half the banana slices and half of the pudding. Repeat layers.

4. Press plastic wrap onto surface of pudding. Refrigerate at least 4 hours. Just before serving, crush remaining wafers; sprinkle over top.

dishing about food

Featuring vanilla pudding, bananas and vanilla wafers, banana pudding can be served plain, with whipped cream or crowned with meringue. Love banana pudding? Head to the annual National Banana Pudding Festival in Centerville, Tennessee.



Old-Fashioned Coconut Pie

My husband says it's not good cooking unless it's made from scratch. This is an old-fashioned way of making coconut pie.

—**BARBARA SMITH** FRANKLIN, GEORGIA

PREP: 20 MIN. **BAKE:** 15 MIN. + COOLING **MAKES:** 6-8 SERVINGS

1 cup sugar

¼ cup all-purpose flour

Dash salt

3 eggs, lightly beaten

2 cups milk

1½ teaspoons vanilla extract

1¼ cups flaked coconut, divided

1 pie shell (9 inches), baked

MERINGUE

3 egg whites

6 tablespoons sugar

1. In a saucepan, combine sugar, flour and salt. Combine egg yolks and milk; stir into dry ingredients until smooth. Cook and stir over medium heat until thickened and bubbly. Reduce heat to low; cook and stir 2 minutes longer. Remove from heat; stir in vanilla and 1 cup coconut. Pour hot filling into pie shell.

2. For meringue, beat egg whites in a bowl until soft peaks form. Gradually beat in sugar until mixture forms stiff glossy peaks and sugar is dissolved. Spread meringue over hot filling. Sprinkle with remaining coconut. Bake at 350° for 12-15 minutes or until golden. Cool. Store in the refrigerator.



Deep-Fried Cherry Pies

These stuffed cherry pies with a wonderful flaky crust make a quick dessert. My family also loves them for snacks, and they're a handy and delicious addition to my husband's take-along lunches.

—**MONICA LARKIN** SHINNSTON, WEST VIRGINIA

PREP/TOTAL TIME: 30 MIN. **MAKES:** 4 SERVINGS

1 cup all-purpose flour

¼ teaspoon baking powder

¼ teaspoon salt

2 tablespoons shortening

⅓ cup boiling water

1 cup cherry pie filling

Oil for deep-fat frying

¼ cup maple syrup

¼ cup whipped topping

1. In a small bowl, combine the flour, baking powder and salt. Cut in the shortening until mixture resembles coarse crumbs. Stir in the water just until moistened. Turn onto a lightly floured surface; knead 8-10 times.

2. Divide dough into four portions; roll each into an 8-in. circle. Place ¼ cup of pie filling in the center of each circle. Fold dough over filling; secure with toothpicks.

3. In an electric skillet or deep fat-fryer, heat 1 in. of oil to 375°. Fry pies, folded side down, in oil for 2-3 minutes or until lightly browned. Turn and fry 2-3 minutes longer. Drain on paper towels. Remove toothpicks. Serve with syrup and whipped topping.

dishing about food

Fried pies were originally cooked in cast-iron skillets throughout the South and the Northeast. Now the pastries are deep-fried and have become an iconic Southern treat. Apple and peach are the most popular flavors, but cherries and berries make scrumptious fillings, too.



HARPERS FERRY, WV

Many famous Americans have ties to Harpers Ferry, including George Washington, Lewis and Clark, John Brown, Stonewall Jackson and Frederick Douglass.

Candied Pecans

I packed these crispy pecans in jars tied with pretty ribbon for family and friends. My granddaughter gave some to a doctor at the hospital where she works, and he said they were “too good to be true!”

—OPAL TURNER HUGHES SPRINGS, TEXAS

PREP: 20 MIN. **BAKE:** 40 MIN. **MAKES:** ABOUT 1 POUND

2¾ cups pecan halves

2 tablespoons butter, softened, divided

1 cup sugar

½ cup water

½ teaspoon salt

½ teaspoon ground cinnamon

1 teaspoon vanilla extract

1. Place the pecans in a shallow baking pan in a 250° oven for 10 minutes or until pecans are warmed. Grease a 15x10x1-in. baking pan with 1 tablespoon butter; set aside.

2. Grease the sides of a large heavy saucepan with remaining butter; add sugar, water, salt and cinnamon. Cook and stir over low heat until sugar is dissolved. Cook and stir over medium heat until mixture comes to a boil. Cover and cook for 2 minutes to dissolve the sugar crystals.

3. Cook, without stirring, until a candy thermometer reads 236° (soft-ball stage). Remove from the heat; add vanilla. Stir in warm pecans until evenly coated.

4. Spread onto prepared baking pan. Bake at 250° for 30 minutes, stirring every 10 minutes. Spread on a waxed paper-lined baking sheet to cool.

Editor’s Note: *We recommend that you test your candy thermometer before each use by bringing water to a boil; the thermometer should read 212°. Adjust your recipe temperature up or down based on your test.*



Orange Natilla Custard Pie

I tasted this custard at a small Cuban restaurant in Key West and knew that I had to make it into a pie.

—**AMY MILLS** SEBRING, FLORIDA

PREP: 30 MIN. + CHILLING **BAKE:** 35 MIN. + CHILLING **MAKES:** 8 SERVINGS

1 cup whole milk

1 orange peel strip

1 lemon peel strip

1 whole star anise

CRUST

1¼ cups all-purpose flour

⅛ teaspoon salt

7 tablespoons cold butter, cubed

5 to 6 tablespoons cold water

FILLING

4 eggs

1 can (14 ounces) sweetened condensed milk

½ cup sugar

¼ cup orange juice

1 teaspoon ground cinnamon

1 teaspoon vanilla extract

FINISHING

1 egg

2 tablespoons water

2 tablespoons sugar

¼ teaspoon ground cinnamon

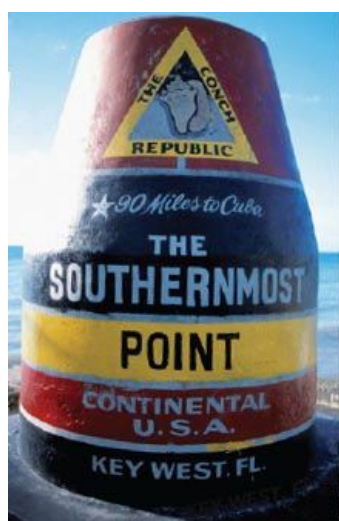
Orange peel curls, optional

1. In a small saucepan, heat the milk, orange peel, lemon peel and star anise until bubbles form around sides of pan, stirring occasionally. Remove from the heat. Cool. Cover and steep overnight in the refrigerator.
2. In a large bowl, combine flour and salt; cut in butter until crumbly. Gradually add water, tossing with a fork until dough forms a ball. Wrap in plastic wrap. Refrigerate for 1 hour or until easy to handle.
3. Roll out pastry to ⅛-in. thickness; transfer to a 9-in. pie plate. Trim pastry to ½ in. beyond edge of plate; flute edges.
4. Line unpricked pastry with a double thickness of heavy-duty foil. Fill with dried beans, uncooked rice or pie weights. Bake at 450° for 12 minutes. Remove foil and weights; bake 5 minutes longer or until golden brown. Cool on a wire rack.
5. Strain milk mixture, discarding peels and star anise. In a blender, combine the eggs, condensed milk, strained milk, sugar, orange juice, cinnamon and vanilla; cover and process until smooth. Pour into crust.
6. In a small bowl, whisk egg and water; brush over pastry edges. Bake at 400° for 15 minutes. Reduce heat to 350°; sprinkle with sugar. Bake for 18-22 minutes or until center is almost set. (Pie surface will still jiggle. Custard will set upon cooling.) Cool on a wire rack for 1 hour.
7. Cover and refrigerate until chilled. Sprinkle with cinnamon just before serving. Garnish with orange peel curls if desired. Refrigerate leftovers.

Editor's Note: *Let pie weights cool before storing. Beans and rice may be reused as pie weights, but not for cooking.*

dishing about food

Natilla is a classic Cuban custard made with egg yolks, milk and cinnamon. It is considered Cuban comfort food and is a favorite in Florida.



KEY WEST, FL

The southernmost spot in the U.S., Key West is only 90 miles from Cuba! The laid-back island has been frequented by many famous folks over the years, including Ernest Hemingway, Lou Gehrig and Tennessee Williams.

Sad Cake

Sad is such a misnomer for this dessert. It's so simple to make—it takes only 10 minutes to mix up—is sweet, chewy and yummy!

—**LORI HANLEY** HARTSVILLE, SOUTH CAROLINA

PREP: 10 MIN. **BAKE:** 30 MIN. **MAKES:** 15 SERVINGS

2¼ cups packed brown sugar

2 cups biscuit/baking mix

4 eggs

½ cup canola oil

1 teaspoon vanilla extract

1 cup chopped pecans

1 cup flaked coconut

1. Preheat oven to 350°. In a large bowl, mix brown sugar and baking mix. In another bowl, whisk eggs, oil and vanilla until blended. Add to sugar mixture; stir just until moistened. Fold in pecans and coconut.
2. Transfer to a greased 13x9-in. baking pan. Bake 30-35 minutes or until browned and a toothpick inserted in center comes out with moist crumbs. Cool the cake completely in pan on a wire rack.

dishing about food

Sad cake got its name because it falls during baking, so the end result looks a bit sad. Its flavor, however, is sure to make you happy!



Butterscotch Peach Pie

When peach season arrives, this great old-fashioned pie is sure to be on the table. The recipe has been in our family for more than 60 years, and I still make it every summer. Butterscotch buffs love it.

—**BARBARA MOYER** TIFFIN, OHIO

PREP: 30 MIN. + CHILLING **BAKE:** 45 MIN. + COOLING **MAKES:** 8 SERVINGS

2 cups all-purpose flour

1 teaspoon salt

$\frac{3}{4}$ cup shortening

4 to 5 tablespoons cold water

FILLING

$\frac{3}{4}$ cup packed brown sugar

2 tablespoons all-purpose flour

$\frac{1}{3}$ cup light corn syrup

3 tablespoons butter, melted

2 tablespoons lemon juice

$\frac{1}{4}$ teaspoon almond extract

8 medium peaches, peeled and sliced

1. In a large bowl, combine flour and salt; cut in shortening until crumbly. Gradually add water, tossing with a fork until dough forms a ball. Cover and refrigerate for 30 minutes or until easy to handle.
2. For filling, in a small saucepan, combine brown sugar and flour. Stir in corn syrup and butter until blended. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from the heat; stir in lemon juice and extract. Place peaches in a large bowl; add syrup mixture and toss to coat.
3. Divide dough in half so one ball is slightly larger than the other. Roll out larger ball to fit a 9-in. pie plate. Transfer to pie plate; trim pastry to $\frac{1}{2}$ in. beyond rim of plate. Add filling. Roll out remaining pastry; make a lattice crust. Trim, seal and flute edges. Cover edges loosely with foil.
4. Bake at 375° for 25 minutes. Uncover; bake 20-25 minutes longer or until crust is golden brown and filling is bubbly. Cool on a wire rack.



Hummingbird Cake

What an impressive cake! It's my dad's favorite, so I always make it for his birthday. It also makes a great Easter dessert and is lovely with a summer meal.

—**NANCY ZIMMERMAN** CAPE MAY COURT HOUSE, NEW JERSEY

PREP: 40 MIN. **BAKE:** 25 MIN. + COOLING **MAKES:** 12-14 SERVINGS

2 cups mashed ripe bananas

1½ cups canola oil

3 eggs

1 can (8 ounces) unsweetened crushed pineapple, undrained

1½ teaspoons vanilla extract

3 cups all-purpose flour

2 cups sugar

1 teaspoon baking soda

1 teaspoon salt

1 teaspoon ground cinnamon

1 cup chopped walnuts

PINEAPPLE FROSTING

¼ cup shortening

2 tablespoons butter, softened

1 teaspoon grated lemon peel

¼ teaspoon salt

6 cups confectioners' sugar

½ cup unsweetened pineapple juice

2 teaspoons half-and-half cream

Chopped walnuts, optional

1. In a large bowl, beat the bananas, oil, eggs, pineapple and vanilla until well blended. In another bowl, combine the flour, sugar, baking soda, salt and cinnamon; gradually beat into banana mixture until blended. Stir in walnuts.

2. Pour into three greased and floured 9-in. round baking pans. Bake at 350° for 25-30 minutes or until a toothpick inserted in center comes out clean. Cool the layers for 10 minutes before removing from pans to wire racks to cool completely.

3. For frosting, in a large bowl, beat the shortening, butter, lemon peel and salt until fluffy. Add confectioners' sugar alternately with pineapple juice. Beat in cream. Spread between layers and over top and sides of cake. Sprinkle with walnuts if desired.

dishing about food

When Mrs. L.H. Wiggins of Greensboro, North Carolina, published her hummingbird cake recipe in 1978, Southern baking was changed forever. Nobody knows exactly how the cake got its fanciful name, but according to local lore, when you take a bite of the cake, you'll hum with pleasure.



ASHEVILLE, NC

If you enjoy learning about the lifestyles of the rich and famous, pay a visit to the largest home in America: the Biltmore, which was built for George Vanderbilt in 1895. These days, you can even stay the night!

Chunky Fresh Mango Cake

This delicious cake originated years ago with a great-aunt who lived in Florida and had her own mango tree. It's a sweet, moist cake with slightly crisp edges.

—ALLENE BARY-COOPER WICHITA FALLS, TEXAS

PREP: 20 MIN. **BAKE:** 30 MIN. + COOLING **MAKES:** 4 SERVINGS

- ½ cup sugar
- ⅓ cup canola oil
- 1 egg
- ½ cup plus 2 tablespoons all-purpose flour
- ¾ teaspoon baking powder
- ¼ teaspoon salt
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon ground nutmeg
- ¾ cup chopped peeled mango
- ¼ cup chopped pecans
- Confectioners' sugar and whipped topping, optional

1. In a small bowl, beat the sugar, oil and egg until well blended. In another bowl, combine the flour, baking powder, salt, cinnamon and nutmeg; gradually beat into sugar mixture and mix well. Fold in mango and pecans.
2. Transfer to a greased 6-in. round baking pan. Bake at 375° for 25-30 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pan to a wire rack to cool completely. Garnish with confectioners' sugar and whipped topping if desired.



Buttermilk Pound Cake

This cake is the one I make most often. It is a truly Southern recipe, and I don't think it can be topped. Once people taste it, they won't go back to their other recipes.

—**GRACIE HANCHEY** DE RIDDER, LOUISIANA

PREP: 10 MIN. **BAKE:** 70 MIN. + COOLING **MAKES:** 16-20 SERVINGS

1 cup butter, softened

2½ cups sugar

4 eggs

3 cups all-purpose flour

¼ teaspoon baking soda

1 cup buttermilk

1 teaspoon vanilla extract

Confectioners' sugar, optional

1. In a large bowl, cream butter and sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Combine flour and baking soda; add alternately with buttermilk and beat well. Stir in vanilla.

2. Pour into a greased and floured 10-in. fluted tube pan. Bake at 325° for 70 minutes or until a toothpick inserted near the center comes out clean. Cool in pan for 15 minutes before removing to a wire rack to cool completely. Dust with confectioners' sugar if desired.



Lemon-Filled Coconut Cake

One of my co-workers brought this cake to a luncheon almost 40 years ago. It was so delicious that I asked for the recipe, and she shared. I have baked it ever since, and it's always a hit!

—**JACKIE BERGENHEIER** WICHITA FALLS, TEXAS

PREP: 35 MIN. **BAKE:** 25 MIN. + COOLING **MAKES:** 16 SERVINGS

- 1 cup butter, softened
- 2 cups sugar
- 3 eggs
- 2 teaspoons vanilla extract
- 3¼ cups all-purpose flour
- 3¼ teaspoons baking powder
- ¾ teaspoon salt
- 1½ cups 2% milk

FILLING

- 1 cup sugar
- ¼ cup cornstarch
- 1 cup water
- 4 egg yolks, lightly beaten
- ⅓ cup lemon juice
- 2 tablespoons butter

FROSTING

- 1½ cups sugar
- 2 egg whites
- ⅓ cup water
- ¼ teaspoon cream of tartar
- 1 teaspoon vanilla extract
- 3 cups flaked coconut

1. In a large bowl, cream butter and sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Beat in vanilla. Combine the flour, baking powder and salt; add to creamed mixture alternately with milk, beating well after each addition.
2. Transfer to three greased and floured 9-in. round baking pans. Bake at 350° for 25-30 minutes or until a toothpick inserted in the center comes out clean. Cool for 10 minutes before removing from pans to wire racks to cool completely.
3. For filling, in a small saucepan, combine the sugar, cornstarch and water until smooth. Bring to a boil; cook and stir 2 minutes longer or until thickened and bubbly. Remove from the heat.
4. Stir a small amount of hot mixture into egg yolks; return all to the pan, stirring constantly. Bring to a gentle boil; cook and stir 2 minutes longer. Remove from the heat; gently stir in lemon juice and butter. Cool to room temperature without stirring.
5. Place one cake on serving plate; spread with half of the filling. Repeat layers. Top with remaining cake.
6. For frosting, in a large heavy saucepan, combine the sugar, egg whites, water and cream of tartar. With a portable mixer, beat on low speed for 1 minute. Continue beating on low over low heat until frosting reaches 160°, about 10 minutes.
7. Transfer to a large bowl; add vanilla. Beat on high until stiff peaks form, about 7 minutes. Frost top and sides of cake. Sprinkle with coconut. Store in the refrigerator.

Ozark Pudding Cake

The homey dessert uses kitchen staples to create a comforting but simple treat, with a meringue cookie-like topping and an apple-nut base. There are different versions of the recipe, but one of the most famous is this one from Bess Truman, the wife of President Harry Truman.

—**TASTE OF HOME TEST KITCHEN**

PREP: 15 MIN. **BAKE:** 20 MIN. **MAKES:** 6 SERVINGS

2 tablespoons all-purpose flour

1¼ teaspoons baking powder

⅛ teaspoon salt

1 egg

¾ cup sugar

1 teaspoon vanilla extract

1 cup chopped peeled apple

½ cup chopped walnuts or pecans

Whipped cream or vanilla ice cream, optional

1. Preheat oven to 350°. Grease a 9-in. deep-dish pie plate.
2. In a small bowl, mix flour, baking powder and salt. In another bowl, beat egg and sugar until thick and lemon-colored. Stir in vanilla, then flour mixture. Fold in apple and walnuts.
3. Transfer to prepared pie plate. Bake for 20-25 minutes or until golden brown. (Cake will puff up, then fall when removed from oven.) With a knife, loosen sides from pie plate while still warm.
4. Serve the cake warm. If desired, top with whipped cream.

dishing about food

Ozark pudding cake is known by several other names, including Ozark apple pudding, Ozark pudding and Huguenot torte. Rather than a smooth and creamy pudding, this dessert is soft and spoonable, filled with nuts and apples, and baked in a meringue-like crust. The thrifty treat was a favorite of President Harry Truman.



THE OZARKS

The enormous hills that roll across the south-central U.S. lend a beauty to this region that makes it unlike anyplace else.



Southern Sweet Potato Pie

Sweet potato pie is very popular in the South. It's a particular favorite at our house because we always have plenty of sweet potatoes in our garden. Top it with whipped cream.

—**BONNIE HOLCOMB** FULTON, MISSISSIPPI

PREP: 15 MIN. **BAKE:** 55 MIN. + CHILLING **MAKES:** 8 SERVINGS

3 tablespoons all-purpose flour

1⅔ cups sugar

¼ teaspoon ground nutmeg

Dash salt

1 cup mashed sweet potatoes

2 eggs

¼ cup light corn syrup

½ cup butter, softened

¾ cup evaporated milk

1 unbaked pastry shell (9 inches)

1. In a small bowl, combine the flour, sugar, nutmeg and salt. In a large bowl, beat the potatoes, eggs, corn syrup, butter and sugar mixture. Gradually stir in milk. Pour into pastry shell.

2. Bake at 350° for 55-60 minutes. Cool on a wire rack for 1 hour. Refrigerate pie for at least 3 hours before serving. Refrigerate leftovers.



Traditional New Orleans King Cake

Get in on the fun of the king cake. Hide a little toy baby in the cake and whoever finds it has one year of good luck!

—**REBECCA BAIRD** SALT LAKE CITY, UTAH

PREP: 40 MIN. + RISING **BAKE:** 25 MIN. + COOLING **MAKES:** 1 CAKE (12 SLICES)

2 packages ($\frac{1}{4}$ ounce each) active dry yeast

$\frac{1}{2}$ cup warm water (110° to 115°)

$\frac{3}{4}$ cup sugar, divided

$\frac{1}{2}$ cup butter, softened

$\frac{1}{2}$ cup warm 2% milk (110° to 115°)

2 egg yolks

$1\frac{1}{4}$ teaspoons salt

1 teaspoon grated lemon peel

$\frac{1}{4}$ teaspoon ground nutmeg

$3\frac{1}{4}$ to $3\frac{3}{4}$ cups all-purpose flour

1 teaspoon ground cinnamon

1 egg, beaten

GLAZE

$1\frac{1}{2}$ cups confectioners' sugar

2 teaspoons lemon juice

2 to 3 tablespoons water

Green, purple and yellow sugars

1. In a large bowl, dissolve yeast in warm water. Add $\frac{1}{2}$ cup sugar, butter, milk, egg yolks, salt, lemon peel, nutmeg and 2 cups flour. Beat until smooth. Stir in enough remaining flour to form a soft dough (dough will be sticky).

2. Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease the top. Cover and let rise in a warm place until doubled, about 1 hour.

3. Punch dough down. Turn onto a lightly floured surface. Roll into a 16x10-in. rectangle. Combine cinnamon and remaining sugar; sprinkle over dough to within $\frac{1}{2}$ in. of edges. Roll up jelly-roll style, starting with a long side; pinch seam to seal. Place seam side down on a greased baking sheet; pinch ends together to form a ring. Cover and let rise until doubled, about 1 hour. Brush with egg.

4. Bake at 375° for 25-30 minutes or until golden brown. Cool completely on a wire rack. For glaze, combine the confectioners' sugar, lemon juice and enough water to achieve desired consistency. Spread over cake. Sprinkle with colored sugars.

dishing about food

In New Orleans, Mardi Gras season begins on Jan. 6—Epiphany, when the wise men brought their gifts to the baby Jesus—and ends on Fat

Tuesday, the day before Ash Wednesday. During this season, king cake parties are held all over the region. A small plastic baby is traditionally hidden in the king cake. The person who finds this good-luck charm gets to host the party the following year.



NEW ORLEANS, LA

During Mardi Gras, you'll likely notice a color scheme. The hues have special meaning: gold for power, green for faith and purple for justice.



Mississippi Mud Cake

This rich cake is ideal for special occasions. It's a smaller cake, so if you're watching your weight, you won't have to worry about being tempted with leftovers.

—**PRISCILLA PRESCOTT** FOREST CITY, NORTH CAROLINA

PREP: 30 MIN. **BAKE:** 30 MIN. + COOLING **MAKES:** 6 SERVINGS

¼ cup butter, softened

½ cup sugar

1 egg

½ teaspoon vanilla extract

¼ cup all-purpose flour

3 tablespoons baking cocoa

¼ teaspoon salt

2 tablespoons chopped pecans

FROSTING

3 tablespoons butter

1 tablespoon plus 2 teaspoons 2% milk

2 teaspoons baking cocoa

1 cup confectioners' sugar

⅛ teaspoon vanilla extract

⅓ cup marshmallow creme

2 tablespoons coarsely chopped pecans

1. Coat a 6-in. springform pan with cooking spray and dust with flour; set aside. In a small bowl, cream butter and sugar until light and fluffy. Beat in egg and vanilla. Combine the flour, cocoa and salt; stir into creamed mixture just until blended. Stir in pecans.
2. Transfer to prepared pan. Bake at 350° for 30-35 minutes or until a toothpick inserted in center comes out clean.
3. For frosting, in a small saucepan, combine the butter, milk and cocoa; bring to a boil. Remove from the heat; beat in confectioners' sugar and vanilla.
4. Place the springform pan on a wire rack. Immediately spread marshmallow creme over hot cake. Drop 2 tablespoons of frosting over creme; cut through with a knife to swirl. Cool completely.
5. Carefully run a knife around edge of pan to loosen; remove sides of pan. Spread remaining frosting over top and sides of cake. Sprinkle with pecans.

dishing about food

Mud cakes made the rounds in women's magazines in the 1970s. There are many interpretations of this recipe, but the base is usually a fudgy pecan brownie topped with marshmallows or marshmallow creme and chocolate frosting.



MISSISSIPPI

Mississippi's other big river, the Pascagoula, is mighty in its own right. Flowing through the southeast part of the state, it's the largest undammed river in the continental U.S. and offers plenty of opportunities for outdoor recreation.

Sorghum Cookies

Sorghum syrup, a natural sweetener that was a 19th century staple, is making a comeback these days. My family makes syrup from our homegrown sorghum cane. I use it for baking treats, like these delicious, soft, old-fashioned cookies.

—JENNIFER KRAMER LYNNVILLE, IOWA

PREP: 30 MIN. **BAKE:** 10 MIN./BATCH **MAKES:** ABOUT 2½ DOZEN

1 cup butter, softened

1⅓ cups sugar

2 eggs

¼ cup sorghum syrup

1 teaspoon grated orange peel

3 cups all-purpose flour

1 teaspoon baking soda

1 teaspoon baking powder

1 teaspoon ground cinnamon

¼ teaspoon salt

¼ teaspoon each ground cloves, cardamom and nutmeg

1. In a large bowl, cream butter and sugar until light and fluffy. Beat in the eggs, syrup and orange peel. Combine the flour, baking soda, baking powder, cinnamon, salt, cloves, cardamom and nutmeg; gradually add to creamed mixture and mix well.

2. Drop the dough by tablespoonfuls 2 in. apart onto ungreased baking sheets. Bake at 375° for 10-12 minutes or until set. Remove to wire racks.

dishing about food

Sorghum, a grass native to East Africa, may have been introduced to U.S. agriculture by Benjamin Franklin. By the mid-1800s, sorghum was being boiled down into molasses-like syrup. Today, sorghum has a wide variety of other uses, from a gluten-free grain substitute for flour and livestock feed to building materials and fencing.



TEXAS

The Lone Star State is the second-largest producer of sorghum in the U.S., after Kansas. Oklahoma comes in third.



New Orleans Bread Pudding

For an extra-special dessert, try this sweet and buttery bread pudding. The cowboys we serve it to say it tastes like home.

—LINDA WIESE PAYETTE, IDAHO

PREP: 35 MIN. **BAKE:** 35 MIN. **MAKES:** 12 SERVINGS

½ cup raisins

¼ cup brandy or unsweetened apple juice

½ cup butter, melted, divided

1 tablespoon sugar

4 eggs, lightly beaten

2 cups half-and-half cream

1 cup packed brown sugar

2 teaspoons vanilla extract

½ teaspoon salt

½ teaspoon freshly ground nutmeg

10 slices day-old French bread (1 inch thick), cubed

SAUCE

½ cup packed brown sugar

2 tablespoons cornstarch

Dash salt

1 cup cold water

1 tablespoon butter

2 teaspoons vanilla extract

1. In a small saucepan, combine raisins and brandy. Bring to a boil. Remove from the heat; cover and set aside. Brush a shallow 2½-qt. baking dish with 1 tablespoon butter; sprinkle with sugar and set aside.
2. In a large bowl, combine the eggs, cream, brown sugar, vanilla, salt and nutmeg. Stir in remaining butter and reserved raisin mixture. Gently stir in bread; let stand for 15 minutes or until bread is softened.
3. Transfer to prepared dish. Bake, uncovered, at 350° for 35-40 minutes or until a knife inserted near the center comes out clean.
4. For sauce, in a small saucepan, combine the brown sugar, cornstarch and salt; gradually add water. Bring to a boil; cook and stir for 1-2 minutes or until thickened. Remove from the heat; stir in butter and vanilla. Serve with bread pudding.

Chocolate Moon Pies

I love chocolate and this recipes always satisfies my craving for chocolate. A rich, buttery filling is sandwiched between moist chocolate cookies.

—**ROZ KEIMIG** GUYMON, OKLAHOMA

PREP: 20 MIN. **BAKE:** 10 MIN./BATCH + COOLING **MAKES:** 2 DOZEN

⅔ cup dark chocolate chips

½ cup butter, cubed

2 cups all-purpose flour

⅔ cup sugar

⅓ cup packed brown sugar

¼ cup baking cocoa

½ teaspoon baking soda

¼ teaspoon salt

1 egg, beaten

½ cup buttermilk

1 teaspoon vanilla extract

¼ teaspoon almond extract

FILLING

⅔ cup dark chocolate chips

¼ cup butter, cubed

4 ounces cream cheese, softened

1 jar (7 ounces) marshmallow creme

¼ teaspoon almond extract

1 cup miniature semisweet chocolate chips

1. In a microwave, melt chocolate chips and butter; stir until smooth. Cool.
2. In a large bowl, combine the flour, sugars, cocoa, baking soda and salt. Combine the egg, buttermilk, extracts and cooled chocolate mixture; add to dry ingredients and beat just until moistened (batter will be very thick).
3. Drop by tablespoonfuls or with a small scoop 2 in. apart onto parchment paper-lined baking sheets.
4. Bake at 350° for 8-10 minutes or until edges are set. Cool for 2 minutes before removing from pans to wire racks to cool completely.
5. For filling, melt chocolate chips and butter; stir until smooth. Cool. In a small bowl, beat the cream cheese, marshmallow creme and almond extract until smooth. Beat in cooled chocolate mixture. Spread 1 heaping teaspoon of filling on the bottoms of half of the cookies; top with remaining cookies.
6. Roll sides of cookies in miniature chocolate chips. Store in the refrigerator.

dishing about food

Chattanooga Bakery in Chattanooga, Tennessee, invented Moon Pies in 1917. The shop had opened 15 years earlier to use excess flour from the Mountain City Milling Co. The town of Bell Buckle, about 90 miles away, honors the iconic regional treat every year at the RC Cola-Moon Pie Festival, which also gives a nod to the soda so popular in the South.



BELL BUCKLE, TN

It has just over 500 year-round residents, but Bell Buckle’s population swells in June during the RC Cola-Moon Pie Festival.

Orange Meringue Pie

If you love lemon meringue pie, you’re sure to be delighted with my citrus twist on the traditional favorite. Try this pie the next time you have company, and you’re sure to be asked for the recipe.

—**KARYN LEE** WEST COLUMBIA, SOUTH CAROLINA

PREP: 30 MIN. + CHILLING **BAKE:** 15 MIN. + COOLING **MAKES:** 6-8 SERVINGS

¾ cup sugar

¼ cup cornstarch

1½ cups orange juice

3 egg yolks, lightly beaten

1 tablespoon butter

MERINGUE

3 egg whites

6 tablespoons sugar

1 pastry shell (9 inches), baked

Orange peel strips, optional

1. In a large saucepan, combine sugar and cornstarch. Stir in orange juice until smooth. Cook and stir over medium-high heat until thickened and bubbly. Reduce heat; cook and stir 2 minutes longer. Remove from the heat. Stir ½ cup hot mixture into egg yolks; return all to the pan, stirring constantly. Bring to a gentle boil; cook and stir 2 minutes longer. Stir in butter; keep warm.

2. In a small bowl, beat the egg whites on medium speed until foamy. Gradually beat in sugar, 1 tablespoon at a time, on high just until stiff peaks form and sugar is dissolved. Pour hot filling into pastry shell. Spread meringue over filling, sealing edges to crust.

3. Bake at 375° for 15 minutes or until the meringue is golden brown. Cool on a wire rack for 1 hour.

4. Refrigerate for at least 3 hours before serving. Garnish with orange peel if desired. Refrigerate leftovers.



Favorite Banana Chip Muffins

These muffins are one of the first things my husband, U.S. Army Major John Duda Jr., gets hungry for when he's home from deployment. I make sure to have my overripe bananas ready. These are a family tradition.

—**KIMBERLY DUDA** SANFORD, NORTH CAROLINA

PREP: 20 MIN. **BAKE:** 20 MIN. **MAKES:** ABOUT 1 DOZEN

1½ cups all-purpose flour

¾ cup sugar

1 teaspoon baking soda

¼ teaspoon ground cinnamon

⅛ teaspoon salt

1 egg

1⅓ cups mashed ripe bananas (about 3 medium)

⅓ cup butter, melted

1 teaspoon vanilla extract

½ cup semisweet chocolate chips

1. Preheat oven to 375°. In a large bowl, whisk flour, sugar, baking soda, cinnamon and salt. In another bowl, whisk egg, bananas, melted butter and vanilla until blended. Add to flour mixture; stir just until moistened. Fold in chocolate chips.

2. Fill greased or paper-lined muffin cups three-fourths full. Bake 17-20 minutes or until a toothpick inserted in center comes out clean. Cool 5 minutes before removing from pan to a wire rack. Serve warm.



Benne Wafers

These are very special cookies served often in the South. They're perfect with tea or coffee. My whole family loves them.

—**MAXINE TRIVELY** HIGHLANDS, NORTH CAROLINA

PREP: 10 MIN. **BAKE:** 10 MIN./BATCH + COOLING **MAKES:** ABOUT 9 DOZEN

1¼ cups butter, softened

2 cups packed brown sugar

1 egg

1 teaspoon vanilla extract

1 cup all-purpose flour

½ teaspoon baking powder

¼ teaspoon salt

1 cup sesame seeds, toasted and cooled

1. In a bowl, cream the butter and brown sugar; add egg and vanilla. Combine remaining ingredients; add to the creamed mixture.

2. Drop by teaspoonfuls 2 in. apart onto greased baking sheets. Bake at 350° for 7-9 minutes or until golden brown. Cool on pan for 30 seconds before removing to a wire rack to cool completely.

dishing about food

The word benne, meaning sesame, is derived from an African dialect. Sesame was one of the many African crops introduced to Southern agriculture. Sesame seeds have a nutty aroma and buttery taste. Benne wafers are a specialty of Charleston, South Carolina.



MOUNT PLEASANT, SC

It's said that people take more photos of Boone Hall Plantation, a Charleston-area gem, than any other in the country. Visit for cultural festivals,

history lessons and tours of the verdant grounds.



Lemonade Icebox Pie

You will detect a definite lemonade flavor in this refreshing pie. High and fluffy, the dessert has a creamy, smooth consistency that we really appreciate.

—**CHERYL WILT** EGLON, WEST VIRGINIA

PREP: 15 MIN. + CHILLING **MAKES:** 8 SERVINGS

1 package (8 ounces) cream cheese, softened

1 can (14 ounces) sweetened condensed milk

$\frac{3}{4}$ cup thawed lemonade concentrate

1 carton (8 ounces) frozen whipped topping, thawed

Yellow food coloring, optional

1 graham cracker crust (9 inches)

1. In a large bowl, beat cream cheese and milk until smooth. Beat in lemonade concentrate. Fold in whipped topping and food coloring if desired. Pour into crust. Cover and refrigerate until set. Store in the refrigerator.

dishing about food

While electricity was still making its way across the country, many homes without power used an icebox to chill foods such as this. That's how lemonade icebox pie got its name.



Blackberry Cobbler

I love to pull our homegrown blackberries out of the freezer in winter and make this warm cobbler to enjoy summer's sweetness.

—LORI DANIELS BEVERLY, WEST VIRGINIA

PREP: 25 MIN. **BAKE:** 30 MIN. **MAKES:** 9 SERVINGS

3 cups fresh or frozen blackberries

1 cup sugar

¼ teaspoon ground cinnamon

3 tablespoons cornstarch

1 cup cold water

1 tablespoon butter

BISCUIT TOPPING

1½ cups all-purpose flour

1 tablespoon sugar

1½ teaspoons baking powder

½ teaspoon salt

½ cup cold butter, cubed

½ cup 2% milk

Whipped topping or vanilla ice cream, optional

1. In a large saucepan, combine blackberries, sugar and cinnamon. Cook and stir until mixture comes to a boil. Combine cornstarch and water until smooth; stir into fruit mixture. Bring to a boil; cook and stir for 2 minutes or until thickened. Pour into a greased 8-in. square baking dish. Dot with butter.

2. For topping, in a small bowl, combine the flour, sugar, baking powder and salt. Cut in butter until mixture resembles coarse crumbs. Stir in the milk just until moistened. Drop by tablespoonfuls onto hot berry mixture.

3. Bake, uncovered, at 350° for 30-35 minutes or until filling is bubbly and topping is golden brown. Serve warm with whipped topping or ice cream.



[Sweet 'n' Smoky Kansas City Ribs](#)

Midwest

[Main Dishes](#)

[Sides & More](#)

[Sweets](#)

Welcome to the area known as the breadbasket of the country! Featuring hearty breads, rolls and biscuits among its many comfort foods, the Midwest delivers all of the stick-to-your-ribs favorites that today's families crave. This area's rich farmland attracted settlers from Sweden, Norway, Germany, Poland and Greece—and they brought with them the beer, sausages, roasts, meatballs and cheeses everyone loves! You'll also discover tasty rice and veggie side dishes as well as desserts you'll turn to time and again.



Coffee Beef Pot Roast

My family raves about my gravy when I prepare this recipe. Whenever I'm fishing for compliments, this pot roast is a surefire hit!

—**JANET DOMINICK** BAGLEY, MINNESOTA

PREP: 5 MIN. **COOK:** 9½ HOURS **MAKES:** 10-12 SERVINGS

2 medium onions, thinly sliced

2 garlic cloves, minced

1 boneless beef chuck roast (3½ to 4 pounds), quartered

1 cup brewed coffee

¼ cup soy sauce

¼ cup cornstarch

6 tablespoons cold water

1. Place half of the onions in a 5-qt. slow cooker. Top with garlic and half of the beef. Top with remaining onion and beef. Combine coffee and soy sauce; pour over beef. Cover and cook on low for 9-10 hours or until the meat is tender.

2. Combine cornstarch and water until smooth; stir into cooking juices. Cover and cook on high for 30 minutes or until the gravy is thickened.



Crunchy-Coated Walleye

Potato flakes make a golden coating for these fish fillets, which are a breeze to fry on the stovetop. It's a fabulous way to cook up the catch of the day!

—**SONDRA OSTHEIMER** BOSCOBEL, WISCONSIN

PREP/TOTAL TIME: 20 MIN. **MAKES:** 4 SERVINGS

⅓ cup all-purpose flour

1 teaspoon paprika

½ teaspoon salt

¼ teaspoon pepper

¼ teaspoon onion powder

¼ teaspoon garlic powder

2 eggs

2¼ pounds walleye, perch or pike fillets

1½ cups mashed potato flakes

⅓ cup canola oil

Tartar sauce and lemon wedges, optional

1. In a shallow bowl, combine flour, paprika, salt, pepper, onion powder and garlic powder. In another bowl, beat the eggs. Dip both sides of fillets in flour mixture and eggs, then coat with potato flakes.

2. In a large skillet, fry the fillets in oil for 5 minutes on each side or until fish flakes easily with a fork. Serve with tartar sauce and lemon if desired.

dishing about food

In 1965, Minnesota declared walleye the state fish. Many towns, including five in Minnesota, claim to be the Walleye Capital of the World. Interestingly, two towns named Garrison, one in Minnesota and the other in North Dakota, also make that claim.



GARRISON, ND

If you're at Garrison's City Park, you sure won't miss the tribute to this central North Dakota town's claim to fame: Wally the Walleye is 26 feet long!



Blueberry French Toast Cobbler

Every summer I pick fresh blueberries and freeze them with this family favorite in mind. It's a great way to recapture the warmth of past summer days on chilly Midwestern mornings.

—MARIE HERR BERE, OHIO

PREP: 20 MIN. + CHILLING **BAKE:** 30 MIN. **MAKES:** 6-8 SERVINGS

4 eggs

½ cup milk

- 1 teaspoon vanilla extract
- ¼ teaspoon baking powder
- 10 slices day-old French bread (¾ inch thick)
- 4½ cups unsweetened frozen blueberries
- ½ cup sugar
- 2 tablespoons butter, melted
- 1 teaspoon cornstarch
- 1 teaspoon ground cinnamon
- 1 tablespoon butter, softened

1. In a large bowl, beat the eggs, milk, vanilla and baking powder until smooth. Pour into a large shallow baking dish. Add bread slices, turning once to coat. Cover and chill for 8 hours or overnight.
2. In a large bowl, combine the blueberries, sugar, melted butter, cornstarch and cinnamon. Pour into a greased 13x9-in. baking dish. Cover and chill 8 hours or overnight.
3. Remove both pans from the refrigerator 30 minutes before baking. Place prepared bread on top of blueberry mixture. Spread softened butter on top.
4. Bake, uncovered, at 400° for 30-35 minutes or until toast is golden brown and blueberries are bubbly.

dishing about food

Indigenous to the US, blueberries are grown nationwide. Michigan and Indiana account for about 40 percent of all cultivated blueberries grown here.



SOUTH HAVEN, MI

It's only natural that the Highbush Blueberry Capital of the World would host the National Blueberry Festival! For five decades, residents of South Haven and beyond have looked forward to its pie-eating contests, pageants, concerts, bake-offs and more.



Pizza Tot Casserole

For a new spin on a classic casserole, try my easy version. You can also add your own family’s favorite pizza toppings!

—**SHARON SKILDUM** MAPLE GROVE, MINNESOTA

PREP: 10 MIN. **BAKE:** 35 MIN. **MAKES:** 8 SERVINGS

1½ pounds ground beef

1 medium green pepper, chopped, optional

1 medium onion, chopped

½ pound sliced fresh mushrooms

1 can (15 ounces) pizza sauce

1 teaspoon dried basil

3 cups (12 ounces) shredded part-skim mozzarella cheese

1 package (32 ounces) frozen Tater Tots

1 cup (4 ounces) shredded cheddar cheese

1. In a large skillet, cook the beef, green pepper, onion and mushrooms over medium heat until meat is no longer pink; drain. Add pizza sauce and basil.
2. Transfer to a greased 3-qt. baking dish. Top with mozzarella cheese and potatoes. Bake, uncovered, at 400° for 30-35 minutes or until potatoes are lightly browned.
3. Sprinkle with the cheddar cheese; bake 5 minutes longer or until cheese is melted.

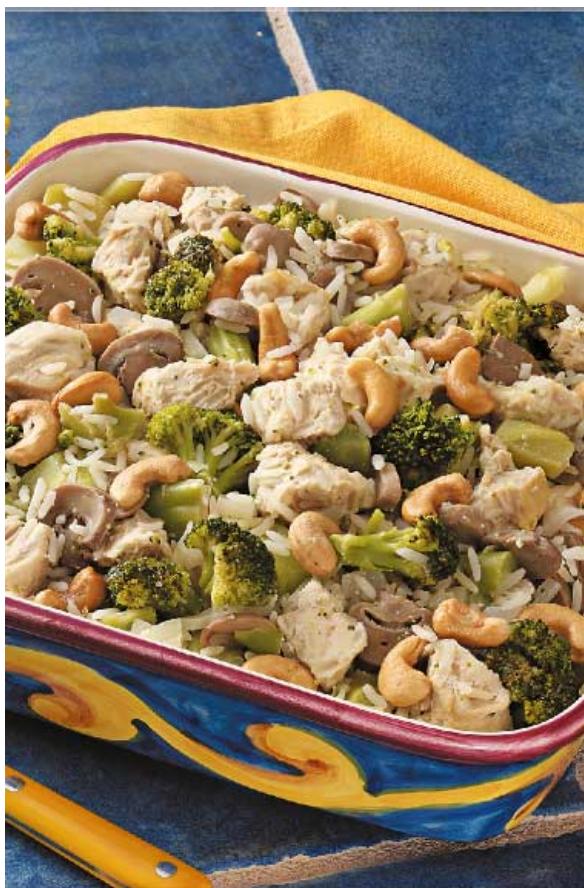
dishing about food

The term “hot dish” is a Midwestern, and specifically, a Minnesotan term for a casserole. It generally consists of meat, sauce (usually cream soup), vegetable and a starch. The dish is often topped with Tater Tots and then baked in the oven until hot.



TWO HARBORS, MN

From forests and lakes to bluffs and prairieland, breathtaking Minnesota terrain beckons nature lovers. Here’s the Gooseberry River in Gooseberry Falls State Park.



Cashew Chicken

I love to cook and bake for my family and friends. I season this chicken-and-rice casserole with ground ginger, then stir in some crunchy cashews.

—**BONNIE DEVRIES** BRAINERD, MINNESOTA

PREP: 10 MIN. **BAKE:** 45 MIN. **MAKES:** 4 SERVINGS

1 pound boneless skinless chicken breasts, cut into 1-inch cubes

1 medium onion, chopped

2 cups frozen broccoli cuts

1 $\frac{3}{4}$ cups boiling water

1 cup uncooked long grain rice

1 jar (6 ounces) sliced mushrooms, drained

1 tablespoon chicken bouillon granules

$\frac{1}{2}$ to 1 teaspoon ground ginger

Pepper to taste

$\frac{3}{4}$ cup salted cashews, divided

1. In a large bowl, combine the first nine ingredients. Transfer to a greased shallow 1 $\frac{1}{2}$ -qt. baking dish.
2. Cover and bake at 375° for 45-55 minutes or until rice is tender and chicken is no longer pink. Stir in $\frac{1}{2}$ cup of cashews. Sprinkle with remaining cashews.



Chicago Deep-Dish Pizza

Since I live near Chicago, I've managed to sample more than my share of deep-dish pizzas. This recipe lets you re-create the best my town offers—right there in your town!

—LYNN HAMILTON NAPERVILLE, ILLINOIS

PREP: 40 MIN. + RISING **BAKE:** 40 MIN. **MAKES:** 12 SERVINGS

2 to 2½ cups all-purpose flour

¼ cup cornmeal

1 package (¼ ounce) quick-rise yeast

1½ teaspoons sugar

½ teaspoon salt

1 cup water

⅓ cup olive oil

TOPPINGS

½ pound sliced fresh mushrooms

4 teaspoons olive oil, divided

1 can (28 ounces) diced tomatoes, well drained

1 can (8 ounces) tomato sauce

1 can (6 ounces) tomato paste

2 to 3 garlic cloves, minced

½ teaspoon salt

¼ teaspoon dried basil

¼ teaspoon dried oregano

¼ teaspoon pepper

3 cups (12 ounces) shredded part-skim mozzarella cheese, divided

1 pound bulk Italian sausage, cooked and crumbled

24 slices pepperoni, optional

½ cup grated Parmesan cheese

Thinly sliced fresh basil leaves, optional

1. In a large bowl, combine 1½ cups flour, cornmeal, yeast, sugar and salt. In a small saucepan, heat water and oil to 120°-130°. Add to dry ingredients; beat just until moistened. Stir in enough of the remaining flour to form a soft dough.

2. Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease the top. Cover and let rise in warm place until doubled, about 30 minutes.

3. In a large skillet, cook and stir mushrooms in 2 teaspoons oil over medium-high heat until tender. In a small bowl, mix tomatoes, tomato sauce, tomato paste, garlic and seasonings.

4. Generously grease a 13x9-in. baking pan or dish with the remaining 2 teaspoons oil. Punch dough down. Roll out into a 15x11-in. rectangle. Transfer to prepared pan, pressing onto the bottom and halfway up the sides of the pan. Sprinkle with 2 cups mozzarella cheese.

5. Spoon half of the sauce over the cheese (save remaining sauce for other use or use for dipping). Layer with the sausage, sauteed mushrooms and, if desired, pepperoni; top with the remaining mozzarella cheese and Parmesan cheese.

6. Cover and bake at 450° for 35 minutes. Uncover; bake about 5 minutes longer or until lightly browned. Sprinkle with basil if desired.

dishing about food

The first deep-dish pizza was served in 1943, at Pizzeria Uno on the corner of Wabash and Ohio in Chicago. There have been several takes on the style since then from other restaurants. This knife-and-fork pizza is now a hit around the world.



CHICAGO, IL

The deep-dish pizza served by Pizzeria Uno is so popular, it's generated a national chain: Uno Chicago Grill!



Hungarian Goulash

My son shared this recipe with me many years ago. You will love how easily this slow-cooked version of a beloved ethnic dish comes together.

—**JACKIE KOHN** DULUTH, MINNESOTA

PREP: 15 MIN. **COOK:** 8 HOURS **MAKES:** 6-8 SERVINGS

2 pounds beef top round steak, cut into 1-inch cubes

1 cup chopped onion

2 tablespoons all-purpose flour

1½ teaspoons paprika

1 teaspoon garlic salt

½ teaspoon pepper

1 can (14½ ounces) diced tomatoes, undrained

1 bay leaf

1 cup (8 ounces) sour cream

Hot cooked egg noodles

1. Place beef and onion in a 3-qt. slow cooker. Combine the flour, paprika, garlic salt and pepper; sprinkle over beef and stir to coat. Stir in tomatoes; add bay leaf. Cover and cook on low for 8-10 hours or until meat is tender.

2. Discard bay leaf. Just before serving, stir in sour cream; heat through. Serve with noodles.

dishing about food

Around 900 A.D., Hungarian herdsmen traveling the plains with their flock used to make “gulyas” (goulash) for dinner. Cooks have been tinkering with this cross between a soup and a stew ever since to create their own versions. One ingredient found in every goulash is paprika.



CLEVELAND, OH

For a period in the 20th century, this Ohio city had the second-largest Hungarian population in the world! The first, of course, was Hungary.



Salisbury Steak with Gravy

Here's a lightened-up twist on classic comfort food. The recipe was shared at a weight-management meeting I attended, and my whole family really enjoys it. I like that it's so tasty and quick to prepare.

—**DANELLE WEIHER** VERNDALE, MINNESOTA

PREP: 15 MIN. **BAKE:** 50 MIN. **MAKES:** 4 SERVINGS

½ cup fat-free milk

14 fat-free saltines, crushed

2 tablespoons dried minced onion

2 teaspoons dried parsley flakes

1 pound lean ground beef (90% lean)

1 jar (12 ounces) fat-free beef gravy

2 tablespoons ketchup

2 teaspoons Worcestershire sauce

¼ teaspoon pepper

1. In a large bowl, combine the milk, saltines, onion and parsley. Crumble beef over mixture and mix well. Shape into four patties. Place in an 8-in. square baking dish coated with cooking spray.

2. In a small bowl, combine gravy, ketchup, Worcestershire and pepper; pour over patties. Bake, uncovered, at 350° for 50-55 minutes or until a thermometer reads 160°.



Marinated Ribeyes

We have these tempting steaks weekly. If neighbors happen to drop by when I'm preparing them, I cube the meat and grill it on skewers with onions and mushrooms.

—**ROSALIE USRY** FLAXTON, NORTH DAKOTA

PREP: 10 MIN. + MARINATING **GRILL:** 10 MIN. **MAKES:** 2 SERVINGS

2 beef ribeye steaks (about 1 inch thick and 12 ounces each)

⅓ cup hot water

3 tablespoons finely chopped onion

2 tablespoons red wine vinegar

2 tablespoons olive oil

2 tablespoons soy sauce

1 teaspoon beef bouillon granules

1 garlic clove, minced

½ teaspoon paprika

½ teaspoon coarsely ground pepper

1. Pierce both sides of steaks several times with a fork. In a small bowl, combine remaining ingredients. Remove ½ cup marinade to another bowl; cover and refrigerate until serving. Pour remaining marinade into a large resealable plastic bag; add steaks. Seal bag and turn to coat; cover and refrigerate overnight.
2. Drain and discard marinade. Grill steaks, covered, over medium heat for 5-7 minutes on each side or until meat reaches desired doneness (for medium-rare, a thermometer should read 145°; medium, 160°; well-done, 170°). Warm reserved marinade; serve with the steaks.

Bacon-Wrapped Meat Loaf

Our family and friends love this no-fail recipe. It's a staple in our home. A topping of bacon adds wonderful flavor to the moist meat loaf. And the brown sugar-ketchup glaze takes it to a whole new level. Yum!

—**ZAC FREEMAN AND PAIGE PONDER** CHICAGO, ILLINOIS

PREP: 40 MIN. **BAKE:** 50 MIN. **MAKES:** 8 SERVINGS

1 medium onion, chopped

2 garlic cloves, minced

2 teaspoons canola oil

½ cup 2% milk

2 eggs, lightly beaten

2 teaspoons Worcestershire sauce

2 teaspoons Dijon mustard

¼ teaspoon hot pepper sauce

⅔ cup crushed saltines

⅓ cup minced fresh parsley

1 teaspoon salt

½ teaspoon pepper

½ teaspoon dried thyme

1 pound ground beef

½ pound ground pork

½ pound ground veal

9 slices bacon strips

SAUCE

½ cup ketchup

¼ cup packed brown sugar

¼ cup cider vinegar

1. In a small skillet, saute onion and garlic in oil for 4-5 minutes or until tender.
2. Meanwhile, in a large bowl, combine milk, eggs, Worcestershire sauce, Dijon, pepper sauce, saltines, parsley and seasonings; stir in onion

mixture. Crumble meats over mixture and mix well. With wet hands, shape into a loaf and place in a greased foil-lined 13x9-in. baking dish.

3. In a small saucepan, combine the sauce ingredients; cook and stir until the sugar is dissolved and sauce has thickened. Spoon some sauce over loaf; place bacon over top.

4. Bake, uncovered, at 350° for 50-55 minutes or until no pink remains and a thermometer reads 160°.

dishing about food

In the 1800s, Chicago was a major railroad hub, with trains arriving and leaving from both west and east. The railroads helped turn Chicago into the largest meatpacking center in the country from the mid-1800s to 1920, when it processed both beef and pork. The gates to the Union Stock Yard closed in 1970.

Sauerkraut Meatballs

This zesty recipe is a great way to pep up a party! The hot pork sausage and sauerkraut make terrific-tasting meatballs, and the mustard dipping sauce is a nice complement.

—CHRISTINE BATTS MURRAY, KENTUCKY

PREP/TOTAL TIME: 30 MIN. MAKES: ABOUT 2 DOZEN

½ pound bulk spicy pork sausage

¼ cup finely chopped onion

1 can (14 ounces) sauerkraut, rinsed, drained and finely chopped

2 tablespoons plus ¾ cup dry bread crumbs, divided

1 package (3 ounces) cream cheese, softened

2 tablespoons minced fresh parsley

½ teaspoon ground mustard

¼ teaspoon garlic salt

⅛ teaspoon pepper

¼ cup all-purpose flour

2 eggs

¼ cup milk

Oil for deep-fat frying

½ cup mayonnaise

2 tablespoons spicy brown mustard

1. In a skillet, cook sausage and onion over medium heat until meat is no longer pink and onion is tender; drain. Stir in sauerkraut and 2 tablespoons bread crumbs; set aside. In a small bowl, combine the cream cheese, parsley, mustard, garlic salt and pepper; stir into the sauerkraut mixture. Cover and refrigerate for at least 1 hour or overnight.

2. Shape into ¾-in. balls; roll in the flour. In a small bowl, beat eggs and milk. Dip meatballs into the egg mixture, then roll in remaining bread crumbs.

3. In an electric skillet, heat 2 in. of oil to 375°. Fry meatballs until golden brown; drain. Combine mayonnaise and mustard; serve with meatballs. Refrigerate leftovers.



Sausage and Pumpkin Pasta

Pumpkin and white wine flavor this delightful pasta with Italian turkey sausage. It makes an easy weekday meal that’s nice enough to serve to company.

—**KATIE WOLLGAST** FLORISSANT, MISSOURI

PREP: 20 MIN. **COOK:** 15 MIN. **MAKES:** 4 SERVINGS

- 2 cups uncooked multigrain bow tie pasta
- ½ pound Italian turkey sausage links, casings removed
- ½ pound sliced fresh mushrooms
- 1 medium onion, chopped
- 4 garlic cloves, minced
- 1 cup reduced-sodium chicken broth
- 1 cup canned pumpkin
- ½ cup white wine or additional reduced-sodium chicken broth
- ½ teaspoon rubbed sage
- ¼ teaspoon salt
- ¼ teaspoon garlic powder
- ¼ teaspoon pepper
- ¼ cup grated Parmesan cheese
- 1 tablespoon dried parsley flakes

1. Cook the pasta according to the package directions.
2. Meanwhile, in a large nonstick skillet coated with cooking spray, cook the sausage, mushrooms and onion over medium heat until meat is no longer pink. Add the garlic; cook 1 minute longer. Stir in broth, pumpkin, wine, sage, salt, garlic powder and pepper. Bring to a boil. Reduce heat; simmer, uncovered, for 5-6 minutes or until slightly thickened.
3. Drain pasta; add to the skillet and heat through. Just before serving, sprinkle with cheese and parsley.



Flaxseed Oatmeal Pancakes

I came up with this healthy and really tasty recipe because my husband loves pancakes. They have a great texture and cinnamon taste.

—**SHARON HANSEN** PONTIAC, ILLINOIS

PREP/TOTAL TIME: 20 MIN. **MAKES:** 4 PANCAKES

⅓ cup whole wheat flour

3 tablespoons quick-cooking oats

1 tablespoon flaxseed

½ teaspoon baking powder

¼ teaspoon ground cinnamon

⅛ teaspoon baking soda

Dash salt

1 egg, separated

½ cup buttermilk

1 tablespoon brown sugar

1 tablespoon canola oil

½ teaspoon vanilla extract

1. In a large bowl, combine the first seven ingredients. In a small bowl, whisk the egg yolk, buttermilk, brown sugar, oil and vanilla; stir into dry ingredients just until moistened.

2. In a small bowl, beat egg white on medium speed until stiff peaks form. Fold into batter.

3. Pour batter by ¼ cupfuls onto a hot griddle coated with cooking spray; turn when bubbles form on top. Cook until the second side is golden brown.

dishing about food

Flax was a valuable crop in colonial times; it was used to make linseed oil and linen. Today flaxseed oil, which is high in omega-3 fatty acid, is prized as a key ingredient for a healthy diet.



DAKOTAS & MINNESOTA

Once a crop cultivated in many states, beautiful blue flax now comes primarily from the Dakotas and Minnesota. You can grow it in your backyard, too!



Swedish Meatballs

Nutmeg, allspice and cardamom lend a little something extra to the traditional taste of these moist meatballs. The creamy sauce has a rich beefy flavor with a touch of dill.

—TASTE OF HOME TEST KITCHEN

PREP/TOTAL TIME: 30 MIN. **MAKES:** 4 SERVINGS

- ½ cup soft bread crumbs
- 1 medium onion, chopped
- 1 egg, lightly beaten
- 2 tablespoons heavy whipping cream
- ½ teaspoon salt
- ⅛ teaspoon ground nutmeg
- ⅛ teaspoon ground allspice
- ⅛ teaspoon ground cardamom
- ¾ pound lean ground beef (90% lean)
- ½ pound ground pork

GRAVY

- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- 1 cup beef broth
- ½ cup heavy whipping cream
- ¼ teaspoon dill weed
- ¼ cup minced fresh parsley, optional

1. In a large bowl, combine the first eight ingredients. Crumble the beef and pork over mixture and mix well. Shape into 1½-in. meatballs. Place the meatballs on a greased rack in a shallow baking pan. Bake at 400° for 11-12 minutes or until a thermometer reads 160°; drain.

2. Meanwhile, in a large saucepan, melt butter. Stir in flour until smooth; gradually add broth. Bring to a boil; cook and stir for 1-2 minutes or until thickened. Stir in cream and dill; simmer for 1 minute. Place meatballs in a serving dish; pour gravy over top. Garnish with parsley if desired.

dishing about food

Swedish immigrants, many of whom settled in the Midwest, brought their meatball recipes along to the United States. There are several variations of Swedish meatballs, which were originally created to use up leftovers. The meat, fillers and sauce varied according to what the cook had on hand.



MINNEAPOLIS, MN

Since Minnesota has the highest population of residents of Swedish descent, it makes sense that the American Swedish Institute is there. Visit the museum, housed primarily in Turnblad Mansion, to learn more about Swedish arts and culture—or even to learn the language.

Schreiner's Baked Lamb Shanks

This recipe has been on the menu at Bernard Schreiner's restaurant for decades. I started working there as a busboy more than 29 years ago, and baked lamb shanks were a favorite then, too. The recipe was passed down from his mother. It's a comfort food you'll want to share with your own family.

—**DALE GRANTMAN** DES MOINES, IOWA

PREP: 10 MIN. **BAKE:** 3 HOURS **MAKES:** 4 SERVINGS

4 lamb shanks (14 to 16 ounces each)

½ teaspoon salt

⅓ teaspoon pepper

4 cups beef broth

½ cup finely chopped onion

2 teaspoons dried rosemary, crushed

1 teaspoon garlic powder

1 teaspoon ground mustard

Mint jelly, optional

1. Place the lamb shanks in an ungreased 13x9-in. baking pan. Sprinkle with salt and pepper. Bake, uncovered, at 400° for 30 minutes.

2. Remove from the oven and reduce heat to 350°. Add broth to the pan. Combine onion, rosemary, garlic powder and mustard; sprinkle over lamb. Cover tightly and bake for 2½ to 3 hours or until very tender. If desired, make gravy from pan drippings. Serve lamb with gravy and mint jelly if desired.



Herb-Roasted Turkey

Rubbed with garden-fresh herbs, this turkey has such a wonderful aroma when it's roasting that it lures everyone into the kitchen. Guests often comment on how moist and flavorful this elegant entree is.

—**BECKY GOLDSMITH** EDEN PRAIRE, MINNESOTA

PREP: 10 MIN. **BAKE:** 4 HOURS **MAKES:** 12-14 SERVINGS

1 turkey (14 pounds)

1 tablespoon salt

1 teaspoon pepper

18 sprigs fresh thyme, divided

4 medium onions, sliced

4 celery ribs, sliced

2 medium carrots, sliced

3 bay leaves

1 tablespoon peppercorns

½ cup butter, melted

1 teaspoon minced fresh sage or ½ teaspoon rubbed sage

1 teaspoon minced fresh thyme or ½ teaspoon dried thyme

1 teaspoon minced chives

1. Rub the surface of the turkey and sprinkle cavity with salt and pepper. Place 12 sprigs of thyme in cavity.

2. In a large heavy roasting pan, place onions, celery, carrots, bay leaves, peppercorns and remaining thyme sprigs. Place the turkey, breast side up, over vegetables. Drizzle butter over turkey and sprinkle with minced herbs.

3. Cover loosely with foil. Bake at 325° for 2½ hours. Remove foil; bake 1½ to 2 hours longer or until a meat thermometer reads 180°, basting every 20 minutes.

4. Cover and let stand for 20 minutes before carving. Discard bay leaves and peppercorns; thicken pan drippings for gravy if desired.



Crown Roast with Plum-Apple Stuffing

All eyes will be on this impressive roast when you place it on your dinner table. The fruity combination of golden raisins, dried plums and apples is a nice complement to the pork.

—**MARIE RIZZIO** INTERLOCHEN, MICHIGAN

PREP: 30 MIN. **BAKE:** 3 HOURS + STANDING **MAKES:** 14 SERVINGS

1 pork crown roast (14 ribs and about 9 pounds)

2 tablespoons all-purpose flour

1½ teaspoons kosher salt

¼ teaspoon coarsely ground pepper

½ cup chopped pitted dried plums

1 cup boiling water

2½ cups cubed whole wheat bread, toasted

1 cup chopped peeled tart apple

¼ cup golden raisins

¼ cup unsweetened apple juice

¼ cup butter, melted

2 tablespoons brown sugar

1 teaspoon grated lemon peel

¼ teaspoon paprika

¼ teaspoon ground cinnamon

1. Place roast, rib ends up, in a large shallow roasting pan. Combine the flour, salt and pepper; rub over roast. Cover rib ends with foil. Bake, uncovered, at 350° for 1 hour.

2. Meanwhile, place plums in a large bowl. Cover with boiling water; let stand for 5 minutes. Drain. Stir in the bread cubes, apple, raisins, apple juice, butter, brown sugar, lemon peel, paprika and cinnamon.

3. Carefully spoon stuffing into center of the roast. Bake 45 to 75 minutes longer or until a thermometer reads 145°. Transfer to a warm serving platter. Remove foil. Let roast stand for 10-15 minutes. Cut between ribs to serve.

dishing about food

Iowa, Illinois and Indiana are the states that lead the country in pork production.



AMANA, IA

In 1855, a group of Germans arrived in Iowa seeking a better life and refuge from religious persecution. There, they set up a communal society. Today, their colonies are a National Historic Landmark.



Cincinnati Chili

Cinnamon and cocoa give a rich brown color to this hearty chili.

—**EDITH JOYCE PARKMAN**, OHIO

PREP: 20 MIN. **COOK:** 1¾ HOURS **MAKES:** 8 SERVINGS

1 pound ground beef

1 pound ground pork

4 medium onions, chopped

6 garlic cloves, minced

2 cans (16 ounces each) kidney beans, rinsed and drained

1 can (28 ounces) crushed tomatoes

¼ cup white vinegar

¼ cup baking cocoa

2 tablespoons chili powder

2 tablespoons Worcestershire sauce

4 teaspoons ground cinnamon

3 teaspoons dried oregano

2 teaspoons ground cumin

2 teaspoons ground allspice

2 teaspoons hot pepper sauce

3 bay leaves

1 teaspoon sugar

Salt and pepper to taste

Hot cooked spaghetti

Shredded cheddar cheese, sour cream, chopped tomatoes and green onions

1. In a Dutch oven, cook beef, pork and onions over medium heat until meat is no longer pink. Add garlic; cook 1 minute longer. Drain.
2. Add the beans, tomatoes, vinegar, cocoa and seasonings; bring to a boil. Reduce heat; cover and simmer for 1½ hours or until heated through.
3. Discard bay leaves. Serve with spaghetti. Garnish with cheese, sour cream, tomatoes and onions.

dishing about food

Cincinnati considers itself the chili capital of the country with chili parlors all over the city! In Cincinnati, chili is served various ways: Two-Way is spaghetti topped with chili; Three-Way adds shredded cheddar cheese; Four-Way, chopped onions; and Five-Way uses kidney or chili beans smothered with spaghetti, chili, cheese and onions. The chili's typically served with oyster crackers. Tom Kirdjjeff made Cincinnati-style chili in 1922 for his diner by blending traditional chili ingredients with Greek seasonings.



CINCINNATI, OH

Located on the banks of the Ohio River, the Cincinnati metro area includes northern Kentucky, too. In all, nearly 2 million people live there.



Beef Gyros

Going out to restaurants for gyros can be expensive, so I came up with this homemade version. Usually, I set out the fixings so everyone can assemble their own.

—**SHERI SCHEERHORN** HILLS, MINNESOTA

PREP/TOTAL TIME: 30 MIN. **MAKES:** 5 SERVINGS

1 cup ranch salad dressing

½ cup chopped seeded peeled cucumber

1 pound beef top sirloin steak, cut into thin strips

2 tablespoons olive oil

5 whole pita breads, warmed

1 medium tomato, chopped

1 can (2¼ ounces) sliced ripe olives, drained

½ small onion, thinly sliced

1 cup (4 ounces) crumbled feta cheese

2½ cups shredded lettuce

1. In a small bowl, combine salad dressing and cucumber; set aside. In a large skillet, cook beef in oil over medium heat until no longer pink.
2. Layer half of each pita with steak, tomato, olives, onion, cheese, lettuce and dressing mixture. Fold each pita over filling; secure with toothpicks.

Slow Cooker Goetta

My husband's grandfather, who is of German heritage, introduced me to goetta when I was a newlywed. I loved hearing his stories of how this recipe started and all his memories of cooking it all day long during the Depression, anticipating that first bite when it was finished! I found a slow cooker recipe and changed some ingredients to make this the best goetta around, and many people have requested the recipe. When you can take 2 pounds of meat and turn it into 6 pounds of goetta to feed your family, that's truly "a very good thing!"

—**SHARON GEERS** WILMINGTON, OHIO

PREP: 45 MIN. **COOK:** 4 HOURS **MAKES:** 2 LOAVES (16 SLICES EACH)

6 cups water

2½ cups steel-cut oats

6 bay leaves

3 tablespoons beef bouillon granules

¾ teaspoon salt

1 teaspoon each garlic powder, rubbed sage and pepper

½ teaspoon ground allspice

½ teaspoon crushed red pepper flakes

2 pounds bulk pork sausage

2 medium onions, chopped

1. In a 5-qt. slow cooker, combine water, oats and seasonings. Cook, covered, on high 2 hours. Remove bay leaves.
2. In a large skillet, cook sausage and onions over medium heat 8-10 minutes or until no longer pink, breaking up sausage into crumbles. Drain, reserving 2 tablespoons drippings. Stir sausage mixture and reserved drippings into oats. Cook, covered, on low for 2 hours.
3. Transfer mixture to two plastic wrap-lined 9x5-in. loaf pans. Refrigerate, covered, overnight.
4. To serve, slice each loaf into 16 slices. In a large skillet, cook goetta in batches, over medium heat 3-4 minutes on each side or until lightly browned and heated through.

Freeze option: *After shaping goetta in loaf pans, cool and freeze, covered, until firm. Transfer goetta to resealable plastic freezer bags or wrap securely in foil. To use, partially thaw in refrigerator overnight; slice and cook as directed*

dishing about food

The population of greater Cincinnati is familiar with the breakfast sausage called goetta. Made of pork, or a blend of pork and beef, and mixed with steel-cut oats and seasonings, goetta is served in Cincinnati restaurants and sold prepackaged in supermarkets. Some say German immigrants brought the recipe with them in the mid-1800s. Others claim the Finke family of northern Kentucky invented it in the early 1900s as a way to use up meat scraps from their butcher shop.



Pork Chops with Cherry Sauce

Enjoy the rich flavor of this dish. The spice rub also works well on lamb or beef.

—**KENDRA DOSS** KANSAS CITY, MISSOURI

PREP/TOTAL TIME: 25 MIN. **MAKES:** 2 SERVINGS

1 tablespoon finely chopped shallot

1 teaspoon olive oil

1 cup fresh or frozen pitted dark sweet cherries, halved

⅓ cup ruby port wine

1 teaspoon balsamic vinegar

⅛ teaspoon salt

PORK CHOPS

1 teaspoon coriander seeds, crushed

¾ teaspoon ground mustard

¼ teaspoon salt

¼ teaspoon pepper

2 bone-in pork loin chops (7 ounces each)

2 teaspoons olive oil

1. In a small saucepan, saute shallot in oil until tender. Stir in the cherries, wine, vinegar and salt. Bring to a boil; cook until liquid is reduced by half, about 10 minutes.

2. Meanwhile, in a small bowl, combine the coriander, mustard, salt and pepper; rub over chops. In a large skillet, cook chops in oil over medium heat for 4-5 minutes on each side or until a thermometer reads 145°. Serve with the sauce.

Horseshoe Sandwiches

Meat-and-potato lovers in your family will be happy to indulge in the Horseshoe Sandwich. Our recipe uses the classic ham steak, but hamburger patties are a popular alternative. Even though the sandwich is topped with a homemade cheese sauce, the blue-plate special only takes 30 minutes to make.

—**TASTE OF HOME TEST KITCHEN**

PREP/TOTAL TIME: 30 MIN. **MAKES:** 2 SERVINGS

3 cups frozen French-fried potatoes

CHEESE SAUCE

2 tablespoons butter

2 tablespoons all-purpose flour

¼ teaspoon salt

⅛ teaspoon ground mustard

⅓ teaspoon pepper

¾ cup 2% milk

1 cup (4 ounces) shredded white cheddar cheese

¼ cup beer, room temperature

¾ teaspoon Worcestershire sauce

ASSEMBLY

1 fully cooked boneless ham steak (1 pound), cut into 4 pieces

4 slices Texas toast or other white bread, toasted

Paprika

1. Cook potatoes according to the package directions. Meanwhile, in a small saucepan, melt butter over medium heat. Stir in the flour, salt, mustard and pepper until smooth; gradually whisk in the milk. Bring to a boil, stirring constantly; cook and stir 2 minutes or until thickened.

2. Reduce heat to medium-low. Stir in cheese until blended. Stir in beer and Worcestershire sauce; heat through.

3. Heat a large skillet over medium-high heat. Cook ham 1-2 minutes on each side or until lightly browned and heated through.

4. To serve, place two toasts on each of two serving plates; top with ham, fries and cheese sauce. Sprinkle with paprika.

dishing about food

The hearty horseshoe sandwich was invented by Chef Joe Schweska in Springfield, Illinois. He was looking for something different to serve at his restaurant and his wife suggested doing something with Welsh rarebit (a cheese sauce served over toast). Taking her advice, he piled a thick slice of ham, cheese sauce and French fries on two pieces of toast to make the first horseshoe sandwich. The ham represents the horseshoe and the fries, the nails. If you make it with one piece of toast it's called a pony shoe. Chicken breast, a pork cutlet or hamburger are sometimes used in a horseshoe. The sauce can be served over or under the fries.



Chicago-Style Beef Sandwiches

I'm originally from the Windy City, so I love Chicago-style beef. These tender sandwiches lend an authentic flavor, and they're so simple to prepare using a slow cooker.

—**LOIS SZYDLOWSKI** TAMPA, FLORIDA

PREP: 30 MIN. **COOK:** 8 HOURS **MAKES:** 12 SERVINGS

1 boneless beef chuck roast (4 pounds)

1 teaspoon salt

¾ teaspoon pepper

2 tablespoons olive oil

½ pound fresh mushrooms

2 medium carrots, cut into chunks

1 medium onion, cut into wedges

6 garlic cloves, halved

2 teaspoons dried oregano

1 carton (32 ounces) beef broth

1 tablespoon beef base

12 Italian rolls, split

1 jar (16 ounces) giardiniera, drained

1. Cut the roast in half; sprinkle with salt and pepper. In a large skillet, brown meat in oil on all sides; drain. Transfer to a 5-qt. slow cooker.
2. In a food processor, combine mushrooms, carrots, onion, garlic and oregano. Cover and process until finely chopped. Transfer to slow cooker. Combine beef broth and base; pour over top. Cover and cook on low for 8-10 hours or until tender.
3. Remove meat and shred with two forks. Skim fat from cooking juices. Return meat to slow cooker; heat through. Using a slotted spoon, serve beef on buns; top with giardiniera.

Editor's Note: *Look for beef base near the broth and bouillon.*

Brats in Beer

The flavor of this recipe's marinade really comes through in the grilled onions.

—JILL HAZELTON HAMLET, INDIANA

PREP: 10 MIN. + MARINATING **GRILL:** 15 MIN. **MAKES:** 8 SERVINGS

1 can (12 ounces) beer or nonalcoholic beer

2 tablespoons brown sugar

2 tablespoons soy sauce

1 tablespoon chili powder

1 tablespoon prepared mustard

⅓ teaspoon garlic powder

8 uncooked bratwurst links

1 large onion, thinly sliced

8 brat or hot dog buns, split

1. In a small bowl, combine the first six ingredients. Pour 1¾ cups into a large resealable plastic bag; add bratwurst. Seal bag and turn to coat; refrigerate for 4 hours or overnight. Cover and refrigerate remaining marinade.
2. Add onion to remaining marinade; toss to coat. Place on a double thickness of heavy-duty foil (about 18 in. square). Fold foil around onion mixture and seal tightly. Drain and discard marinade from bratwurst.
3. Grill bratwurst and onion, covered, over medium heat or broil 4 in. from the heat for 15-20 minutes or until meat is no longer pink and onion is tender, turning frequently. Open foil carefully to allow steam to escape. Serve brats in buns with onion mixture.

dishing about food

Wisconsinites love their brats...and their beer. So what would be more natural than to cook the brats in beer? Sheboygan, Wisconsin, declared itself the "Bratwurst Capital of the World." There, they serve up two grilled brats on a buttered semmel (hard roll), not a soft brat bun. Brats are typically topped with brown mustard, ketchup, raw onions and dill pickle slices.



JOHNSONVILLE, WI

With its headquarters located just outside Sheboygan, Johnsonville Sausage is doing its part to spread the word about bratwurst. The 65-foot-long, fully loaded Big Taste Grill can cook 750 brats at a time. It travels to festivals, benefits and other special occasions all over the country.



German Potato Salad with Sausage

Hearty and saucy, this potato salad is an old family recipe that was updated using cream of potato soup to ease preparation. The sausage and sauerkraut give it a special zip.

—**TERESA MCGILL** TROTWOOD, OHIO

PREP: 30 MIN. **COOK:** 6 HOURS **MAKES:** 5 SERVINGS

8 bacon strips, finely chopped

1 large onion, chopped

1 pound smoked kielbasa or Polish sausage, halved and cut into ½-inch slices

2 pounds medium red potatoes, cut into chunks

1 can (10¾ ounces) condensed cream of potato soup, undiluted

1 cup sauerkraut, rinsed and well drained

½ cup water

¼ cup cider vinegar

1 tablespoon sugar

½ teaspoon salt

½ teaspoon coarsely ground pepper

1. In a large skillet, cook bacon over medium heat until crisp. Remove to paper towels with a slotted spoon to drain. Saute onion in drippings for 1 minute. Add the sausage; cook until lightly browned. Add the potatoes; cook 2 minutes longer. Drain.

2. Transfer sausage mixture to a 3-qt. slow cooker. In a small bowl, combine the soup, sauerkraut, water, vinegar, sugar, salt and pepper. Pour over sausage mixture. Sprinkle with bacon. Cover and cook on low for 6-7 hours or until potatoes are tender.



Venison Parmigiana

While looking for an alternative to pan frying our venison steak, we decided to give it a little Italian flair. The recipe turned out to be a big hit!

—**PHIL ZIPP** TOMAHAWK, WISCONSIN

PREP: 25 MIN. **BAKE:** 1 HOUR **MAKES:** 6 SERVINGS

2 pounds boneless venison steaks

1 egg

1 tablespoon milk

$\frac{2}{3}$ cup seasoned bread crumbs

$\frac{1}{3}$ cup grated Parmesan cheese

5 tablespoons olive oil

1 small onion, finely chopped

2 cups hot water

1 can (6 ounces) tomato paste

1 teaspoon pepper

$\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ teaspoon sugar

$\frac{1}{2}$ teaspoon dried marjoram

2 cups (8 ounces) shredded part-skim mozzarella cheese

1. Pound steaks to $\frac{1}{4}$ -in. thickness; cut into serving-size pieces. In a shallow bowl, beat egg and milk. In another bowl, combine bread crumbs and Parmesan cheese. Dip venison in egg mixture, then coat with crumb mixture.

2. In a large skillet, brown meat in oil on both sides. Place in a greased 13x9-in. baking dish. In the drippings, saute onion for 2-3 minutes or until tender. Stir in the water, tomato paste, pepper, salt, sugar and marjoram. Bring to a boil. Reduce the heat; simmer, uncovered, for 5 minutes. Pour over venison.

3. Cover and bake at 350° for 50 minutes or until meat is tender. Uncover; sprinkle with cheese. Bake 10-15 minutes longer or until cheese is melted.



Sweet 'n' Smoky Kansas City Ribs

Tender and juicy, these ribs are packed with a big smoky punch. You won't believe how quickly they move from grill to plate!

—**GLORIA WARCZAK** CEDARBURG, WISCONSIN

PREP: 35 MIN. + STANDING **GRILL:** 70 MIN. **MAKES:** 5 SERVINGS

⅓ cup packed brown sugar

2 teaspoons chicken bouillon granules

2 teaspoons paprika

2 teaspoons chili powder

1 teaspoon ground cumin

¾ teaspoon garlic powder

½ teaspoon each minced fresh basil, rosemary and sage

½ teaspoon ground celery seed

¼ teaspoon ground coriander

⅛ teaspoon fennel seed, crushed

2 pork baby back ribs (about 5 pounds)

2 cups soaked wood chips (mesquite, hickory or alder), optional

SAUCE

1 large onion, chopped

2 tablespoons olive oil

1 tablespoon butter

2 tablespoons brown sugar

1 tablespoon Worcestershire sauce

1 teaspoon each minced fresh basil, marjoram and rosemary, crushed

1 teaspoon each minced fresh dill, sage and cilantro

1 teaspoon minced chives

1 bottle (18 ounces) barbecue sauce

1. In a small bowl, combine the brown sugar, bouillon, seasonings and herbs; rub over ribs. Let stand for 15 minutes.

2. Prepare grill for indirect heat, using a drip pan. Add 1 cup of soaked wood chips if desired. Place ribs in a disposable foil pan. Grill, covered, over indirect medium heat for 30 minutes. Remove ribs from pan and place on grill rack over drip pan. Add remaining wood chips. Grill 30 minutes longer, turning occasionally.

3. Meanwhile, in a small saucepan, sauté onion in oil and butter until tender. Stir in the brown sugar, Worcestershire sauce and herbs; cook and stir for 1 minute. Add barbecue sauce. Bring to a boil. Reduce heat; simmer, uncovered, for 5 minutes. Baste ribs with sauce; grill for 10-15 minutes or until meat is tender, turning and basting occasionally.

dishing about food

In 1908, Henry Perry dished up slow-cooked ribs for 25 cents a slab. Since then, Kansas City ribs are known for their brown-sugar rub, smoky flavor and sweet-tangy sauce. Thanks to Henry, Kansas City is now known as the “world’s barbecue capital.”



KANSAS CITY, MO

Kansas City is widely known for its good eats: It has more restaurants per capita than any other American city!



Hungarian Hot Dogs

When you travel around the country, you’ll discover that different cities dish up their hot dogs with their own unique combination of toppings. Toledo is no exception...Tony Packo’s Hungarian hot dog is a citywide favorite.

—TASTE OF HOME TEST KITCHEN

PREP: 10 MIN. **COOK:** 40 MIN. **MAKES:** 6 SERVINGS (2 CUPS CHILI)

CHILI

1 pound ground beef

1 garlic clove, minced

1½ teaspoons brown sugar

1 tablespoon chili powder

1½ teaspoons Hungarian paprika

¾ teaspoon pepper

¾ teaspoon ground cumin

¾ teaspoon dried thyme

½ teaspoon salt

Dash cayenne pepper

1½ cups water

HOT DOGS

1 package (14 ounces) smoked kielbasa links

6 hot dog buns, split

Optional toppings: shredded cheddar

cheese, yellow mustard and chopped onion

1. In a large skillet, cook beef and garlic over medium heat 6-8 minutes or until beef is no longer pink, breaking up beef into crumbles; drain. Stir in brown sugar and seasonings. Add water; bring to a boil. Reduce heat; simmer 25-30 minutes or liquid is almost evaporated.

2. Cook kielbasa according to the package directions. Serve in buns with chili and toppings, if desired.

dishing about food

If you grew up on the TV show *M*A*S*H*, you might remember Toledo, Ohio, native Cpl. Max Klinger talking fondly of Tony Packo's Hungarian hot dogs. In real life, Packo and his wife, Rose, opened their first Hungarian restaurant in East Toledo in 1932. It was there that Tony invented the Hungarian hot dog and it's been a neighborhood favorite ever since.

Bachelor Chili

As a single male, I prepare my own meals night after night. This prize-winning chili that I concocted years ago recently appeared in a local cookbook.

—**DAN ELLISON** HERMAN, MINNESOTA

PREP: 25 MIN. **COOK:** 20 MIN. + SIMMERING **MAKES:** 10-12 SERVINGS (3 QUARTS)

1 boneless venison, elk, moose or beef chuck roast (3 to 3½ pounds)

1 tablespoon canola oil

2 medium onions, chopped

1 medium green pepper, chopped

2 garlic cloves, minced

¼ to ½ teaspoon crushed red pepper flakes

4 cans (14½ ounces each) diced tomatoes, undrained

1 cup water

1 can (12 ounces) tomato paste

1 tablespoon sugar

½ teaspoon ground cumin

½ teaspoon dried oregano

¼ teaspoon pepper

1. Cut meat into ¼-in. pieces. In a 4-qt. Dutch oven, brown meat in oil; remove with a slotted spoon and set aside.

2. In the same pan, saute onions, green pepper, garlic and pepper flakes until vegetables are tender. Return meat to pan. Add remaining ingredients; bring to a boil. Reduce heat; cover and simmer for 3 hours or until the meat is tender.

dishing about food

According to The National Shooting Sports Foundation, the Midwest and Northwest have the greatest number of resident hunters—many of whom are likely to enjoy a bowl of change-of-pace Bachelor Chili!



BUFFALO COUNTY, WI

Located on the Mississippi River in western Wisconsin, Buffalo County is known for its trophy whitetail bucks.



German Meatballs and Gravy

These meatballs are a celebration of my heritage. I love making them for my family, especially because they're such a quick meal!

—**MARSHELLE GREENMYER-BITTNER** LISBON, NORTH DAKOTA

PREP: 30 MIN. **COOK:** 35 MIN. **MAKES:** 8 SERVINGS

1 egg

3½ cups milk, divided

½ teaspoon Worcestershire sauce

1 cup finely shredded uncooked peeled potatoes

2 tablespoons finely chopped onion

2 teaspoons salt

½ teaspoon ground nutmeg

¼ teaspoon ground ginger

¼ teaspoon ground allspice

⅛ teaspoon pepper

2 pounds ground beef

¼ cup butter, cubed

¼ cup all-purpose flour

Hot mashed potatoes, optional

1. In a large bowl, combine egg, ½ cup milk, Worcestershire sauce, shredded potatoes, onion, salt, nutmeg, ginger, allspice and pepper. Crumble beef over mixture and mix well. Shape into 48 balls.
2. In a large skillet over medium heat, cook meatballs in butter in batches until no longer pink; remove and keep warm.
3. Stir flour into drippings until blended; gradually add remaining milk. Bring to a boil; cook and stir for 2 minutes or until thickened. Return meatballs to the pan; heat through. Serve with mashed potatoes if desired.

Onion Loose Meat Sandwiches

With French onion soup, these sandwiches don't have the typical flavor of most sloppy joes. My sisters and I rely on this recipe from Mom on days when there's little time to cook.

—**KATHY PETORSKY** BELLE VERNON, PENNSYLVANIA

PREP/TOTAL TIME: 25 MIN. **MAKES:** 6-8 SERVINGS

1½ pounds ground beef

2 tablespoons all-purpose flour

Salt and pepper to taste

1 can (10½ ounces) condensed French onion soup, undiluted

6 to 8 hamburger buns, split

Sliced cheddar cheese and dill pickles, optional

1. In a large skillet, cook beef over medium heat until no longer pink; drain. Stir in the flour, salt and pepper until blended. Gradually add the soup. Bring to a boil; cook and stir for 2 minutes or until thickened.
2. Spoon onto buns; top with cheese and pickles if desired.

Editor's Note: *For even more onion flavor, add ½ cup chopped onion to the filling of Onion Loose Meat Sandwiches.*

dishing about food

In 1926, the first loose-meat sandwich was served in Muscatine, Iowa, when the Maid-Rite diner served a sandwich of ground beef and spices. It was loose like a sloppy joe—but without the red sauce. Years later, however, the TV sitcom *Roseanne* was credited with bringing the concept of the loose-meat sandwich into the mainstream.



Pecan Chicken with Blue Cheese Sauce

Special in every way, this moist chicken is coated with pecans and drizzled with a rich, blue cheese sauce. It's easy and delicious...a real winner in my book. You can also use turkey breast and adjust the cooking time.

—**MAGGIE RUDDY** ALTOONA, IOWA

PREP: 15 MIN. **BAKE:** 20 MIN. **MAKES:** 4 SERVINGS

4 boneless skinless chicken breast halves (5 ounces each)

¼ teaspoon salt

⅛ teaspoon pepper

¼ cup all-purpose flour

1 tablespoon minced fresh rosemary or 1 teaspoon dried rosemary, crushed

¼ cup butter, melted

1 tablespoon brown sugar

¾ cup finely chopped pecans

SAUCE

1 cup heavy whipping cream

⅓ cup crumbled blue cheese

1 tablespoon finely chopped green onion

¼ teaspoon salt

¼ teaspoon pepper

1. Sprinkle chicken with salt and pepper. In a shallow bowl, combine flour and rosemary; in a separate shallow bowl, combine butter and brown sugar. Place pecans in another shallow bowl. Coat chicken with flour mixture, then dip in butter mixture and coat with pecans.

2. Transfer to a greased baking sheet. Bake at 375° for 20-25 minutes or until a thermometer reads 165°.

3. Meanwhile, place cream in a small saucepan. Bring to a boil; cook and stir for 8-10 minutes or until thickened. Stir in the cheese, onion, salt and pepper. Serve with the chicken.

Lori's Marzetti Bake

With a family of 8 kids, a meal for us has to be delicious, appealing—and make enough to feed us all. We also like leftovers for lunch the next day. Now when grandkids come to visit during the holidays, we sometimes serve this casserole. I also take it to other big family functions and potlucks, and I always come home with an empty dish.

—LORI SMITH NEWARK, OHIO

PREP: 30 MIN. **BAKE:** 35 MIN. **MAKES:** 2 CASSEROLES (12 SERVINGS EACH)

2 pounds ground beef

1 cup sliced fresh mushrooms

1 medium onion, finely chopped

⅓ cup chopped green pepper

2 garlic cloves, minced

1 teaspoon salt

½ teaspoon pepper

3 cans (15 ounces each) plus 1 can (8 ounces) tomato sauce

1 can (15 ounces) diced tomatoes, undrained

2 tablespoons brown sugar

1 package (16 ounces) egg noodles

3 cups (12 ounces) shredded cheddar cheese, divided

1. Preheat oven to 400°. In a Dutch oven, cook the first seven ingredients over medium heat 8-10 minutes or until beef is no longer pink and vegetables are tender, breaking up beef into crumbles; drain. Stir in tomato sauce, tomatoes and brown sugar; bring to a boil. Reduce heat; simmer 10-15 minutes or until flavors are blended, stirring occasionally.

2. Meanwhile cook noodles according to the package directions. Drain; add to sauce. Stir in 2 cups cheese. Transfer to two greased 11x7-in. baking dishes.

3. Cover with greased foil and bake for 30-35 minutes or until heated through. Sprinkle with remaining cheese; bake, uncovered, 5 minutes longer or until cheese is melted.

dishing about food

Teresa Marzetti and her husband, Joseph, moved to Columbus, Ohio, from Italy in 1896. She ran restaurants in the city for 76 years and became known for her casserole, the Johnny Marzetti. Teresa created it in the 1920s and named it after her brother-in-law. (You might also know her for Marzetti salad dressings.) Like so many popular dishes, the Johnny Marzetti has had many reincarnations. It can feature noodles or pasta, various combinations of vegetables, and it may or may not include canned soup. Even the ways it's served can differ, depending on the cook. Some mix the pasta with the meat; others simply layer the ingredients in their dish.



Special Strip Steaks

I like to use my wonderful cast-iron skillet, inherited from my mother, whenever I'm preparing this delectable steak.

—**JANICE MITCHELL** AURORA, COLORADO

PREP/TOTAL TIME: 25 MIN. **MAKES:** 2 SERVINGS

2 boneless beef top loin steaks (8 ounces each)

1 garlic clove, halved

¼ teaspoon salt

¼ teaspoon pepper

1 tablespoon butter

¼ cup sherry or beef broth

¼ teaspoon Worcestershire sauce

2 tablespoons chopped green onion

1. Rub steaks with garlic and sprinkle with salt and pepper; set aside. Melt butter in a large skillet. Add the sherry or broth, Worcestershire sauce and onion. Bring to a boil. Reduce heat; simmer, uncovered, for 5 minutes.
2. Add the steaks and cook over medium heat for 3-7 minutes on each side or until the meat reaches desired doneness (for medium-rare, a meat thermometer should read 145°; medium, 160°; well-done, 170°).

Editor's Note: *Top loin steak may be labeled as strip steak, Kansas City steak, New York strip steak, ambassador steak or boneless club steak in your region.*



Morel Mushroom Ravioli

My friend and I really enjoy mushroom hunting. The exercise and fresh air, along with the beauty of the outdoors, is so invigorating. I came up with this recipe to use up the bounty of our harvest. The dish is easy, yet elegant—and absolutely delicious!

—**KELLY KNOBLOCK** EMMETT, IDAHO

PREP: 35 MIN. **COOK:** 5 MIN./BATCH **MAKES:** 4 SERVINGS

⅔ ounce dried morel mushrooms

¼ cup olive oil

½ cup finely chopped onion

2 cups coarsely chopped baby portobello mushrooms

12 garlic cloves, minced

4 ounces reduced-fat cream cheese

⅓ cup shredded Asiago cheese

¼ teaspoon salt

¼ teaspoon pepper

48 wonton wrappers

2 cups pasta sauce of your choice

2 tablespoons shredded Parmesan cheese

1 tablespoon minced fresh Italian parsley

1. Place the mushrooms in a small bowl; add warm water to cover. Soak 30 minutes or until softened. Remove mushrooms with a slotted spoon; rinse and finely chop.

2. In a skillet, heat oil over medium-high heat. Add the onion; cook and stir 3-4 minutes or until tender. Add the fresh mushrooms, chopped morels and garlic; cook 3-4 minutes longer or until the mushrooms are tender and liquid is evaporated. Stir in the cream cheese, Asiago cheese, salt and pepper. Remove from the heat; cool.

3. Place 1 tablespoon filling in center of each of half of the wonton wrappers. Moisten wrapper edges with water; top with another wrapper. Press around filling to remove air pockets and seal edges. (Cover remaining wrappers with a damp paper towel until ready to use.)

4. In a Dutch oven, bring water to a boil. Add ravioli in batches. Reduce heat; simmer gently 1-2 minutes or until ravioli float and wrappers are translucent. Remove with a slotted spoon. Serve with sauce; sprinkle with Parmesan cheese and parsley.

dishing about food

Morels are plentiful in cooler areas of the United States, with the Great Lakes region being a particularly good hunting ground for these tasty bites. If you have never hunted for wild mushrooms, go with a seasoned mushroom hunter who can point out which ones are poisonous. And if you are unsure whether a variety is edible, remember the adage, “when in doubt, throw it out.” This recipe calls for dried morels and fresh baby portobellos.



MESICK, MI

Every spring, mushroom enthusiasts gather in the U.S. Mushroom Capital for a festival. It features all types of fungi, including odd-looking but delicious-tasting morels.

Howard’s Sauerbraten

Cooking for family and friends is one of my favorite pastimes. People always seem to look forward to this tender beef roast with traditional tangy gravy.

—HOWARD KOCH LIMA, OHIO

PREP: 20 MIN. + MARINATING **COOK:** 3 HOURS **MAKES:** 8 SERVINGS

2½ cups water

1½ cups red wine vinegar

2 medium onions, sliced

1 carrot, finely chopped

1 celery rib, finely chopped

8 whole cloves

4 bay leaves

½ teaspoon whole peppercorns

1 beef rump roast or eye of round (about 3 pounds)

¼ cup butter, cubed

GINGERSNAP GRAVY

½ cup water

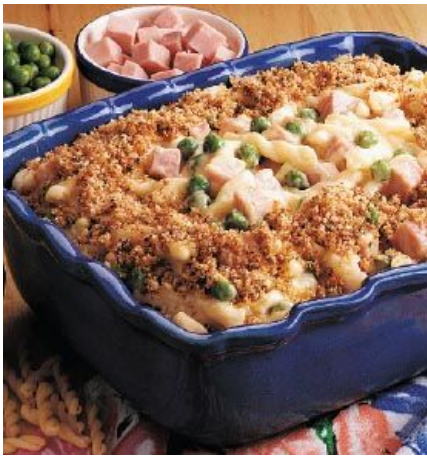
2 tablespoons sugar

½ cup gingersnap crumbs (about 12 cookies)

1. In a 4-cup measure, combine the water and vinegar; pour half into a saucepan. Divide each of the vegetables and seasonings between both mixtures. Bring mixture in saucepan to a boil; cool to room temperature. Cover and refrigerate mixture in glass measure.
2. Place beef in a large resealable plastic bag; add cooled vinegar mixture and turn to coat. Place in a baking dish. Refrigerate for 2 days, turning occasionally.
3. Drain beef, discarding marinade and vegetables in bag; pat roast dry. In a Dutch oven, brown roast in butter on all sides. Add reserved vinegar mixture; bring to a boil. Reduce heat; cover and simmer until meat is tender, about 3 hours.
4. For gravy, remove roast and keep warm. Strain cooking juices, discarding vegetables and seasonings. Measure 1½ cups of the cooking juices; add to saucepan. Add water and sugar. Bring to a boil, stirring to dissolve sugar. Reduce heat. Add gingersnap crumbs; simmer until gravy thickens. Serve with roast.

dishing about food

Sauerbraten is a German specialty that was originally created to marinate and tenderize tough cuts of meat such as venison. Different regions of Germany have their own versions of the recipe, which features a tangy gravy over tender slices of beef.



Ham 'n' Noodle Hot Dish

Frozen green peas add lovely color to this comforting meal-in-one dish. The easy, cheesy recipe is a terrific way to use up extra baked ham from a holiday feast or dinner party. No one feels like they're eating leftovers when I serve this tasty bake.

—**RENEE SCHWEBACH** DUMONT, MINNESOTA

PREP: 15 MIN. **BAKE:** 30 MIN. **MAKES:** 4 SERVINGS

3 tablespoons butter, divided

2 tablespoons all-purpose flour

1 cup milk

1 cup (4 ounces) shredded process cheese (Velveeta)

½ teaspoon salt

2 cups diced fully cooked ham

1½ cups elbow macaroni or medium noodles, cooked and drained

1 cup frozen peas, thawed

¼ cup dry bread crumbs

½ teaspoon dried parsley flakes

1. In a saucepan, melt 2 tablespoons butter; stir in flour until smooth. Gradually add milk. Bring to a boil over medium heat; cook and stir for 2 minutes. Remove from the heat; stir in cheese and salt until cheese is melted.

2. Add the ham, noodles and peas. Pour into a greased 1-qt. baking dish. Melt remaining butter; add bread crumbs and parsley. Sprinkle over casserole.

3. Bake, uncovered, at 350° for 30 minutes or until heated through.



Greek Chicken Dinner

I got this recipe from my sister and my family really likes it a lot. It makes the house smell so good! The amount of garlic might seem high, but it's just right. You get every bit of the flavor without it overpowering the other items.

—**TERRI CHRISTENSEN** MONTAGUE, MICHIGAN

PREP: 20 MIN. **COOK:** 5 HOURS **MAKES:** 6 SERVINGS

6 medium Yukon Gold potatoes, quartered

1 broiler/fryer chicken (3½ pounds), cut up and skin removed

2 large onions, quartered

1 whole garlic bulb, separated and peeled

3 teaspoons dried oregano

1 teaspoon salt

¾ teaspoon pepper

½ cup plus 1 tablespoon water, divided

1 tablespoon olive oil

4 teaspoons cornstarch

1. Place potatoes in a 5-qt. slow cooker. Add the chicken, onions and garlic. Combine the oregano, salt, pepper and ½ cup water; pour over chicken and vegetables. Drizzle with oil. Cover and cook on low for 5-6 hours or until the chicken juices run clear and vegetables are tender.

2. Remove chicken and vegetables to a serving platter; keep warm. Strain cooking juices and skim fat; transfer to a small saucepan. Bring liquid to a boil. Combine the cornstarch and remaining water until smooth. Gradually stir into the pan. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve with the chicken and vegetables.



Pheasant in Mustard Sauce

Until I met my husband, an avid hunter, I'd never cooked or eaten pheasant. I tried several different recipes before creating this one using our favorite ingredients.

—**JOAN MIHALKO** ELKTON, SOUTH DAKOTA

PREP: 20 MIN. **COOK:** 15 MIN. **MAKES:** 2 SERVINGS

2 boneless skinless pheasant breast halves

¼ teaspoon salt

⅛ teaspoon pepper

1 tablespoon canola oil

1 tablespoon butter

¼ cup chopped onion

1 garlic clove, minced

½ cup chicken broth

2 tablespoons lemon juice

3 tablespoons Dijon mustard

¾ teaspoon dried marjoram

Hot cooked rice

1. Sprinkle pheasant with salt and pepper. In a skillet over medium heat, brown pheasant in oil and butter on both sides, about 6-8 minutes.
2. In a small bowl, combine the onion, garlic, broth, lemon juice, mustard and marjoram; add to skillet. Bring to a boil. Reduce heat; cover and simmer for 15-20 minutes or until pheasant juices run clear. Serve with rice.



Pork Chops with Sauerkraut

I was a high school student when I received this recipe from my friend's mom, who is German. She often made these chops for us after church on Sunday. Forty years later, I still love them.

—**ROBERTA BYERS** CHAFFEE, MISSOURI

PREP: 15 MIN. **BAKE:** 45 MIN. **MAKES:** 6 SERVINGS

6 bone-in pork loin chops (1 inch thick and 8 ounces each)

3 tablespoons butter

1 can (14 ounces) sauerkraut, rinsed and well drained

1½ cups sweetened applesauce

⅓ cup chopped onion

1 garlic clove, minced

5 teaspoons brown sugar

1 teaspoon caraway seeds

1 teaspoon ground cinnamon

1. In a large skillet over medium-high heat, brown pork chops in butter on both sides. Transfer to a greased 13-in. x 9-in. baking dish.
2. In a bowl, combine the sauerkraut, applesauce, onion, garlic, brown sugar, caraway seeds and cinnamon. Spoon over chops.
3. Cover and bake at 375° for 45-50 minutes or until meat juices run clear.

dishing about food

Most of us associate sauerkraut with German or Polish cuisine, but the first to enjoy the tangy cabbage dish were the Chinese. They preserved shredded cabbage in rice wine thousands of years ago when the Great Wall was being built. It's believed that Ghenghis Khan introduced fermented cabbage to Europe when his army invaded the area. In the 16th century, Germans switched from vinegar to salt, which draws out the excess water, and is still the custom today. German and Dutch settlers brought sauerkraut to the new world along with their tradition of eating pork and sauerkraut on New Year's Day for good luck in the New Year.



Blue Cheese Clubs

These sandwiches look so elegant, but they're really easy to make. They're loaded with plenty of turkey, and the blue cheese spread offers a nice zip.

—**NANCY JO LEFFLER** DEPAUW, INDIANA

PREP/TOTAL TIME: 25 MIN. **MAKES:** 4 SERVINGS

1 package (3 ounces) cream cheese, softened

½ cup crumbled blue cheese

4 tablespoons mayonnaise, divided

1 teaspoon dried minced onion

Dash salt and pepper

Dash Worcestershire sauce

8 slices white bread, toasted

8 slices tomato

8 slices deli turkey

4 slices Swiss cheese

4 slices whole wheat bread, toasted

8 bacon strips, cooked

4 lettuce leaves

1. In a small bowl, beat cream cheese until smooth. Beat in the blue cheese, 1 tablespoon mayonnaise, onion, salt, pepper and Worcestershire sauce until blended.

2. Spread over four slices of white bread; layer with tomato, turkey, Swiss cheese, wheat bread, bacon and lettuce. Spread remaining mayonnaise over remaining white bread; place over lettuce. Secure with toothpicks; cut into triangles.



Portobello Lamb Chops

A quick marinade gives these lamb chops subtle hints of peach along with the tang of balsamic vinegar. The mushrooms are very tender.

—**DIANE BARR** LOUISVILLE, KENTUCKY

PREP: 10 MIN. + MARINATING **GRILL:** 20 MIN. **MAKES:** 4 SERVINGS

¾ cup peach preserves

1 tablespoon balsamic vinegar

¼ teaspoon pepper

⅛ teaspoon salt

4 lamb loin chops (2 inches thick and 5 ounces each)

¼ cup olive oil

1 teaspoon dried rosemary, crushed

4 large portobello mushrooms

1. In a small bowl, combine the first four ingredients. Pour ½ cup marinade into a large resealable plastic bag; add lamb chops. Seal bag and turn to coat; refrigerate for 1-4 hours. Cover and refrigerate remaining marinade.

2. In a small bowl, combine oil and rosemary; brush over mushrooms. Moisten a paper towel with cooking oil; using long-handled tongs, lightly coat the grill rack.

3. Grill the lamb chops and mushrooms, uncovered, over medium heat or broil 4 in. from heat for 8-10 minutes on each side or until meat reaches desired doneness (for medium-rare, a thermometer should read 145°; medium, 160°; well-done, 170°), basting frequently with reserved marinade. Slice mushrooms and serve with lamb chops.



Wild Rice Chicken Dinner

With chicken, green beans and the nice crunch of water chestnuts and almonds, this casserole has everything you need. Using ready-to-serve wild rice makes putting it together a breeze.

—**LORRAINE HANSON** INDEPENDENCE, IOWA

PREP/TOTAL TIME: 30 MIN. **MAKES:** 2 CASSEROLES (6-8 SERVINGS EACH)

2 packages (8.8 ounces each) ready-to-serve long grain and wild rice

2 packages (16 ounces each) frozen French-style green beans, thawed

2 cans (10¾ ounces each) condensed cream of celery soup, undiluted

2 cans (8 ounces each) sliced water chestnuts, drained

¾ cup chopped onion

2 jars (4 ounces each) sliced pimientos, drained

1 cup mayonnaise

½ cup 2% milk

1 teaspoon pepper

6 cups cubed cooked chicken

1 cup slivered almonds, divided

1. Heat rice according to package directions. Meanwhile, in a Dutch oven, combine green beans, soup, water chestnuts, onion, pimientos, mayonnaise, milk and pepper. Bring to a boil. Reduce heat; cover and simmer for 5 minutes. Stir in chicken and rice; cook 3-4 minutes longer or until the chicken is heated through.

2. Transfer half of the mixture to a serving dish; sprinkle with ½ cup almonds. Serve immediately. Pour the remaining mixture into a greased 13x9-in. baking dish; cool. Sprinkle with remaining almonds. Cover and freeze for up to 3 months.

To use frozen casserole: *Thaw in the refrigerator overnight. Cover and bake at 350° for 40-45 minutes or until heated through.*

dishing about food

Wild rice is not actually rice but the grain of a long reedlike marsh plant. It grows in lakes and rivers in Minnesota and Wisconsin, as well as in areas of Canada. Wild rice has a nutty flavor and chewy texture.



Chili Coney Dogs

Everyone in our family, from smallest kids to oldest adults, loves these dogs. They're so easy to throw together and cook in the slow cooker. Your family will adore them, too!

—**MICHELE HARRIS** VICKSBURG, MICHIGAN

PREP: 20 MIN. **COOK:** 4 HOURS **MAKES:** 8 SERVINGS

1 pound lean ground beef (90% lean)

1 can (15 ounces) tomato sauce

½ cup water

2 tablespoons Worcestershire sauce

1 tablespoon dried minced onion

½ teaspoon garlic powder

½ teaspoon ground mustard

½ teaspoon chili powder

½ teaspoon pepper

Dash cayenne pepper

8 hot dogs

8 hot dog buns, split

Shredded cheddar cheese, relish and chopped onion, optional

1. In a large skillet, cook beef over medium heat until no longer pink; drain. Stir in the tomato sauce, water, Worcestershire sauce, onion and seasonings.

2. Place hot dogs in a 3-qt. slow cooker; top with beef mixture. Cover and cook on low for 4-5 hours or until heated through. Serve on buns with cheese, relish and onion if desired.

dishing about food

The words Coney Island evoke images of amusement parks, the beach and New York. However, these hot dogs are native to Detroit! The sausages are topped with a beanless chili, some onions and yellow mustard. Cincinnati natives top theirs with shredded cheese and call them “cheesy Coneys.”



DETROIT, MI

Together, the distinctive towers of the GM Renaissance Center make up the crowning jewel in the Motor City skyline. Inside, you'll find many companies (including General Motors' headquarters), restaurants, a hotel, shops and more.



Black Bean 'n' Pumpkin Chili

My family relishes this chili, especially on cold days. It's a wonderful variation on standard chili and it also freezes well and tastes even better as leftovers!

—**DEBORAH VLIET** HOLLAND, MICHIGAN

PREP: 20 MIN. **COOK:** 4 HOURS **MAKES:** 10 SERVINGS (2½ QUARTS)

1 medium onion, chopped

1 medium sweet yellow pepper, chopped

2 tablespoons olive oil

3 garlic cloves, minced

3 cups chicken broth

2 cans (15 ounces each) black beans, rinsed and drained

2½ cups cubed cooked turkey

1 can (15 ounces) solid-pack pumpkin

1 can (14½ ounces) diced tomatoes, undrained

2 teaspoons dried parsley flakes

2 teaspoons chili powder

1½ teaspoons dried oregano

1½ teaspoons ground cumin

½ teaspoon salt

1. In a large skillet, saute the onion and yellow pepper in oil until tender. Add the garlic; cook 1 minute longer. Transfer to a 5-qt. slow cooker; stir in the remaining ingredients. Cover and cook on low for 4-5 hours or until the chili is heated through.



Church Supper Hot Dish

This recipe was in my mother's church cookbook, and now it's in my church cookbook! Apparently it was too good to skip a generation. I often make this dish to take along to potlucks.

—**NORMA TURNER HASLETT**, MICHIGAN

PREP: 40 MIN. **BAKE:** 30 MIN. **MAKES:** 8 SERVINGS

1 pound ground beef

2 cups sliced peeled potatoes

2 cups finely chopped celery

¾ cup finely chopped carrots

¼ cup finely chopped green pepper

¼ cup finely chopped onion

2 tablespoons butter

1 cup water

2 cans (10½ ounces each) condensed cream of mushroom soup, undiluted

1 can (5 ounces) chow mein noodles, divided

1 cup (4 ounces) shredded cheddar cheese

1. In a large skillet, cook beef over medium heat until no longer pink; drain and set aside.

2. In the same skillet, saute the potatoes, celery, carrots, green pepper and onion in butter for 5 minutes. Add water; cover and simmer for 10 minutes or until vegetables are tender. Stir in soup and cooked ground beef until blended.

3. Sprinkle half of the chow mein noodles into a greased shallow 2-qt. baking dish. Spoon meat mixture over noodles. Cover and bake at 350° for 20 minutes. Top with cheese and remaining noodles. Bake, uncovered, 10 minutes longer or until heated through.



Honey-Fried Walleye

We fish on most summer weekends, so we have lots of fresh fillets. Everyone who tries this crisp, golden fish loves it. It's my husband's favorite, and I never have leftovers. Honey gives the coating a deliciously different twist.

—**SHARON COLLIS** COLONA, ILLINOIS

PREP/TOTAL TIME: 15 MIN. **MAKES:** 4-6 SERVINGS

1 egg

1 teaspoon honey

1 cup coarsely crushed saltines (about 22 crackers)

⅓ cup all-purpose flour

¼ teaspoon salt

¼ teaspoon pepper

4 to 6 walleye fillets (about 1½ pounds)

Canola oil

Additional honey

1. In a shallow bowl, beat egg and honey. In another bowl, combine the cracker crumbs, flour, salt and pepper. Dip fillets into egg mixture, then coat with crumb mixture.

2. In a large skillet, heat ¼ in. of oil; fry fish over medium-high heat for 3-4 minutes on each side or until fish flakes easily with a fork. Drizzle with honey.

dishing about food

The Midwest is the place for walleyes. From Minnesota and Wisconsin to Ohio and Kentucky, fishermen delight in catching this popular variety. Not only can you fish for them in large bodies of water such as Lake Michigan, Lake Erie and the Mississippi River, but they are also found in smaller lakes and streams, such as Millie Lacs and Fox Lake in Minnesota. In winter, take to the ice for some ice fishing, and fry up your catch with this recipe.



RHINELANDER, WI

Thanks to its spectacular ice fishing conditions, Rhinelander was named Ice Fishing Capital of the World in 2010. When local lakes freeze, shanties like these seem to pop up overnight.



Sunday Pot Roast

This recipe proves you don't have to slave over a hot stove to prepare a delicious down-home crowd-pleaser like Grandma used to make. Slices of this roast turn out tender and savory every time.

—**BRANDY SCHAEFER** GLEN CARBON, ILLINOIS

PREP: 10 MIN. + CHILLING **COOK:** 8 HOURS **MAKES:** 12-14 SERVINGS

1 boneless whole pork loin roast (3½ to 4 pounds), trimmed

1 teaspoon dried oregano

½ teaspoon onion salt

½ teaspoon pepper

½ teaspoon caraway seeds

¼ teaspoon garlic salt

6 medium carrots, peeled and cut into 1½-inch pieces

3 large potatoes, peeled and quartered

3 small onions, quartered

1½ cups beef broth

⅓ cup all-purpose flour

⅓ cup cold water

¼ teaspoon browning sauce, optional

1. Cut roast in half. In a small bowl, combine the seasonings; rub over roast. Wrap in plastic wrap and refrigerate overnight.

2. Place the carrots, potatoes and onions in a 6-qt. slow cooker; add broth. Unwrap roast and place in the slow cooker. Cover and cook on high for 2 hours. Reduce heat to low and cook 6 hours longer or until meat is tender.

3. Transfer roast and vegetables to a serving platter; keep warm. Pour broth into a saucepan. Combine flour and water until smooth; stir into broth. Bring to a boil; cook and stir for 2 minutes or until thickened. Add browning sauce if desired. Serve with roast.



Hungarian Chicken Paprikash

My mom learned to make this tender chicken dish when she volunteered to help prepare the dinners served at her church. It's my favorite main dish, and the gravy, seasoned with paprika, sour cream and onions, is the best!

—**PAMELA EATON** MONCLOVA, OHIO

PREP: 20 MIN. **BAKE:** 1½ HOURS **MAKES:** 6 SERVINGS

1 large onion, chopped

¼ cup butter, cubed

4 to 5 pounds broiler/fryer chicken pieces

2 tablespoons paprika

1 teaspoon salt

½ teaspoon pepper

1½ cups hot water

2 tablespoons cornstarch

2 tablespoons cold water

1 cup (8 ounces) sour cream

1. In a large skillet, saute onion in butter until tender. Sprinkle chicken with paprika, salt and pepper; place in an ungreased roasting pan. Spoon onion mixture over chicken. Add hot water. Cover and bake at 350° for 1½ hours or until chicken juices run clear.

2. Remove chicken and keep warm. In a small bowl, combine cornstarch and cold water until smooth. Gradually add to pan juices and onion. Bring to a boil over medium heat; cook and stir for 2 minutes or until thickened. Remove from the heat. Stir in sour cream. Serve with chicken.

dishing about food

Hungarians consider paprika their national spice. Turks introduced peppers to Hungary, where the peppers flourished in its southern regions. Unlike many spices enjoyed by the nobility, paprika was first used for seasoning by shepherds, then peasants, and finally, by the nobility. Hungarians make eight varieties of paprika, ranging in flavor from mild to pungent and hot, and in color from bright red to brownish-yellow.



Corned Beef 'n' Sauerkraut Bake

I love Reuben sandwiches, so this recipe was a dream come true! I think when I use my husband's homemade sauerkraut in this casserole it is just great.

—**SUSAN STAHL** DULUTH, MINNESOTA

PREP: 10 MIN. **BAKE:** 30 MIN. **MAKES:** 6 SERVINGS

1¾ cups sauerkraut, rinsed and well drained

½ pound thinly sliced deli corned beef, julienned

2 cups (8 ounces) shredded Swiss cheese

¼ cup Thousand Island salad dressing

2 medium tomatoes, thinly sliced

6 tablespoons butter, divided

1 cup coarsely crushed seasoned rye crackers

1. In a greased 1½-qt. baking dish, layer half of sauerkraut, corned beef and cheese. Repeat layers. Drop salad dressing by teaspoonfuls over the cheese. Arrange tomato slices over the top; dot with 2 tablespoons butter.

2. In a small saucepan, melt remaining butter. Stir in crumbs; sprinkle over top of casserole. Bake, uncovered, at 400° for 30-35 minutes or until heated through.



Runza

When I moved to Nebraska, I discovered many ethnic foods that I had never heard of before. A friend introduced me to this German-Russian beef sandwich, and it quickly became a family favorite.

—**DOLLY CROGHAN** MEAD, NEBRASKA

PREP: 35 MIN. + RISING **BAKE:** 20 MIN. **MAKES:** 12 SERVINGS

4½ cups all-purpose flour, divided

¼ cup sugar

2 packages (¼ ounce each) active dry yeast

1 teaspoon salt

¾ cup milk

½ cup water

½ cup shortening

2 eggs

FILLING

2 pounds lean ground beef (90% lean)

2 medium onions, chopped

4 cups chopped cabbage

2 teaspoons seasoned salt

1 teaspoon garlic powder

1 teaspoon pepper

1. Place 1¾ cups flour, sugar, yeast and salt in a large bowl. Heat the milk, water and shortening to 120°-130°. Pour over flour mixture; add the eggs. Beat with an electric mixer on low speed until blended. Beat 3 additional minutes on high. Stir in the remaining flour; knead until smooth and elastic, about 6-8 minutes.

2. Place the dough in a greased bowl; cover and let rise in a warm place until doubled, about 1 hour.

3. Meanwhile, in a large skillet, cook beef and onions over medium heat until meat is no longer pink; drain. Add the cabbage, seasoned salt, garlic powder and pepper; cook until cabbage is wilted.

4. Punch dough down; divide into 12 portions and cover with plastic wrap. Working with one piece at a time, roll into a 6-in. square. Place ¾ cup meat mixture in the center of each square. Fold the dough over filling, forming a rectangle. Pinch edges tightly to seal and place on greased baking sheets.

5. Bake at 350° for 18-20 minutes or until golden brown. Serve hot.

dishing about food

Runza is a baked sandwich with a Russo-German heritage. It consists of a filling of ground beef, cabbage and onion enclosed in a yeast dough. It is the signature dish of the Runza Drive Inn, which opened in Lincoln, Nebraska, in 1949. There are now Runza Drive Inns in Colorado, Kansas, Iowa and South Dakota.



LINCOLN, NE

Designed by architect Bertram G. Goodhue, Nebraska’s stately capitol building was completed in 1932 at a cost of \$9.8 million, which would be more than \$160 million today!

Perfect Prime Rib Roast

If you’ve never made prime rib before, you can’t go wrong with this recipe. It comes from a chef at a favorite local restaurant.

—**PAULINE WAASDORP** FERGUS FALLS, MINNESOTA

PREP: 5 MIN. + MARINATING **BAKE:** 2½ HOURS + STANDING **MAKES:** 8-10 SERVINGS

½ cup Worcestershire sauce

3 teaspoons garlic salt

3 teaspoons seasoned salt

3 teaspoons coarsely ground pepper

1 bone-in beef rib roast (5 to 6 pounds)

1. In a small bowl, combine the first four ingredients; rub half over the roast. Place roast in a large resealable plastic bag; seal and refrigerate overnight, turning often. Cover and refrigerate remaining marinade.
2. Drain and discard marinade. Place roast fat side up in a large roasting pan; pour reserved marinade over roast. Tent with foil.
3. Bake at 350° for 1 hour. Uncover and bake 1½ hours longer or until meat reaches desired doneness (for medium-rare, a thermometer should read 145°; medium, 160°; well-done 170°). Let stand for 15 minutes before slicing.



Swedish Pancakes

Whenever we spend the night at my mother-in-law's house, our kids beg her to make these crepelike pancakes for breakfast. They're a little lighter than traditional pancakes, so my family can eat a lot!

—**SUSAN JOHNSON** LYONS, KANSAS

PREP/TOTAL TIME: 20 MIN. **MAKES:** 20 PANCAKES

2 cups milk

4 eggs

1 tablespoon canola oil

1½ cups all-purpose flour

3 tablespoons sugar

¼ teaspoon salt

Lingonberries or raspberries

Seedless raspberry jam or fruit spread, warmed

Whipped topping

1. In a blender, combine first six ingredients. Cover and process until blended. Heat a lightly greased 8-in. nonstick skillet; pour ¼ cup batter into center of pan. Lift and tilt pan to evenly coat bottom. Cook until top appears dry; turn and cook 15-20 seconds longer.

2. Repeat with remaining batter, adding oil to skillet as needed. Stack pancakes with waxed paper or paper towels in between. Reheat in the microwave if desired.

3. Fold pancakes into quarters; serve with berries, raspberry jam and whipped topping.

dishing about food

Swedish pancakes are known as “pannkakor” in Sweden. Some think they are the same as crepes, but the batter is thinner and the pancakes are a little trickier to turn over. They are traditionally served with lingonberries, but kids sometimes eat them with ice cream.



Breakfast Mess

Whenever my family goes camping (which is often!), this filling breakfast really gets our day going. Everyone who's tried the "Anderson Family Special" agrees that it's the best!

—**DEE ANDERSON** KENT, WASHINGTON

PREP: 10 MIN. **COOK:** 35 MIN. **MAKES:** 6-8 SERVINGS

1 package (26 ounces) frozen shredded hash brown potatoes

¼ cup canola oil

1 large green pepper, chopped

1 large onion, chopped

2 garlic cloves, minced

2 cans (12 ounces each) Spam or 3 cups cubed fully cooked ham

6 eggs, lightly beaten

½ teaspoon salt

¼ teaspoon pepper

1½ cups (6 ounces) shredded cheddar cheese

1. In a large skillet, fry potatoes in oil for 10 minutes. Add green pepper, onion and garlic; cook for 25 minutes or until potatoes are browned and vegetables are tender.

2. Stir in Spam; heat through. Cover and remove from the heat. In another greased skillet, combine eggs, salt and pepper. Cook and stir gently until the eggs are set. Stir into potato mixture. Top with cheese; cover for 3-5 minutes or until cheese is melted.

dishing about food

Hormel Foods introduced Spam in 1937. The Minnesota-based company played a part in WWII by providing our soldiers and allies with Spam and other canned meat products. This pork/ham product is quite popular in Hawaii, where there is a limited supply of fresh meat. Hawaiians eat around 4 million cans a year. They even created Spam sushi!



AUSTIN, MN

Get your fill of Spam history at the 16,500-square-foot museum dedicated to this well-known luncheon meat.



Cherry Wild Rice Salad

While in Door County, Wisconsin, I sampled this salad. As soon as I got home, I wrote the lady who'd made it, requesting the recipe. The mix of rice, vegetables and orchard-fresh fruit is a tasty way to remember our state's premier cherry-growing area.

—**YVONNE GORGES** NEW LONDON, WISCONSIN

PREP/TOTAL TIME: 25 MIN. **MAKES:** 6-8 SERVINGS

2 cups fresh snow peas, halved

2 cups cooked wild rice

1 cup cooked long grain rice

1 can (8 ounces) sliced water chestnuts, drained

1 cup dried cherries

½ cup thinly sliced celery

¼ cup chopped green onions

DRESSING

6 tablespoons sugar

6 tablespoons canola oil

3 tablespoons cider vinegar

4½ teaspoons soy sauce

1 to 2 garlic cloves, peeled

¾ teaspoon minced fresh gingerroot

¾ cup cashew halves, toasted

1. In a large bowl, combine the first seven ingredients. For dressing, in a blender, combine the sugar, oil, vinegar, soy sauce, garlic and ginger; cover and process until blended.

2. Pour over rice mixture and toss to coat. Cover and refrigerate until serving. Just before serving, stir in the cashews.

dishing about food

Michigan grows about 80 percent of the tart cherries in the United States, while Washington state, California and Oregon are the biggest producers of sweet cherries. In Wisconsin, cherry lovers look forward to the plump, tart cherries grown in Door County.



BAILEYS HARBOR, WI

Dotted with lighthouses (including the one at Cana Island), orchards, forests and villages, Door Peninsula ranks among Wisconsin's most beloved vacation spots.



Grandma's Potato Dumplings

Don't be surprised if this recipe inspires you to make too many mashed potatoes on purpose. Day-old rolls and leftover spuds are scrumptious in buttery potato dumplings.

—**WENDY STENMAN** GERMANTOWN, WISCONSIN

PREP/TOTAL TIME: 25 MIN. **MAKES:** 4 SERVINGS

2 day-old hard rolls

½ cup water

2 teaspoons canola oil

½ cup leftover mashed potatoes

1 egg, lightly beaten

Dash ground nutmeg

1 to 2 tablespoons all-purpose flour

¼ cup butter, cubed

1. Tear rolls into ½-in. pieces; place in a 15x10x1-in. baking pan. Drizzle with water and squeeze dry.

2. In a large skillet, heat the oil over medium-high. Add bread; cook and stir for 1-2 minutes or until lightly toasted.

3. In a small bowl, combine the potatoes, egg, nutmeg and bread. Add enough flour to achieve desired consistency to shape into balls. With floured hands, shape mixture into 3-in. balls.

4. Fill a Dutch oven two-thirds full with water; bring water to a boil. Carefully add the dumplings. Reduce heat; simmer, uncovered, for 8-10 minutes or until a toothpick inserted into a dumpling comes out clean. Meanwhile, in a heavy saucepan, heat butter over medium heat until golden brown. Serve dumplings warm with butter.



Spicy Peanut Soup

After enjoying a spicy peanut soup at a little cafe, I knew I had to try to duplicate it at home. I think my version comes pretty close. It's the best way I know to chase away winter's chill.

—**LISA MEREDITH** EAGAN, MINNESOTA

PREP: 35 MIN. **COOK:** 20 MIN. **MAKES:** 7 SERVINGS

2 medium carrots, chopped

1 small onion, chopped

2 tablespoons olive oil

2 garlic cloves, minced

1 large sweet potato, peeled and cubed

½ cup chunky peanut butter

2 tablespoons red curry paste

2 cans (14½ ounces each) vegetable broth

1 can (14½ ounces) fire-roasted diced tomatoes, undrained

1 bay leaf

1 fresh thyme sprig

½ teaspoon pepper

½ cup unsalted peanuts

1. In a large saucepan, cook carrots and onion in oil over medium heat for 2 minutes. Add the garlic; cook 1 minute longer.

2. Stir in sweet potato; cook 2 minutes longer. Stir in peanut butter and curry paste until blended. Add the broth, tomatoes, bay leaf, thyme and pepper.

3. Bring to a boil. Reduce heat; cover and simmer for 15-20 minutes or until sweet potatoes and carrots are tender. (Soup will appear curdled.) Discard bay leaf and thyme sprig. Stir soup until blended. Sprinkle with peanuts.

dishing about food

Minnesota has the largest Somali population of any state, with a large number of ethnic markets and restaurants serving up the tastes of Africa. This soup is a Somali favorite.



ST. PAUL, MN

No matter what Mother Nature may bring to Minnesota, the weather is always beautiful inside the Marjorie McNeely Conservatory. Guests can enjoy botanical displays at any time of year, and then head next door to the Como Zoo for more fun!



Chunky Blue Cheese Dressing

This flavorful full-bodied dressing is better than any bottled dressing I've ever tasted, and it's easy to prepare, too! I found the recipe in a church cookbook.

—LEONA LUECKING WEST BURLINGTON, IOWA

PREP/TOTAL TIME: 10 MIN. **MAKES:** ABOUT 4 CUPS

¼ cup milk

3 cups mayonnaise

1 cup (8 ounces) sour cream

4 ounces crumbled blue cheese

2 teaspoons garlic salt

1. Place milk, mayonnaise, sour cream, blue cheese and garlic salt in a blender. Cover and process until smooth. Refrigerate until serving.

dishing about food

Perhaps the most well-known American blue cheese is Maytag Blue Cheese. Fred Maytag II (of the Maytag appliance family) created his blue in Newton, Iowa, in 1941, using a process developed at Iowa State University. The first American blue cheese, however, was AmaBlu, which was made in Minnesota in the 1930s.

Kansas Whole Wheat Bread

We harvested wheat for 36 years, and I was the chief cook for the crew. This lightly textured bread won an award at the Celebrate Kansas Wheat Bake-Off several years ago.

—**LINDA PAULS** BUHLER, KANSAS

PREP: 25 MIN. + RISING **BAKE:** 35 MIN. **MAKES:** 2 LOAVES (12 SLICES EACH)

2½ cups whole wheat flour

½ cup quick-cooking oats

¼ cup toasted wheat germ

2 packages (¼ ounce each) active dry yeast

2 teaspoons salt

1 cup water

1 cup (8 ounces) 4% cottage cheese

½ cup mashed potatoes (without added milk and butter)

¼ cup butter, softened

¼ cup milk

¼ cup honey

2 tablespoons molasses

2 eggs

3 to 4 cups all-purpose flour

1. In a large bowl, combine the whole wheat flour, oats, wheat germ, yeast and salt. In a saucepan, heat the water, cottage cheese, potatoes, butter, milk, honey and molasses to 120°-130°. Add to dry ingredients; beat just until moistened. Add eggs; beat until smooth. Stir in enough of the all-purpose flour to form a soft dough.
2. Turn onto a floured surface; knead until smooth and elastic, about 8-10 minutes. Place in a greased bowl, turning once to grease the top. Cover and let rise in a warm place until doubled, about 1 hour.
3. Punch dough down. Turn onto a lightly floured surface; divide in half. Shape into two flattened balls. Place on two greased baking sheets. Cover and let rise until doubled, about 45 minutes.
4. With a sharp knife, make a shallow X-shaped cut in the top of each loaf. Bake at 350° for 35-40 minutes. Cover loosely with foil if top browns too quickly. Remove from pans to wire racks to cool.

dishing about food

Kansas grows about 20 percent of the U.S. wheat crop, more than any other state. Farmers there harvest about 400 million bushels of wheat every year.



WELLINGTON, KS

The town of Wellington hosts the annual Kansas Wheat Festival, a community event for more than a century!



Honey Whole Wheat Bread

Turn out two beautiful golden brown loaves that make the perfect bread for a week of healthy sandwiches.

—**ROBYN LINDBERG** KECHI, KANSAS

PREP: 25 MIN. + RISING **BAKE:** 35 MIN. + COOLING **MAKES:** 2 LOAVES (16 SLICES EACH)

2 packages ($\frac{1}{4}$ ounce each) active dry yeast

3 cups warm water (110° to 115°)

$\frac{1}{2}$ cup nonfat dry milk powder

$\frac{1}{2}$ cup honey

$\frac{1}{3}$ cup wheat bran

$\frac{1}{3}$ cup toasted wheat germ

$\frac{1}{4}$ cup ground flaxseed

2 tablespoons canola oil

2 teaspoons salt

4 cups whole wheat flour

3 $\frac{1}{2}$ to 4 cups all-purpose flour

1. In a large bowl, dissolve yeast in warm water. Add the milk powder, honey, wheat bran, wheat germ, flax, oil, salt, whole wheat flour and 3 cups all-purpose flour. Beat until smooth. Stir in enough remaining flour to form a soft dough (dough will be sticky).
2. Turn onto a lightly floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a bowl coated with cooking spray, turning once to coat the top. Cover and let rise in a warm place until doubled, about 1 hour.
3. Punch dough down and turn onto a floured surface; shape into two loaves. Place in two 9x5-in. loaf pans coated with cooking spray. Cover and let rise until doubled, about 30 minutes.
4. Bake at 350° for 35-40 minutes or until golden brown. Remove from pans to wire rack to cool.



Creamed Corn

Five ingredients are all you'll need for my popular dinner accompaniment. It's wonderful no matter what the occasion is. Try it on a barbecue buffet or holiday menu.

—**BARBARA BRIZENDINE** HARRISONVILLE, MISSOURI

PREP: 10 MIN. **COOK:** 3 HOURS **MAKES:** 5 SERVINGS

2 packages (one 16 ounces, one 10 ounces) frozen corn

1 package (8 ounces) cream cheese, softened and cubed

¼ cup butter, cubed

1 tablespoon sugar

½ teaspoon salt

1. In a 3-qt. slow cooker coated with cooking spray, combine all the ingredients. Cover and cook on low for 3 to 3½ hours or until cheese is melted and corn is tender. Stir just before serving.

dishing about food

The United States is the top producer of corn in the world. The Corn Belt cuts a swath through the Midwest from Nebraska to Missouri. The top producers are Iowa, Illinois, Nebraska and Minnesota.



MITCHELL, SD

Though South Dakota isn't one of America's biggest corn producers, it's home to the Corn Palace! Each year, 12 new murals are made on the building, each using different colored corn kernels and other natural materials.

Four-Cheese Macaroni

I adapted this recipe from one that a friend gave me. It has a distinctive blue cheese taste and is very filling. I like to serve it with chicken.

—**DARLENE MARTURANO** WEST SUFFIELD, CONNECTICUT

PREP/TOTAL TIME: 20 MIN. **MAKES:** 12 SERVINGS

1 package (16 ounces) elbow macaroni

¼ cup butter, cubed

¼ cup all-purpose flour

½ teaspoon salt

⅛ teaspoon pepper

3 cups 2% milk

2 cups (8 ounces) shredded cheddar cheese

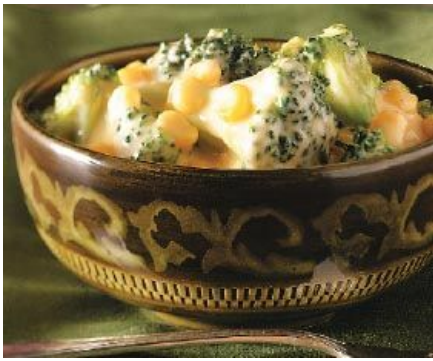
1½ cups (6 ounces) shredded Swiss cheese

½ cup crumbled blue cheese

½ cup grated Parmesan cheese

1. Cook macaroni according to the package directions. Meanwhile, in a Dutch oven over medium heat, melt butter. Stir in flour, salt and pepper until smooth; gradually whisk in milk. Bring to a boil, stirring constantly; cook and stir 2 minutes or until thickened.

2. Reduce heat to low; add cheeses and stir until melted. Drain macaroni; add to cheese sauce and stir until well coated.



Corn and Broccoli in Cheese Sauce

This dish is a standby. My daughter likes to add leftover ham to it. Save room in the oven by making this savory side in your slow cooker.

—**JOYCE JOHNSON** UNIONTOWN, OHIO

PREP: 10 MIN. **COOK:** 3 HOURS **MAKES:** 8 SERVINGS

1 package (16 ounces) frozen corn, thawed

1 package (16 ounces) frozen broccoli florets, thawed

4 ounces reduced-fat process cheese (Velveeta), cubed

½ cup shredded cheddar cheese

1 can (10¼ ounces) reduced-fat reduced-sodium condensed cream of chicken soup, undiluted

¼ cup fat-free milk

1. In a 4-qt. slow cooker, combine the corn, broccoli and cheeses. In a small bowl, combine soup and milk; pour over vegetable mixture. Cover and cook on low for 3-4 hours or until heated through. Stir before serving.



Latkes

These thin onion and potato pancakes make a tasty accompaniment to any meal. The key to their crispiness is draining all the liquid from the grated potatoes and onion before frying.

—**TASTE OF HOME TEST KITCHEN**

PREP: 20 MIN. **COOK:** 20 MIN. **MAKES:** 2 DOZEN

2 pounds russet potatoes, peeled

1 medium onion

½ cup chopped green onions

1 egg, lightly beaten

1 teaspoon salt

¼ teaspoon pepper

Oil for deep-fat frying

Applesauce

1. Coarsely grate potatoes and onion; drain any liquid. Place in a bowl; add green onions, egg, salt and pepper.
2. In an electric skillet, heat $\frac{1}{8}$ in. of oil to 375°. Drop batter by heaping tablespoonfuls into hot oil. Flatten to form patties. Fry until golden brown; turn and cook the other side. Drain on paper towels. Serve with applesauce.



Three-Bean Salad

Fresh herbs and cayenne pepper provide the fantastic flavor in this marinated salad featuring fresh veggies and canned beans.

—**CAROL TUCKER** WOOSTER, OHIO

PREP: 20 MIN. + CHILLING **MAKES:** 8 SERVINGS

1 can (15½ ounces) great northern beans, rinsed and drained

1 can (15 ounces) garbanzo beans or chickpeas, rinsed and drained

1 can (15 ounces) black beans, rinsed and drained

1 medium tomato, chopped

1 medium onion, chopped

1 celery rib, chopped

$\frac{1}{3}$ cup each chopped green, sweet red and yellow pepper

$\frac{1}{2}$ cup water

3 tablespoons minced fresh basil or 1 tablespoon dried basil

2 tablespoons minced fresh parsley

2 tablespoons lemon juice

2 tablespoons olive oil

1½ teaspoons minced fresh oregano or $\frac{1}{2}$ teaspoon dried oregano

$\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ teaspoon pepper

$\frac{1}{4}$ teaspoon cayenne pepper

1. In a large bowl, combine the beans, tomato, onion, celery and peppers. In a small bowl, whisk the remaining ingredients; gently stir into bean mixture. Cover and refrigerate for 4 hours, stirring occasionally.



Fireside Glogg

Aromatic spices flavor this superb wine-based beverage. It is served warm, and its sweet, fruity taste will warm you to your toes. This traditional Scandinavian recipe is served during the holidays.

—**SUE BROWN** WEST BEND, WISCONSIN

PREP: 45 MIN. **COOK:** 20 MIN. **MAKES:** 8 SERVINGS ($\frac{3}{4}$ CUP EACH)

4 cups port wine or apple cider, divided

3 cups fresh or frozen cranberries, thawed

$\frac{1}{4}$ cup packed brown sugar

4 orange peel strips (3 inches)

3 cinnamon sticks (3 inches)

5 slices fresh peeled gingerroot

5 cardamom pods

5 whole cloves

4 cups apple cider or juice

$\frac{1}{2}$ cup blanched almonds

$\frac{1}{2}$ cup raisins

1. In a large saucepan, combine 3 cups wine, cranberries, brown sugar, orange peel, cinnamon, ginger, cardamom and cloves. Cook over medium heat until cranberries pop, about 15 minutes. Mash slightly and cook 10 minutes longer.

2. Strain and discard pulp, orange peel and spices. Return mixture to pan; stir in the cider, almonds, raisins and remaining wine. Bring to a boil. Reduce heat; simmer, uncovered, for 15 minutes.

dishing about food

It's said that the Swedish King Gustav enjoyed a drink of German wine, sugar, honey and spices. In 1609, the drink was called "glodgad vin," meaning "glowing-hot wine." It was shortened to glogg in 1879, and by the 1890s, glogg had become a Christmas tradition. There are many recipes for this mulled wine. For a more potent drink, add brandy.



Hearty Chili Mac

Luckily, this recipe makes a lot, since everyone is apt to want another bowl. It freezes well and makes excellent leftovers—if there are any. Now that I'm a retired farmwife, I enjoy traveling and volunteering.

—**FANNIE WEHMAS** SAXON, WISCONSIN

PREP: 20 MIN. **COOK:** 1¼ HOURS **MAKES:** 10-12 SERVINGS

2 pounds ground beef

1 medium onion, chopped

1 can (46 ounces) tomato juice

1 can (28 ounces) diced tomatoes, undrained

2 celery ribs, chopped

3 tablespoons brown sugar

2 tablespoons chili powder

1 teaspoon salt

1 teaspoon prepared mustard

¼ teaspoon pepper

2 cans (16 ounces each) kidney beans, rinsed and drained

½ cup uncooked elbow macaroni

1. In a Dutch oven, cook beef and onion over medium heat until meat is no longer pink; drain. Stir in tomato juice, tomatoes, celery, brown sugar, chili powder, salt, mustard and pepper. Bring to a boil. Reduce heat; simmer, uncovered, for 1 hour, stirring occasionally.

2. Add the beans and macaroni; simmer 15-20 minutes longer or until macaroni is tender.



Mashed Potatoes with a Kick

A few basic ingredients, a pot and a bowl are all you need to quickly make a great side that goes with any meal. These are my favorite potatoes!

—**VALERIE BELLEY** ST. LOUIS, MISSOURI

PREP/TOTAL TIME: 30 MIN. **MAKES:** 8 SERVINGS

10 medium potatoes (3 pounds), peeled and cubed

1 cup heavy whipping cream

¼ cup butter, cubed

2 tablespoons prepared horseradish

1 teaspoon salt

1 teaspoon pepper

1. Place the potatoes in a Dutch oven and cover with water. Bring to a boil. Reduce heat; cover and cook for 10-15 minutes or until tender. Drain.

2. In a large bowl, mash potatoes with remaining ingredients.

dishing about food

Horseradish has been around since ancient times. Its use spread throughout Europe, and settlers brought it to North America. In the 1850s, horseradish farms were established in the Midwest, especially in Illinois.



ILLINOIS

When people think of Illinois, their minds may immediately jump to Chicago. But farmland covers more than 28 million acres—that's about 80 percent of the Land of Lincoln!



Homemade Pierogies

Pierogies are dumplings or tiny pies stuffed with a filling—often potatoes and cheese—and boiled, then cooked in butter. Our friends always ask us to bring them to potlucks.

—DIANE GAWRYS MANCHESTER, TENNESSEE

PREP: 1 HOUR + FREEZING **COOK:** 5 MIN./BATCH **MAKES:** 1 SERVING

5 cups all-purpose flour

1 teaspoon salt

1 cup water

3 eggs

½ cup butter, softened

FILLING

4 medium potatoes, peeled and cubed

2 medium onions, chopped

2 tablespoons butter

5 ounces cream cheese, softened

½ teaspoon salt

½ teaspoon pepper

ADDITIONAL INGREDIENTS (for each serving)

¼ cup chopped onion

1 tablespoon butter

Minced fresh parsley

1. In a food processor, combine flour and salt; cover and pulse to blend. Add water, eggs and butter; cover and pulse until dough forms a ball, adding an additional 1 to 2 tablespoons of water or flour if needed. Let rest, covered, for 15 to 30 minutes.

2. Place potatoes in a large saucepan and cover with water. Bring to a boil. Reduce heat; cover and simmer for 10-15 minutes or until tender. Meanwhile, in a large skillet, saute onions in butter until tender; set aside.

3. Drain potatoes. Over very low heat, stir potatoes for 1-2 minutes or until steam has evaporated. Press through a potato ricer or strainer into a large bowl. Stir in the cream cheese, salt, pepper and onion mixture; set aside.

4. Divide dough into four parts. On a lightly floured surface, roll one portion of dough to ⅛-in. thickness; cut with a floured 3-in. biscuit cutter. Place 2 teaspoons of filling in the center of each circle. Moisten edges with water; fold in half and press edges to seal. Repeat with remaining dough and filling.

5. Bring a Dutch oven of water to a boil; add pierogies in batches. Reduce heat to a gentle simmer; cook for 1-2 minutes or until pierogies float to the top and are tender. Remove with a slotted spoon; cool slightly.

6. Place on waxed paper-lined 15x10x1-in. baking pans; freeze until firm. Transfer to resealable plastic freezer bags. May be frozen for up to 3 months.

To Prepare Frozen Pierogies: *In a large skillet, saute four pierogies and onion in butter until pierogies are lightly browned and heated through; sprinkle with parsley.*

dishing about food

Pierogies are generally associated with Polish cooking, but many Central and Eastern European countries, including Russia, Ukraine and Lithuania, have similar dishes. Each country has its preferred dough and filling. Polish pierogies are made with a pasta-like dough and shaped into half-moons. Fillings may include potatoes, cheese, cabbage, prunes, meat or spinach.



CHICAGO, IL

Chicagoland has a thriving Polish community. In fact, since immigrants from Poland first arrived there in 1837, the population of those with Polish

heritage has risen to more than 1 million.

Navy Bean Soup

This soup has been on our restaurant’s menu for about 25 years. Customers tell us they love its flavor. A clear chicken broth makes it different from other bean soups.

—**ROBERT DOUMAS** GAYLORD, MICHIGAN

PREP: 20 MIN. + STANDING **COOK:** 1 HOUR 20 MIN. **MAKES:** 8-10 SERVINGS

1 pound dried navy beans

2 quarts chicken broth

2 tablespoons minced fresh parsley

2 bay leaves

¼ teaspoon pepper

1 medium onion, chopped

1 medium carrot, chopped

1 celery rib, chopped

6 bacon strips, cooked and crumbled

1. Place beans in a Dutch oven or stockpot; add water to cover by 2 in. Bring to a boil; boil for 2 minutes. Remove from the heat; cover and let soak for 1 to 4 hours. Drain and rinse beans; discard liquid.

2. In a large saucepan, combine broth, beans, parsley, bay leaves and pepper. Bring to a boil. Reduce heat; cover and simmer for 1 hour. Add the onion, carrot and celery. Cover and simmer for 20-25 minutes or until vegetables and beans are tender. Stir in bacon. Discard the bay leaves before serving.

dishing about food

Michigan was the largest grower of dried beans until the early 1990s, when North Dakota took the top spot. Since then, Michigan has been in second place. Black beans and navy beans are the two most popular beans grown in Michigan. The navy bean, a variety of kidney bean, got its name because it was the type of bean supplied to the U.S. Navy.



Beer Margaritas

There’s nothing more refreshing than this cool combination of two popular drinks, beer and lime margaritas.

—**TASTE OF HOME TEST KITCHEN**

PREP/TOTAL TIME: 10 MIN. **MAKES:** 4 SERVINGS

¾ cup thawed limeade concentrate

1 bottle (12 ounces) beer

¾ cup vodka

¾ cup water

Ice cubes, optional

GARNISH

Lime slices

1. In a pitcher, combine limeade concentrate, beer, vodka and water. Serve over ice if desired in pilsner or highball glasses. Garnish as desired.

Editor's Note: *This recipe was tested with Corona beer.*



Cheese Soup

Here's a creative twist on cheese soup that uses veggies and chicken broth. It tastes a bit lighter and fresher than most cheese soups, and is great for entertaining.

—**SHARON DELANEY-CHRONIS** SOUTH MILWAUKEE, WISCONSIN

PREP/TOTAL TIME: 30 MIN. **MAKES:** 12 SERVINGS (3 QUARTS)

4 medium carrots, chopped

2 celery ribs, chopped

1 large onion, chopped

1 medium green pepper, chopped

½ cup butter

¾ cup all-purpose flour

1 teaspoon salt

3 quarts 2% milk

1⅓ cups reduced-sodium chicken broth

1 package (8 ounces) process cheese (Velveeta), cubed

1½ cups (6 ounces) shredded cheddar cheese

1. In a Dutch oven, saute the carrots, celery, onion and green pepper in butter until tender. Stir in flour and salt until blended; gradually add milk and broth. Bring to a boil; cook and stir for 2 minutes or until thickened. Reduce heat to low; stir in cheeses until melted.

dishing about food

There are many variations of cheese soup. Some use beer; others call for broccoli or cauliflower. In the dairy state of Wisconsin, cheese soup of any kind is very popular.



MILWAUKEE, WI

Residents of Brew City have taken beermaking seriously since the 19th century. Miller Beer (ballpark sponsor of the Milwaukee Brewers) wasn't the only historic brewery founded there: Pabst, Blatz and Schlitz were, too. Today, several other breweries operate in the area, and many offer regular tours.



Grandma’s Dill Pickles

Treasured family recipes like this one are like old friends. The crispy spears have a slightly salty, tart flavor with a good balance of dill, garlic and peppers. They make a great accompaniment for sandwiches.

—BETTY SITZMAN WRAY, COLORADO

PREP: 50 MIN. **PROCESS:** 15 MIN. **MAKES:** 9 QUARTS

- 11 cups water
- 5 cups white vinegar
- 1 cup canning salt
- 12 pounds pickling cucumbers, quartered or halved lengthwise
- 9 dill sprigs or heads
- 18 garlic cloves
- 18 dried hot chillies

1. In a stockpot, bring the water, vinegar and salt to a boil; boil for 10 minutes. Pack cucumbers into hot quart jars within ½ in. of top. Place one dill head, two garlic cloves and two peppers in each jar.
2. Carefully ladle hot mixture into jars, leaving ½-in. headspace. Remove air bubbles, wipe rims and adjust lids. Process for 15 minutes in a boiling-water canner.

Editor’s Note: *The processing time listed is for altitudes of 1,000 feet or less. For altitudes up to 3,000 feet, add 5 minutes; 6,000 feet, add 10 minutes; 8,000 feet, add 15 minutes; 10,000 feet, add 20 minutes.*



Spaetzle Dumplings

These tender homemade noodles take only minutes to make and are a natural accompaniment to my mom's chicken. You can enjoy them with the chicken gravy or simply buttered and sprinkled with parsley.

—**PAMELA EATON** MONCLOVA, OHIO

PREP/TOTAL TIME: 15 MIN. **MAKES:** 6 SERVINGS

2 cups all-purpose flour

4 eggs, lightly beaten

⅓ cup 2% milk

2 teaspoons salt

8 cups water

1 tablespoon butter

1. In a large bowl, stir the flour, eggs, milk and salt until smooth (dough will be sticky). In a large saucepan, bring water to a boil.

2. Pour dough into a colander or spaetzle maker coated with cooking spray; place over boiling water. With a wooden spoon, press dough until small pieces drop into boiling water. Cook for 2 minutes or until dumplings are tender and float. Remove with a slotted spoon; toss with butter.

dishing about food

This German dish is filling and comforting. Eat it as a side with butter, dress it up with caramelized onions and gravy, or toss some into soup.



WEST BAYARD, NE

Pioneers of many ancestries passed by Chimney Rock on their journeys west. It was on the routes of the Oregon, Mormon and California trails.

Elegant Scalloped Potatoes

I wanted a different side dish one night, so I dressed up my usual scalloped potatoes with bacon, green onion and extra cheese. Microwaving speeds things up, but you can save even more time by preparing it a day early.

—**KRISTA WILSON** EDGERTON, KANSAS

PREP: 30 MIN. **BAKE:** 15 MIN. **MAKES:** 10-12 SERVINGS

8 large baking potatoes

6 tablespoons butter, cubed

6 tablespoons all-purpose flour

1 to 2 teaspoons garlic powder

½ teaspoon salt

½ teaspoon pepper

3½ cups milk

12 ounces process cheese (Velveeta), cubed

⅓ cup crumbled cooked bacon

1 cup (4 ounces) shredded cheddar cheese

¼ cup sliced green onions

1. Scrub and pierce the potatoes; place on a microwave-safe plate. Microwave on high for 15-20 minutes or until tender. Cool slightly.
2. In a saucepan, melt butter. Stir in the flour, garlic powder, salt and pepper until smooth; gradually whisk in milk. Bring to a boil; cook and stir for 2 minutes or until thickened. Add the process cheese and bacon; stir until cheese is melted. Remove from the heat; set aside.
3. Cut potatoes into ¼-in. slices. Place a third of the slices in a greased 13x9-in. baking dish; top with a third of the cheese sauce. Repeat layers twice. Sprinkle with cheddar cheese and onions.
4. Bake, uncovered, at 350° for 15 minutes or until cheese is melted.

Editor's Note: *This recipe was tested in a 1,100-watt microwave.*



Split Pea Soup with Meatballs

The addition of tender meatballs adds a flavorful twist to ordinary split pea soup. Whenever I prepare this for our church soup suppers, I come home with an empty pot!

—**DONNA SMITH** GREY CLIFF, MONTANA

PREP: 20 MIN. **COOK:** 2 HOURS **MAKES:** 10-14 SERVINGS (3½ QUARTS)

1 pound dry green split peas

3 medium carrots, cut into ½-inch pieces

- ¾ cup diced celery
- 1 medium onion, diced
- 8 cups water
- 3 medium potatoes, cut into ½-inch cubes
- 2½ teaspoons salt
- ¼ teaspoon pepper

MEATBALLS

- ¾ cup finely chopped celery
- 1 medium onion, finely chopped
- 4 tablespoons canola oil, divided
- 1½ cups soft bread crumbs
- 2 tablespoons water
- 1 teaspoon salt
- ½ teaspoon dried sage, crushed
- 1 egg
- 1 pound ground pork

1. In a Dutch oven or stockpot, combine the peas, carrots, celery, onion and water; bring to a boil over medium heat. Reduce heat; cover and simmer for 1 hour.
2. Add potatoes, salt and pepper; cover and simmer for 30 minutes.
3. Meanwhile, in a large skillet, saute celery and onion in 2 tablespoons oil until tender; transfer to a large bowl. Add bread crumbs, water, salt, sage and egg; crumble pork over mixture and mix well. Form into ¾-in. balls.
4. In the same skillet, brown meatballs in remaining oil until a thermometer reads 160°. Add to soup; cover and simmer for 15 minutes.

Fried Squash Blossoms Snack

Savvy gardeners know that flowers from plants in the squash family make flavorful fare. Remove only the male blossoms—those with thin, trim stems—if you’d also like to harvest some squash. You’ll find these to be a treat that’s tender on the inside and crisp on the outside.

—LYNN BUXKEMPER SLATON, TEXAS

PREP/TOTAL TIME: 30 MIN. **MAKES:** 4 SERVINGS

- ½ cup all-purpose flour
- ½ teaspoon baking powder
- ¼ teaspoon garlic salt
- ¼ teaspoon ground cumin
- 1 egg
- ½ cup milk
- 1 tablespoon canola oil
- Additional oil for frying
- 12 large freshly picked squash blossoms

1. In a medium bowl, combine flour, baking powder, garlic salt and cumin. In another bowl, beat egg, milk and oil; add to dry ingredients and stir until smooth. In a skillet, heat 2 in. of oil to 375°. Dip blossoms into batter and fry in oil a few at a time until crisp. Drain on paper towels. Keep warm until serving.

dishing about food

In Italy, Squash blossoms are stuffed with ricotta or fresh mozzarella before being battered and fried. The blossoms are very perishable, so it is best to pick them from your own beds of zucchini, yellow squash or pattypan squash and use them quickly.



OBETZ, OH

Want to show your love for zucchini? Mark your calendar for the weekend before Labor Day. It's ZucchiniFest, in Obetz, Ohio, a four-day party dedicated to honoring this prolific veggie.



Old-World Rye Bread

Rye and caraway lend this bread wonderful flavor, while the surprise ingredient of baking cocoa gives it a rich, dark color. For a variation, stir in a cup each of raisins and chopped walnuts.

—**PERLENE HOEKEMA** LYNDEN, WASHINGTON

PREP: 25 MIN. + RISING **BAKE:** 35 MIN. + COOLING **MAKES:** 2 LOAVES (12 SLICES EACH)

2 packages ($\frac{1}{4}$ ounce each) active dry yeast

1 $\frac{1}{2}$ cups warm water (110° to 115°)

$\frac{1}{2}$ cup molasses

6 tablespoons butter, softened

2 cups rye flour

$\frac{1}{4}$ cup baking cocoa

2 tablespoons caraway seeds

2 teaspoons salt

3 $\frac{1}{2}$ to 4 cups all-purpose flour

Cornmeal

1. In a large bowl, dissolve yeast in warm water. Beat in the molasses, butter, rye flour, cocoa, caraway seeds, salt and 2 cups all-purpose flour until smooth. Stir in enough of the remaining all-purpose flour to form a stiff dough.
2. Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease the top. Cover and let rise in a warm place until doubled, about 1 $\frac{1}{2}$ hours.
3. Punch dough down. Turn onto a lightly floured surface; divide in half. Shape each piece into a loaf, about 10 in. long. Grease two baking sheets and sprinkle with cornmeal. Place loaves on prepared pans. Cover and let rise until doubled, about 1 hour.
4. Bake at 350° for 35-40 minutes or until bread sounds hollow when tapped. Remove from pans to wire racks to cool.



Brandy Old-Fashioned Sweet

The concept of an old-fashioned dates back to the early 1800s and includes whiskey, bitters, cherry juice, sugar and water. This version, which is extremely popular in Wisconsin, uses brandy in place of whiskey and lemon-lime soda instead of water for a milder cocktail.

—TASTE OF HOME TEST KITCHEN

PREP/TOTAL TIME: 10 MIN. **MAKES:** 1 SERVING

1 orange slice

1 maraschino cherry

1½ ounces maraschino cherry juice

1 teaspoon bitters

¼ to ⅓ cup ice cubes

1½ ounces brandy

2 teaspoons water

1 teaspoon orange juice

3 ounces lemon-lime soda

1. In a rocks glass, muddle the orange slice, cherry, cherry juice and bitters. Add ice. Pour in the brandy, water, orange juice and soda.



Khachapuri

While in Russia, where we adopted our two children, my husband and I discovered these marvelous cheese pies. The traditional pastries can be served with a salad for a celebratory supper or shaped into bite-sized hors d'oeuvres.

—**RACHEL SAUDER** TREMONT, ILLINOIS

PREP: 30 MIN. + RISING **BAKE:** 30 MIN. **MAKES:** 6 SERVINGS

3½ teaspoons active dry yeast

¾ cup warm milk (110° to 115°)

6 tablespoons butter, melted

2 tablespoons honey

2 to 2½ cups all-purpose flour

1 teaspoon salt

¼ teaspoon ground coriander

FILLING

1 egg, lightly beaten

12 ounces brick cheese, shredded

1. In a large bowl, dissolve the yeast in warm milk. Stir in butter and honey. In another bowl, combine 1¾ cups flour, salt and coriander; gradually add to yeast mixture, beating until smooth. Stir in enough remaining flour to form a soft dough.

2. Turn onto a lightly floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour.

3. Punch dough down. Let rise until doubled, about 30 minutes. Turn onto a lightly floured surface; divide into six balls. Roll each into a 6½-in. circle.

4. In a small bowl, combine egg and cheese. Mound about ½ cup cheese mixture in the center of each circle. Fold dough over filling, gathering and twisting into a knot to seal. Place on an ungreased baking sheet. Let stand for 10 minutes. Bake at 375° for 30-35 minutes or until lightly browned. Serve immediately.

dishing about food

There are active Russian communities in New York, California, Maryland, Pennsylvania, Ohio, Illinois and the Dakotas. Khachapuri is a Russian cheese-filled pastry made with yeast or phyllo dough. Authentic khachapuri uses Bryndtza cheese, but if you can't find it, use shredded brick or Muenster. The pastry can be shaped like an oval with knobby ends, like a calzone or even like a pizza.

Thick Chocolate Shake

For a quick, chocolaty treat on a hot summer day, this recipe is perfect. Kids will absolutely love it.

—**BONNIE RUETER** ENGLEWOOD, FLORIDA

PREP/TOTAL TIME: 10 MIN. **MAKES:** 3-4 SERVINGS

1 cup milk

½ cup instant chocolate drink mix

3 cups vanilla ice cream

1. Place all ingredients in a blender container; cover and process on high until smooth. Pour into glasses. Refrigerate any leftovers.

dishing about food

In 1885, milkshakes were adults-only beverages because they were made with whiskey, milk and eggs. They didn't become non-alcoholic until around 1900, when they also turned sweet, thanks to a syrup flavoring. The treat we now know as a chocolate shake or malt appeared in 1922, when Ivar Coulson, an employee at Walgreens, added two scoops of ice cream to malted milk. It was an instant hit.

Warm Blue Cheese, Bacon & Garlic Dip

This is a favorite snack of mine that I serve when hosting my husband's office parties. Crunchy smoked almonds complement the creamy cheese dip.

—**BARB WHATLEY** FREMONT, NEBRASKA

PREP: 15 MIN. **BAKE:** 30 MIN. **MAKES:** 2 CUPS

7 bacon strips, chopped

2 garlic cloves, minced

1 package (8 ounces) cream cheese, softened

¼ cup half-and-half cream

1 cup (4 ounces) crumbled blue cheese

2 tablespoons minced chives

3 tablespoons coarsely chopped smoked almonds

Bagel chips

1. In a large skillet, cook bacon over medium heat until crisp. Using a slotted spoon, remove to paper towels; drain, reserving ½ teaspoon of the drippings.

2. Sauté the garlic in reserved drippings for 1 minute; transfer to a small bowl. Add cream cheese and cream; beat until smooth. Stir in the blue cheese, chives and bacon.

3. Transfer to a 1-qt. baking dish; cover and bake at 350° for 25 minutes. Uncover and bake 5-10 minutes longer or until lightly browned. Sprinkle with almonds; serve with chips.



Over-the-Top Cherry Jam

We live in Door County, Wisconsin, an area known for its wonderful tart cherries. This beautiful sweet jam makes lovely gifts.

—**KAREN HAEN** STURGEON BAY, WISCONSIN

PREP: 35 MIN. **PROCESS:** 5 MIN. **MAKES:** 6 HALF-PINTS

2½ pounds fresh tart cherries, pitted

1 package (1¾ ounces) powdered fruit pectin

½ teaspoon butter

4¾ cups sugar

1. In a food processor, cover and process cherries in batches until finely chopped. Transfer to a Dutch oven; stir in the pectin and butter. Bring to a full rolling boil over high heat, stirring constantly. Stir in sugar; return to a full rolling boil. Boil for 1 minute, stirring constantly.

2. Remove from the heat; skim off the foam. Ladle hot mixture into hot sterilized half-pint jars, leaving ¼-in. headspace. Remove air bubbles; wipe rims and adjust lids. Process for 5 minutes in a boiling-water canner.

Editor’s Note: *The processing time listed is for altitudes of 1,000 feet or less. Add 1 minute to the processing time for each 1,000 feet of additional altitude.*

Standish House Cranberry Relish

As a descendant of Myles Standish, I sponsored a dinner at my bed-and-breakfast a few years back to offer folks some holiday history and a taste of the foods offered at the first Thanksgiving. This relish was one of the menu items.

—**NORMAN STANDISH** LANARK, ILLINOIS

PREP: 20 MIN. + CHILLING **MAKES:** ABOUT 3 CUPS

¾ cup orange or apple juice

⅔ cup sugar

¼ teaspoon ground cinnamon

¼ teaspoon ground nutmeg

Dash ground cloves

1 package (12 ounces) fresh or frozen cranberries

½ cup golden raisins

½ cup chopped pecans

1. In a saucepan, combine the juice, sugar, cinnamon, nutmeg and cloves. Cook over medium heat, stirring frequently, until sugar is dissolved. Add cranberries and raisins; bring to a boil. Reduce heat; simmer 3-4 minutes or until cranberries pop. Remove from the heat; stir in nuts. Chill for several hours.

dishing about food

Cranberries are big in Wisconsin, which grows 60 percent of the nation’s crop. The state has been the top producer of cranberries for more than 15 years. The little red berry that’s loaded with antioxidants has caught the attention of other countries, too. The U.S. exports about 30 percent of its total production.



WISCONSIN

In central Wisconsin, where most of the state’s crop grows, you can take a drive on “Cranberry Highway.” You’ll see cranberry marshes, berry-centric landmarks and exhibits along the way.

Liberty Sauerkraut Salad

If you’re planning to serve grilled items at your gathering, consider adding this tangy, easy-to-make salad to the party.

—**LAURIE NEVERMAN** DENMARK, WISCONSIN

PREP: 10 MIN. + CHILLING **MAKES:** 8 SERVINGS

1 can (14 ounces) sauerkraut, rinsed and drained

1 medium green pepper, diced

1 cup diced celery

1 medium onion, diced

$\frac{3}{4}$ to 1 cup sugar

$\frac{1}{2}$ cup cider vinegar

1 jar (2 ounces) diced pimientos, drained

1. In a 1-qt. serving bowl, combine all of the ingredients. Cover and refrigerate overnight. Serve with a slotted spoon.



Fruit Slush

I mix up this sweet fruity slush using juices, berries and soft drink mix. Then I store it in the freezer for unexpected company. Simply pour a little citrus soda over scoops of the colorful mixture for frosty and refreshing beverages.

—**DARLENE WHITE** HOBSON, MONTANA

PREP: 10 MIN. + FREEZING **MAKES:** ABOUT 5 QUARTS

1 can (46 ounces) pineapple juice

8 cups water

1 can (12 ounces) frozen lemonade concentrate, thawed

1 can (12 ounces) frozen orange juice concentrate, thawed

4 cups sugar

2 cups fresh or frozen unsweetened raspberries

2 envelopes unsweetened cherry soft drink mix or other red flavor of your choice

ADDITIONAL INGREDIENT

Grapefruit or citrus soda

1. In a 6-qt. container, combine the first seven ingredients. Cover and freeze for 12 hours, stirring every 2 hours. May be frozen for up to 3 months.

2. For each serving: Place $\frac{1}{2}$ cup fruit slush in a glass. Add $\frac{1}{2}$ cup soda.



Italian Sausage Bean Soup

In the cold months, I like to put on a big pot of this comforting soup. It cooks away while I do other things, like baking bread, crafting or even cleaning the house.

—**GLENNA REIMER** GIG HARBOR, WASHINGTON

PREP: 20 MIN. **COOK:** 1½ HOURS **MAKES:** 8 SERVINGS (3 QUARTS)

1 pound bulk Italian sausage

1 medium onion, finely chopped

3 garlic cloves, sliced

4 cans (14½ ounces each) reduced-sodium chicken broth

2 cans (15 ounces each) pinto beans, rinsed and drained

1 can (14½ ounces) diced tomatoes, undrained

1 cup medium pearl barley

1 large carrot, sliced

1 celery rib, sliced

1 teaspoon minced fresh sage

½ teaspoon minced fresh rosemary or ⅛ teaspoon dried rosemary, crushed

6 cups chopped fresh kale

1. In a Dutch oven, cook sausage and onion over medium heat until meat is no longer pink. Add garlic; cook 1 minute longer. Drain.
2. Stir in the broth, beans, tomatoes, barley, carrot, celery, sage and rosemary. Bring to a boil. Reduce the heat; cover and simmer for 45 minutes.
3. Stir in kale; return to a boil. Reduce heat; cover and simmer for 25-30 minutes or until vegetables are tender and kale is wilted.



Swedish Cardamom Braids

Swedish people love their coffee—especially with this classic coffee cake. The recipe came from my father’s aunt, and I remember my mother crushing cardamom seeds to make it. Back then, you couldn’t buy cardamom already ground.

—**HARRIET MEOLA MAULDIN**, SOUTH CAROLINA

PREP: 45 MIN. + RISING **BAKE:** 20 MIN. + COOLING **MAKES:** 2 LOAVES (12 SLICES EACH)

1 package (¼ ounce) active dry yeast

¼ cup warm water (110° to 115°)

1¼ cups warm 2% milk (110° to 115°)

½ cup butter, softened

⅓ cup sugar

3 egg yolks

2½ teaspoons ground cardamom

⅛ teaspoon salt

5 to 5½ cups all-purpose flour

TOPPING

2 tablespoons butter, melted

¼ cup chopped pecans

2 tablespoons sugar

2 teaspoons ground cinnamon

1. In a large bowl, dissolve yeast in warm water. Add the milk, butter, sugar, egg yolks, cardamom, salt and 3 cups flour. Beat until smooth. Stir in enough remaining flour to form a soft dough.

2. Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to the grease top. Cover and let rise in a warm place until doubled, about 1 hour.

3. Punch dough down; divide in half. Divide each half into three portions. On a lightly floured surface, shape each portion into a 16-in.-long rope. Place three ropes on a greased baking sheet and braid; pinch ends to seal and tuck under. Repeat with remaining dough. Cover and let rise until doubled, about 45 minutes.

4. Bake at 375° for 20-25 minutes or until golden brown. Remove from pans to wire racks. Brush the warm loaves with butter. Combine the pecans, sugar and cinnamon; sprinkle over the loaves.

dishing about food

The Vikings brought cardamom from the east to Sweden, which embraced the aromatic sweet spice. In fact, Swedes use more cardamom than cinnamon in their baked goods.

Spicy Pumpkin Seeds

We look forward to fall in anticipation of making these spicy pumpkin seeds. I often put some in a decorated jar to give as a gift.

—**CAROLYN HAYES** JOHNSTON CITY, ILLINOIS

PREP: 10 MIN. **BAKE:** 45 MIN. + COOLING **MAKES:** 2 CUPS

2 cups fresh pumpkin seeds

2 tablespoons canola oil

1 teaspoon Worcestershire sauce

⅛ to ¼ teaspoon hot pepper sauce

½ teaspoon salt

½ teaspoon paprika

¼ teaspoon ground cumin

¼ teaspoon cayenne pepper

1. In a small bowl, toss pumpkin seeds with oil, Worcestershire sauce and hot pepper sauce. Combine the salt, paprika, cumin and cayenne; sprinkle over seeds and toss to coat.

2. Line a 15x10x1-in. baking pan with foil; grease the foil. Spread pumpkin seeds in pan. Bake, uncovered, at 250° for 45-50 minutes or until lightly browned and dry, stirring occasionally. Cool completely. Store in an airtight container.

dishing about food

Native Americans used every part of the pumpkin. They ate the blossoms and flesh, kept the seeds for medicines, then dried the rinds to make bowls and storage containers.

Chestnut Sausage Stuffing

I discovered this recipe in a four-generation family cookbook. I'm glad I gave it a try. It has become “the” stuffing at our holiday table.

—**JUDI OUDEKERK** BUFFALO, MINNESOTA

PREP: 30 MIN. **BAKE:** 40 MIN. **MAKES:** 8-10 SERVINGS

1 pound bulk pork sausage

2 cups finely chopped fresh mushrooms

1½ cups finely chopped onion

2 celery ribs, chopped

⅓ cup butter

¼ cup minced fresh parsley

2 teaspoons dried thyme

¼ teaspoon pepper

1 cup chicken broth

4 cups day-old bread cubes

1 package (8¾ ounces) whole chestnuts, chopped (about 2 cups)

1. In a large skillet, cook the sausage over medium heat until no longer pink; drain and set aside. In the same skillet, saute the mushrooms, onions and celery in butter until tender. Stir in the sausage, parsley, thyme and pepper. Add broth; heat through. Remove from the heat. Add bread cubes and chestnuts; toss to coat.

2. Transfer to a greased shallow 2½-qt. baking dish. Cover and bake at 350° for 30 minutes. Uncover; bake 10-15 minutes longer or until heated through. Let stand for 5 minutes before serving.

Editor's Note: *These are sweet chestnuts, not water chestnuts.*



Roasted Root Veggies

Baking root vegetables in the oven instead of steaming them in the microwave makes them especially tender. Plus, they scent my house with a wonderful aroma.

—**REBECCA DORNFELD** GRASS LAKE, MICHIGAN

PREP: 15 MIN. **BAKE:** 1 HOUR **MAKES:** 15 SERVINGS

- 3 large red potatoes, cut into 1-inch cubes
- 1 large red onion, cut into wedges
- 5 medium carrots, halved and quartered
- 2 medium turnips, peeled and quartered
- 2 medium parsnips, peeled and cut into ¼-inch strips
- 1 small rutabaga, peeled and cut into ¾-inch cubes
- 2 tablespoons canola oil
- 1 teaspoon dried thyme
- ½ teaspoon pepper

1. Toss all of the ingredients in a large bowl. Transfer to a 15x10x1-in. baking pan coated with cooking spray.
2. Bake, uncovered, at 425° for 40-50 minutes or until the vegetables are tender, stirring occasionally.



Toasted Cheese Ravioli

Be sure to make enough of these crispy, coated ravioli. They're bound to be the hit of your party. The golden brown pillows are easy to pick up and dip in pasta sauce.

—**KATE DAMPIER** QUAIL VALLEY, CALIFORNIA

PREP: 15 MIN. **COOK:** 20 MIN. **MAKES:** 3-½ DOZEN.

- 1 package (9 ounces) refrigerated cheese ravioli
- 2 eggs
- 2 cups seasoned bread crumbs
- ½ cup shredded Parmesan cheese
- 3 teaspoons dried basil

½ cup canola oil, divided

Additional shredded Parmesan cheese, optional

1 cup marinara sauce or meatless spaghetti sauce, warmed

1. Cook ravioli according to the package directions; drain and pat dry. In a shallow bowl, lightly beat the eggs. In another shallow bowl, combine the bread crumbs, cheese and basil. Dip the ravioli in eggs, then in bread crumb mixture.

2. In a large skillet or deep-fat fryer, heat ¼ cup oil over medium heat. Fry the ravioli in batches for 30-60 seconds on each side or until golden brown and crispy; drain on paper towels. Halfway through frying, replace the oil; wipe out skillet with paper towels if necessary.

3. Sprinkle with additional cheese if desired. Serve with marinara sauce.

dishing about food

Toasted ravioli was a happy accident that became a mainstay in St. Louis, Missouri. The treat was first served at the Angelo Oldani restaurant in the 1950s. The tale goes that Angelo, the owner, told a new German cook to prepare the ravioli. The cook saw a pan of hot oil on the stove and, not knowing that the ravioli should be boiled, dropped them into the hot oil. Angelo, not wishing to waste the ravioli, sprinkled them with Parmesan cheese and served them. The dish was such a hit that other area restaurants began serving it, too!



Triple Mash with Horseradish Bread Crumbs

An English neighbor always referred to rutabagas as “swedes” because this is what they were called at home in England. There’s a subtle sweetness hidden in these knobby root vegetables that makes them wonderful on their own, but they’re even better mashed with sturdy Yukon Golds.

—LILY JULOW GAINESVILLE, FLORIDA

PREP: 15 MIN. **COOK:** 35 MIN. **MAKES:** 12 SERVINGS (⅔ CUP)

4 medium Yukon Gold potatoes, peeled and cubed

4 medium parsnips, peeled and cubed

2-½ cups cubed peeled rutabaga

2 teaspoons salt

½ cup butter, divided

1 cup soft bread crumbs

2 tablespoons prepared horseradish

1 cup whole milk

¼ teaspoon pepper

1. Place vegetables and salt in a Dutch oven; add water to cover. Bring to a boil. Reduce heat; cook, uncovered, 15-20 minutes or until tender.

2. Meanwhile, in a skillet, melt 4 tablespoons butter. Stir in bread crumbs; toast over medium heat 3-5 minutes or until golden brown, stirring frequently. Stir in horseradish; remove from heat.

3. Drain vegetables; return to pan. Mash vegetables over low heat, gradually adding milk, pepper and remaining butter. Spoon into serving dish; top with bread crumb mixture.



Pumpkin Dinner Rolls

Serve these spicy-sweet pumpkin rolls for dinner—or any time of day—and get ready to hear a chorus of “yums” in your kitchen!

—LINNEA REIN TOPEKA, KANSAS

PREP: 20 MIN. + RISING **BAKE:** 20 MIN. **MAKES:** 20 ROLLS

¾ cup milk

⅓ cup packed brown sugar

5 tablespoons butter, divided

1 teaspoon salt

2 packages (¼ ounce each) active dry yeast

½ cup warm water (110° to 115°)

2 to 2½ cups all-purpose flour

1½ cups whole wheat flour

½ cup canned pumpkin

½ teaspoon ground cinnamon

¼ teaspoon ground ginger

¼ teaspoon ground nutmeg

1. In a small saucepan, heat milk, brown sugar, 4 tablespoons butter and salt to 110°-115°; set aside.

2. In a large bowl, dissolve yeast in warm water. Stir in milk mixture. Add 1½ cups all-purpose flour, wheat flour, pumpkin, cinnamon, ginger and nutmeg. Beat until smooth. Add enough remaining all-purpose flour to form a soft dough.

3. Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour.

4. Punch dough down. Divide into 20 pieces; shape into balls. Place in a greased 13x9-in.baking pan. Cover and let rise for 30 minutes or until doubled.

5. Melt the remaining butter; brush over the dough. Bake at 375° for 20-25 minutes or until golden brown. Remove from pan to a wire rack. Serve warm.

dishing about food

Pumpkin patches can be found for miles upon miles around Peoria, Illinois. The many patches around the city help make Illinois the top pumpkin producer in the U.S. After harvest, the pumpkins travel to the nearby town of Morton, home of the Libby pumpkin processing plant, which cans about 85 percent of the world's pumpkins. No wonder Morton calls itself the Pumpkin Capital of the World!

Tabbouleh

This dish is so good, and good for you, that I have a special place in my flower garden for mint and parsley plants. It's best after it's chilled overnight.

—**MARION COSGROVE** KEARNEY, NEBRASKA

PREP: 35 MIN. + CHILLING **MAKES:** 10 SERVINGS

1¼ cups bulgur

1½ cups boiling water

2 medium tomatoes, diced

1 cup chopped peeled cucumber

¾ cup minced fresh flat-leaf parsley

½ cup thinly sliced green onions

3 tablespoons minced fresh mint

1¼ teaspoons salt

½ teaspoon dill weed

¼ teaspoon celery salt

⅓ cup lemon juice

2 tablespoons olive oil

1. Place the bulgur in a small bowl; cover with boiling water. Cover and let stand for 30 minutes or until water is absorbed.
2. In a large serving bowl, combine tomatoes, cucumber, parsley, onions, mint, salt, dill and celery salt. Combine lemon juice and oil; pour over vegetable mixture and toss to coat. Stir in bulgur. Cover and refrigerate for at least 4 hours before serving.

dishing about food

Tabbouleh is a Middle Eastern salad that originated in Lebanon and Syria. It consists of bulgur combined with very generous portions of parsley and mint, and it is flavored with lemon juice and olive oil. The largest Lebanese-American population is in Michigan, especially around Dearborn and Detroit, where tabbouleh is a popular menu item.



DEARBORN, MI

Learn about automobiles and all sorts of other American innovations inside the Henry Ford Museum. Then, step back in time at Greenfield Village, an interactive museum, also located on the grounds.



Holiday Fruit Soup

I remember eating this soup every Christmas while growing up. I considered it a real treat. My mother, who was born in Sweden, made it during holidays, and now I carry on the family tradition. I look forward to all of our Swedish Christmas traditions—especially eating this soup.

—**ENICE JACOBSON** WILDROSE, NORTH DAKOTA

PREP: 15 MIN. **COOK:** 1 HOUR **MAKES:** 8-10 SERVINGS

1 pound mixed dried fruit (about 4 cups)

$\frac{3}{4}$ cup small pearl tapioca

6 cups water, divided

5 apples, peeled and cubed

1 cup sugar

Ground cinnamon

1. In a large saucepan, combine the fruit, tapioca and 4 cups water. Cover and let stand overnight.

2. Stir in the apples, sugar and remaining water; bring to a boil. Reduce heat; cover and simmer for 1 hour or until tapioca is transparent. Add additional water if necessary. Serve warm or cold with a dash of cinnamon.



German-Style Pickled Eggs

I make these eggs and refrigerate them in a glass gallon jar for my husband to sell at his tavern, and the customers can't get enough of them. I found the recipe in an old cookbook years ago.

—**MARJORIE HENNIG** GREEN VALLEY, ARIZONA

PREP: 20 MIN. + CHILLING **MAKES:** 12 SERVINGS

2 cups cider vinegar
1 cup sugar
½ cup water
2 tablespoons prepared mustard
1 tablespoon salt
1 tablespoon celery seed
1 tablespoon mustard seed
6 whole cloves
2 medium onions, thinly sliced
12 hard-cooked eggs, peeled

1. In a large saucepan, combine the first eight ingredients. Bring to a boil. Reduce heat; cover and simmer for 10 minutes. Cool completely.
2. Place onions and eggs in a large jar; add enough vinegar mixture to completely cover. Cover and refrigerate for at least 8 hours or overnight. Use a clean spoon each time you remove eggs for serving. May be refrigerated for up to 1 week.

dishing about food

There is no definitive answer to who pickled the first eggs. Many claim it was the Germans. Others say an English farmwife poured hot vinegar over hard-cooked eggs to preserve them as early as the 1500s. Still others contend the Amish and Mennonites of Germany brought the technique to America. Pickled eggs should be consumed within seven days of preserving.



NAPPANEE, IN

This round barn at Amish Acres is just one of many that grace the rural Indiana landscape.



Creamed Corn with Bacon

My family is addicted to this yummy, crunchy side. I like to make it in the summer with farm-fresh corn!

—**TINA REPAK MIRILOVICH** JOHNSTOWN, PENNSYLVANIA

PREP/TOTAL TIME: 25 MIN. **MAKES:** 6 SERVINGS

- 1 small onion, finely chopped
- 1 tablespoon butter
- 4 cups fresh or frozen corn, thawed
- 1 cup heavy whipping cream
- ¼ cup chicken broth
- 4 bacon strips, cooked and crumbled
- ¼ teaspoon pepper
- ¼ cup grated Parmesan cheese
- 2 tablespoons minced fresh parsley

1. In a large skillet, saute onion in butter for 3 minutes. Add corn; saute 1-2 minutes longer or until onion and corn are tender.
2. Stir in the cream, broth, bacon and pepper. Cook and stir for 5-7 minutes or until slightly thickened. Stir in cheese and parsley.

Four-Grain Bread

My family usually gobbles up these loaves before I even have a chance to get them in the freezer. But I'm pleased they like this original recipe of mine.

—**RITA REESE** HUNTSBURG, OHIO

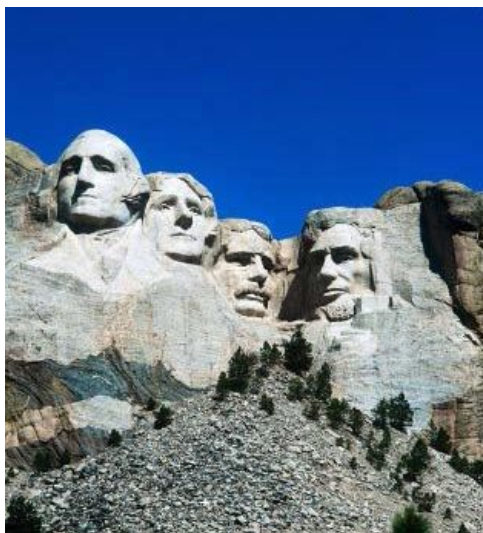
PREP: 25 MIN. + RISING **BAKE:** 40 MIN. + COOLING **MAKES:** 2 LOAVES (16 SLICES EACH)

- 1 cup quick-cooking oats
- 2 cups boiling water
- 2 tablespoons butter, softened
- 2 packages (¼ ounce each) active dry yeast
- ⅓ cup warm water (110° to 115°)
- ½ cup cornmeal
- ½ cup whole wheat flour
- ½ cup honey
- 2 teaspoons salt
- 5 to 6 cups all-purpose flour
- Additional butter, melted

1. In a large bowl, pour boiling water over oats. Add butter. Let stand until mixture cools to 110°-115°, stirring occasionally.
2. In a small bowl, dissolve yeast in warm water. Add to oat mixture. Add the cornmeal, whole wheat flour, honey, salt and 3 cups all-purpose flour. Beat until smooth. Stir in enough remaining all-purpose flour to form a soft dough.
3. Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease the top. Cover and let rise in a warm place until doubled, about 1 hour.
4. Punch dough down. Turn onto a lightly floured surface; divide in half. Shape each portion into a loaf. Place in two greased 9x5-in. loaf pans. Cover and let rise until doubled, about 45 minutes.
5. Bake at 350° for 40-45 minutes or until golden brown. Remove from pans to wire racks. Brush with melted butter. Cool.

dishing about food

The prairie states of the Midwest are called the breadbasket because of their high production of wheat and grains. The “wheat belt,” spanning Montana, North Dakota, South Dakota and Minnesota, produces hard red spring wheat.



BLACK HILLS, SD

Farmland certainly does sweep across South Dakota, but in the southwest, the Black Hills take over. Here, you'll find the Mount Rushmore National Memorial, carved in the 1930s. Nearly 3 million people stop to see the majestic faces of George Washington, Thomas Jefferson, Theodore Roosevelt and Abraham Lincoln each year.



Hot Apple Cider

In this recipe, brown sugar and spices add extra flavor to already delicious apple cider.

—**MARLYS BENNING ACKLEY**, IOWA

PREP/TOTAL TIME: 15 MIN. **MAKES:** 16-20 SERVINGS

$\frac{2}{3}$ cup packed brown sugar

1 teaspoon whole cloves

1 teaspoon ground allspice

3 cinnamon sticks (3 inches), broken

1 gallon apple cider

1. Fill the filter-lined basket of a large automatic percolator with the brown sugar, cloves, allspice and cinnamon sticks. Prepare as you would coffee according to manufacturer's directions, but substitute cider for water.

Editor's Note: *Do not use a drip-style coffee maker for this recipe.*



German Potato Salad

This recipe came from Speck's Restaurant, which was a famous eatery in St. Louis from the 1920s through the '50s. I ate lunch there just about every day and always ordered the potato salad. When the owner learned I was getting married, he gave me the recipe as a wedding gift!

—VIOLETTE KLEVORN WASHINGTON, MISSOURI

PREP: 30 MIN. + COOLING **COOK:** 20 MIN. **MAKES:** 8 SERVINGS

3 pounds medium red potatoes

5 bacon strips, diced

1 medium onion, chopped

¼ cup all-purpose flour

2 teaspoons salt

¼ teaspoon celery seed

¼ teaspoon pepper

1¼ cups sugar

1 cup cider vinegar

¾ cup water

3 tablespoons minced fresh parsley

1. Place potatoes in a Dutch oven; cover with water. Bring to a boil. Reduce heat; cover and simmer for 25-30 minutes or until tender. Drain and cool.
2. In a large skillet, cook bacon over medium heat until crisp; using a slotted spoon, remove to paper towels. Drain, reserving 4 tablespoons drippings. In the drippings, saute onion until tender.
3. Stir in flour, salt, celery seed and pepper until blended. Gradually add sugar, vinegar and water. Bring to a boil over medium-high heat; cook and stir for 2 minutes or until thickened.
4. Cut potatoes into ¼-in. slices. Add potatoes and bacon to the skillet; cook and stir gently over low heat until heated through. Sprinkle with parsley. Serve warm.



Wild Rice Pilaf

I make this rice dish for almost every holiday and often take it to potlucks. Usually, I make the pilaf ahead to allow the flavors to blend and then reheat it in the microwave before serving. This also gives me more room in the oven and less chaos when I'm putting out a big meal.

—**DIANNE BETTIN** TRUMAN, MINNESOTA

PREP: 1 HOUR **BAKE:** 25 MIN. **MAKES:** 10 SERVINGS

2 cans (14½ ounces each) chicken broth

¾ cup uncooked wild rice

1 cup uncooked long grain rice

1 large onion, chopped

2 medium carrots, halved lengthwise and sliced

½ teaspoon dried rosemary, crushed

½ cup butter, cubed

1 garlic clove, minced

3 cups fresh broccoli florets

¼ teaspoon pepper

1. In a large saucepan, bring broth to a boil. Add the wild rice; reduce heat. Cover and cook for 30 minutes. Add the long grain rice; cook 20-25 minutes longer or until liquid is absorbed and rice is tender.

2. Meanwhile, in a large skillet, saute the onion, carrots and rosemary in butter until vegetables are tender. Add garlic; cook 1 minute longer. Stir in the rice, broccoli and pepper.

3. Transfer to a greased shallow 2-qt. baking dish. Cover and bake at 350° for 25-30 minutes or until broccoli is crisp-tender. Fluff with a fork before serving.



Hanky Pankies

The fact that these go from freezer to oven means there is less last-minute kitchen fuss—and more time to spend with guests!

—**SHARON SKILDUM** MAPLE GROVE, MINNESOTA

PREP: 30 MIN. **COOK:** 15 MIN. **MAKES:** ABOUT 4 DOZEN

1 pound ground beef

1 pound bulk pork sausage

1 medium onion, chopped

1 pound Mexican process cheese (Velveeta), cubed

1 tablespoon Worcestershire sauce

1 teaspoon dried oregano

Salt and pepper to taste

1 loaf (1 pound) snack rye bread

Minced fresh parsley, optional

1. In a large skillet, cook the beef, sausage and onion over medium heat until meat is no longer pink; drain. Stir in the cheese, Worcestershire sauce and seasonings.

2. Spread rye bread slices with 1 heaping tablespoon of mixture; place on baking sheets. Broil 4-6 in. from heat for 3 minutes or until bubbly. May be frozen and broiled without thawing. If desired, sprinkle with parsley before serving.

dishing about food

This crowd-pleasing snack—not to be confused with the alcoholic beverage— is a Cleveland favorite, especially at tailgate parties and potlucks.



CLEVELAND, OH

Though rock music has been around for several decades, the Rock and Roll Hall of Fame and Museum was completed much more recently, in 1995.



Ozark Mountain Berry Pie

I taste the berries or filling before adding to the pie crust just to make sure it's sweet enough. Slicing the berries helps them absorb more of the sugar and flavorings. It's delicious served warm.

—ELAINE MOODY CLEVER, MISSOURI

PREP: 15 MIN. **BAKE:** 45 MIN. + COOLING **MAKES:** 8 SERVINGS

1 cup sugar

¼ cup cornstarch

½ teaspoon ground cinnamon, optional

Dash salt

⅓ cup water

1 cup fresh blueberries

Pastry for a double-crust pie (9 inches)

1 cup halved fresh strawberries

1 cup fresh raspberries

¾ cup fresh blackberries

1 tablespoon lemon juice

2 tablespoons butter

1. In a large saucepan, combine the sugar, cornstarch, cinnamon if desired, salt and water until smooth; add the blueberries. Bring to a boil; cook and stir for 2 minutes or until thickened. Set aside to cool slightly.

2. Line a 9-in. pie plate with bottom crust; trim pastry even with edge. Gently fold the strawberries, raspberries, blackberries and lemon juice into the blueberry mixture. Pour into pastry; dot with butter. Roll out remaining pastry; make a lattice crust. Trim, seal and flute edges.

3. Bake at 400° for 10 minutes. Reduce heat to 350°; bake for 45-50 minutes or until the crust is golden brown and filling is bubbly. Cool on a wire rack. Store in the refrigerator.



German Black Forest Cake

As far as I know, this cake recipe can be traced back to my German great-grandma. When I got married, my mother gave me my own copy.

—STEPHANIE TRAVIS FALLON, NEVADA

PREP: 45 MIN. + COOLING **BAKE:** 30 MIN. + COOLING **MAKES:** 12 SERVINGS

1 cup whole milk

3 eggs

½ cup canola oil

3 teaspoons vanilla extract

2 cups plus 2 tablespoons all-purpose flour

2 cups sugar

$\frac{3}{4}$ cup baking cocoa

1 $\frac{1}{2}$ teaspoons baking powder

$\frac{3}{4}$ teaspoon baking soda

$\frac{3}{4}$ teaspoon salt

FILLING

2 cans (14 $\frac{1}{2}$ ounces each) pitted tart cherries

1 cup sugar

$\frac{1}{4}$ cup cornstarch

3 tablespoons cherry brandy or 2 teaspoons vanilla extract

WHIPPED CREAM

3 cups heavy whipping cream

$\frac{1}{3}$ cup confectioners' sugar

1. Preheat oven to 350°. Line bottoms of two greased 9-in. round baking pans; grease paper.
2. In a large bowl, beat milk, eggs, oil and vanilla until well blended. Whisk together flour, sugar, cocoa, baking powder, baking soda and salt; gradually beat into milk mixture.
3. Transfer to prepared pans. Bake 30-35 minutes or until a toothpick inserted near the center comes out clean. Cool in pans 10 minutes before removing to a wire rack; remove paper. Cool completely.
4. For filling, drain cherries, reserving $\frac{1}{2}$ cup juice. In a small saucepan, whisk sugar, cornstarch and reserved juice; add cherries. Cook and stir over low heat 10-12 minutes or until thickened and bubbly. Remove from heat; stir in brandy. Cool completely.
5. In a large bowl, beat cream until it begins to thicken. Add sugar; beat until stiff peaks form.
6. Using a long serrated knife, cut each cake horizontally in half. Place one cake layer on a serving plate. Top with 1 $\frac{1}{2}$ cups whipped cream. Spread $\frac{3}{4}$ cup filling to within 1 in. of edge. Repeat twice. Top with remaining cake layer. Frost top and sides of cake with remaining whipped cream, reserving some to pipe decorations, if desired. Spoon remaining filling onto top of cake. Refrigerate until serving.

dishing about food

Two men are credited with the first Black Forest Cake, known as *Schwarzwälder Kirschtorte* in German. Cafe pastry chef Josef Keller may have created it in 1915, but Erwin Hildenbrand claimed he first served it at Cafe Walz in 1930. The origins of the name are disputed, too. It may refer to the Black Forest cherry brandy used in the recipe. It might also honor the traditional women's garb in the Black Forest—a black dress (the cake), a white blouse (the whipped cream), and a hat with red pompoms (the cherries).



BISMARCK, ND

The capital city of North Dakota isn't named for a doughnut, but rather for the German statesman Otto von Bismarck. This bison statue, honoring the important symbol of the Great Plains, stands on the capitol grounds.



State Fair Cream Puffs

Here's a classic recipe for cream puffs. Be sure to try the three variations for fillings, too! You won't believe how easy it is to make this favorite treat.

—**RUTH JUNGBLUTH** DODGEVILLE, WISCONSIN

PREP: 25 MIN. **BAKE:** 35 MIN. + COOLING **MAKES:** 10 SERVINGS

1 cup water

½ cup butter

¼ teaspoon salt

1 cup all-purpose flour

4 eggs

2 tablespoons milk

1 egg yolk, lightly beaten

2 cups heavy whipping cream

¼ cup confectioners' sugar

½ teaspoon vanilla extract

Additional confectioners' sugar

1. In a large saucepan, bring the water, butter and salt to a boil over medium heat. Add flour all at once and stir until a smooth ball forms. Remove from the heat; let stand for 5 minutes. Add eggs, one at a time, beating well after each addition. Continue beating until mixture is smooth and shiny.

2. Drop by ¼ cupfuls 3 in. apart onto greased baking sheets. Combine milk and egg yolk; brush over puffs. Bake at 400° for 30-35 minutes or until golden brown. Remove to wire racks. Immediately cut a slit in each for steam to escape; cool.

3. In a large bowl, beat cream until it begins to thicken. Add sugar and vanilla; beat until almost stiff. Split cream puffs; discard soft dough from inside. Fill the cream puffs just before serving. Dust with confectioners' sugar. Refrigerate leftovers.

Strawberry Cream Puffs: *Omit whipped cream filling. In a small mixing bowl, beat 2 packages (8 ounces each) softened cream cheese and 1 cup sugar until fluffy. Fold in 4 cups whipped cream and 3 cups coarsely chopped strawberries.*

Vanilla Cream Puffs: *Omit whipped cream filling. In a bowl, whisk 1½ cups milk, 1 package (5.1 ounces) instant vanilla pudding mix and ½ teaspoon almond extract for 2 minutes. Let stand for 2 minutes or until soft-set. Fold in 4 cups whipped cream. Fill as directed.*

Chocolate Glaze for Cream Puffs: *In a heavy saucepan, melt 6 tablespoons semisweet chocolate chips, 1½ teaspoons shortening and ¾ teaspoon corn syrup over low heat, stirring until smooth. Drizzle over cream puffs.*

dishing about food

One of the most popular spots at the Wisconsin State Fair is the cream puff booth, where more than 350,000 of the scrumptious treats are sold each year. In 1924, a bakery was added to fair exhibits with the aim of promoting Wisconsin dairy products in baked goods. According to the Wisconsin Bakers Association, the state fair cream puff recipe hasn't been changed since it was first introduced almost 90 years ago.



WEST ALLIS, WI

The Wisconsin State Fair has been held in this Milwaukee area city since 1892. Nowadays, nearly 1 million folks of all ages come to enjoy the 11-day festival.



Hazelnut Apricot Strudel

Did you know that strudel is the German word for whirlpool? The swirling layers of this filled and rolled dessert likely led to its unusual name.

—TASTE OF HOME TEST KITCHEN

PREP: 30 MIN. + COOLING **BAKE:** 15 MIN. + COOLING **MAKES:** 8 SERVINGS

1 package (6 ounces) dried apricots, chopped

¼ cup sugar

1 teaspoon orange peel

½ cup orange juice

¼ cup water

⅓ cup chopped hazelnuts

6 sheets phyllo dough (14x9-inches)

2 tablespoons butter, melted

⅓ cup graham cracker crumbs (about 5 squares)

1. In a small saucepan, combine the apricots, sugar and peel. Stir in orange juice and water. Bring to a boil. Reduce heat; simmer, uncovered, for 15 minutes or until juice is absorbed, stirring occasionally. Remove from the heat and cool to room temperature. Set aside 1 tablespoon nuts; toast remaining nuts. Stir into apricot mixture.
2. Place one sheet of phyllo dough on a work surface; brush with butter and sprinkle with 1 tablespoon of crumbs. Repeat with 5 more sheets of phyllo; brushing each layer with butter and sprinkling with crumbs. (Keep remaining phyllo covered with plastic wrap and a damp towel to prevent it from drying out.)
3. Carefully spread filling along one long edge to within 2 in. of edges. Fold the two short sides over filling. Roll up jelly-roll style, starting with a long side.
4. Place seam side down on a greased baking sheet. Brush the top with butter and score top lightly every 1½ in. Sprinkle with the reserved nuts.
5. Bake at 375° for 15 minutes or until golden brown. Cool the strudel on a wire rack. Slice at scored marks.

dishing about food

Popular in Germany, Austria, Poland, Romania, Hungary, Croatia, Serbia and Slovenia, strudel recipes date all the way back to 1696. And while most of us are familiar with strudel filled with sweet apples and spices, German pastries often have savory fillings, too.



Golden Apple Snack Cake

This moist, old-fashioned cake is hard to beat, especially when warmed up and finished off with a dollop of whipped topping!

—**CARRIE GRAVOT** BELLEVILLE, ILLINOIS

PREP: 15 MIN. **BAKE:** 35 MIN. + COOLING **MAKES:** 9 SERVINGS

½ cup butter, softened

1 cup sugar

1 egg

1 cup all-purpose flour

½ teaspoon baking soda

½ teaspoon ground cinnamon

2½ cups chopped peeled tart apples

½ cup chopped pecans

1. In a large bowl, cream butter and sugar until light and fluffy. Add egg. Combine the flour, baking soda and cinnamon; gradually beat into the creamed mixture. Fold in apples and pecans.
2. Transfer to a greased 9-in. square baking pan. Bake at 350° for 32-38 minutes or until a toothpick inserted near the center comes out clean. Cool on a wire rack.



Swedish Tea Rings

Although my family is of Polish and German descent, we sure enjoy this sweet bit of Sweden! Mom was always sure to make this for Easter breakfast.

—**MYRA PRATT** FAIRVIEW, PENNSYLVANIA

PREP: 25 MIN. + CHILLING **BAKE:** 20 MIN. + COOLING **MAKES:** 2 PASTRY RINGS (12-16 SERVINGS EACH)

2¼ cups all-purpose flour

2 tablespoons plus 1 teaspoon sugar, divided

1 teaspoon salt

½ cup cold butter

1 package (¼ ounce) active dry yeast

¼ cup warm water (110° to 115°)

¼ cup warm evaporated milk (110° to 115°)

1 egg

¼ cup dried currants or raisins

FILLING

¼ cup butter, softened

½ cup packed brown sugar

½ cup chopped pecans

BROWNED BUTTER GLAZE

2 tablespoons butter

1 cup confectioners' sugar

½ teaspoon vanilla extract

3 to 4 teaspoons evaporated milk

1. In a bowl, combine flour, 2 tablespoons sugar and salt. Cut in butter until mixture resembles fine crumbs. In a large another large bowl, dissolve yeast and remaining sugar in warm water. Add milk, egg and crumb mixture; beat until well blended. Stir in currants. Cover and refrigerate overnight.

2. Line two baking sheets with foil and grease the foil; set aside. For filling, in a small bowl, cream butter and brown sugar until light and fluffy; stir in pecans.

3. Punch down dough. Turn onto a lightly floured surface; divide in half. Roll each portion into a 14x7-in. rectangle; spread filling to within ½ in. of edges. Roll up jelly-roll style, starting with a long side; pinch seams to seal.

4. Place loaves seam side down on prepared pans; pinch ends together to form a ring. With scissors, cut from outside edge two-thirds of the way toward center of ring at 1-in. intervals. Separate strips slightly; twist to allow filling to show. Cover and let rise in a warm place until doubled, about 45 minutes.

5. Bake at 350° for 18-22 minutes or until golden brown. Remove from pans to wire racks to cool.

6. For glaze, in a small saucepan, cook butter over medium heat until lightly browned, stirring constantly. Remove from the heat. Stir in confectioners' sugar, vanilla and enough milk to achieve desired consistency. Drizzle over pastry rings.

dishing about food

What we call a Swedish Tea Ring, the Swedes refer to as *vetekrans* or coffee cake because it's served with coffee or tea. Also a classic Christmas treat, this sweet bread is similar to a cinnamon roll, but shaped into a ring, then slit and twisted to show off the filling, which can be made of cream cheese, nuts, raisins and various spices.

Crisp Sunflower Cookies

Kansas is the "Sunflower State," and these crisp cookies feature sunflower seeds.

—**KAREN ANN BLAND GOVE**, KANSAS

PREP: 10 MIN. **BAKE:** 15 MIN./BATCH **MAKES:** 5 DOZEN

¾ cup shortening

1 cup sugar

1 cup packed brown sugar

2 eggs

1 teaspoon vanilla extract

2 cups all-purpose flour

1 teaspoon baking soda

½ teaspoon baking powder

½ teaspoon salt

2 cups quick-cooking oats

1 cup flaked coconut

1 cup salted sunflower kernels

1. In a bowl, cream shortening and sugars until light and fluffy. Add eggs and vanilla; mix well. Combine flour, baking soda, baking powder and salt; add to creamed mixture and mix well. Stir in the oats, coconut and sunflower kernels.
2. Drop by teaspoonfuls onto greased baking sheets. Bake at 350° for 12-15 minutes or until golden brown.

dishing about food

The sunflower is indigenous to North America. Some of the largest growers of sunflowers are North and South Dakota, Kansas and Minnesota.

Fruit Kuchen

This German recipe—passed down by my grandma—is one of the first desserts I made when I was young. I remember patting the crust into the pan many times. Now I work at a bakery and still make it often!

—**CONNIE MEISELWITZ** KIEL, WISCONSIN

PREP: 20 MIN. **BAKE:** 50 MIN. **MAKES:** 12-15 SERVINGS

CRUST

1½ cups all-purpose flour

½ teaspoon salt

1 tablespoon sugar

½ cup cold butter, cubed

1 egg, beaten

1 tablespoon milk

FILLING

4 to 6 cups fresh fruit (quartered apples, peaches, plums, etc.)

1 cup sugar

1 tablespoon all-purpose flour

2 eggs, beaten

1 cup heavy whipping cream

½ teaspoon vanilla extract

CRUMB TOPPING

½ cup sugar

½ cup all-purpose flour

2 tablespoons butter, softened

1. In a bowl, combine flour, salt and sugar; cut in butter until mixture resembles cornmeal. Mix egg and milk; add to flour mixture.
2. Press into a greased 13x9-in. baking dish. Arrange fruit on crust. Combine remaining filling ingredients; pour over fruit. For topping, combine ingredients until crumbly; sprinkle over filling. Bake at 350° for 50-60 minutes or until fruit is tender.



Fresh Cherry Pie

This ruby-red treat is just sweet enough, with a hint of almond flavor and a good level of cinnamon. The cherries peeking out of the lattice crust make it so pretty, too!

—**JOSIE BOCHEK** STURGEON BAY, WISCONSIN

PREP: 25 MIN. **BAKE:** 55 MIN. + COOLING **MAKES:** 8 SERVINGS

1¼ cups sugar

⅓ cup cornstarch

1 cup cherry juice blend

4 cups fresh tart cherries, pitted, or frozen pitted tart cherries, thawed

½ teaspoon ground cinnamon

¼ teaspoon ground nutmeg

¼ teaspoon almond extract

PASTRY

2 cups all-purpose flour

½ teaspoon salt

⅔ cup shortening

5 to 7 tablespoons cold water

1. In a large saucepan, combine sugar and cornstarch; gradually stir in the cherry juice until smooth. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from the heat. Add the cherries, cinnamon, nutmeg and extract; set aside.
2. In a large bowl, combine flour and salt; cut in shortening until crumbly. Gradually add cold water, tossing with a fork until a ball forms. Divide pastry in half so that one ball is slightly larger than the other.
3. On a lightly floured surface, roll out larger ball to fit a 9-in. pie plate. Transfer pastry to pie plate; trim ½ in. beyond edge of plate. Add filling. Roll out remaining pastry; make a lattice crust. Trim, seal and flute edges.
4. Bake at 425° for 10 minutes. Reduce heat to 375°; bake 45-50 minutes longer or until crust is golden brown. Cool on a wire rack.



Super Banana Splits

These yummy banana splits are topped with a velvety chocolate sauce that's scrumptious...and so easy to make!

—**LIZZ (ELIZABETH) LODER** FOX POINT, WISCONSIN

PREP/TOTAL TIME: 20 MIN. **MAKES:** 6 SERVINGS

2 cups (12 ounces) semisweet chocolate chips

$\frac{2}{3}$ cup heavy whipping cream

$\frac{3}{4}$ teaspoon cherry extract

6 medium firm bananas, cut in half lengthwise

6 scoops each strawberry, vanilla and chocolate ice cream

Whipped topping, chopped nuts and maraschino cherries with stems

1. In a small heavy saucepan, cook and stir chocolate chips and cream over low heat until smooth and blended. Remove from the heat. Stir in extract; keep warm.
2. Place two banana pieces in each of six shallow serving dishes. Top each with a scoop of strawberry, vanilla and chocolate ice cream. Drizzle with warm chocolate sauce. Garnish with whipped topping, nuts and a cherry.

dishing about food

Wanting to increase sales in his store, Ed Berners came up with a treat guaranteed to bring in repeat customers. It was in 1881, that the Two Rivers, Wisconsin entrepreneur sold the first ice cream sundae!

Old-Time Custard Ice Cream

My family's custardy ice cream recipe is very creamy and tastes just like the good old-fashioned cranked type.

—**MARTHA SELF** MONTGOMERY, TEXAS

PREP: 55 MIN. + CHILLING **PROCESS:** 55 MIN./BATCH + FREEZING **MAKES:** 2 $\frac{3}{4}$ QUARTS

1 $\frac{1}{2}$ cups sugar

$\frac{1}{4}$ cup all-purpose flour

$\frac{1}{2}$ teaspoon salt

4 cups milk

4 eggs, lightly beaten

3 tablespoons vanilla extract

2 pints heavy whipping cream

1. In a heavy saucepan, combine sugar, flour and salt. Gradually add the milk until smooth. Bring to a boil over medium heat; cook and stir for 2 minutes or until thickened. Remove from the heat; cool slightly.
2. Whisk a small amount of hot milk mixture into the eggs; return all to the pan, whisking constantly. Cook and stir over low heat until mixture

reaches at least 160° and coats the back of a metal spoon. Cool quickly by placing pan in a bowl of ice water; stir for 2 minutes. Stir in vanilla. Press plastic wrap onto the surface of custard. Refrigerate for several hours or overnight.

3. Stir cream into custard. Fill cylinder of ice cream freezer two-thirds full; freeze according to manufacturer's directions. Refrigerate remaining mixture until ready to freeze. Allow ice cream to ripen in ice cream freezer or firm up in the refrigerator freezer for 2-4 hours before serving.

dishing about food

People in the Milwaukee area love their frozen custard and buy more of it than any other city, so it's known as the "Custard Capital of the World." However, the Original Frozen Custard, America's oldest custard stand, is in Lafayette, Indiana, and was opened in 1932 by the Kirkoff family. If you've never had frozen custard, you might ask: "What's so special about it?" The rich flavor and creamy texture that come from its high butterfat and egg yolk content make it a frosty favorite.



Whipped Cream Krumkake

Our town of Decorah, in the northeast corner of Iowa, has a rich Norwegian heritage. That heritage is evident at holidays and during our annual "Nordic Fest," when krumkake is king! There are demonstrations of krumkake-making in many store windows, and this rich delicious pastry is served at most family dinners and many bake sales.

—IMELDA NESTEBY DECORAH, IOWA

PREP: 20 MIN. + CHILLING **BAKE:** 20 MIN. **MAKES:** ABOUT 3 DOZEN KRUMKAKES

3 large eggs

1 cup sugar

½ cup sweet butter, melted

½ cup heavy whipping cream, whipped

½ teaspoon nutmeg

1½ cups all-purpose flour

Sweet butter for krumkake plates

1. Beat eggs in bowl until very light. Add sugar gradually, beating to blend. Slowly add melted butter, then whipped cream and nutmeg. Mix in flour. (Dough will be consistency of cookie dough.) Chill dough thoroughly.

2. Preheat krumkake plates over medium heat for about 10 minutes or until a drop of water "dances" when dropped on the plates. Brush plates with sweet butter; place 1 slightly rounded tablespoon of dough in center of lower plate; close iron and press handles together. If excess dough comes out the sides, remove with table knife.

3. Bake for about 30 seconds; flip iron and bake for about 30 seconds on other side. Remove krumkake and immediately roll over cone-shaped form. Place seam side down on parchment paper to cool; remove form.

4. Fill cooled cones with sweetened whipped cream if desired. Serve immediately.

dishing about food

Krumkake is a traditional Norwegian cookie, usually made at Christmastime using a hot iron. While the cookie is still warm, it's rolled into a cone, which can then be filled with whipped cream. Yum!



MOORHEAD, MN

The Hjemkomst Center in Moorhead—a city proud of its Norwegian heritage—is a community facility that houses the Chamber of Commerce, a Viking ship, cultural archives and the Stave Church, a full-scale replica of one in Vik, Norway.



Lebkuchen

It's tradition for my family to get together on Thanksgiving weekend and bake these spice-filled treats. The recipe came from my great-grandmother.

—**ESTHER KEMPKER** JEFFERSON CITY, MISSOURI

PREP: 25 MIN. **BAKE:** 25 MIN. + COOLING **MAKES:** 3 DOZEN

½ cup butter, softened

½ cup sugar

⅓ cup packed brown sugar

2 eggs

1 cup molasses

¼ cup buttermilk

½ teaspoon anise extract

4½ cups all-purpose flour

1½ teaspoons baking powder

1 teaspoon baking soda

1 teaspoon ground cinnamon

½ teaspoon salt

½ teaspoon each ground cloves, allspice and cardamom

½ cup ground walnuts

½ cup raisins

½ cup pitted dates

½ cup candied lemon peel

⅓ cup flaked coconut

¼ cup candied orange peel

3 tablespoons candied pineapple

GLAZE

½ cup sugar

¼ cup water

2 tablespoons confectioners' sugar

1. Line a 15x10x1-in. baking pan with foil; grease the foil and set aside.

2. In a large bowl, cream butter and sugars until light and fluffy. Add eggs, one at a time, beating well after each. Beat in the molasses, buttermilk and anise extract. Combine the flour, baking powder, baking soda, cinnamon, salt, cloves, allspice and cardamom; gradually add to creamed mixture and mix well. Stir in the walnuts.

3. In a food processor, combine the raisins, dates, lemon peel, coconut, orange peel and pineapple in batches; cover and process until chopped. Stir into batter. Press dough into prepared pan.

4. Bake at 350° for 25-28 minutes or until lightly browned. In a small saucepan, bring sugar and water to a boil. Boil for 1 minute. Whisk in confectioners' sugar. Spread over warm bars. Immediately cut into squares. Cool in pan on a wire rack.

dishing about food

Lebkuchen is a German spice cookie similar to gingerbread, but with nuts and/or candied fruit. There are many variations of this treat.



ST. LOUIS, MO

German-Americans from the St. Louis area have had quite an impact on the culinary world, including the beer-brewing Busch family and famed cookbook author Irma Rombauer.



Sunflower-Cherry Granola Bars

These chewy bars have plenty of oats and nuts, and the dried cherries add just the right amount of tang.

—**LAURA MCDOWELL** LAKE VILLA, ILLINOIS

PREP: 30 MIN. + COOLING **MAKES:** 2½ DOZEN

4 cups old-fashioned oats

1 cup sliced almonds

1 cup flaked coconut

1 cup sugar

1 cup light corn syrup

1 cup creamy peanut butter

½ cup raisins

½ cup dried cherries

½ cup sunflower kernels

1. Spread oats into an ungreased 15x10x1-in. baking pan. Bake at 400° for 15-20 minutes or until lightly browned. Meanwhile, spread almonds and coconut into another ungreased 15x10x1-in. baking pan. Bake for 8-10 minutes or until lightly toasted.

2. In a Dutch oven over medium heat, bring sugar and corn syrup to a boil. Cook and stir for 2-3 minutes or until sugar is dissolved. Remove from the heat; stir in peanut butter until combined. Add the raisins, cherries, sunflower kernels, and toasted oats, almonds and coconut.

3. Using a metal spatula, press mixture into an ungreased 15x10x1-in. baking pan. Cool to room temperature. Cut into bars.

dishing about food

About 85 percent of our country's sunflower crop is grown in South Dakota, North Dakota and Minnesota. The flowers are used for cooking oil, animal feed and silage, while the seeds are packaged for snacks and bird food.



KANSAS

Kansas is nicknamed the Sunflower State. The wild variety of this native plant is so common there, it's actually considered a weed!



Popcorn Delight

Whenever I take this sweet mix somewhere, I bring copies of the recipe because people always ask for it. Once you start munching, it's hard to stop!

—**CHERYL BULL** BLUE GRASS, IOWA

PREP: 15 MIN. + CHILLING **MAKES:** ABOUT 6 QUARTS

14 cups popped popcorn

2 cups salted peanuts

2 cups crisp rice cereal

2 cups miniature marshmallows

1 pound white candy coating, coarsely chopped

3 tablespoons creamy peanut butter

1. In a large bowl, combine the popcorn, peanuts, cereal and marshmallows. In a microwave, melt candy coating and peanut butter; stir until smooth. Pour over popcorn mixture; toss to coat.

2. Spread onto waxed paper-lined baking sheets; refrigerate for 15 minutes or until set. Break into pieces. Store in an airtight container in the refrigerator.



Fruity Cereal Bars

With dried apple and cranberries, these crispy cereal bars are perfect for snacks or brown-bag lunches. Store the extras in plastic containers... that is, if you have any!

—**GIOVANNA KRANENBERG** CAMBRIDGE, MINNESOTA

PREP/TOTAL TIME: 30 MIN. **MAKES:** 20 SERVINGS

3 tablespoons butter

1 package (10 ounces) large marshmallows

6 cups crisp rice cereal

½ cup chopped dried apples

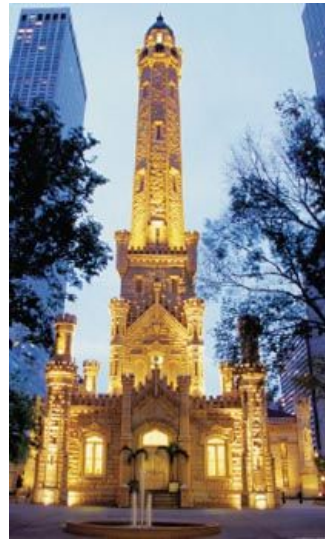
½ cup dried cranberries

1. In a large saucepan, combine butter and marshmallows. Cook and stir over medium-low heat until melted. Remove from the heat; stir in the cereal, apples and cranberries.

2. Pat into a 13x9-in. pan coated with cooking spray; cool. Cut into squares.

dishing about food

Many major cereal companies are located in the Midwest: Quaker Oats in Chicago, Illinois; General Mills in Minneapolis, Minnesota; and Kellogg in Battle Creek, Michigan.



CHICAGO, IL

A reminder of Chicago's rich past, the Historic Water Tower stands beside bustling Michigan Avenue. Completed in 1869, it survived the Great Chicago Fire two years later. Now, local artists display their work inside.



Glazed Pfeffernuesse

This version of the classic German cookie is nice to have on hand throughout the holiday season. The cookies stay fresh—and actually become more intense in flavor when stored in an airtight container.

—TASTE OF HOME TEST KITCHEN

PREP: 1¼ HOURS + CHILLING **BAKE:** 10 MIN./BATCH **MAKES:** ABOUT 10 DOZEN

1¼ cups butter, softened

1¼ cups packed brown sugar

¾ cup molasses

½ cup water

1 teaspoon anise extract

6 cups cake flour

½ teaspoon baking soda

½ teaspoon salt

1½ teaspoons ground cinnamon

½ teaspoon ground allspice

½ teaspoon ground cloves

¼ teaspoon ground nutmeg

¼ teaspoon ground mace

⅛ teaspoon pepper

⅛ teaspoon ground cardamom

2 cups finely chopped nuts

GLAZE

1 cup confectioners' sugar

3 tablespoons 2% milk

¼ teaspoon vanilla extract

Additional confectioners' sugar

1. In a large bowl, cream butter and brown sugar until light and fluffy. Beat in the molasses, water and extract. Combine the flour, baking soda, salt and spices; gradually add to creamed mixture and mix well. Stir in nuts. Cover and refrigerate for 1 hour.

2. Roll dough into 1-in. balls. Place 2 in. apart on greased baking sheets. Bake at 375° for 10-12 minutes or until golden brown.

3. Meanwhile, in a shallow bowl, combine the confectioners' sugar, milk and vanilla. Place additional confectioners' sugar in another shallow bowl. Remove cookies to wire racks; cool 5 minutes. Dip tops of warm cookies in glaze, allow excess to drip off; dip in confectioners' sugar. Cool completely on wire racks. Store in an airtight container.

Editor's Note: *This recipe does not use eggs.*



Traditional Popcorn Balls

Kids of all ages enjoy these old-fashioned holiday treats. One batch goes a long way.

—**CATHY KARGES** HAZEN, NORTH DAKOTA

PREP/TOTAL TIME: 20 MIN. **MAKES:** 20 SERVINGS

7 quarts popped popcorn

1 cup sugar

1 cup light corn syrup

¼ cup water

¼ teaspoon salt

3 tablespoons butter

1 teaspoon vanilla extract

Food coloring, optional

1. Place popcorn in a large baking pan; keep warm in a 200° oven.

2. In a heavy saucepan, combine the sugar, corn syrup, water and salt. Cook over medium heat until a candy thermometer reads 235° (soft-ball stage).
3. Remove from the heat. Add the butter, vanilla and food coloring if desired; stir until butter is melted. Immediately pour over popcorn and stir until evenly coated.
4. When mixture is cool enough to handle, quickly shape into 3-in. balls, dipping hands in cold water to prevent sticking.

Editor's Note: *We recommend that you test your candy thermometer before each use by bringing water to a boil; the thermometer should read 212°. Adjust your recipe temperature up or down based on your test.*

dishing about food

Popcorn has been around for centuries. It's low in calories (without the butter and other add-ons), high in fiber—and if you make it at home, it can be an economical treat for the entire family. Nebraska is the top grower of popcorn. No one knows who thought up the idea of combining hot sugar syrup with popped popcorn. But if you believe in fairies, elves and other legends, here's one explanation you might like: One steamy day in Nebraska, the heat was so unbearable that corn kernels burst into popcorn and sugar cane exploded into a sticky mess. Then along came the rains, washing the sugar syrup into the popcorn field and creating giant popcorn balls—just like that!



SAC CITY, IA

About 250 people packed together the World's Largest Popcorn Ball at Noble Popcorn Farms. It's on display downtown.



Sandbakkelse (Sand Tarts)

Translated from Norwegian, the name of these cookies is "sand tarts." They're most attractive if baked in authentic sandbakkelse molds, which can be purchased in Scandinavian import shops. The interesting shapes will make these tarts the focus of your cookie tray, although most any decorative cookie mold will do!

—KAREN HOYLO DULUTH, MINNESOTA

PREP: 15 MIN. + CHILLING **BAKE:** 10 MIN. **MAKES:** ABOUT 8 DOZEN

1 cup plus 2 tablespoons butter, softened

1 cup sugar

1 egg

1 teaspoon almond extract

½ teaspoon vanilla extract

3 cups all-purpose flour

1. In a bowl, cream butter and sugar. Add egg and extracts. Blend in flour. Cover and chill for 1-2 hours or overnight. Using ungreased sandbakkelse molds, press about 1 tablespoon dough into each mold.
2. Bake at 375° for 10-12 minutes or until cookies appear set and just begin to brown around the edges. Cool for 2-3 minutes in molds. When cool to the touch, remove cookies from molds. To remove more easily, gently tap with a knife and carefully squeeze the mold.



Julekage

When we lived in California, a friend made these breads for us at Christmas. Once we moved here, I found myself missing those light, moist loaves dotted with candied fruit and blanketed with thick frosting. So I hunted up this recipe and started making them. The cardamom gives the bread a wonderfully distinctive flavor. Nice for gifts, too!

—**CAROL MEAD** LOS ALAMOS, NEW MEXICO

PREP: 25 MIN. + RISING **BAKE:** 35 MIN. **MAKES:** 2 LOAVES

2 packages (¼ ounce each) active dry yeast

1 teaspoon plus ½ cup sugar, divided

½ cup warm water (110° to 115°)

¾ cup warm milk (110° to 115°)

½ cup butter, softened

1 egg

1 teaspoon salt

½ teaspoon ground cardamom

5 to 5½ cups all-purpose flour

1½ cups chopped mixed candied fruit

½ cup golden raisins

FROSTING

1 cup confectioners' sugar

2 tablespoons butter, melted

1 tablespoon milk

Red and green candied cherries

1. In a bowl, dissolve yeast and 1 teaspoon sugar in water; let stand for 5 minutes. Add milk, butter, egg, salt, cardamom, 2¼ cups flour and remaining sugar. Beat until smooth. Stir in the fruit, raisins and enough remaining flour to form a soft dough.
2. Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease the top. Cover and let rise in a warm place until doubled, about 1½ hours.
3. Punch dough down; shape into two loaves; place in two greased 8x4-in. loaf pans. Cover and let rise until doubled, about 45 minutes. Bake at 350° for 35-40 minutes or until golden brown. Remove from pans ; cool on wire racks.
4. For frosting, combine confectioners' sugar, butter and milk until smooth; spread over the loaves. Decorate with cherries.

dishing about food

This cardamom-spiced Christmas bread is like those made in Scandinavian countries. The yeast bread is studded with candied fruit and raisins, then topped with an icing.



Sugar Cream Pie

I absolutely love sugar cream pie—especially this recipe that my grandma made for me. You can serve it warm, but I like it better cold so I refrigerate it for a couple of hours before eating.

—LAURA KIPPER WESTFIELD, INDIANA

PREP: 20 MIN. **BAKE:** 15 MIN. + CHILLING **MAKES:** 8 SERVINGS

Pastry for single-crust pie (9 inches)

1 cup sugar

¼ cup cornstarch

2 cups 2% milk

½ cup butter, cubed

1 teaspoon vanilla extract

¼ teaspoon ground cinnamon

1. Preheat oven to 450°. Roll out pastry to fit a 9-in. pie plate. Transfer pastry to pie plate. Trim pastry to ½ in. beyond rim of plate; flute edge. Line unpricked pastry with a double thickness of heavy-duty foil. Fill with pie weights, dried beans or uncooked rice.

2. Bake 8 minutes. Remove the foil and weights; bake 5-7 minutes longer or until light brown. Cool on a wire rack. Reduce oven setting to 375°.

3. Meanwhile, in a large saucepan, combine sugar and cornstarch; stir in milk until smooth. Bring to a boil. Reduce heat; cook and stir 2 minutes or until thickened and bubbly. Remove from heat; stir in butter and vanilla. Transfer to crust; sprinkle with cinnamon. Bake 15-20 minutes or until golden brown. Cool on a wire rack; refrigerate until chilled.

dishing about food

Sugar Cream Pie goes by many names, including Hoosier Sugar Cream Pie, Indiana Cream Pie or Sugar Pie. It's an example of what's called a "desperation pie," one that uses ingredients readily available in most pantries. This basic vanilla version has a caramel flavor. The Amish, Quakers and Shakers also have versions of this recipe.



INDIANAPOLIS, IN

Step inside the Indianapolis Motor Speedway, and you'll be walking in the footsteps of some of the fastest drivers in history!



Sugar Plum Kringles

This recipe makes four kringles. That's too many for one family, so go ahead and share with your neighbors, relatives and co-workers!

—TASTE OF HOME TEST KITCHEN

PREP: 1 HOUR + CHILLING **BAKE:** 20 MIN. **MAKES:** 4 PASTRIES (6 SLICES EACH)

2 cups all-purpose flour

1 cup cold butter

1 cup (8 ounces) sour cream

$\frac{3}{4}$ cup plum jam, divided

4 teaspoons grated orange peel

8 teaspoons finely chopped walnuts or pecans, divided

1 $\frac{1}{4}$ cups confectioners' sugar

2 tablespoons 2% milk

4 teaspoons sugar

$\frac{1}{2}$ teaspoon ground cinnamon

1. Place flour in a large bowl; cut in butter until crumbly. Stir in sour cream. Wrap in plastic wrap. Refrigerate for 1 to 1 $\frac{1}{2}$ hours or until easy to handle.

2. Divide dough into four portions. On a lightly floured surface, roll one portion into a 12x6-in. rectangle. (Keep remaining dough refrigerated until ready to use.) Spread 3 tablespoons jam lengthwise down the center. Fold in sides of pastry to meet in the center; pinch seam to seal. Sprinkle with 1 teaspoon each orange peel and nuts. Repeat. Place on two ungreased baking sheets.

3. Bake at 375° for 18-22 minutes or until lightly browned. In a small bowl, combine confectioners' sugar and milk; drizzle over warm pastries. Combine sugar, cinnamon and remaining nuts; sprinkle over warm pastries.

dishing about food

In the late 1800s, several Danes immigrated to Racine, Wisconsin. They brought with them their special recipes for Danish kringle. While the Danish version of this flaky pastry is usually shaped like a pretzel, Racine kringles are always baked in ovals.



Blueberry Slump

My mother-in-law used to make slump with wild blueberries and serve it warm with a pitcher of cream on the table. My husband and I have been eating this for over 65 years, but the recipe is even older!

—**ELEANORE EBELING** BREWSTER, MINNESOTA

PREP/TOTAL TIME: 30 MIN. **MAKES:** 6 SERVINGS

3 cups fresh or frozen blueberries

½ cup sugar

1¼ cups water

1 teaspoon finely grated lemon peel

1 tablespoon lemon juice

1 cup all-purpose flour

2 tablespoons sugar

2 teaspoons baking powder

½ teaspoon salt

1 tablespoon butter

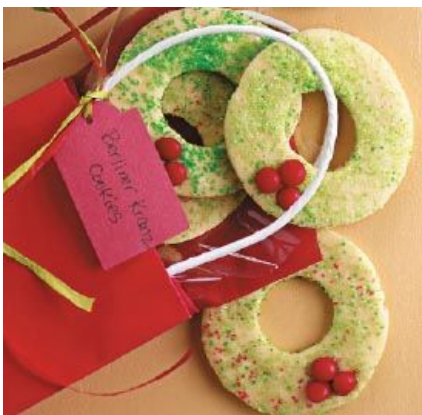
½ cup milk

Cream or whipped cream, optional

1. In a large heavy saucepan, combine the blueberries, sugar, water, lemon peel and juice; bring to a boil. Reduce heat and simmer, uncovered, for 5 minutes.

2. Meanwhile, in a large bowl, combine the flour, sugar, baking powder and salt; cut in butter until mixture resembles coarse crumbs. Add milk quickly; stir until moistened.

3. Drop dough by spoonfuls onto berries (makes six dumplings). Cover and cook over low heat for 10 minutes. Do not lift lid while simmering. Spoon dumplings into individual serving bowls; top with sauce. Serve warm with cream or whipped cream if desired.



Berliner Kranz Cookies

Use these cookies as a great Christmas gift. They also make a pretty presentation on a buffet table. Mother handed down the recipe to me, and I'm sure you'll get compliments!

—**EDIE DESPAIN** LOGAN, UTAH

PREP: 40 MIN. + CHILLING **BAKE:** 10 MIN./BATCH **MAKES:** 4 DOZEN

4 hard-cooked eggs

1 cup butter-flavored shortening

1 cup sugar

4 uncooked egg yolks

½ teaspoon almond extract

3¾ cups all-purpose flour

¼ teaspoon salt

½ cup half-and-half cream

1 egg white, lightly beaten

Red and green sugar

Red-hot candies

1. Cut hard-cooked eggs in half lengthwise. Remove yolks; discard whites or save for another use. Press yolks through a potato ricer or strainer into a small bowl.

2. In a large bowl, cream shortening and sugar until light and fluffy. Beat in the uncooked egg yolks, hard-cooked egg yolks and extract. Combine flour and salt; add to the creamed mixture alternately with cream, beating well after each addition. Refrigerate for 1 hour or until easy to handle.

3. On a lightly floured surface, roll out dough to ⅛-in. thickness; cut with a floured 2½-in. doughnut cutter. Reroll scraps if desired.

4. Place 1 in. apart on ungreased baking sheets; brush with egg white. Sprinkle as desired with colored sugar. Bake at 350° for 6 minutes; carefully decorate as desired with candies. Bake 4-8 minutes longer or until edges are lightly browned. Remove to wire racks to cool.

dishing about food

This wreath-shaped cookie is a holiday tradition in Scandinavian countries.



MICHIGAN'S UPPER PENINSULA

A large percentage of Upper Peninsula residents claim Scandinavian—especially Finnish—roots. The Mackinac Bridge, the world's third-longest suspension bridge, connects Michigan's two peninsulas.



Hot Milk Cake

When I think back on my mom's delicious meals, her milk cake always comes to mind as the perfect dessert. A simple, old-fashioned recipe, it tastes so good that I think you'll be pleasantly surprised!

—**ROSEMARY PRYOR** PASADENA, MARYLAND

PREP: 20 MIN. **BAKE:** 30 MIN. + COOLING **MAKES:** 12-16 SERVINGS

- 4 eggs
- 2 cups sugar
- 1 teaspoon vanilla extract
- 2¼ cups all-purpose flour
- 2¼ teaspoons baking powder
- 1¼ cups 2% milk
- 10 tablespoons butter, cubed

1. In a large bowl, beat eggs on high speed for 5 minutes or until thick and lemon-colored. Gradually add sugar, beating until mixture is light and fluffy. Beat in vanilla. Combine flour and baking powder; gradually add to batter; beat at low speed until smooth.
2. In a small saucepan, heat milk and butter just until butter is melted. Gradually add to batter; beat just until combined.
3. Pour into a greased 13x9-in. baking pan. Bake at 350° for 30-35 minutes or until a toothpick inserted near the center comes out clean. Cool on a wire rack.



Rhubarb Icebox Dessert

A light and fluffy marshmallow layer tops the rhubarb filling in this make-ahead recipe.

—**RENEE SCHWEBACH** DUMONT, MINNESOTA

PREP: 15 MIN. **BAKE:** 10 MIN. + COOLING **MAKES:** 15 SERVINGS

1¾ cups graham cracker crumbs, divided

3 tablespoons butter, melted

1 cup sugar

2 tablespoons cornstarch

4 cups diced fresh or frozen rhubarb

1 package (3 ounces) raspberry or strawberry gelatin

1 carton (8 ounces) frozen whipped topping, thawed

1½ cups miniature marshmallows

2 cups cold milk

1 package (3.4 ounces) instant vanilla pudding mix

1. In a small bowl, combine 1½ cups cracker crumbs and butter. Press mixture into a greased 13x9-in. baking dish. Bake at 350° for 10 minutes or until lightly browned. Cool on a wire rack.

2. In a large saucepan, combine the sugar, cornstarch and rhubarb. Bring to a boil; cook and stir for 2-3 minutes or until thickened and rhubarb is tender. Remove from the heat; stir in gelatin until dissolved. Cover and refrigerate for 1 hour or until partially set.

3. Spoon rhubarb mixture over crust. Combine whipped topping and marshmallows; spread over rhubarb mixture.

4. In a large bowl, whisk milk and pudding mix for 2 minutes. Let stand for 2 minutes or until soft-set. Carefully spread over marshmallow topping (the dish will be full). Sprinkle with remaining cracker crumbs. Refrigerate for at least 2 hours before serving.

dishing about food

Most Minnesotans love their rhubarb. This perennial plant is easy to grow in northern gardens. Minnesota has several festivals celebrating the tart vegetable, along with an abundance of pick-your-own rhubarb farms and vintners producing rhubarb wine.



LANESBORO, MN

Not only is Lanesboro the Bed & Breakfast Capital of the World, it's also the Rhubarb Capital of Minnesota. Why not honor both by taking a weekend getaway during the annual Rhubarb Festival?

Rhubarb Custard Bars

Once I tried these rich gooey bars, I just had to have the recipe so I could make them for my family and friends. The shortbread-like crust and the rhubarb and custard layers inspire people to find some rhubarb just so they can fix a batch for themselves!

—**SHARI ROACH** SOUTH MILWAUKEE, WISCONSIN

PREP: 25 MIN. + CHILLING **BAKE:** 50 MIN. + CHILLING **MAKES:** 3 DOZEN

2 cups all-purpose flour

¼ cup sugar

1 cup cold butter

FILLING

2 cups sugar

7 tablespoons all-purpose flour

1 cup heavy whipping cream

3 eggs, beaten

5 cups finely chopped fresh or frozen rhubarb, thawed and drained

TOPPING

2 packages (3 ounces each) cream cheese, softened

½ cup sugar

½ teaspoon vanilla extract

1 cup heavy whipping cream, whipped

1. In a bowl, combine the flour and sugar; cut in butter until the mixture resembles coarse crumbs. Press into a greased 13x9-in. baking pan. Bake at 350° for 10 minutes.

2. Meanwhile, for filling, combine sugar and flour in a bowl. Whisk in cream and eggs. Stir in the rhubarb. Pour over crust. Bake at 350° for 40-45 minutes or until custard is set. Cool.

3. For topping, beat cream cheese, sugar and vanilla until smooth; fold in whipped cream. Spread over top. Cover and chill. Cut into bars. Store in the refrigerator.



Chocolate-Covered Buckeyes

These candies are always popular at my church's annual Christmas fund-raiser. Try them!

—**MERRY KAY OPITZ** ELKHORN, WISCONSIN

PREP: 15 MIN. + CHILLING **MAKES:** ABOUT 5½ DOZEN

5½ cups confectioners' sugar

1⅔ cups peanut butter

1 cup butter, melted

4 cups (24 ounces) semisweet chocolate chips

1 teaspoon shortening

1. In a large bowl, beat the sugar, peanut butter and butter until smooth. Shape into 1-in. balls; set aside.

2. In a microwave, melt chocolate chips and shortening; stir until smooth. Dip balls in chocolate, allowing excess to drip off. Place on a wire rack over waxed paper; refrigerate for 15 minutes or until firm. Cover and store in the refrigerator.

dishing about food

The state tree of Ohio, the buckeye, gives the state its nickname. This peanut butter-based candy was made to resemble the inedible nut of the buckeye tree.



COLUMBUS, OH

Meet Brutus Buckeye, mascot of the Ohio State University. He's been pumping up fans in the stands since 1965.

Vinegar Pie

For an adventure in taste, this pie is the way to go. It is very inexpensive and will surprise you with its unique flavor!

—**DORA WILLIAMS** LAINGSBURG, MICHIGAN

PREP: 10 MIN. **BAKE:** 45 MIN. **MAKES:** 8 SERVINGS

4 eggs

1½ cups sugar

¼ cup butter, melted

1-½ tablespoons cider or white vinegar

1 teaspoon vanilla extract

1 unbaked pie shell (9 inches)

1. In a large bowl, combine eggs, sugar, butter, vinegar and vanilla. Mix well. Pour into the pie shell. Bake at 350° for 45-50 minutes or until set. Cool on a wire rack.

dishing about food

Vinegar pie is another “desperation pie” (also known as starvation pies) that farm women and pioneers created with what they had on hand—when fresh fruit wasn't available. This recipe is a stand-in for lemon pie.



Ginger-Pear Upside-Down Pie

Pears aren't featured nearly enough in pies. I wanted to showcase this wonderful fruit in my recipe—and put a bit of a twist on it.

—MARCY KAMERY BLASDELL, NEW YORK

PREP: 45 MIN. + CHILLING BAKE: 1 HOUR + COOLING MAKES: 8 SERVINGS

CRUST

- 1 cup cake flour
- 1 cup all-purpose flour
- 1½ teaspoons salt
- 1 teaspoon sugar
- ⅔ cup cold butter, cubed
- 1 teaspoon white vinegar
- ⅓ to ½ cup ice water

NUT MIXTURE

- ½ cup chopped walnuts, toasted
- ½ cup chopped pecans, toasted
- ½ cup packed brown sugar
- ¼ cup butter, melted

FILLING

- 6 cups sliced peeled fresh pears
- ½ cup sugar
- 3 tablespoons all-purpose flour
- ½ teaspoon ground ginger
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon ground nutmeg

1. Line bottom and sides of a greased 9-in. deep-dish pie plate with parchment paper; coat with cooking spray. For crust, in a bowl, combine flours, salt and sugar. Cut in butter until crumbly. Add vinegar; gradually add water, tossing with a fork until dough forms a ball.
2. Divide dough in half so that one portion is slightly larger than the other; wrap each in plastic wrap. Refrigerate for 15 minutes or until easy to handle.
3. Combine nuts, brown sugar and butter. Spread in prepared pie plate.
4. On a lightly floured surface, roll out larger portion of dough to fit prepared pie plate. Place pastry over nut mixture. Trim pastry even with edge.
5. Place filling ingredients in a large bowl; toss. Transfer to pie pastry.
6. Roll out remaining pastry to fit top of pie. Place over filling. Trim, seal and flute edges. Cut slits in pastry.
7. Bake at 375° for 60-70 minutes or until crust is golden brown and filling is bubbly. Cool on a wire rack for 5 minutes.
8. Carefully loosen the parchment paper around edge of pie; invert pie onto a serving plate. Remove and discard paper. Cool for at least 15 minutes before serving. Serve warm.



Streusel Pumpkin Pie

Basic pumpkin pie is good, but we think this dressed-up version is way better! Plenty of pecans add a nutty crunch to both the pastry and the streusel topping. It's a perfect dessert for Thanksgiving or any time you want to end a dinner with something really special.

—**BERTHA JOHNSON** INDIANAPOLIS, INDIANA

PREP: 20 MIN. **BAKE:** 40 MIN. + COOLING **MAKES:** 2 PIES (6-8 SERVINGS EACH)

2 cups all-purpose flour

¼ cup finely chopped pecans

1 teaspoon salt

⅔ cup plus 1 tablespoon shortening

4 to 5 tablespoons water

FILLING

1 can (30 ounces) pumpkin pie filling

1 can (14 ounces) sweetened condensed milk

1 egg, lightly beaten

STREUSEL TOPPING

½ cup packed brown sugar

¼ cup all-purpose flour

¼ cup chopped pecans

½ teaspoon ground cinnamon

3 tablespoons cold butter

1. In a bowl, combine flour, pecans and salt; cut in the shortening until crumbly. Gradually add water, tossing with a fork until a ball forms. Divide dough in half. Roll out each portion to fit a 9-in. pie plate; place pastry in pie plates. Flute edges and set aside.

2. Combine pie filling, milk and egg; pour into pastry shells. For topping, combine brown sugar, flour, pecans and cinnamon in a small bowl; cut in butter until crumbly. Sprinkle over filling. Cover edges of pastry loosely with foil.

3. Bake at 375° for 40-45 minutes or until a knife inserted near the center comes out clean. Cool on a wire rack for 2 hours. Refrigerate until serving.

dishing about food

More than 40 varieties of pumpkins are grown in the U.S., ranging in size from 2 pounds up to hundreds of pounds. Illinois, Indiana and Ohio are among the top-producing states of this versatile gourd.



CIRCLEVILLE, OH

It's been more than a century since this Central Ohio town put on the first Circleville Pumpkin Show, featuring entertainers, crafts and pumpkins big and small! Word has spread, and now more than 400,000 people come for the mid-October spectacle.

Crispy Norwegian Bows

I've been fixing these cookies for so long, I don't even recall where the recipe came from. They're a "must" at our house!

—**JANIE NORWOOD** ALBANY, GEORGIA

PREP/TOTAL TIME: 30 MIN. **MAKES:** 4 DOZEN

- 3 egg yolks
- 3 tablespoons sugar
- 3 tablespoons heavy whipping cream
- ½ teaspoon ground cardamom
- 1 to 1¼ cups all-purpose flour
- Oil for deep-fat frying
- Confectioners' sugar

1. In a large bowl, beat egg yolks and sugar until light and lemon-colored. Add cream and cardamom; mix well. Gradually add flour until dough is firm enough to roll.
2. On a lightly floured surface, roll into a 15-in. square. Using a pastry wheel or knife, cut into 15x1½-in. strips; cut diagonally at 2½-in. intervals. In the center of each diamond, make a 1-in. slit, pull one end through slit.
3. In an electric skillet or deep-fat fryer, heat oil to 375°. Fry bows, a few at a time, for 20-40 seconds or until golden brown on both sides. Drain on paper towels. Dust with confectioners' sugar.

dishing about food

Brought over in the 1800s with the wave of Norwegian immigrants, *Fattigmann* or *Fattigmann Bakkels* (Poor Man Cakes) are a Norwegian fried cookie similar to the Polish *chrusciki*.

Cardamom Cookies

Cardamom, almond extract and walnuts enhance the flavor of these buttery cookies.

MARY STEINER WEST BEND, WISCONSIN

PREP: 20 MIN. **BAKE:** 15 MIN./BATCH **MAKES:** 6 DOZEN

- 2 cups butter, softened
- 2½ cups confectioners' sugar, divided
- 1½ teaspoons almond extract
- 3¾ cups all-purpose flour
- 1 teaspoon ground cardamom
- ⅛ teaspoon salt
- 1 cup finely chopped walnuts

1. In a large bowl, cream butter and 1½ cups confectioners' sugar until smooth. Beat in extract. Combine the flour, cardamom and salt; gradually add to the creamed mixture. Stir in the walnuts.

2. Roll into 1-in. balls. Place 2 in. apart on ungreased baking sheets. Bake at 350° for 15-17 minutes or until edges are golden.

3. Roll warm cookies in the remaining confectioners' sugar. Cool on wire racks.

Gooseberry Meringue Pie

This pie has a creamy filling studded with tangy gooseberries. It's a dessert that draws compliments every time I serve it!

—**MARY HAND CLEVELAND**, MISSOURI

PREP/TOTAL TIME: 30 MIN. **MAKES:** 6-8 SERVINGS

2 cups canned, fresh or frozen gooseberries

2 tablespoons water

1½ cups sugar, divided

3 tablespoons cornstarch

1 cup milk

2 eggs, separated

1 pastry shell (9 inches), baked

1. In a covered saucepan over medium heat, cook gooseberries and water for 3-4 minutes or until tender. Stir in ¾ cup sugar; set aside.

2. In another saucepan, combine ½ cup sugar and cornstarch. Gradually add milk until smooth; bring to a boil. Cook and stir over medium-high heat until thickened. Reduce heat; cook and stir 2 minutes longer. Remove from the heat.

3. In a bowl, beat egg yolks. Gradually whisk a small amount of hot filling into yolks; return all to the pan. Bring to a gentle boil; cook and stir for 2 minutes. Remove from the heat; stir in gooseberry mixture. Pour into pastry shell.

4. In a small bowl, beat egg whites until soft peaks form. Gradually add remaining sugar, beating on high until stiff peaks form. Spread evenly over hot filling, sealing meringue to crust. Bake at 350° for 10-15 minutes or until golden. Store in the refrigerator.

dishing about food

Gooseberries grow throughout Europe, northwestern Africa and southwestern Asia. In the early 1900s, the U.S. government banned cultivation of these very sour berries, along with currants, to limit native white pine exposure to white pine blister rust, a fungus commonly found in gooseberry and currant shrubs. It does the bushes little harm, but it can kill white pine trees. The federal ban was lifted in 1966, but some states still prohibit gooseberry and black currant cultivation.



Black Walnut Butter Cookies

My part of the Show-Me State has an abundance of black walnuts, so these cookies are really representative of my little region of the country. I created the recipe after a lot of experimentation...my family thinks these cookies are a hit!

—**PATSY BELL HOBSON**, LIBERTY, MISSOURI

PREP: 20 MIN. **BAKE:** 20 MIN./BATCH + COOLING **MAKES:** 6 DOZEN

¾ cup butter, softened

1 cup all-purpose flour

½ cup cornstarch

½ cup confectioners' sugar

½ cup chopped black walnuts or walnuts

Additional confectioners' sugar

1. In a bowl, cream butter. Combine the flour, cornstarch and confectioners' sugar; add to butter and mix well. Stir in walnuts.
2. Roll into ¾-in. balls. Place 1 in. apart on greased baking sheets.
3. Bake at 300° for 20-25 minutes or until set. Remove to wire racks to cool. Dust with additional confectioners' sugar.

dishing about food

Black walnut trees grow wild in the Ozarks. In fall, residents make extra cash by hand-harvesting the walnuts and selling them to processors. About 65 percent of the American crop comes from Missouri. Hammons Products Co. in Stockton, Missouri, is a leading supplier of black walnuts and ground shells. The nutmeats are sold to supermarkets and bakeries, and the ground shells go to manufacturers of such things as metal cleaners and polishers, paints and cosmetics.

Cranberry-Carrot Layer Cake

This moist cake is smothered with rich cream cheese frosting and makes any dinner festive. Every autumn, I go to a cranberry festival in Wisconsin and load up on fresh cranberries to freeze for year-round cooking.

—**NELLIE RUNNE** ROCKFORD, ILLINOIS

PREP: 20 MIN. **BAKE:** 25 MIN. + COOLING **MAKES:** 14 SERVINGS

4 eggs

1½ cups packed brown sugar

1¼ cups canola oil

1 teaspoon grated orange peel

2 cups all-purpose flour

1 teaspoon baking soda

1 teaspoon ground cinnamon

¾ teaspoon baking powder

½ teaspoon salt

¼ teaspoon ground cloves

2 cups shredded carrots

1 cup dried cranberries

CREAM CHEESE FROSTING

2 packages (8 ounces each) cream cheese, softened

¾ cup butter, softened

4 cups confectioners' sugar

1 tablespoon milk

½ teaspoon ground ginger

½ teaspoon grated orange peel, optional

1. In a large bowl, combine the eggs, brown sugar, oil and orange peel. Combine the flour, baking soda, cinnamon, baking powder, salt and cloves; gradually add to egg mixture and mix well. Stir in carrots and cranberries.
2. Pour into two greased and floured 9-in. round baking pans. Bake at 350° for 25-30 minutes or until a toothpick inserted in center comes out clean. Cool for 10 minutes; remove from pans to wire racks to cool completely.
3. For frosting, in a large bowl, beat cream cheese and butter until fluffy. Gradually beat in confectioners' sugar, milk, ginger and orange peel if desired.
4. Cut each cake horizontally into two layers. Place bottom layer on a serving plate; spread frosting between layers and over the top and sides of cake.



Swedish Christmas Rice Pudding

Rice pudding is another old-fashioned dessert that is so comforting and delicious. Here's a recipe with a mild and creamy vanilla flavor.

—**KARLA LARSON** EAST MOLINE, ILLINOIS

PREP: 10 MIN. **COOK:** 50 MIN. + CHILLING **MAKES:** 9 SERVINGS

1 cup water

½ cup uncooked long grain rice

Dash salt

4 cups milk

⅔ cup sugar, divided

2 eggs

2 tablespoons butter

1 teaspoon vanilla extract

¼ teaspoon ground cinnamon

1. In a heavy saucepan, combine the water, rice and salt; bring to a boil over medium heat. Reduce heat; cover and simmer for 15 minutes or until water is absorbed. Add milk and ⅓ cup sugar; bring to a boil. Reduce heat; simmer, uncovered, for 30-40 minutes or until slightly thickened.

2. Whisk together the eggs and remaining sugar. Gradually stir 2 cups hot rice mixture into the egg mixture; return all to pan, stirring constantly. Cook and stir over low heat for 3-5 minutes until mixture reaches 160°. Remove from the heat; stir in butter and vanilla. Pour into a serving bowl.

3. Refrigerate for 2 hours or until chilled. Just before serving, sprinkle with cinnamon.

dishing about food

In Sweden, rice porridge, or *risgrynsgröt*, is served on Christmas Eve. A whole almond is hidden in the pudding. Whoever finds the nut wins a prize and will get married in the next 12 months and/or have good luck the following year—depending on which folk story your family follows. Any leftover rice porridge is used to make a traditional rice-pudding dessert decorated with raspberry sauce the next day.



Swedish Butter Cookies

It's impossible to eat just one of these treats! Naturally, they're a favorite with my Swedish husband and children—but anyone with a sweet tooth will appreciate them. My recipe is “well-traveled” among our friends and neighbors.

—**SUE SODERLAND** ELGIN, ILLINOIS

PREP: 10 MIN. **BAKE:** 25 MIN./BATCH **MAKES:** ABOUT 6 DOZEN

1 cup butter, softened

1 cup sugar

2 teaspoons maple syrup

2 cups all-purpose flour

1 teaspoon baking soda

Confectioners' sugar

1. In a large bowl, cream the butter and sugar until light and fluffy. Add syrup. Combine flour and baking soda; gradually add to the creamed mixture and mix well.

2. Divide dough into eight portions. Roll each portion into a 9-in. log. Place 3 in. apart on ungreased baking sheets.

3. Bake at 300° for 25 minutes or until lightly browned. Cut into 1-in. slices. Remove to wire racks. Dust with confectioners' sugar.



Swedish Spice Cutouts

My sister, Judith, brought this recipe with her when she came to the United States from Sweden in 1928.

—**LILLY DECKER** CLANCY, MONTANA

PREP: 25 MIN. + CHILLING **BAKE:** 10 MIN./BATCH + COOLING **MAKES:** ABOUT 10 DOZEN

1½ cups butter, softened

1¾ cups packed dark brown sugar

1 egg

¾ cup dark corn syrup

¼ cup molasses

4½ cups all-purpose flour

1¼ teaspoons ground cinnamon

1 teaspoon baking soda

¾ teaspoon ground cloves

Slivered almonds, optional

Frosting of your choice, optional

1. In a large bowl, cream butter and brown sugar until light and fluffy. Beat in the egg, corn syrup and molasses. Combine the flour, cinnamon, baking soda and cloves; gradually add to the creamed mixture and mix well. Cover and refrigerate for 4 hours or until easy to handle.
2. On a lightly floured surface, roll dough to 1⁄8-in. thickness. Cut with floured 2½-in. cookie cutters. Place 1 in. apart on ungreased baking sheets. Top with almonds if desired or leave plain.
3. Bake at 375° for 8-10 minutes or until edges are lightly browned. Remove to wire racks to cool. Frost plain cookies if desired.

Persimmon Pudding

Fall is a wonderful time of year in the Midwest, and this dessert is a Hoosier favorite. The old-fashioned pudding is moist, dense and firm—not at all like the packaged pudding mixes.

—JUDY THARP INDIANAPOLIS, INDIANA

PREP: 15 MIN. **BAKE:** 40 MIN. + COOLING **MAKES:** 24 SERVINGS

- 1½ cups all-purpose flour
- 1 cup sugar
- 1 cup packed brown sugar
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ½ teaspoon ground cinnamon
- ⅛ teaspoon salt
- 2 cups mashed ripe hachiya persimmon pulp
- 1½ cups buttermilk
- 3 eggs
- ¼ cup butter, melted
- 1 teaspoon vanilla extract
- 1 teaspoon maple flavoring
- Sweetened whipped cream

1. In a large bowl, combine the first seven ingredients. In another large bowl, whisk the persimmon, buttermilk, eggs, butter, vanilla and maple flavoring. Stir into dry ingredients just until moistened.
2. Transfer to a greased 13x9-in. baking pan. Bake at 325° for 40-45 minutes or until pudding begins to pull away from sides of the pan and center is firm. Serve warm with whipped cream.

dishing about food

Persimmon trees grow wild across southern Indiana. Wild persimmons, also known as American persimmons, are about the size of a grape and are smaller than the cultivated persimmons found at the supermarket. The fall fruit is popular in several recipes. Many families have a persimmon tree in their home gardens so that they can have the fruit readily at hand.



MITCHELL, IN

Citizens of Mitchell are big fans of this tart orange fruit—there’s even one pictured on their water tower! Since 1946, volunteers have been putting on the annual Persimmon Festival, the biggest community event of the year.



Traditional Stollen

This recipe came from my grandmother and was originally written in German. It is one of my favorite treats to share at the holidays.

—JESSIE BARNES ATCHISON, KANSAS

PREP: 30 MIN. + RISING **BAKE:** 25 MIN. **MAKES:** 2 LOAVES

1 package (¼ ounce) active dry yeast

2 tablespoons warm water (110° to 115°)

1 cup warm 2% milk (110° to 115°)

¾ cup butter, softened

½ cup sugar

2 eggs, lightly beaten

1½ teaspoons grated lemon peel

½ teaspoon salt

4¾ to 5¼ cups all-purpose flour

¾ cup raisins

½ cup mixed candied fruit

½ cup chopped almonds

GLAZE

1½ cups confectioners' sugar

2 to 3 tablespoons 2% milk

1. In a large bowl, dissolve yeast in warm water. Add the milk, butter, sugar, eggs, lemon peel, salt and 3 cups flour. Add the raisins, candied fruit and almonds. Add enough remaining flour to form a soft dough.

2. Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease the top. Cover and let rise in a warm place until doubled, about 1½ hours.

3. Punch dough down and divide in half; cover and let rest for 10 minutes. Roll or press each half into a 12x7-in. oval. Fold a long side over to within 1 in. of opposite side; press edge lightly to seal. Place on greased baking sheets; curve ends slightly. Cover and let rise until nearly doubled, about 1 hour.

4. Bake at 375° for 25-30 minutes or until golden brown. Cool on wire racks. Combine the confectioners' sugar and enough milk to achieve desired consistency; spread over the stollen.

Grandma's Applesauce Cake

Here's a moist cake recipe that's a treasured heirloom passed down from my Grandma Stuit, who cooked for a family of 13 during the Depression. At reunions, it's always the first dessert gone...including the crumbs!

—JOANIE JAGER LYNDEN, WASHINGTON

PREP: 20 MIN. **BAKE:** 40 MIN. **MAKES:** 12-16 SERVINGS

¾ cup raisins

1 cup hot water

½ cup shortening

2 cups sugar

1 egg

2½ cups all-purpose flour

2 teaspoons baking soda

½ teaspoon salt

½ teaspoon each ground cinnamon, cloves and nutmeg

1½ cups applesauce

½ cup water

½ cup chopped walnuts

Confectioners' sugar, optional

1. Place raisins and hot water in a small bowl; set aside.

2. In a large bowl, cream shortening and sugar until light and fluffy. Beat in egg. Combine the flour, baking soda, salt and spices; add to creamed mixture alternately with applesauce and water. Drain raisins; fold into batter with the walnuts.

3. Transfer to a greased 13x9-in. baking pan. Bake at 300° for 40 minutes or until a toothpick inserted in center comes out clean. Place pan on a wire rack. Dust with confectioners' sugar if desired. Serve warm or cold.

dishing about food

Many Depression cakes did not use expensive ingredients like eggs, butter and milk. Such dishes were popular around the country, with recipes often distributed by the government and found in magazines. The first radio cooking show, *The Betty Crocker School of the Air*, advised women on how to cook on a budget. The program launched in 1924 on a local Minneapolis radio station and then went national on NBC.



MINNEAPOLIS, MN

At the Minneapolis Sculpture Garden, you'll find a variety of alluring 3-D artwork, including Spoonbridge and Cherry.



Poteca Nut Roll

You'll need a large surface to roll out the dough for this traditional Yugoslavian treat.

—**ANTHONY SETTA** SAEGERTOWN, PENNSYLVANIA

PREP: 30 MIN. + RISING **BAKE:** 35 MIN. **MAKES:** 1 COFFEE CAKE

1 package ($\frac{1}{4}$ ounce) active dry yeast

$\frac{1}{4}$ cup warm water (110° to 115°)

$\frac{3}{4}$ cup warm milk (110° to 115°)

$\frac{1}{4}$ cup sugar

1 teaspoon salt

1 egg, lightly beaten

$\frac{1}{4}$ cup shortening

3 to $3\frac{1}{2}$ cups all-purpose flour

FILLING

$\frac{1}{2}$ cup butter, softened

1 cup packed brown sugar

2 eggs, lightly beaten

1 teaspoon vanilla extract

1 teaspoon lemon extract, optional

4 cups ground or finely chopped walnuts

2% milk

Confectioners' sugar, optional

1. In a large bowl, dissolve yeast in warm water. Add the milk, sugar, salt, egg, shortening, and $1\frac{1}{2}$ cups flour; beat until smooth. Add enough remaining flour to form a soft dough.

2. Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour.

3. Punch down. Turn onto a lightly floured surface; roll into a 30x20-in. rectangle. In a bowl, combine the butter, brown sugar, eggs, vanilla, lemon extract if desired and nuts. Add about $\frac{1}{2}$ cup milk until mixture reaches spreading consistency. Spread over rectangle to within 1 in. of edges.

4. Roll up jelly-roll style, starting with a long side; pinch seams and ends to seal. Place on a greased baking sheet; shape into a tight spiral. Cover and let rise until nearly doubled, about 1 hour.

5. Bake at 350° for 35 minutes or until golden brown. Remove from pan to a wire rack to cool. If desired, combine the confectioners' sugar and enough milk to make a thin glaze; brush over roll.



Russian Krendl Bread

While dining with a Russian immigrant family, I jumped at the chance to add this wonderful bread they served to my recipe collection. Of course, I never turn down hugs from my grandchildren after I've prepared something special...and this recipe always works.

—**ANN SODMAN** EVANS, COLORADO

PREP: 45 MIN. + RISING **BAKE:** 45 MIN. + COOLING **MAKES:** 24 SERVINGS

1 package ($\frac{1}{4}$ ounce) active dry yeast

3 tablespoons sugar

$\frac{3}{4}$ cup warm half-and-half cream or milk (110° to 115°)

$\frac{1}{4}$ cup butter, softened

2 egg yolks

1 $\frac{1}{2}$ teaspoons vanilla extract

$\frac{1}{2}$ teaspoon salt

2 $\frac{3}{4}$ to 3 $\frac{1}{4}$ cups all-purpose flour

FILLING

1 cup apple juice

1 large apple, peeled and chopped

$\frac{2}{3}$ cup finely chopped dried apples

$\frac{1}{3}$ cup finely chopped dried apricots

$\frac{1}{3}$ cup chopped pitted dried plums

2 tablespoons plus $\frac{1}{4}$ cup butter, divided

4 tablespoons sugar, divided

$\frac{1}{2}$ teaspoon ground cinnamon

Confectioners' sugar

1. In a small bowl, dissolve yeast and sugar in warm cream. In a large bowl, combine the softened butter, egg yolks, vanilla, salt, yeast mixture and $1\frac{1}{2}$ cups flour; beat on medium speed until smooth. Stir in enough remaining flour to form a soft dough (dough will be sticky).

2. Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease the top. Cover with plastic wrap and let rise in a warm place until doubled, about 1 hour.

3. In a large saucepan, combine the first five filling ingredients; add 2 tablespoons butter and 2 tablespoons sugar. Bring to a boil. Reduce heat; simmer for 30 minutes or until mixture reaches a jam-like consistency, stirring occasionally. Cool completely.

4. Punch down dough. Turn onto a lightly floured surface; roll into a 32x10-in. rectangle. Melt remaining butter; brush over dough. Sprinkle with remaining sugar and cinnamon. Spread fruit mixture to within 1 in. of edges. Roll up jelly-roll style, starting with a long side; pinch seam and ends to seal.

5. Place on a greased baking sheet, seam side down; form into a pretzel shape. Cover with a kitchen towel; let rise in a warm place until almost

doubled, about 30 minutes.

6. Bake at 350° for 40-45 minutes or until golden brown. Remove from pan to a wire rack to cool. Just before serving, sprinkle with confectioners' sugar.



Rosettes

Dipping the edges of these traditional favorites in icing defines their pretty lacy pattern.

—**IOLA EGLE** BELLA VISTA, ARKANSAS

PREP: 20 MIN. **COOK:** 30 MIN. **MAKES:** ABOUT 5 DOZEN

2 eggs

2 teaspoons sugar

1 cup 2% milk

3 teaspoons vanilla extract

1 cup all-purpose flour

¼ teaspoon salt

Oil for deep-fat frying

ICING

2 cups confectioners' sugar

1 teaspoon vanilla extract

1 to 3 tablespoons water

1. In a small bowl, beat eggs and sugar; stir in milk and vanilla. Combine flour and salt; gradually add to batter until smooth.

2. Heat 2½ in. of oil to 375° in a deep-fat fryer or electric skillet. Place rosette iron in hot oil, then dip in batter, three-fourths up the sides of iron (do not let batter run over top of iron). Immediately place in hot oil; loosen rosette with fork and remove iron.

3. Fry rosettes 1-2 minutes on each side or until golden brown. Remove to paper towel-lined wire racks. Repeat with remaining batter.

4. For icing, combine the confectioners' sugar, vanilla and enough water to achieve a dipping consistency. Dip edges of rosettes into icing; let dry on wire racks.

dishing about food

Rosettes are often associated with Scandinavian countries such as Sweden, Norway and Finland, but many others, including Mexico, Turkey, Switzerland, the Netherlands, Germany and Poland, lay claim to these tasty deep-fat fried cookies, too!



Delightful Apple Pie

There aren't many things more American than hot-out-of-the-oven apple pie. This recipe is one you can hang your hat on.

—**AMY WOOD** WICHITA, KANSAS

PREP: 25 MIN. **BAKE:** 45 MIN. + COOLING **MAKES:** 8 SERVINGS

1 sheet refrigerated pie pastry

6 cups thinly sliced peeled tart apples (about 5 medium)

¼ cup apple butter

3 tablespoons all-purpose flour

2 tablespoons plus 1½ teaspoons sugar

1½ teaspoons apple pie spice

1 teaspoon ground cinnamon

TOPPING

½ cup all-purpose flour

¼ cup sugar

¼ cup packed brown sugar

½ teaspoon apple pie spice

½ teaspoon ground cinnamon

3 tablespoons cold butter

½ cup chopped walnuts

Vanilla ice cream, optional

1. Unroll pastry into a 9-in. pie plate; flute edges. In a large bowl, toss apples with apple butter. Combine the flour, sugar, pie spice and cinnamon; add to apple mixture and toss to coat. Transfer to crust.

2. In a small bowl, combine the flour, sugar, brown sugar, pie spice and cinnamon. Cut in butter until mixture resembles coarse crumbs. Add walnuts; sprinkle over filling.

3. Bake at 375° for 45-50 minutes or until filling is bubbly and topping is browned. Cover edges with foil during the last 15 minutes to prevent overbrowning if necessary. Cool on a wire rack. Serve with ice cream if desired.

Editor's Note: *This recipe was tested with commercially prepared apple butter.*



[Mexican Carnitas](#)

Southwest

[Main Dishes](#)

[Sides & More](#)

[Sweets](#)

Looking for a surefire way to spice up dinnertime at your house? Consider a specialty from the Southwest! Loaded with flavor as well as weeknight convenience, savory Mexican dishes, Tex-Mex standbys and other fiery favorites leave lasting imprints on this region. Now you can dig into the family-friendly tastes this area has to offer. Whether you're simmering up supper, rounding out a sizzling menu or simply looking for a change-of-pace dessert, you'll never go wrong by setting a touch of the Southwest on your table.



Sizzling Tex-Mex Fajitas

My family likes garlic, so I dreamed up this delicious marinade for our summer fajita dinners. It needs only 8 hours to work its magic—but is even better left overnight. It's awesome on chicken breasts, too!

—**KARYN “KIKI” POWER** ARLINGTON, TEXAS

PREP: 30 MIN. + MARINATING **GRILL:** 10 MIN. **MAKES:** 6 SERVINGS

⅓ cup beef broth

¼ cup lime juice

3 tablespoons olive oil, divided

4 garlic cloves, minced

2 teaspoons Worcestershire sauce

1 teaspoon salt

1 envelope savory herb with garlic soup mix, divided

1 teaspoon Dijon mustard

½ teaspoon pepper

½ teaspoon cayenne pepper

½ teaspoon Liquid Smoke, optional

2 pounds beef skirt steak, cut into 4- to 6-inch portions

2 large onions, sliced

1 medium green pepper, sliced

1 medium sweet yellow pepper, sliced

12 flour tortillas (8 inches)

Salsa, shredded cheese, guacamole and sour cream, optional

1. In a large resealable plastic bag, combine the broth, lime juice, 1 tablespoon oil, garlic, Worcestershire sauce, salt, 1 teaspoon soup mix, mustard, pepper, cayenne and Liquid Smoke if desired. Add the steaks; seal bag and turn to coat. Refrigerate for 8 hours or overnight.

2. In a large bowl, combine onions, green pepper, yellow pepper and remaining oil and soup mix. Place half of mixture on each of two double thicknesses of heavy-duty foil (about 12 in. square). Fold foil around vegetables and seal tightly.

3. Drain beef and discard marinade. Grill steaks and vegetable packets, covered, over medium heat for 10-13 minutes or until meat reaches desired doneness (for medium-rare, a thermometer should read 145°; medium, 160°; well-done, 170°) and vegetables are tender, turning steaks once.

4. Open foil packets carefully to allow steam to escape. Thinly slice steaks; place beef and vegetables on tortillas. Serve with salsa, cheese, guacamole and sour cream if desired.



Arroz con Pollo

This authentic specialty gets its wonderful flavor from a robust blend of seasonings that includes garlic, Mexican oregano and chili powder.

—TASTE OF HOME TEST KITCHEN

PREP: 15 MIN. **COOK:** 50 MIN. **MAKES:** 5-6 SERVINGS

1 can (14½ ounces) diced tomatoes, drained

½ cup chopped onion

4 garlic cloves, peeled

1 teaspoon salt, divided

½ teaspoon dried Mexican oregano

½ teaspoon chili powder

½ teaspoon pepper, divided

1 broiler/fryer chicken (3 to 4 pounds), cut up

3 tablespoons canola oil, divided

1½ cups uncooked long grain rice

3 cups chicken broth

1 cup frozen peas

1. In a blender, combine the tomatoes, onion, garlic, ½ teaspoon salt, oregano, chili powder and ¼ teaspoon pepper; cover and process until smooth. Set aside.
2. Sprinkle chicken with remaining salt and pepper. In a large skillet over medium heat, cook the chicken in batches in 2 tablespoons oil for 10 minutes or until lightly browned. Remove and keep warm. In the same skillet, saute the rice for 2 minutes or until lightly browned. Stir in broth.
3. In a Dutch oven, heat the remaining oil; add tomato mixture. Bring to a boil; cook and stir for 4 minutes. Stir in the rice mixture; bring to a boil.
4. Arrange chicken in the pan. Reduce heat to medium; cover and cook for 25-30 minutes or until rice is tender and chicken juices run clear. Stir in peas; cover and let stand for 4 minutes or until peas are heated through.

dishing about food

Now prized throughout Latin America and the Caribbean, arroz con pollo is believed to have originated in Spain. When Spanish explorers traveled across the Atlantic, they brought the chicken-and-rice recipe with them.



COLORADO SPRINGS, CO

Spanish explorers took a cue from Colorado’s ruddy sandstone rocks (like those at the Garden of the Gods) when naming the area. Colorado means “red.”

Chili Rellenos Burgers

My husband loves hamburgers and Mexican food, so I combined the two to create this zesty sandwich. Garnish these dressed-up burgers with sliced avocados if you like.

—**DARLENE WILKINSON** QUILCENE, WASHINGTON

PREP/TOTAL TIME: 30 MIN. **MAKES:** 4 SERVINGS

1 pound ground beef

1 medium onion, thinly sliced

1 teaspoon chili powder

1 teaspoon ground cumin

½ teaspoon salt

⅛ teaspoon pepper

1 can (4 ounces) whole green chilies, drained and halved

4 slices Colby-Monterey Jack cheese

½ cup salsa

2 tablespoons ketchup

4 sandwich buns, split

Sour cream

1. Shape beef into four patties. In a skillet over medium heat, brown patties on both sides. Top each with onion, chili powder, cumin, salt and pepper. Reduce heat; cover and simmer for 5 minutes or until meat is no longer pink.
2. Top each patty with the chilies and a slice of cheese. Cover and cook 3 minutes longer or until the cheese is melted. In a small bowl, combine salsa and ketchup. Place burgers on buns; serve with salsa mixture and sour cream.

Chimichangas

Though still debated, Tucson is generally credited as the original home of the chimichanga (or fried “burro,” as we call it), stuffed with meat, onions and chilies. I’ve combined several recipes into this one, and it’s fairly authentic.

—LAURA TOWNS GLENDALE, ARIZONA

PREP/TOTAL TIME: 30 MIN. **MAKES:** 12 SERVINGS

¼ cup bacon grease

2 cups chopped or shredded cooked beef, pork or chicken

1 medium onion, diced

2 garlic cloves, minced

2 medium tomatoes, chopped

2 cans (4 ounces each) chopped green chilies

1 large peeled boiled potato, diced

1 teaspoon salt

1½ teaspoons dried oregano

1 to 2 teaspoons chili powder or to taste

2 tablespoons minced fresh cilantro

12 large flour tortillas, warmed

Canola oil

Shredded cheddar cheese

Sour cream

Guacamole

Salsa

Shredded lettuce

Chopped tomatoes

Sliced ripe olives

1. In a skillet, melt bacon grease over medium heat. Cook the meat, onion, garlic, tomatoes, chilies and potato until the onion softens. Add salt, oregano, chili powder and cilantro; simmer 2-3 minutes.
2. Place a scant ½ cup meat filling on each tortilla. Fold, envelope-style, like a burrito. Fry, seam side down, in ½ in. of hot oil (360°-375°) until crispy and brown. Turn and brown other side. Drain on a paper towel.
3. Place on a serving plate and top with shredded cheese, a dollop of sour cream, guacamole and salsa. Place shredded lettuce next to chimichanga and top with tomatoes and olives. Serve immediately.

dishing about food

Tucson, Arizona, has dubbed itself the Mexican Food Capital of the U.S. Restaurant chefs and home cooks alike are proud of their mouthwatering traditional favorites and their tasty innovations on the classics.



TUCSON, AZ

It's no wonder Mexican cuisine from this southern Arizona city is so revered: The city was part of Mexico until the end of 1853!



Chorizo-Stuffed Turkey Breast with Mexican Grits

A heavenly combination of well-seasoned ingredients is featured in this recipe. It's also a simple but special dinner option for company.

—**VERONICA GANTLEY** NORFOLK, VIRGINIA

PREP: 30 MIN. **BAKE:** 1¼ HOURS + STANDING **MAKES:** 6 SERVINGS

1 boneless skinless turkey breast half (2 pounds)

½ pound uncooked chorizo, crumbled

2 tablespoons olive oil

1 teaspoon salt, divided

1 teaspoon pepper, divided

2 cups water

1 cup milk

1 cup quick-cooking grits

1 can (4 ounces) chopped green chilies

½ cup shredded Mexican cheese blend

Minced fresh parsley, optional

1. Cover turkey with plastic wrap; flatten to ½-in. thickness. Remove plastic. Spread the chorizo over turkey to within 1 in. of edges. Roll up jelly-roll style, starting with a short side; tie with kitchen string.

2. Rub with oil. Sprinkle with ½ teaspoon salt and ½ teaspoon pepper. In a large ovenproof skillet, brown turkey on all sides. Bake at 350° for 1¼ to 1½ hours or until a thermometer reads 165°. Cover and let stand for 10 minutes before slicing.

3. In a large saucepan, bring the water, milk and remaining salt to a boil. Slowly stir in grits. Reduce heat; cook and stir for 5-7 minutes or until thickened. Stir in the chilies, cheese and remaining pepper. Serve grits with turkey. Sprinkle with parsley if desired.



Chicken with Black Bean Salsa

There's nothing timid about the flavors in this Southwestern-style entree. Prepared on the grill or broiled, it's a fast, fun meal for a busy weeknight or a weekend get-together.

—**TRISHA KRUSE** EAGLE, IDAHO

PREP/TOTAL TIME: 25 MIN. **MAKES:** 4 SERVINGS

1 can (15 ounces) black beans, rinsed and drained

1 can (8 ounces) unsweetened crushed pineapple, drained

1 small red onion, chopped

1 plum tomato, chopped

1 garlic clove, minced

2 tablespoons lime juice

¼ teaspoon salt

¼ teaspoon coarsely ground pepper

RUB

1 tablespoon brown sugar

1 teaspoon hot pepper sauce

½ teaspoon garlic powder

½ teaspoon salt

½ teaspoon coarsely ground pepper

4 boneless skinless chicken breast halves (4 ounces each)

1. For salsa, in a large bowl, combine the first eight ingredients; refrigerate until serving. Combine the brown sugar, pepper sauce, garlic powder, salt and pepper; rub over both sides of chicken.

2. Moisten a paper towel with cooking oil; using long-handled tongs, lightly coat the grill rack. Grill chicken, covered, over medium heat or broil 4 in. from the heat for 4-7 minutes on each side or until a thermometer reads 165°. Serve with salsa.



Tacoritos

My mild and meaty Southwestern dish blends the delicious flavor of tacos with the heartiness of burritos. Your family’s going to love this.

—MONICA FLATFORD KNOXVILLE, TENNESSEE

PREP: 40 MIN. **BAKE:** 20 MIN. **MAKES:** 8 SERVINGS

¼ cup butter, cubed

¼ cup all-purpose flour

4 cups water

3 tablespoons chili powder

1 teaspoon garlic salt

1 pound ground beef

1 pound bulk pork sausage

¼ cup chopped onion

1 cup refried beans

8 flour tortillas (8 inches), warmed

3 cups (12 ounces) shredded Monterey Jack cheese

Optional toppings: shredded lettuce, chopped tomatoes, sliced ripe olives and sour cream

1. In a large saucepan, melt butter. Stir in the flour until smooth; gradually add water. Bring to a boil; cook and stir for 1 minute or until thickened. Stir in chili powder and garlic salt. Bring to a boil. Reduce heat; simmer, uncovered, for 10 minutes.
2. In a large skillet over medium heat, cook beef, sausage and onion until meat is no longer pink; drain. Stir in refried beans; heat through.
3. Spread ¼ cup sauce in a greased 13x9-in. baking dish. Spread 1 tablespoon sauce over each tortilla; place ⅔ cup meat mixture down the center of each. Top each with ¼ cup cheese. Roll up and place seam side down in prepared dish. Pour remaining sauce over top; sprinkle with remaining cheese.
4. Bake, uncovered, at 350° for 18-22 minutes or until bubbly and cheese is melted. Serve with optional toppings if desired.

Beef Flautas

One of my favorite dishes to make for my family is Mexican beef flautas. The spices and onion give the meat so much flavor!

—MARIA GOCLAN KATY, TEXAS

PREP: 1¼ HOURS **COOK:** 5 MIN./BATCH **MAKES:** 20 FLAUTAS

2½ teaspoons canola oil

2 pounds fresh beef brisket

2 medium onions, chopped

2 medium green peppers, chopped

2 cups water

1 teaspoon salt

1 teaspoon dried oregano

1 teaspoon dried marjoram

1 teaspoon pepper

20 corn tortillas (6 inches), warmed

Oil for deep-fat frying

Optional toppings: guacamole, sour cream and salsa

1. In a Dutch oven, heat oil over medium heat. Brown brisket on all sides. Add onions, peppers, water and seasonings. Bring to a boil. Reduce heat; simmer, covered, 1 to 1½ hours or until meat is tender.
2. Remove meat; cool slightly. Shred meat with two forks. Drain onion mixture; add to meat. Spoon ¼ cup beef mixture down the center of each tortilla. Roll up and secure with toothpicks. In an electric skillet or deep fryer, heat oil to 375°. Fry flautas, a few at a time, for 1 minute on each side or until golden brown.

3. Drain on paper towels. Remove toothpicks. Serve with toppings of your choice.

Editor's Note: *This is a fresh beef brisket, not corned beef.*

dishing about food

A fitting name for the deep-fried and rolled flour tortillas, the word “flauta” comes from the Spanish word for flute. Flautas can be filled with an assortment of ingredients.



Baja Chicken Taco Pizza

With cilantro, taco seasoning, chicken, avocado and lots of cheese, this flavorful pizza is filling and so refreshing.

—**JENNY FLAKE** NEWPORT BEACH, CALIFORNIA

PREP: 20 MIN. **BAKE:** 20 MIN. + STANDING **MAKES:** 6 SERVINGS

1 cup ranch salad dressing

¼ cup salsa

1 tablespoon lime juice

3 tablespoons minced fresh cilantro

2 cups cubed cooked chicken breast

1 envelope taco seasoning

1 prebaked 12-inch thin pizza crust

½ cup chopped tomato

½ cup finely chopped red onion

2 cups (8 ounces) shredded part-skim mozzarella cheese

2 cups shredded lettuce

2 medium ripe avocados, peeled and thinly sliced

1. In a blender or food processor, combine the salad dressing, salsa, lime juice and cilantro. Cover and process on high for 1-2 minutes or until smooth; set aside. In a small bowl, combine chicken and taco seasoning; set aside.

2. Place crust on an ungreased 12-in. pizza pan. Spread salsa mixture over crust. Sprinkle with the chicken mixture, tomato, onion and cheese. Bake at 425° for 17-20 minutes or until crust is golden brown and cheese is melted. Let stand for 10 minutes before cutting. Sprinkle with lettuce;

top with avocado slices. Serve immediately.



SAN DIEGO, CA

Franciscan friars from Mexico's Baja California were sent north to form missions. They founded San Diego de Alcalá in 1769; it's California's first mission.



Corn Dogs

You can prepare corn dogs at home that taste just like those sold at the fair. Grown-ups and kids alike will enjoy this summer favorite.

—**RUBY WILLIAMS** BOGALUSA, LOUISIANA

PREP/TOTAL TIME: 25 MIN. **MAKES:** 10 SERVINGS

$\frac{3}{4}$ cup yellow cornmeal

$\frac{3}{4}$ cup self-rising flour

1 egg, lightly beaten

$\frac{2}{3}$ cup milk

10 Popsicle sticks

10 hot dogs

Oil for deep-fat frying

1. In a large bowl, combine the cornmeal, flour and egg. Stir in milk to make a thick batter; let stand 4 minutes. Insert sticks into hot dogs; dip in batter.

2. In an electric skillet or deep-fat fryer, heat oil to 375°. Fry corn dogs, a few at a time, about 8-6 minutes or until golden brown, turning occasionally. Drain on paper towels.

Editor's Note: *As a substitute for self-rising flour, place 1 teaspoon baking powder and $\frac{1}{4}$ teaspoon salt in a measuring cup. Add all-purpose flour to measure $\frac{3}{4}$ cup.*

dishing about food

There are several claims as to who fried up the first corn dog. Many point to the Fletcher brothers, who served Corny Dogs at the Texas State Fair in 1942. Another contender, the Pronto Pup, is said to have debuted at the Minnesota State Fair a year earlier.



DALLAS, TX

The State Fair of Texas has been an autumn highlight for locals and travelers alike since 1886.

South-of-the-Border Meat Loaf

This zesty recipe uses black beans, chopped jalapeno, green peppers and crushed taco shells. It's a really tasty twist on a classic!

—RUTH BOGDANSKI GRANTS PASS, OREGON

PREP: 10 MIN. **BAKE:** 1 HOUR + COOLING **MAKES:** 6-8 SERVINGS

1 can (15 ounces) black beans, rinsed and drained

4 taco shells, crushed

½ cup chopped onion

½ cup chopped green pepper

⅓ cup minced fresh cilantro

2 egg whites

2 tablespoons chopped jalapeno pepper

2 teaspoons ground cumin

2 teaspoons chili powder

3 garlic cloves, minced

1 teaspoon salt

½ teaspoon pepper

2 pounds lean ground beef (90% lean)

Salsa, optional

1. In a large bowl, combine the first 12 ingredients. Crumble beef over mixture and mix well. Press into a 9x5-in. loaf pan coated with cooking spray. Bake, uncovered, at 375° for 1 hour or until meat is no longer pink and a thermometer reads 160°.

2. Cool for 10 minutes before removing from pan. Drizzle with salsa if desired.

Editor's Note: *Wear disposable gloves when cutting hot peppers; the oils can burn skin. Avoid touching your face.*



Award-Winning Chuck Wagon Chili

For an extra-spicy kick, use even more chili powder, but make sure there's a cool drink close by!

—EUGENE JARZAB JR. PHOENIX, ARIZONA

PREP: 30 MIN. **COOK:** 80 MIN. **MAKES:** 6 SERVINGS

1 boneless beef chuck roast (3 pounds), cut into ½-inch cubes

1 pound pork stew meat, cut into ½-inch cubes

⅓ cup chili powder, divided

4 tablespoons canola oil, divided

1 large onion, finely chopped

1 celery rib, finely chopped

3 garlic cloves, minced

1 tablespoon chopped canned green chilies

1 carton (32 ounces) beef broth

¾ cup beer

¾ cup tomato sauce

2 tablespoons grated dark chocolate

3 teaspoons ground cumin

1 teaspoon dried oregano

½ teaspoon salt

½ teaspoon ground mustard

½ teaspoon cayenne pepper

1. Sprinkle beef and pork with half of the chili powder. In a Dutch oven, brown meat in batches in 2 tablespoons oil; drain and set aside. In the same pan, saute onion and celery in remaining oil until crisp-tender. Add the garlic, chilies and remaining chili powder; cook 1 minute longer.

2. Stir in the broth, beer, tomato sauce, chocolate, cumin, oregano, salt, mustard, cayenne and meat. Bring to a boil. Reduce heat; simmer, uncovered, for 1 to 1½ hours or until meat is tender.

dishing about food

A culinary necessity during pioneer times, the Dutch oven was dubbed Utah's official State Cooking Pot in 1997. Utah is also home to the



SANDY, UT

Competitors in this world championship cook-off use their Dutch ovens to make mouthwatering entrees and breads—even desserts!



Flank Steak Santa Fe

Here's a recipe that's truly representative of the flavors we enjoy in this region of the country. It's a favorite in my family for those special Saturday-night dinners.

—**TANYA JOHNSON** SAN DIEGO, CALIFORNIA

PREP: 15 MIN. **BAKE:** 1½ HOURS **MAKES:** 6-8 SERVINGS

¾ pound bulk spicy pork sausage or uncooked chorizo

2 eggs, lightly beaten

1½ cups unseasoned croutons

⅓ cup sliced green onions

⅓ cup minced fresh parsley

1 beef flank steak (1½ to 2 pounds)

3 tablespoons canola oil

1 jar (16 ounces) picante sauce or salsa verde

Additional picante sauce or salsa verde, optional

1. Crumble sausage into a large skillet; cook and stir for 6-8 minutes over medium heat until fully cooked. Drain. Cool to room temperature; stir in the eggs, croutons, onions and parsley.

2. Cut steak in half horizontally to within ½ in. of end; open steak and pound to 1½-in. thickness. Spread with sausage mixture. Roll up, jelly-roll style, beginning with a short side; tie with string.

3. In a large skillet, brown steak in oil. Place in a greased 13x9-in. baking dish. Spread picante sauce over steak.

4. Cover and bake at 350° for 1½ to 1¾ hours or until meat is tender. Garnish with additional picante sauce if desired.

dishing about food

Rolled steaks have a rich and varied ethnic history. The Germans dine on rouladen, Italians serve braciole and Americans crave stuffed steaks. Here's a version that oozes with Southwest seasonings and flavor.



Zesty Tacos

Jazz up everyday tacos in a snap! Black-eyed peas and a drizzle of Italian dressing are the surprise ingredients that perk up this recipe.

—**SUSIE BONHAM** FAIRVIEW, OKLAHOMA

PREP/TOTAL TIME: 30 MIN. **MAKES:** 8 SERVINGS

1 pound ground beef

1 cup water

1 envelope taco seasoning

8 taco shells

1 can (15½ ounces) black-eyed peas, rinsed and drained

1 cup chopped tomatoes

1 cup shredded lettuce

1 cup (4 ounces) shredded cheddar cheese

½ cup zesty Italian salad dressing

1. In a large skillet, cook beef over medium heat until no longer pink; drain. Stir in water and taco seasoning. Bring to a boil. Reduce heat; simmer, uncovered, for 4-5 minutes or until thickened.

2. Meanwhile, prepare taco shells according to package directions. Stir peas into skillet; heat through. Spoon ¼ cup beef mixture into each taco shell. Top with tomatoes, lettuce and cheese. Drizzle with salad dressing.



Chicken-Fried Steaks

These crispy steaks will earn raves when you serve them for dinner. My husband asks me to prepare this recipe regularly. I like it because it's just so easy to make.

—**DENICE LOUK** GARNETT, KANSAS

PREP/TOTAL TIME: 25 MIN. **MAKES:** 4 SERVINGS (2 CUPS GRAVY)

2¼ cups all-purpose flour, divided

2 teaspoons baking powder

¾ teaspoon each salt, onion powder, garlic powder, chili powder and pepper

2 eggs, lightly beaten

1⅓ cups buttermilk, divided

4 beef cubed steaks (4 ounces each)

Oil for frying

1½ cups 2% milk

1. In a shallow bowl, combine 2 cups flour, baking powder and seasonings. In another shallow bowl, combine the eggs and 1 cup of buttermilk. Dip each cubed steak in buttermilk mixture, then roll in flour mixture. Let stand for 5 minutes.

2. In a large skillet, heat ½ in. of oil on medium-high. Fry the steaks for 5-7 minutes. Turn carefully; cook 5 minutes longer or until coating is crisp and meat is no longer pink. Remove steaks and keep warm.

3. Drain, reserving ⅓ cup drippings; stir the remaining flour into drippings until smooth. Cook and stir over medium heat for 2 minutes. Gradually whisk in milk and the remaining buttermilk. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve with steaks.

dishing about food

Whether the variation is called Chicken-Fried Steak, Country-Fried Steak or Pan-Fried Steak, this Texas classic boasts the flavor of the Lone Star State. Many stories chronicle its origins. One of our favorites? A cook who mixed up his orders for chicken and steak created the dish more than 100 years ago! But no matter its background, this recipe is always served up with mashed potatoes and cream gravy.



Barbecued Beef Short Ribs

For a real straight-from-the-chuckwagon beef meal, you can't rope a better main dish than this! It's the recipe I rely on when feeding a hungry group. The wonderfully tangy sauce is lip-smacking good.

—**MILDRED SHERRER** FORT WORTH, TEXAS

PREP: 20 MIN. **COOK:** 2½ HOURS **MAKES:** 4-6 SERVINGS

3 to 4 pounds bone-in beef short ribs

1 tablespoon canola oil

2½ cups water, divided

1 can (6 ounces) tomato paste

1 cup ketchup

1 garlic clove, minced

¾ cup packed brown sugar

½ cup chopped onion

½ cup white vinegar

2 tablespoons prepared mustard

1½ teaspoons salt

Hot cooked noodles

1. In Dutch oven, brown ribs in oil. Add 2 cups water; bring to a boil. Reduce heat. Cover and simmer for 1½ hours; drain.

2. Combine the tomato paste, ketchup, garlic, brown sugar, onion, vinegar, mustard, salt and remaining water. Pour over ribs; bring to a boil. Reduce heat; cover and simmer for 1 hour or until meat is tender. Serve with noodles.



Stuffed Breakfast Burritos

Soon after we moved to Arizona, I received this recipe. It's a big hit with everyone. For a fun variation, add part of a green pepper and some whole kernel corn. Or omit the potatoes and eggs and add your favorite canned beans and a little shredded cheddar cheese.

—ANITA MEADOR MESA, ARIZONA

PREP/TOTAL TIME: 20 MIN. **MAKES:** 2 SERVINGS

¼ pound bulk pork sausage

½ cup cooked diced peeled potato

2 tablespoons chopped onion

4 teaspoons canned chopped green chilies

Dash pepper

2 eggs, lightly beaten

½ cup shredded Mexican cheese blend

2 flour tortillas (8 inches), warmed

1. Crumble sausage into a skillet; cook over medium heat until no longer pink. Remove sausage with a slotted spoon and set aside.
2. In the same skillet, fry potato and onion until onion is crisp-tender. Add the chilies and pepper. Return sausage to the pan. Add eggs; cook and stir until eggs are completely set.
3. Remove from the heat; stir in cheese. Spoon mixture off-center onto tortillas. Fold in bottom and sides of tortilla and roll up.



Scampi Adobo

Being a homegrown Texan, I love spicy foods and the sweet flavor of cilantro. I created this unique Southwestern version of shrimp scampi in my own kitchen.

—**LAURIE LACLAIR** NORTH RICHLAND HILLS, TEXAS

PREP/TOTAL TIME: 30 MIN. **MAKES:** 4 SERVINGS

2 plum tomatoes, seeded and chopped

1 poblano pepper, seeded and chopped

1 tablespoon minced chipotle pepper in adobo sauce

3 garlic cloves, minced

1 tablespoon olive oil

1 pound uncooked medium shrimp, peeled and deveined

½ cup white wine or reduced-sodium chicken broth

⅓ cup minced fresh cilantro

3 tablespoons lime juice

2 tablespoons reduced-fat butter

½ teaspoon salt

¼ cup shredded part-skim mozzarella cheese

Lime slices, optional

1. In a large nonstick skillet, saute tomatoes, peppers and garlic in oil for 2 minutes. Reduce heat to medium; stir in the shrimp, wine, cilantro, lime juice, butter and salt. Cook and stir for 3-4 minutes or until shrimp turn pink.

2. Remove from the heat; sprinkle with the cheese. Garnish with lime slices if desired.

Editor's Note: *This recipe was tested with Land O'Lakes light stick butter.*



Lime Chicken Tacos

Here's a simple recipe for a casual dinner with friends or family. Use any leftover filling as a topping for tomorrow's quick taco salad!

—**TRACY GUNTER** BOISE, IDAHO

PREP: 10 MIN. **COOK:** 5½ HOURS **MAKES:** 12 TACOS

1½ pounds boneless skinless chicken breasts

3 tablespoons lime juice

1 tablespoon chili powder

1 cup frozen corn

1 cup chunky salsa

12 flour tortillas (6 inches), warmed

Sour cream, shredded cheddar cheese and shredded lettuce, optional

1. Place the chicken in a 3-qt. slow cooker. Combine lime juice and chili powder; pour over chicken. Cover and cook on low for 5-6 hours or until chicken is tender.
2. Remove chicken; cool slightly. Shred meat with two forks and return to the slow cooker; heat through. Stir in corn and salsa.
3. Cover and cook on low for 30 minutes or until heated through. Serve in tortillas with sour cream, cheese and lettuce if desired.



Green Chili Pork Stew

Green chilies are a big favorite here in the Southwest, and my family likes anything with them in it—especially this stew!

—PAT HENDERSON DEER PARK, TEXAS

PREP: 25 MIN. **COOK:** 1 HOUR **MAKES:** 8 SERVINGS

2 pounds lean boneless pork, cut into 1½-inch cubes

1 tablespoon canola oil

4 cups chicken broth, divided

3 cans (11 ounces each) whole kernel corn, drained

2 celery ribs, diced

2 medium potatoes, peeled and diced

2 medium tomatoes, diced

3 cans (4 ounces each) chopped green chilies

2 teaspoons ground cumin

1 teaspoon dried oregano

1 teaspoon salt, optional

3 tablespoons all-purpose flour

Corn bread or warmed flour tortillas, optional

1. In a 5-qt. Dutch oven over medium-high heat, brown pork in oil. Add 3½ cups broth, corn, celery, potatoes, tomatoes, chilies, cumin, oregano and salt if desired; bring to a boil. Reduce heat; cover and simmer for 1 hour or until meat and vegetables are tender.

2. Combine flour and remaining broth; stir into stew. Bring to a boil; cook, stirring constantly, until thickened. Serve with corn bread or tortillas if desired.



Huevos Rancheros with Tomatillo Sauce

My husband and I visited Cuernavaca, Mexico, a year ago and had huevos rancheros for breakfast while there. My husband loved the dish so much, he asked me to cook it for him when we got home. This is my version, which is suited to my family's preference for sunny-side-up eggs, but poached or scrambled eggs would also be good.

—**CHERYL WOODSON** LIBERTY, MISSOURI

PREP/TOTAL TIME: 25 MIN. **MAKES:** 8 SERVINGS

5 tomatillos, husks removed and halved

2 tablespoons coarsely chopped onion

1 to 2 serrano peppers, halved

3 garlic cloves, peeled

1 teaspoon chicken bouillon granules

1 can (15 ounces) Southwestern black beans, undrained

8 eggs

4 ounces manchego cheese, shredded

8 tostada shells, warmed

½ cup sour cream

Chopped tomato, sliced avocado and minced fresh cilantro, optional

1. To make salsa verde, place the tomatillos, onion, peppers, garlic and bouillon in a food processor. Cover and process until finely chopped; set aside. In a small saucepan, mash beans. Cook on low until heated through, stirring occasionally.

2. Meanwhile, break eggs in batches into a large nonstick skillet coated with cooking spray. Cover and cook over low heat for 5-7 minutes or until eggs are set. Sprinkle with the cheese.

3. To serve, spread beans over tostada shells; top with eggs, salsa verde and sour cream. Garnish with tomato, avocado and cilantro if desired.

Editor's Note: *Wear disposable gloves when cutting hot peppers; the oils can burn skin. Avoid touching your face.*

dishing about food

In rural Mexico, generations of hungry ranchers and farmhands have turned to this traditional egg dish for their midmorning meal. You'll find delicious huevos rancheros in kitchens across the Southwest and beyond, each with a slightly different spin.



Chimichurri Shrimp Skillet

Fresh fruit adds sweetness to this bright Southwestern shrimp entree. The contrast of colors, flavors and textures in this dish is wonderful!

—**SUSAN RILEY ALLEN**, TEXAS

PREP/TOTAL TIME: 30 MIN. **MAKES:** 6 SERVINGS

2 cups uncooked instant rice

3 cups packed fresh parsley sprigs

½ cup olive oil

2 tablespoons lime juice

4 garlic cloves, halved

2 teaspoons red wine vinegar

1½ teaspoons ground cumin

1 teaspoon salt

1 teaspoon dried oregano

½ teaspoon pepper

1 pound uncooked large shrimp, peeled and deveined

1 cup chopped sweet red pepper

1 medium onion, chopped

1½ cups seedless red grapes, halved

1. Cook rice according to package directions. Meanwhile, in a food processor, combine the parsley, oil, lime juice, garlic, vinegar, cumin, salt, oregano and pepper; cover and process until blended.

2. In a large skillet, saute shrimp in ¼ cup parsley mixture for 3-4 minutes or until shrimp turn pink; remove and keep warm.

3. In the same skillet, saute red pepper and onion in ¼ cup parsley mixture until tender. Stir in the shrimp, rice, grapes and remaining parsley mixture; heat through.

dishing about food

Chimichurri is a parsley-based sauce that hails from Argentina. Besides the parsley, chimichurri should include oregano, garlic, vinegar and olive oil. This sauce goes well with most grilled meats, from seafood and poultry to beef and lamb.



CALIFORNIA COAST

About 300 fish and shellfish species—including shrimp—make up the California seafood industry's catch. Eureka's coastal waters are among the best for shrimping.



Black Beans with Brown Rice

Your family will never miss the meat in my hearty, colorful and fresh-tasting main dish. Served over brown rice, these beans make a healthy, stick-to-the-ribs dinner.

—**SHEILA MEYER** NORTH CANTON, OHIO

PREP: 15 MIN. **COOK:** 20 MIN. **MAKES:** 5 SERVINGS

1 small green pepper, chopped

½ cup chopped sweet red pepper

½ cup chopped sweet yellow pepper

½ cup chopped red onion

2 tablespoons canola oil

2 cans (15 ounces each) black beans, rinsed and drained

1 can (14½ ounces) diced tomatoes, undrained

2 tablespoons cider vinegar

½ teaspoon garlic salt

⅛ teaspoon pepper

⅛ teaspoon cayenne pepper

2½ cups hot cooked brown rice

1. In a large saucepan, saute peppers and onion in oil until tender. Stir in the beans, tomatoes, vinegar, garlic salt, pepper and cayenne. Bring to a boil. Reduce heat; simmer, uncovered, for 12-15 minutes or until desired consistency, stirring occasionally. Serve with rice.



Mexican Pork Stew

I heat up cold nights by serving this thick and zesty stew with corn bread. I also like to spoon leftovers into corn tortillas with a little salsa and reduced-fat sour cream for a filling snack.

—**MICKEY TERRY** DEL VALLEY, TEXAS

PREP: 10 MIN. **COOK:** 55 MIN. **MAKES:** 5 SERVINGS

1 pound boneless pork loin roast, cut into $\frac{3}{4}$ -inch cubes

3 teaspoons olive oil

1 large onion, chopped

2 celery ribs, chopped

1 jalapeno pepper, seeded and chopped

1 garlic clove, minced

1½ cups water

1 tablespoon chili powder

2 teaspoons brown sugar

1 teaspoon ground cumin

½ teaspoon salt

¼ teaspoon pepper

1 can (6 ounces) tomato paste

1 can (16 ounces) kidney beans, rinsed and drained

1 can (15 ounces) pinto beans, rinsed and drained

1 can (14½ ounces) diced tomatoes, undrained

2 teaspoons minced fresh cilantro

1. In a Dutch oven or large stockpot over medium-high heat, brown meat on all sides in 1 teaspoon oil; drain. Remove meat; keep warm.

2. In the same pan, saute the onion, celery, jalapeno and garlic in remaining oil until tender. Stir in the water, chili powder, brown sugar, cumin, salt and pepper. Return meat to pan. Bring to a boil. Reduce heat; cover and simmer for 30 minutes.

3. Stir in tomato paste, beans and tomatoes. Return to a boil. Reduce the heat; cover and simmer 20 minutes longer or until the meat is tender and beans are heated through. Sprinkle with cilantro.

Editor's Note: *Wear disposable gloves when cutting hot peppers; the oils can burn skin. Avoid touching your face.*



Land of Enchantment Posole

We usually make this spicy soup over the holidays, when we have lots of family visiting. And we never have any leftovers.

—**SUZANNE CALDWELL** ARTESIA, NEW MEXICO

PREP: 30 MIN. **COOK:** 1 HOUR **MAKES:** 5 SERVINGS

1½ pounds pork stew meat, cut into ¾-inch cubes

1 large onion, chopped

2 tablespoons canola oil

2 garlic cloves, minced

3 cups beef broth

2 cans (15½ ounces each) hominy, rinsed and drained

2 cans (4 ounces each) chopped green chilies

1 to 2 jalapeno peppers, seeded and chopped, optional

½ teaspoon salt

½ teaspoon ground cumin

½ teaspoon dried oregano

¼ teaspoon pepper

¼ teaspoon cayenne pepper

½ cup minced fresh cilantro

Tortilla strips, optional

1. In a Dutch oven, cook pork and onion in oil over medium heat until meat is no longer pink. Add garlic; cook 1 minute longer. Drain. Stir in the broth, hominy, chilies, jalapeno if desired, salt, cumin, oregano, pepper and cayenne.

2. Bring to a boil. Reduce heat; cover and simmer for 45-60 minutes or until meat is tender. Stir in cilantro. Serve with tortilla strips if desired.

Editor's Note: *Wear disposable gloves when cutting hot peppers; the oils can burn skin. Avoid touching your face.*

dishing about food

For hundreds of years, various types of this comforting hominy stew have been simmering in kitchens across the Southwest and Mexico.



ALBUQUERQUE, NM

What's more enchanting than a sky speckled with colorful hot air balloons? For more than 40 years, people have visited the Albuquerque International Balloon Fiesta to marvel at that very sight.



Chicken Tamales

I love making tamales. They're a little time-consuming but definitely worth the effort. I usually make them for a special Christmas treat, but my family demands them more often!

—**CINDY PRUITT** GROVE, OKLAHOMA

PREP: 2½ HOURS + SOAKING **COOK:** 45 MIN. **MAKES:** 20 TAMALES

20 dried corn husks

1 broiler/fryer chicken (3 to 4 pounds), cut up

3 quarts water

1 medium onion, quartered

2 teaspoons salt

1 garlic clove, crushed

DOUGH

1 cup shortening

3 cups masa harina

CHICKEN CHILI FILLING

6 tablespoons canola oil

6 tablespoons all-purpose flour

¾ cup chili powder

½ teaspoon salt

¼ teaspoon garlic powder

¼ teaspoon pepper

2 cans (2¼ ounces each) sliced ripe olives, drained

1. Place corn husks in a large bowl; cover with cold water and soak for at least 2 hours.

2. Meanwhile, in a Dutch oven, combine the chicken, water, onion, salt and garlic. Bring to a boil. Reduce heat; cover and simmer for 45-60 minutes or until meat is tender. Remove chicken from broth; set aside until cool enough to handle. Strain broth; skim fat. Finely chop or shred

chicken.

3. For dough, in a large bowl, beat shortening until light and fluffy, about 1 minute. Add small amounts of the masa harina alternately with 2 cups of the reserved broth, beating until well blended.

4. Drop a small amount of dough into a cup of cold water; dough should float to the top. If dough does not float, continue beating until dough is light enough to float.

5. In a Dutch oven, heat oil over medium heat; stir in flour until blended. Cook and stir for 7-9 minutes or until lightly browned. Stir in the spices, chicken and 4 cups reserved broth. Bring to a boil. Reduce heat; simmer, uncovered, for 45 minutes or until filling is thickened, stirring occasionally.

6. Drain corn husks and pat dry. Place a corn husk on a work surface with the small end pointing away from you. On large end, spread 3 tablespoons dough to within 1 in. of edges. Top with 2 tablespoons chicken mixture and 2 teaspoons olives. Fold long sides of husk over filling, overlapping slightly. Fold over ends of husk; tie with string to secure. Repeat.

7. In a large steamer basket, position tamales upright. Place basket in a Dutch oven over 1 in. of water. Bring to a boil; cover and steam for 45-50 minutes or until dough peels away from husk, adding additional hot water to the pan as needed.

Editor's Note: *Look for dried corn husks and masa harina in the ethnic aisle.*

dishing about food

For folks of Latin American heritage, tamales are the center of any special celebration, especially Christmas and Christmas Eve. While they're a treat to eat, the art of preparing tamales is just as revered. Friends and family (often females) come together for a tamalada, a festive gathering centered around preparing these stuffed delicacies cooked in corn husks. Traditional fillings abound for tamales—both savory and sweet.



Migas, My Way

We love migas for breakfast or a weekend dinner. It is quick, easy and delicious. My family loves any foods with a Southwestern flair so this recipe gets a big “thumbs up” from them. I have, on occasion, substituted fresh corn tortillas for the chips by cutting them into strips and sauteing them with the pepper and onion.

—**JOAN HALLFORD** FORT WORTH, TEXAS

PREP/TOTAL TIME: 25 MIN. **MAKES:** 2 SERVINGS

¼ cup chopped onion

¼ cup chopped green pepper

1 tablespoon bacon drippings or canola oil

4 eggs

1 tablespoon water

1 tablespoon salsa

½ cup crushed tortilla chips

½ cup shredded cheddar cheese, divided

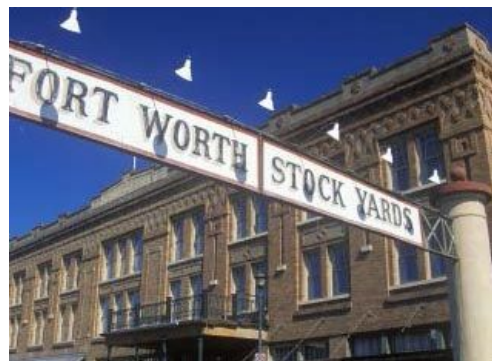
Chopped green onions, additional salsa and warm flour tortillas, optional

1. In a large skillet, saute onion and green pepper in drippings until tender. In a small bowl, whisk the eggs, water and salsa. Add to skillet; cook and stir until set. Stir in tortilla chips and ¼ cup cheese.

2. Sprinkle with remaining cheese. Top with green onions and additional salsa and serve with tortillas if desired.

dishing about food

Spanish for “crumbs,” migas has its roots in the Iberian Peninsula, Mexico and the Southwest. The Tex-Mex style, which includes eggs, is said to have been developed as a meatless dish for Lent. When meat is added, traditional chorizo gives it a spicy kick.



FORT WORTH, TX

Though the Fort Worth Stockyards now offer plenty of other attractions, you can still see steers in this historic district! There are daily cattle drives, plus other bovine-related events, including a rodeo.

Corn Bread with Black-Eyed Peas

Black-eyed peas are a good-luck tradition for New Year’s Day...but my family is so fond of this recipe, I make it all year long!

—JEANNE SHINN BANDERA, TEXAS

PREP: 15 MIN. **BAKE:** 40 MIN. **MAKES:** 8-10 SERVINGS

1 pound ground beef, browned and drained

1 cup cornmeal

½ cup all-purpose flour

¾ cup cream-style corn

1 cup cooked or canned black-eyed peas, drained

1 medium onion, chopped

½ cup canola oil

1 cup buttermilk

2 eggs, beaten

2 cups (8 ounces) shredded cheddar cheese

½ teaspoon baking soda

1. In a bowl, combine all the ingredients. Pour into a greased 13x9-in. baking dish. Bake at 350°, uncovered, for 40-45 minutes or until the bread is golden.



Chicken Tortilla Bake

You get two for the price of one in this combo enchilada/lasagna casserole. Enjoy all the flavors of the Mexican staple, and all the ease of a layered lasagna.

—TASTE OF HOME TEST KITCHEN

PREP: 25 MIN. **BAKE:** 25 MIN. **MAKES:** 6 SERVINGS

1 pound boneless skinless chicken breasts, cut into 1-inch cubes

½ teaspoon ground cumin

¼ teaspoon salt

1 tablespoon plus 1 teaspoon olive oil, divided

1 can (16 ounces) refried beans

1 can (14½ ounces) diced tomatoes with mild green chilies, drained

8 flour tortillas (8 inches), cut into 1-inch strips

1 can (11 ounces) Mexicorn, drained

2 cups (8 ounces) shredded cheddar cheese

1. In a large skillet, saute the chicken, cumin and salt in 1 tablespoon oil until chicken is no longer pink.
2. Combine the refried beans and tomatoes; spread 1 cup into a greased 11x7-in. baking dish. Top with 24 tortilla strips; layer with half of the corn, bean mixture, chicken and cheese. Repeat layers.
3. Using remaining tortilla strips, make a lattice crust over filling; brush with remaining oil. Bake, uncovered, at 350° for 25-30 minutes or until heated through and cheese is melted.
4. Serve immediately or before baking, cover and freeze casserole for up to 3 months.

To use frozen casserole: *Thaw in the refrigerator overnight. Remove from the refrigerator 30 minutes before baking. Bake according to directions.*



Fry Bread Sandwiches

It was traditional for Native American girls in our village to learn to cook at an early age. I made fry bread many times for my father and seven brothers, and after I perfected the recipe, Father said it was the best he'd ever eaten!

—**SANDRA CAMERON** FLAGSTAFF, ARIZONA

PREP: 15 MIN. + RESTING **COOK:** 20 MIN. **MAKES:** 6 SERVINGS

3 cups all-purpose flour

1 teaspoon baking powder

½ teaspoon salt

1¼ cups milk

Oil for deep-fat frying

12 lettuce leaves

12 slices deli ham

1 small onion, sliced and separated into rings

6 slices cheddar cheese

18 thin slices tomato

1 can (4 ounces) chopped green chilies

1. In a large bowl, combine the flour, baking powder and salt. Add milk and stir to form a soft dough. Cover and let rest for 1 hour.
2. Divide dough into six portions. On a lightly floured surface, roll each portion into an 8-in. circle.
3. In an electric skillet or deep-fat fryer, heat oil to 375°. Fry bread circles, one at a time, until golden, turning once; drain on paper towels. Keep warm.
4. Cut each circle in half. On six halves, layer the lettuce, ham, onion, cheese and tomato; sprinkle with the chilies. Top with the remaining bread.



Chipotle BBQ Pork Sandwiches

I first made these sandwiches for a summer barbecue with guests who love traditional BBQ pork sandwiches but wanted something lighter. They loved these and didn't miss the extra calories one bit. Crunchy coleslaw tames the heat!

—**PRISCILLA YEE** CONCORD, CALIFORNIA

PREP: 20 MIN. **GRILL:** 20 MIN. **MAKES:** 4 SERVINGS

½ cup barbecue sauce

1 tablespoon honey

2 chipotle peppers in adobo sauce, chopped

1 pork tenderloin (1 pound)

1½ cups coleslaw mix

2 tablespoons reduced-fat sour cream

2 tablespoons Miracle Whip Light

1 tablespoon Dijon mustard

4 hamburger buns, split

1. In a small bowl, combine barbecue sauce, honey and peppers. Set aside ¼ cup until serving.
2. Moisten a paper towel with cooking oil; using long-handled tongs, lightly coat grill rack. Prepare grill for indirect heat, using a drip pan.
3. Place pork over drip pan and grill, covered, over indirect medium-hot heat for 20-25 minutes or until a thermometer reads 145°, basting occasionally with remaining barbecue sauce. Let stand for 5 minutes before slicing.
4. Meanwhile, combine the coleslaw mix, sour cream, Miracle Whip Light and mustard. Brush cut sides of buns with reserved barbecue sauce. Cut pork into ¼-in. slices; place on bun bottoms. Top with coleslaw and bun tops.

Pork Ribs and Chilies

This recipe comes from my mother-in-law, but my husband—who has a knack for spicy creations—perfected the flavor. When we invite people for dinner, they always ask if this is on the menu!

—**JAYNE YOUNT** AURORA, COLORADO

PREP: 1¼ HOURS **BAKE:** 2¼ HOURS **MAKES:** 8 SERVINGS

2½ to 3 pounds boneless country-style pork ribs

2 cans (14½ ounces each) diced tomatoes, undrained

2 cans (14½ ounces each) chicken broth

1 jar (16 ounces) salsa

1 can (4 ounces) chopped green chilies

2 to 3 garlic cloves, minced

2 teaspoons ground cumin

1 teaspoon crushed red pepper flakes

½ teaspoon ground coriander, optional

¼ teaspoon salt

⅛ teaspoon pepper

2 tablespoons cornstarch

¼ cup cold water

Hot cooked rice

Shredded cheddar or Monterey Jack cheese, optional

Sour cream and guacamole, optional

1. Place ribs in a deep roasting pan. Cover and bake at 450° for 30 minutes; drain. Reduce temperature to 350° and bake, uncovered, 45 minutes longer; drain. Allow to cool; cut meat into 1-in. cubes and return to pan. Combine tomatoes, broth, salsa, chilies and seasonings; pour over ribs. Cover and bake for 2 hours.

2. Combine cornstarch in water until smooth; stir into the rib mixture. Bake, uncovered, 15 minutes longer. Serve over rice. Top with cheese, sour cream and guacamole if desired.

dishing about food

Horticulturalist Fabian Garcia began standardizing chile peppers in the late 1800s. In 1921, his work led to the development of the New Mexico pepper, varieties of which are now grown on over 40,000 acres across the Southwest. Chiles are so revered there, New Mexico State University houses the Chile Pepper Institute.



LAS CRUCES, NM

Meet Big Jim, a medium-spicy variety of New Mexican (or NuMex) chili. Sometimes measuring more than 12 inches, this is the *Guinness Book of World Records*' longest pepper.



Chili Chicken Sandwiches

My husband tells me that these sandwiches are real “man food.” I like that! We serve them when we have friends come over to watch a game on TV. They’re also great for a quick family dinner.

—**DENA PETERSON** LAPORTE, TEXAS

PREP/TOTAL TIME: 20 MIN. **MAKES:** 4 SERVINGS

- 1 package (8 ounces) cream cheese, softened
- 2 cups cubed cooked chicken
- 1½ cups shredded cheddar cheese
- 1 can (4 ounces) chopped green chilies
- 3 tablespoons chopped green onions
- 1 teaspoon ground cumin
- ¼ teaspoon crushed red pepper flakes
- ¼ teaspoon chili powder
- 4 hard rolls
- 2 tablespoons minced fresh cilantro

1. In a small bowl, beat the cream cheese until fluffy. Stir in the chicken, cheddar cheese, chilies, onions and seasonings.
2. Cut top fourths off of rolls; carefully hollow out bottoms, leaving ¼-in. shells (discard removed bread or save for another use). Fill bottom portions with the chicken mixture; replace tops.
3. Place on a baking sheet. Bake at 375° for 5-7 minutes or until golden brown. Sprinkle with cilantro.



Grilled Chiles Rellenos

Here’s a healthy version of one of my favorite Mexican dishes. The grilled peppers go great with Spanish rice, gazpacho or a refreshing salad with jicama and citrus.

—**LORI NELSON** AUSTIN, TEXAS

PREP: 45 MIN. **GRILL:** 10 MIN. **MAKES:** 4 SERVINGS

- 1 cup (8 ounces) sour cream
- 2 tablespoons lime juice
- ½ cup minced fresh cilantro, divided
- 1 small onion, finely chopped
- 1 tablespoon butter
- 1 large portobello mushroom cap, finely chopped

1 small yellow summer squash, finely chopped

1 small zucchini, finely chopped

1 jalapeno pepper, seeded and finely chopped

1 garlic clove, minced

1 can (15 ounces) black beans, rinsed and drained

2 cups (8 ounces) shredded Mexican cheese blend, divided

1 cup frozen corn, thawed

1 teaspoon ground cumin

½ teaspoon salt

¼ teaspoon pepper

4 large poblano peppers, halved and seeded

1. In a small bowl, combine the sour cream, lime juice and ¼ cup cilantro. Cover and refrigerate until serving.

2. In a large skillet, saute onion in butter until tender. Add mushroom, yellow squash, zucchini, jalapeno and garlic; saute 3-5 minutes longer or until the vegetables are crisp-tender.

3. Stir in the beans, 1½ cups cheese, corn, cumin, salt, pepper and remaining cilantro. Remove from the heat. Spoon into poblano halves; sprinkle with remaining cheese.

4. Grill peppers, covered, over indirect medium heat for 10-14 minutes or until tender. Serve with sour cream sauce.

Editor's Note: *Wear disposable gloves when cutting hot peppers; the oils can burn skin. Avoid touching your face.*

dishing about food

A South-of-the-border riff on the typical stuffed sweet peppers, chiles rellenos feature zesty peppers filled with a cheese or meat mixture, coated with batter and then deep-fried (or grilled, in this case).



AUSTIN, TX

As they say, "Everything's bigger in Texas." That applies to the state capitol, too. It's the largest in the country (only the U.S. Capitol takes up more space).



Mom's Tamale Pie

I don't recall my mom ever using a recipe for her tamale pie, but I came up with this version that tastes very much like hers did. The grits add a Southern accent.

—**WALDINE GUILLOTT** DEQUINCY, LOUISIANA

PREP: 25 MIN. **BAKE:** 20 MIN. **MAKES:** 12 SERVINGS

- 2 pounds ground beef
- 1 large onion, chopped
- 1 large green pepper, chopped
- 1 can (15¼ ounces) whole kernel corn, undrained
- 1½ cups chopped fresh tomatoes
- 5 tablespoons tomato paste
- 1 envelope chili seasoning
- 1½ teaspoons sugar
- 1 teaspoon garlic powder
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 6 cups cooked grits (prepared with butter and salt)
- 1½ teaspoons chili powder, divided
- 1½ cups (6 ounces) shredded cheddar cheese

1. In a large skillet, cook the beef, onion and green pepper over medium heat until meat is no longer pink; drain. Add the corn, tomatoes, tomato paste, chili seasoning, sugar, garlic powder, basil and oregano. Cook and stir until heated through; keep warm.
2. Spread half of the grits in a greased 3-qt. baking dish. Sprinkle with 1 teaspoon chili powder. Top with the beef mixture and cheese. Pipe the remaining grits around edge of dish; sprinkle with remaining chili powder.
3. Bake, uncovered, at 325° for 20-25 minutes or until cheese is melted. Let stand for 5 minutes before serving.



Favorite Barbecued Chicken

What better place to find a fantastic barbecue sauce than Texas—and that's where this one is from. It's my father-in-law's own recipe. We've served it at many family reunions and think it's the best!

—**BOBBIE MORGAN** WOODSTOCK, GEORGIA

PREP: 15 MIN. **GRILL:** 35 MIN. **MAKES:** 6 SERVINGS

1 broiler/fryer chicken (3 pounds), cut up

Salt and pepper to taste

BARBECUE SAUCE

1 small onion, finely chopped

1 tablespoon canola oil

1 cup ketchup

2 tablespoons lemon juice

1 tablespoon brown sugar

1 tablespoon water

½ teaspoon ground mustard

¼ teaspoon garlic powder

⅛ teaspoon pepper

Dash salt

Dash hot pepper sauce

1. Sprinkle chicken with salt and pepper. Grill chicken, skin side down, uncovered, over medium heat for 20 minutes.

2. Meanwhile, in a small saucepan, saute the onion in oil until tender. Stir in the remaining sauce ingredients. Bring to a boil. Reduce heat; simmer, uncovered, for 10 minutes.

3. Turn chicken; grill 15-25 minutes longer or until juices run clear, brushing often with barbecue sauce.



Country-Style Grilled Ribs

A sweet and tangy barbecue sauce, sprinkled with celery seed, coats these tender ribs. Chili powder and hot pepper sauce punch up the heat and zesty flavor.

—**MARILYN BEERMAN** WORTHINGTON, OHIO

PREP: 5 MIN. **COOK:** 70 MIN. + STANDING **MAKES:** 4 SERVINGS

3 pounds boneless country-style pork ribs

1 cup water

1 cup ketchup

¼ cup packed brown sugar

¼ cup cider vinegar

¼ cup Worcestershire sauce

1 tablespoon celery seed

1 teaspoon chili powder

½ teaspoon hot pepper sauce

Dash pepper

1. Place ribs in a shallow roasting pan. Cover and bake at 325° for 1¼ hours or until a meat thermometer reads 160°.

2. Meanwhile, in a small saucepan, combine remaining ingredients. Bring to a boil. Reduce heat; simmer, uncovered, for 5 minutes, stirring occasionally. Pour 1 cup sauce over ribs, turn to coat. Let stand for 15 minutes.

3. Drain and discard marinade. Grill ribs, uncovered, over medium heat for 10-12 minutes, basting with 1 cup sauce and turning occasionally. Serve with remaining sauce.



King Ranch Casserole

Every time I serve this creamy casserole, it gets rave reviews. The recipe was passed down to me and is so good! It's really easy to make, freezes well and has just a touch of heat. If your family likes things spicy hot, add some jalapenos!

—**KENDRA DOSS** KANSAS CITY, MISSOURI

PREP: 25 MIN. **BAKE:** 30 MIN. **MAKES:** 8 SERVINGS

1 large onion, finely chopped

2 celery ribs, finely chopped

1 medium green pepper, finely chopped

1 medium sweet red pepper, finely chopped

1 tablespoon canola oil

1 garlic clove, minced

3 cups cubed cooked chicken breast

1 can (10¾ ounces) reduced-fat reduced-sodium condensed cream of celery soup, undiluted

1 can (10¾ ounces) reduced-fat reduced-sodium condensed cream of chicken soup, undiluted

1 can (10 ounces) diced tomatoes and green chilies, undrained

1 tablespoon chili powder

12 corn tortillas (6 inches), cut into 1-inch strips

2 cups (8 ounces) shredded reduced-fat cheddar cheese, divided

1. In a large nonstick skillet coated with cooking spray, saute the onion, celery and peppers in oil until crisp-tender. Add garlic; cook 1 minute longer. Stir in the chicken, soups, tomatoes and chili powder.

2. Line the bottom of a 3-qt. baking dish with half of the tortilla strips; top with half of the chicken mixture and 1 cup cheese. Repeat layers. Bake, uncovered, at 350° for 30-35 minutes or until bubbly.

dishing about food

King Ranch Casserole is named for a real place in South Texas, a cattle and horse ranch that sprawls over 825,000 acres—that's more land than the state of Rhode Island! It's been in operation for more than 150 years.



Black Bean Veggie Enchiladas

I created this dish one night when we were in the mood for enchiladas, but didn't want all the fat and calories of the traditional ones. I used ingredients I had on hand that day, and now this recipe's a family favorite!

—**NICOLE BARNETT** CENTENNIAL, COLORADO

PREP: 30 MIN. **BAKE:** 25 MIN. **MAKES:** 6 ENCHILADAS

1 small onion, chopped

1 small green pepper, chopped

½ cup sliced fresh mushrooms

2 teaspoons olive oil

1 garlic clove, minced

1 can (15 ounces) black beans, rinsed and drained

¾ cup frozen corn, thawed

1 can (4 ounces) chopped green chilies

2 tablespoons reduced-sodium taco seasoning

1 teaspoon dried cilantro flakes

6 whole wheat tortillas (8 inches), warmed

½ cup enchilada sauce

¾ cup shredded reduced-fat Mexican cheese blend

1. In a large skillet, saute onion, green pepper and mushrooms in oil until crisp-tender. Add garlic; cook 1 minute longer. Add the beans, corn, chilies, taco seasoning and cilantro; cook for 2-3 minutes or until heated through.

2. Spoon ½ cup bean mixture down the center of each tortilla. Roll up and place seam side down in a greased 13x9-in. baking dish. Top with enchilada sauce and cheese.

3. Bake, uncovered, at 350° for 25-30 minutes or until heated through.



Chicken Tostadas with Mango Salsa

Ginger adds a pleasant touch of flavor to this twist on a traditional tostada. It's so easy to eat healthful foods when good fresh salsa is around!

—**ERIN RENOUF MYLROIE** SANTA CLARA, UTAH

PREP: 30 MIN. + MARINATING **COOK:** 20 MIN. **MAKES:** 6 SERVINGS

⅓ cup orange juice

5 tablespoons lime juice, divided

1 teaspoon garlic powder

1 teaspoon ground cumin

1 pound boneless skinless chicken breast halves

2 medium mangoes, peeled and diced

1 small red onion, chopped

½ cup minced fresh cilantro

1 serrano pepper, seeded and minced

2 tablespoons finely chopped crystallized ginger

1 tablespoon brown sugar

¼ teaspoon salt

6 corn tortillas (6 inches)

3 cups coleslaw mix

6 tablespoons fat-free sour cream

1. In a large resealable plastic bag, combine the orange juice, 3 tablespoons lime juice, garlic powder and cumin; add the chicken. Seal bag and turn to coat; refrigerate for at least 20 minutes.

2. For salsa, in a small bowl, combine the mangoes, onion, cilantro, serrano pepper, ginger, brown sugar, salt and remaining lime juice. Cover and chill until serving.

3. Drain and discard marinade. Place chicken on a broiler pan coated with cooking spray. Broil 4-6 in. from the heat for 5-7 minutes on each side or until a thermometer reads 165°. Cut into thin strips.

4. In a nonstick skillet, cook tortillas over medium heat for 1-2 minutes on each side or until lightly browned. Top each with coleslaw mix, chicken, mango salsa and sour cream.

Editor's Note: *Wear disposable gloves when cutting hot peppers; the oils can burn skin. Avoid touching your face.*

dishing about food

The classic tostada base is a corn tortilla that's been baked, toasted or fried until crispy. It is usually prepared flat, but can also be shaped into a bowl and layered with your choice of toppings.



Cobre Valley Casserole

We live in southeastern Arizona, in a part of the state known as Cobre Valley. "Cobre" is a Spanish word for copper, which is mined here. Variations of this recipe have been enjoyed in this area for many years.

—CAROLYN DEMING MIAMI, ARIZONA

PREP: 15 MIN. **BAKE:** 30 MIN. **MAKES:** 8 SERVINGS

1 pound ground beef

1 medium onion, chopped

1 celery rib, chopped

1 envelope taco seasoning

¼ cup water

2 cans (16 ounces each) refried beans

1 can (4 ounces) chopped green chilies, optional

1 cup (4 ounces) shredded cheddar cheese

2 green onions, sliced

1 large tomato, peeled, seeded and chopped

⅓ cup sliced ripe olives

1½ cups crushed tortilla chips

1. In a large skillet, cook the beef, onion and celery over medium heat until meat is no longer pink; drain. Stir in the taco seasoning, water, beans and green chilies if desired.

2. Transfer to a greased 11x7-in. baking dish. Bake, uncovered, at 350° for 30 minutes or until heated through. Top with cheese, green onions, tomato, olives and chips.



Pinto Bean Chili

Plenty of cumin and chili powder season this chili, which is great with homemade quesadillas served on the side. It all makes a terrific Southwestern meal.

—**SANDY DILATUSH** DENVER, COLORADO

PREP: 20 MIN. + SOAKING **COOK:** 1¼ HOURS **MAKES:** 8 SERVINGS

1 pound dried pinto beans

2 pounds ground beef

1 medium onion, chopped

3 celery ribs, chopped

3 tablespoons all-purpose flour

4 cups water

2 tablespoons chili powder

2 tablespoons ground cumin

½ teaspoon sugar

1 can (28 ounces) crushed tomatoes

2 teaspoons cider vinegar

1½ teaspoons salt

CHILI CHEESE QUESADILLAS

2 cans (4 ounces each) chopped green chilies

12 flour tortillas (6 inches)

3 cups (12 ounces) shredded cheddar cheese

3 teaspoons canola oil

1. Place beans in a Dutch oven or stockpot; add water to cover by 2 in. Bring to a boil; boil for 2 minutes. Remove from the heat; cover and let stand for 1-4 hours. Drain and rinse beans, discarding liquid.

2. In a Dutch oven, cook the beef, onion and celery over medium heat until the meat is no longer pink; drain. Stir in the flour until blended. Gradually stir in the water. Add the beans, chili powder, cumin and sugar. Bring to a boil. Reduce heat; cover and simmer for 1½ hours or until the beans are tender. Stir in the tomatoes, vinegar and salt; heat through, stirring occasionally.

3. Meanwhile, for quesadillas, spread about 1 tablespoon of chilies on half of each tortilla. Sprinkle with ¼ cup of cheese; fold in half. In a large skillet, cook tortillas in 1 teaspoon of oil over medium heat until lightly browned on each side, adding more oil as needed. Cut each in half. Serve with chili.



Barbecued Beef Brisket

A guest at the RV park and marina my husband and I used to run gave me this flavorful brisket recipe. It's become the star of countless gatherings, from potlucks to holiday dinners. My family looks forward to it as much as our Christmas turkey!

—**BETTYE MILLER** OKLAHOMA CITY, OKLAHOMA

PREP: 20 MIN. **GRILL:** 2¼ HOURS **MAKES:** 6 SERVINGS

½ cup packed brown sugar

½ cup ketchup

¼ cup water

¼ cup cider vinegar

¼ cup canola oil

3 tablespoons dark corn syrup

2 tablespoons prepared mustard

1 tablespoon prepared horseradish

1 garlic clove, minced

BRISKET

2 tablespoons canola oil

1 fresh beef brisket (2 to 2½ pounds), trimmed

1. Combine the first nine ingredients in a saucepan. Cook and stir over medium heat 3-4 minutes or until brown sugar is dissolved. Transfer to a disposable aluminum pan.

2. Heat oil in a large skillet over medium heat. Brown brisket on all sides. Place in aluminum pan, turning to coat with sauce. Cover pan tightly with foil.

3. Grill, covered, over indirect medium heat 2 to 2¼ hours or until meat is fork-tender, adding additional briquettes as needed.

4. Remove brisket from pan; tent with foil. Let stand 10 minutes. Meanwhile, skim fat from sauce in pan. Cut brisket diagonally across the grain into thin slices; serve with sauce.

Editor's Note: *This is a fresh beef brisket, not corned beef.*

dishing about food

"Barbecue" may refer to pork in the Deep South, but in Texas, it means beef—and more specifically, brisket. When brisket is roasted low and slow, the results are out of this world! The meat is so tender, it melts in your mouth, and so flavorful, you'll want seconds and thirds.



LOCKHART, TX

Named Barbecue Capital of Texas, Lockhart's four BBQ joints smoke meat to perfection. Altogether, they serve about 5,000 people per week!



Steak Burritos

These meaty burritos team up tender steak slices with black beans and avocado. They're nicely seasoned with fresh cilantro, salsa and sour cream.

—**REBECCA BAIRD** SALT LAKE CITY, UTAH

PREP/TOTAL TIME: 30 MIN. **MAKES:** 2 SERVINGS

4 ounces beef flank steak

$\frac{1}{8}$ teaspoon salt

$\frac{1}{8}$ teaspoon pepper

$\frac{1}{2}$ teaspoon canola oil

2 flour tortillas (8 inches), warmed

$\frac{1}{2}$ cup cold cooked rice

$\frac{1}{2}$ medium ripe avocado, peeled and diced

$\frac{1}{2}$ cup canned black beans, rinsed and drained

2 tablespoons sour cream

1 tablespoon salsa

1 tablespoon finely chopped onion

1½ teaspoons minced fresh cilantro

1. Sprinkle steak with salt and pepper. In a small skillet coated with cooking spray, cook steak in oil over medium-high heat for 3-4 minutes on each side or until meat reaches desired doneness (for medium-rare, a thermometer should read 145°; medium, 160°; well-done, 170°).
2. Thinly slice steak across the grain; place down the center of each tortilla. Top with the rice, avocado, beans, sour cream, salsa, onion and cilantro. Roll up; serve immediately.

Topped with ooey-gooley shredded cheese, this tender skillet chicken looks great and tastes even better. You'll get a kick out of its jalapeno zip.

—**TERESA JONES** ASHDOWN, ARKANSAS



Fiesta Smothered Chicken

Topped with ooey-gooley shredded cheese, this tender skillet chicken looks great and tastes even better. You'll get a kick out of its jalapeno zip.

—**TERESA JONES** ASHDOWN, ARKANSAS

PREP/TOTAL TIME: 30 MIN. **MAKES:** 2 SERVINGS

3 tablespoons reduced-sodium soy sauce

1 tablespoon Worcestershire sauce

¼ teaspoon garlic powder

2 boneless skinless chicken breast halves (5 ounces each)

½ cup sliced fresh mushrooms

¼ cup chopped onion

4 teaspoons chopped seeded jalapeno pepper

6 teaspoons butter, divided

¼ cup shredded pepper jack cheese

¼ cup shredded cheddar cheese

1. In a large resealable plastic bag, combine the soy sauce, Worcestershire sauce and garlic powder; add the chicken. Seal bag and turn to coat; set aside.
2. In a large nonstick skillet coated with cooking spray, saute the mushrooms, onion and jalapeno in 2 teaspoons butter until tender. Remove and keep warm.
3. Drain and discard marinade. In the same skillet, cook chicken in remaining butter over medium heat for 4-5 minutes on each side or until a thermometer reads 165°. Spoon vegetable mixture over each chicken breast; sprinkle with cheeses. Cover and cook for 1-2 minutes or until cheese is melted.

Editor's Note: *Wear disposable gloves when cutting hot peppers; the oils can burn skin. Avoid touching your face.*

Chuck Wagon Tortilla Stack

Piling on loads of hearty flavor at mealtime is a snap. I simply roll out this skillet specialty. Layers of meat mixture with tortillas simmer in a deep skillet. It's easy to cut and spoon out.

—**BERNICE JANOWSKI** STEVENS POINT, WISCONSIN

PREP: 15 MIN. **COOK:** 40 MIN. **MAKES:** 4-6 SERVINGS

1 pound ground beef

2 to 3 garlic cloves, minced

1 can (16 ounces) baked beans

1 can (14½ ounces) stewed tomatoes, undrained

1 can (11 ounces) whole kernel corn, drained

1 can (4 ounces) chopped green chilies

¼ cup barbecue sauce

4½ teaspoons chili powder

1½ teaspoons ground cumin

4 flour tortillas (10 inches)

1⅓ cups (about 5 ounces) shredded pepper jack cheese

Shredded lettuce, chopped red onion, sour cream and/or chopped tomatoes, optional

1. In a large skillet, cook beef until the meat is no longer pink; drain. Add the garlic, beans, tomatoes, corn, chilies, barbecue sauce, chili powder and cumin. Bring to a boil. Reduce the heat; simmer, uncovered, for 10-12 minutes or until liquid is reduced.

2. Coat a large deep skillet with cooking spray. Place one tortilla in skillet; spread with 1½ cups meat mixture. Sprinkle with ⅓ cup cheese. Repeat layers three times. Cover and cook on low for 15 minutes or until cheese is melted and tortillas are heated through. Cut into wedges. Serve with toppings of your choice.

dishing about food

Perhaps the forerunner of today's food trucks, a chuck wagon's food was basic and often reputed to be bland and boring. It all changed when trail-drive cooks began stocking their chuck boxes with chilies, sweet peppers and spices to create more flavorful food. These ingredients were all readily available in the Southwest due to the growing influence of Mexican cooking.



Citrus Chicken Fajitas

I've tried several variations of this recipe, choosing chicken for a lighter fare and just the perfect blend of spices. I'll have to say, everyone raves about these.

—**DEBRA KAPITAN** SACRAMENTO, CALIFORNIA

PREP: 20 MIN. + MARINATING **COOK:** 15 MIN. **MAKES:** 4 SERVINGS

6 tablespoons lemon juice

¼ cup lime juice

2 tablespoons minced fresh cilantro

1 tablespoon olive oil

1 teaspoon sugar

½ teaspoon garlic powder

½ teaspoon ground cumin

1 pound boneless skinless chicken breasts, cut into strips

1 each medium green, sweet red and yellow peppers, julienned

1 large red onion, halved and thinly sliced

4 flour tortillas (8 inches), warmed

½ cup shredded lettuce

¼ cup sliced ripe olives

¼ cup shredded reduced-fat cheddar cheese

1. In a small bowl, combine the first seven ingredients. Divide marinade equally between two large resealable plastic bags; add the chicken to one bag. Add peppers and onion to remaining bag. Seal bags and turn to coat; refrigerate for several hours or overnight.

2. Drain chicken and vegetables; discard marinade. In a large nonstick skillet coated with cooking spray, cook and stir chicken over medium heat for 3 minutes. Add vegetables; cook 3-5 minutes longer or until chicken is no longer pink and vegetables are crisp-tender.

3. Spoon filling onto tortillas; top with lettuce, olives and cheese. Roll up.

Citrus Veggie Chicken Fajitas: *Add 1 each small julienned zucchini and yellow summer squash to the peppers. Marinate and cook as directed.*

Carne de Cerdo Sopas

I call this “dude food,” as my husband and son would eat it weekly if I prepared it. The tender shredded pork is delicious.

—**JOHNNA JOHNSON** SCOTTSDALE, ARIZONA

PREP: 25 MIN. + MARINATING **COOK:** 2 HOURS **MAKES:** 12 SERVINGS

3 cups chicken broth, divided

¾ cup chili powder

2 tablespoons red wine vinegar

1 tablespoon chopped fresh cilantro

1 tablespoon honey

2 teaspoons ground cumin

2 teaspoons dried oregano

1 teaspoon salt

1 teaspoon ground cinnamon

1 boneless pork shoulder butt roast (3 to 4 pounds), cut into ¾-inch cubes

5 tablespoons canola oil, divided

2 large onions, chopped

6 garlic cloves, minced

1 can (10 ounces) diced tomatoes and green chilies, undrained

SOPES

3 cups masa harina

½ teaspoon salt

2 cups water

3 tablespoons canola oil

Optional toppings: hot refried beans, shredded lettuce, chopped tomatoes, shredded cheddar cheese, guacamole and/or sour cream

1. In a large resealable plastic bag, combine 1 cup broth, chili powder, vinegar, cilantro, honey and seasonings. Add the pork; seal bag and turn to coat. Refrigerate for 4 hours or overnight.
2. In an ovenproof Dutch oven, brown pork in 4 tablespoons oil in batches. Remove and keep warm. In the same pan, saute onions in remaining oil until tender. Add garlic; cook 2 minutes longer.
3. Return pork to pan; add remaining broth and tomatoes. Bring to a boil. Cover and bake at 350° for 1½ to 1¾ hours or until meat is tender. With a slotted spoon, remove meat to a large bowl. Skim fat from cooking liquid. Bring to a boil over high heat; cook until slightly thickened and reduced to about 2 cups, stirring occasionally. Return meat to pan; set aside and keep warm.
4. For sopas, in a large bowl, combine masa harina and salt; stir in water. Knead until smooth, adding additional water, 1 teaspoon at a time, if necessary. Divide into 12 portions, about ¼ cup each. Roll each to form a ball; flatten to 4-in. patty. Cover with plastic wrap.
5. Heat a large ungreased skillet over medium heat until hot. Cook the sopas in batches for 1 minute on each side or until lightly browned. Remove from pan. Immediately pinch edges to form a ½-in. rim; set aside.
6. To serve, in same skillet, cook the sopas in hot oil in batches over medium-high heat for 15-30 seconds on each side or until golden brown and slightly crisp. Drain on paper towels. Using a slotted spoon, place pork on sopas; serve with toppings of your choice.

dishing about food

Sopas are made with the same ingredients as tortillas, but are smaller in diameter, thicker and have a raised edge, like a tart shell.



PHOENIX, AZ

The Desert Botanical Garden offers solid proof that even in arid climates, beauty abounds. Winding trails offer a good look at five Arizona habitats, and special exhibits, events and spectacular sunset displays mean no visit is ever the same.

Arizona Chicken

I have a large collection of recipes with a Southwest flavor. Served with either pasta or rice, this is one of my husband's favorites. The moist, flavorful chicken suits any occasion.

—CAROLYN DEMING MIAMI, ARIZONA

PREP: 20 MIN. **COOK:** 45 MIN. **MAKES:** 6 SERVINGS

6 boneless skinless chicken breast halves (4 ounces each)

¼ cup canola oil, divided

1 medium onion, sliced

4 cups chopped fresh tomatoes

2 celery ribs, sliced

¼ cup water

¼ cup sliced pimiento-stuffed olives

2 teaspoons garlic powder

2 teaspoons dried oregano

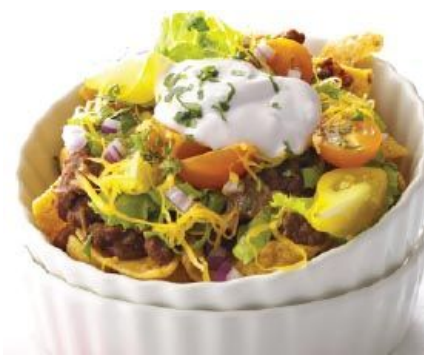
1 teaspoon salt, optional

¼ teaspoon pepper

½ pound fresh mushrooms, sliced

1. In a skillet, brown chicken on both sides in 2 tablespoons of oil. Remove and set aside. In the same skillet, saute onion in remaining oil until tender. Add the tomatoes, celery, water, olives, garlic powder, oregano, salt if desired and pepper; bring to a boil.

2. Cover and simmer for 15 minutes. Return chicken to pan. Simmer, uncovered, for 15 minutes. Add mushrooms; simmer 15 minutes longer or until a thermometer reads 170°.



Southwest Frito Pie

I got a real culture shock when we moved to New Mexico several years ago, but we grew to love the food. Now back in South Carolina, we still crave New Mexican dishes, and this is one of my go-to favorites.

—**JANET SCOGGINS** NORTH AUGUSTA, SOUTH CAROLINA

PREP: 20 MIN. **COOK:** 25 MIN. **MAKES:** 6 SERVINGS

2 pounds lean ground beef (90% lean)

3 tablespoons chili powder

2 tablespoons all-purpose flour

1 teaspoon salt

1 teaspoon garlic powder

2 cups water

1 can (15 ounces) pinto beans, rinsed and drained, optional

4½ cups corn chips

2 cups shredded lettuce

1½ cups (6 ounces) shredded cheddar cheese

¾ cup chopped tomatoes

6 tablespoons finely chopped onion

Sour cream and minced fresh cilantro, optional

1. In a Dutch oven, cook beef over medium heat until no longer pink; drain. Stir in the chili powder, flour, salt and garlic powder until blended; gradually stir in water.

2. Add beans, if desired. Bring to a boil. Reduce heat; simmer, uncovered, for 12-15 minutes or until thickened, stirring occasionally.

3. To serve, divide chips among six serving bowls. Top with beef mixture, lettuce, cheese, tomatoes and onion; garnish with sour cream and cilantro, if desired.

dishing about food

The recipe for Frito Pie appeared in the first Frito-Lay cookbook in the 1950s. Some sources say that Daisy Dean Doolin, mother of the Frito founder, C. E. Doolin, created the recipe in the '30s. If you take an individual serving-size bag of Fritos and add the chili mixture and toppings to the bag, it becomes a Frito boat or walking taco, which is popular in the Midwest.



SANTA FE, NM

This distinctive adobe-style structure might look ancient, but it's only been around since 1975. A luxury hotel in historic Santa Fe, the Inn and Spa at Loretto is one of the state's most frequently photographed buildings.



Ribeyes with Chili Butter

A couple spoonfuls of spicy butter instantly give these steaks a delicious Southwestern slant. Meat lovers will be delighted by the chili and mustard flavors.

—**ALLAN STACKHOUSE JR.**, JENNINGS, LOUISIANA

PREP/TOTAL TIME: 20 MIN. **MAKES:** 2 SERVINGS

¼ cup butter, softened

1 teaspoon chili powder

½ teaspoon Dijon mustard

Dash cayenne pepper

2 beef ribeye steaks (8 ounces each)

½ to 1 teaspoon coarsely ground pepper

¼ teaspoon sugar

1. In a small bowl, beat the butter, chili powder, mustard and cayenne until smooth. Refrigerate until serving.

2. Rub the steaks with pepper and sugar. Grill, covered, over medium heat for 5-6 minutes on each side or until meat reaches desired doneness (for medium-rare, a thermometer should read 145°; medium, 160°; well-done, 170°). Spoon chili butter over steak.



Southwestern Potpie with Cornmeal Biscuits

My Southwestern-inspired potpie is full of sweet and spicy pork, corn, beans and chilies. It's a surefire winner for any gathering! The cornmeal gives the biscuits a delightful little crunch.

—**ANDREA BOLDEN** UNIONVILLE, TENNESSEE

PREP: 35 MIN. + SIMMERING **BAKE:** 15 MIN. + STANDING **MAKES:** 12 SERVINGS

¼ cup all-purpose flour

1½ pounds boneless pork loin roast, cut into ½-inch cubes

2 tablespoons butter

1 jalapeno pepper, seeded and chopped

2 garlic cloves, minced

2 cups beef broth

1 can (14½ ounces) diced tomatoes, undrained

1 teaspoon ground cumin

½ teaspoon chili powder

¼ to ½ teaspoon ground cinnamon

1 can (15¼ ounces) whole kernel corn, drained

1 can (15 ounces) pinto beans, rinsed and drained

1 can (4 ounces) chopped green chilies

BISCUITS

3 cups biscuit/baking mix

¾ cup cornmeal

½ cup shredded cheddar cheese

4½ teaspoons sugar

1 cup 2% milk

1. Place flour in a large resealable plastic bag. Add pork, a few pieces at a time, and shake to coat. In a Dutch oven, brown pork in butter in batches. Remove and set aside.

2. In the same pan, saute jalapeno and garlic in the drippings for 1 minute. Stir in the broth, tomatoes, cumin, chili powder, cinnamon and pork. Bring to a boil. Reduce heat; cover and simmer for 1 hour or until pork is tender.

3. Add corn, beans and chilies; heat through. Transfer to a greased 13x9-in. baking dish.

4. In a large bowl, combine the biscuit mix, cornmeal, cheese and sugar; stir in milk just until moistened. Turn onto a lightly floured surface; knead 8-10 times.

5. Pat or roll out to ½-in. thickness; cut with a floured 2½-in. biscuit cutter. Arrange over meat mixture. Bake at 400° for 15-18 minutes or until golden brown. Let stand for 10 minutes before serving.

Editor's Note: *Wear disposable gloves when cutting hot peppers; the oils can burn skin. Avoid touching your face.*



Spicy Shrimp Skewers

Fresh herbs and Cajun seasoning enhance these delicious shrimp, paired with a spicy butter sauce. You can serve them as an entree or as appetizers. You'll love them either way!

—**DWAYNE VERETTO** ROSWELL, NEW MEXICO

PREP: 20 MIN. + MARINATING **GRILL:** 5 MIN. **MAKES:** 8 SERVINGS

¾ cup canola oil

1 medium onion, finely chopped

2 tablespoons Cajun seasoning

6 garlic cloves, minced

2 teaspoons ground cumin

1 teaspoon minced fresh rosemary

1 teaspoon minced fresh thyme

2 pounds uncooked large shrimp, peeled and deveined

Spicy BUTTER

1 cup butter, cubed

1 teaspoon minced fresh basil

1 teaspoon minced fresh tarragon

1 teaspoon Cajun seasoning

½ teaspoon garlic powder

3 drops hot pepper sauce

1. In a small bowl, combine the first seven ingredients. Place the shrimp in a large resealable plastic bag; add half of the marinade. Seal bag and turn to coat; refrigerate for 1-2 hours. Cover and refrigerate remaining marinade for basting.

2. In a small saucepan, combine the spicy butter ingredients; heat until butter is melted. Keep warm.

3. Drain and discard marinade. Thread shrimp onto eight metal or soaked wooden skewers. Grill, uncovered, over medium heat for 2-4 minutes on each side or until shrimp turn pink, basting once with reserved marinade. Serve with spicy butter.



Chicken Mole Ole

You'll get a kick out of this full-flavored Southwestern favorite that requires a bit of prep time, but is well worth it.

—**JOHNNA JOHNSON** SCOTTSDALE, ARIZONA

PREP: 40 MIN. **COOK:** 4 HOURS **MAKES:** 6 SERVINGS

2 dried ancho chilies

1½ pounds tomatillos, husks removed, halved

2 medium onions, sliced, divided

1 serrano pepper, halved and seeded

3 garlic cloves, peeled

3 pounds bone-in chicken breast halves, skin removed

1 tablespoon canola oil

2 teaspoons ground cumin, divided

1½ teaspoons chili powder

1 teaspoon pepper

¼ teaspoon ground cinnamon

2 whole cloves

½ cup almonds

1 ounce unsweetened chocolate, chopped

1 tablespoon lime juice

1 teaspoon salt

1½ cups (6 ounces) shredded cheddar-Monterey Jack cheese

½ cup minced fresh cilantro

1. Place chilies in a small bowl. Cover with boiling water; let stand for 20 minutes. Drain. Remove stems and seeds. Coarsely chop; set aside. Place the tomatillos, 1 onion, serrano pepper and garlic in a greased 15x10x1-in. baking pan. Bake, uncovered, at 400° for 10-15 minutes or until tender, stirring once.

2. In a large skillet, brown chicken in oil. Transfer to a 4-qt. slow cooker. In the same skillet, saute remaining onion until tender. Add 1 teaspoon cumin, chili powder, pepper, cinnamon, cloves and hydrated chilies; cook 1 minute longer. Discard cloves.

3. Place almonds in a food processor; cover and process until ground. Add spiced onion mixture and chocolate; cover and process until blended. Transfer to a small bowl.

4. Place the tomatillo mixture, lime juice, salt and remaining cumin in food processor; cover and process until chopped. Stir into almond mixture. Pour over chicken. Cover and cook on low for 4 to 5 hours or until chicken is tender. Sprinkle each serving with cheese and cilantro.

Editor's Note: *Wear disposable gloves when cutting hot peppers; the oils can burn skin. Avoid touching your face.*

dishing about food

We have Mesoamerican civilizations to thank for bringing us chocolate. Both the Mayans and Aztecs used cacao in a bitter beverage and as

currency. Today, Mexican chocolate contains a touch of cinnamon and imparts a subtle richness in savory dishes and recipes.



SONORAN DESERT

It shares its name with a Mexican state, but the Sonoran Desert stretches into Arizona and California, too. It is home to many unique plants and animals, including the Saguaro cactus and the greater roadrunner.



Braised Pork with Tomatillos

Braised pork is a sure way to make people’s mouths water. The tomatillos in this dish offer a bright hint of tangy flavor to the meat. For ultimate enjoyment, make the dish one day ahead and reheat.

—**MATTHEW LAWRENCE** VASHON, WASHINGTON

PREP: 25 MIN. **BAKE:** 3 HOURS **MAKES:** 6 SERVINGS

- 1 tablespoon coriander seeds
- 1 tablespoon cumin seeds
- 1 bone-in pork shoulder roast (3 to 4 pounds)
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 tablespoon canola oil
- 15 tomatillos, husks removed, and chopped
- 1 medium onion, chopped
- 2 garlic cloves, peeled and halved
- 1 cup white wine
- 8 cups chicken broth

POLENTA

4 cups chicken broth

1 cup yellow cornmeal

1. In a small dry skillet over medium heat, toast coriander and cumin seeds until aromatic, about 1-2 minutes. Remove from skillet. Crush seeds using a spice grinder or mortar and pestle; set aside.

2. Sprinkle pork with salt and pepper. In a Dutch oven, brown roast in oil on all sides. Remove and set aside. Add tomatillos and onion to the pan; saute until tomatillos are tender and lightly charred. Add the garlic and crushed spices; cook 1 minute longer.

3. Add wine stirring to loosen browned bits from pan. Stir in broth and return roast to pan. Bring to a boil. Cover and bake at 350° for 3 to 3½ hours or until pork is tender.

4. Meanwhile, in a large heavy saucepan, bring broth to a boil. Reduce heat to a gentle boil; slowly whisk in cornmeal. Cook and stir with a wooden spoon for 15-20 minutes or until polenta is thickened and pulls away cleanly from the sides of the pan. Serve with pork.

dishing about food

Tomatillos resemble green tomatoes with brown, papery husks. Their tangy, herbal flavor nicely complements many Southwestern and Mexican dishes. When shopping, look for firm, lime-green fruit wrapped snugly in dry husks.



Southwestern Beef Burritos

We became acquainted with Mexican food after moving here from the Midwest. I got this recipe from my brother-in-law, who used to run a Mexican restaurant.

—JACQUELINE HERGERT PAYSON, ARIZONA

PREP: 15 MIN. **COOK:** 2¼ HOURS **MAKES:** 8 SERVINGS

2 to 2½ pounds beef top round steak, cut into 1-inch cubes

2 tablespoons canola oil

2 large onions, chopped

2 garlic cloves, minced

1 can (15 ounces) enchilada sauce

1 can (14½ ounces) diced tomatoes, undrained

1 to 2 cans (4 ounces each) chopped green chilies

1 teaspoon salt

¼ teaspoon pepper

2 tablespoons all-purpose flour

¼ cup cold water

8 flour tortillas (10 inches)

Diced tomatoes, sliced ripe olives, shredded cheddar cheese, sour cream, chopped green onions, shredded lettuce and/or guacamole, optional

1. In a large skillet over medium heat, brown meat in oil; drain. Add onions and garlic; cook and stir for 2 minutes. Add the enchilada sauce, tomatoes, chilies, salt and pepper; bring to a boil. Reduce heat; cover and simmer for 2 hours or until meat is tender.

2. Combine flour and water; add to beef mixture, stirring constantly. Bring to a boil; cook and stir for 1 minute or until thickened.

3. Warm tortillas; spoon ½ cup filling, off center, on each one. Fold sides and bottom of tortilla over filling, then roll up. Spoon a little more filling

over top of burritos. Serve immediately. Garnish with tomatoes, olives, cheese, sour cream, onions, lettuce and/or guacamole if desired.

dishing about food

Much larger than their Mexican counterparts, American burritos have taken on a life of their own. American cooks turned them into a one-dish meal, including meat, rice, beans, salsa, cheese, guacamole, veggies and more!



Tex-Mex Beef Sandwiches

Everyone loves these when I serve them. The cocoa is a surprise ingredient that adds real depth of flavor. It's hard to identify, so I'm often asked, "What's that interesting taste?"

—**BRENDA THEISEN** ADDISON, MICHIGAN

PREP: 25 MIN. **COOK:** 8 HOURS **MAKES:** 8 SERVINGS

1 boneless beef chuck roast (3 pounds)

1 envelope burrito seasoning

2 tablespoons baking cocoa

1 large green pepper, coarsely chopped

1 large sweet red pepper, coarsely chopped

1 large onion, chopped

1 cup beef broth

½ cup ketchup

8 hoagie buns, split

1. Cut the roast in half. Combine burrito seasoning and cocoa; rub over meat. Place peppers and onion in a 3- or 4-qt. slow cooker; top with meat. Combine broth and ketchup; pour over meat.

2. Cover and cook on low for 8-10 hours or until meat is tender. Skim fat. When cool enough to handle, shred meat with two forks and return to slow cooker; heat through. Using a slotted spoon, spoon ½ cup onto each bun.



Mexican Carnitas

Ever hear of “carnitas?” They’re easy-to-make pork crisps that are very popular in Mexico. The secret to this recipe is the citrus—and quick frying. Be sure the meat is well-drained before it’s placed in oil, though, or it will splatter and pop.

—**PATRICIA COLLINS** IMBLER, OREGON

PREP: 10 MIN. **BAKE:** 2 HOURS 10 MIN. **MAKES:** 12-16 SERVINGS

1 boneless pork shoulder butt roast (3 to 4 pounds), cut into 1-inch cubes

6 large garlic cloves, minced

½ cup fresh cilantro leaves, chopped

1 teaspoon salt

Pepper to taste

3 large oranges, divided

1 large lemon

Oil for frying

12 to 16 flour tortillas (8 inches), warmed

Optional toppings: shredded cheddar cheese, salsa and guacamole

1. Place meat in a medium-size roasting pan. Sprinkle with garlic and cilantro. Season with salt and pepper. Squeeze the juice from one orange and the lemon over the meat. Slice the remaining oranges and place over the meat.

2. Cover and bake at 350° for about 2 hours or until meat is tender. With a slotted spoon, remove meat and drain well on paper towels. Heat a small amount of oil in a skillet and fry meat, 1 lb. at a time, until brown and crispy.

3. Serve warm in tortillas with toppings of your choice.

dishing about food

Traditional carnitas are made with seasoned pork that’s slow-roasted, braised and/or fried until it melts in your mouth! Once ready, it’s used in all sorts of dishes, from tacos to tamales.



Spicy Pork Tostadas

I serve these flavorful tostadas as a casual meal for family or friends. My husband and I love the salsa topping so much that I often double that part of the recipe so we have some left over to serve with chicken, on burgers or as a dip.

—**KATHY SMITH** PITTSBURGH, PENNSYLVANIA

PREP: 20 MIN. **BAKE:** 2 HOURS **MAKES:** 8 SERVINGS

3 teaspoons dried oregano

1 teaspoon salt

½ teaspoon coarsely ground pepper

½ teaspoon cayenne pepper

1 bone-in pork loin roast (about 3 pounds)

3 large onions, chopped

4 tablespoons canola oil, divided

3 garlic cloves, minced

1 medium green pepper, chopped

1 cup salsa

½ cup frozen corn, thawed

½ cup canned black beans, rinsed and drained

1 teaspoon paprika

½ teaspoon crushed red pepper flakes

¼ teaspoon hot pepper sauce

¼ cup minced fresh cilantro

8 corn tortillas (6 inches)

1 cup (4 ounces) shredded Monterey Jack cheese

1. Combine the oregano, salt, pepper and cayenne; rub over roast. Place fat side up on a rack in a shallow roasting pan. Bake, uncovered, at 325° for 2 hours or until a thermometer reads 160°.

2. In a large skillet, saute the onions in 2 tablespoons oil until tender. Add garlic; cook 1 minute longer. Add the green pepper, salsa, corn, beans, paprika, pepper flakes and hot pepper sauce. Bring to a boil. Reduce heat; cover and simmer for 15-20 minutes, stirring occasionally. Stir in the cilantro; keep warm.

3. Shred pork with two forks; keep warm. In a large skillet, fry tortillas, one at a time, in remaining oil for 2 minutes on each side or until golden. Drain on paper towels.

4. Place tortillas on serving plates; top with shredded pork, onion mixture and cheese.



Tortilla-Vegetable Chicken Soup

Even though this recipe has a long list of ingredients, it is actually a snap to fix. Most of the ingredients are already in your pantry.

—JAN PERI-WYRICK FORT WORTH, TEXAS

PREP: 20 MIN. **COOK:** 15 MIN. **MAKES:** 6 SERVINGS

3 flour tortillas (6 inches), cut into 1-inch strips

¼ cup chicken drippings, optional

1 cup chopped celery

¾ cup finely chopped carrot
½ cup chopped red onion
2 tablespoons olive oil
3 cans (14½ ounces each) reduced-sodium chicken broth
1 can (15 ounces) black beans, rinsed and drained
1 can (14½ ounces) beef broth
1 can (10 ounces) diced tomatoes with mild green chilies
2 cups cubed cooked chicken breast
2 cups frozen corn
2 teaspoons dried parsley flakes
1 teaspoon garlic powder
1 teaspoon dried basil
1 teaspoon ground cumin
1 teaspoon ground coriander
Shredded Monterey Jack cheese, optional

1. Place tortilla strips on a baking sheet coated with cooking spray; bake at 350° for 8-10 minutes or until lightly browned. Set aside.
2. Meanwhile, skim fat from drippings. In a Dutch oven, saute the celery, carrot and onion in oil until tender. Stir in the chicken broth, black beans, beef broth, tomatoes, chicken, corn, seasonings and drippings if desired. Bring to a boil. Reduce heat; simmer, uncovered, for 15 minutes.
3. Serve with the tortilla strips and cheese if desired.



Texas Jalapeno Jelly

Here's a great recipe for homemade holiday or hostess gifts, and a jar of this jelly is always warmly received. I like to add a Southwestern accent by trimming the lid with a bandanna.

—LORI MCMULLEN VICTORIA, TEXAS

PREP: 15 MIN. **PROCESS:** 10 MIN. **MAKES:** 7 HALF-PINTS

2 jalapeno peppers, seeded and chopped
3 medium green peppers, cut into 1-inch pieces, divided
1½ cups white vinegar, divided
6½ cups sugar
½ to 1 teaspoon cayenne pepper

2 pouches (3 ounces each) liquid fruit pectin

About 6 drops green food coloring, optional

Cream cheese and crackers, optional

1. In a blender or food processor, place the jalapenos, half of green peppers and ½ cup vinegar; cover and process until pureed. Transfer to a large Dutch oven.
2. Repeat with remaining green peppers and another ½ cup vinegar. Add the sugar, cayenne and remaining vinegar to pan. Bring to a rolling boil over high heat, stirring constantly. Quickly stir in pectin. Return to a rolling boil; boil for 1 minute, stirring constantly.
3. Remove from the heat; skim off foam. Add food coloring if desired. Carefully ladle hot mixture into hot half-pint jars, leaving ¼-in. headspace. Remove air bubbles; wipe rims and adjust lids.
4. Process for 10 minutes in a boiling-water canner. Serve over cream cheese with crackers if desired.

Editor's Note: *When cutting hot peppers, disposable gloves are recommended. Avoid touching your face. The processing time listed is for altitudes of 1,000 feet or less. Add 1 minute to the processing time for each 1,000 feet of additional altitude.*

dishing about food

Texans like to claim that jelly featuring their official state pepper, the jalapeno, was first sold in Lake Jackson in 1978. However, many Southwesterners agree that the recipe is much older. Caterer Viola Rowlands, for example, served up her jalapeno jelly at Hollywood cocktail parties. Now her granddaughter's company, Viola's Gourmet Goodies, markets jars of the zesty spread.



SAN ANTONIO, TX

Both days and nights are colorful on San Antonio's River Walk. The public park winds through the city's downtown on the banks of the San Antonio River.



Jicama Slaw with Peanuts

Peanuts add interest and crunch to my crisp coleslaw featuring jicama and tangerines. For a creamy dressing, I sometimes stir in two heaping tablespoons of mayonnaise or yogurt.

—**DONNA NOEL** GRAY, MAINE

PREP/TOTAL TIME: 20 MIN. **MAKES:** 6 SERVINGS

1 medium jicama, julienned

⅓ cup orange juice

½ teaspoon salt

⅛ to ¼ teaspoon cayenne pepper

⅛ teaspoon pepper

3 tangerines, peeled and sectioned

¼ cup minced fresh cilantro

½ cup salted peanuts

1. In a large bowl, combine the first five ingredients. Stir in tangerines and cilantro. Cover and refrigerate until serving. Just before serving, stir in peanuts.

dishing about food

Jicama, a sweet, low-calorie root vegetable, goes by many names: Mexican potato, Mexican yam bean, Chinese turnip and Chinese potato. Americans get most of their jicama from Mexico or South America.



Chili con Queso

I love to make this dip for parties because it is so easy and I usually have all the ingredients on hand. I double the recipe and prepare it in my slow cooker so it will not scorch. This makes it completely worry-free when entertaining!

—**MARIE STOUT** APO, AP

PREP/TOTAL TIME: 15 MIN. **MAKES:** 2¾ CUPS

1 pound process cheese (Velveeta), cubed

½ cup chunky-style salsa

1 can (4 ounces) chopped green chilies

1 jar (4 ounces) diced pimientos, drained

½ teaspoon garlic powder

¼ teaspoon cayenne pepper

⅛ teaspoon ground cumin

⅛ teaspoon crushed red pepper flakes

Tortilla chips

1. In a microwave-safe bowl, combine the first eight ingredients. Cover and microwave on high for 6-7 minutes or until cheese is melted, stirring occasionally. Serve with tortilla chips.

Editor's Note: *This recipe was tested in a 1,100-watt microwave.*

dishing about food

Served in Tex-Mex restaurants for decades, chili con queso is a popular dip from coast to coast today. As with so many classic American foods, its actual moment of creation has been lost in history. But in Austin, Texas, for example, Matt's El Rancho Restaurant has been serving an old family recipe since 1952, and the menu at Mexico Chiquito in Little Rock, Arkansas, has featured this kickin' cheese dip since 1935!



AUSTIN, TX

There's always plenty for music-lovers to do in Texas' capital. Every night, there are more than 100 live acts performing.



Smoky Grilled Corn

A friend and I cooked up this corn one evening while getting ready to grill. The buttery corn, with its sweet-spicy seasoning, actually won top honors over our steaks!

—**LINDA LANDERS** KALISPELL, MONTANA

PREP: 25 MIN. **GRILL:** 10 MIN. **MAKES:** 6 SERVINGS

2 tablespoons plus 1½ teaspoons butter

½ cup honey

2 large garlic cloves, minced

2 tablespoons hot pepper sauce

½ teaspoon salt

¼ teaspoon pepper

¼ teaspoon paprika

6 medium ears sweet corn, husks removed

1. In a small saucepan, melt butter. Stir in the honey, garlic, pepper sauce and seasonings until blended; heat through. Brush over corn.
2. Moisten a paper towel with cooking oil; using long-handled tongs, lightly coat grill rack.
3. Grill corn, covered, over medium heat for 10-12 minutes or until the corn is tender, turning and basting occasionally with butter mixture. Serve the corn with any remaining butter mixture.



Southwestern Watermelon Salad

Cilantro, jicama and lime punch up the Southwestern flavor in this fresh fruit salad.

—TASTE OF HOME TEST KITCHEN

PREP: 20 MIN. + CHILLING **MAKES:** 6 SERVINGS

4 cups cubed seedless watermelon

2 cups cubed peeled mangoes

½ cup diced peeled jicama

3 tablespoons chopped sweet onion

2 tablespoons minced fresh cilantro

2 tablespoons lime juice

1 tablespoon honey

1 teaspoon white balsamic vinegar

1 teaspoon grated lime peel

⅛ teaspoon salt

Dash cayenne pepper

1. In a large bowl, combine the watermelon, mangoes, jicama, onion and cilantro. In a small bowl, whisk the lime juice, honey, vinegar, lime peel, salt and cayenne. Pour over fruit mixture; gently toss to coat.

2. Cover and chill for 20 minutes, stirring occasionally. Serve with a slotted spoon.

dishing about food

Food historians believe watermelon first grew in Africa's Kalahari Desert. Today the U.S. is among the world's leading growers, with Florida, Texas, California, Georgia and Arizona topping the charts.



Fresh Lime Margaritas

This basic margarita recipe is easy to modify to your own tastes. Try it frozen (as shown) or with strawberries.

—TASTE OF HOME TEST KITCHEN

PREP/TOTAL TIME: 15 MIN. **MAKES:** 4 SERVINGS

4 lime wedges

1 tablespoon kosher salt

½ cup gold tequila

¼ cup Triple Sec

¼ cup lime juice

¼ cup lemon juice

2 tablespoons superfine sugar

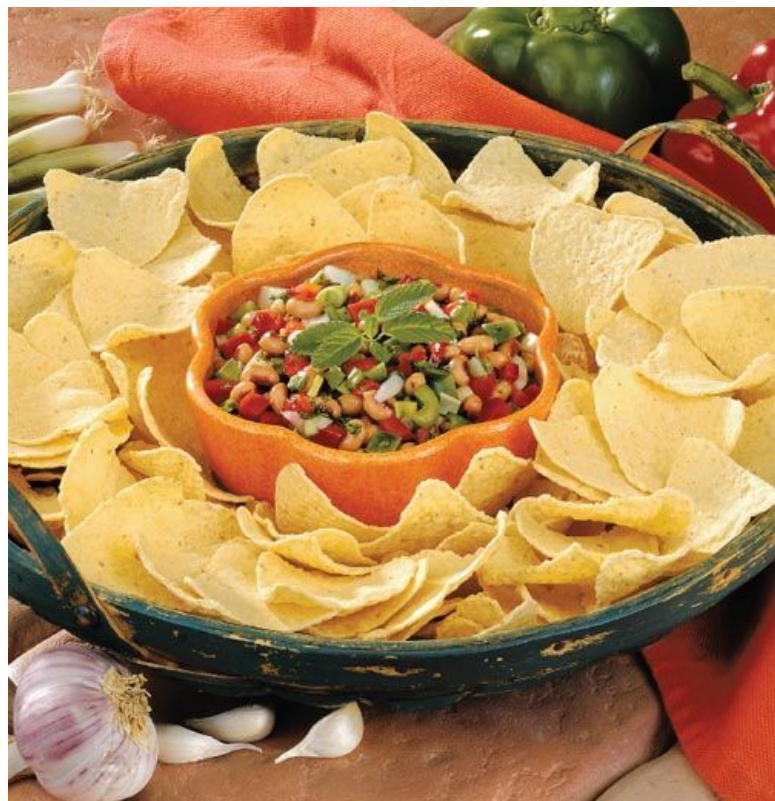
1⅓ cups crushed ice

1. Using lime wedges, moisten rims of four glasses. Holding each glass upside down, dip rim into salt; set aside.

2. In a pitcher, combine the tequila, Triple Sec, lime juice, lemon juice and sugar; stir until sugar is dissolved. Serve in prepared glasses over crushed ice.

For Frozen Lime Margaritas: *Reduce lemon and lime juices to 2 tablespoons each. Increase the superfine sugar to ¼ cup and the crushed ice to 4 cups. Add ¾ cup limeade concentrate. Prepare glasses as directed. In a blender, combine the tequila, Triple Sec, lime juice, lemon juice, limeade concentrate, superfine sugar and crushed ice; cover and process until smooth..*

For Frozen Strawberry Margaritas: *Follow directions for Frozen Lime Margaritas, except reduce crushed ice to 2 cups and add 2 cups frozen unsweetened strawberries.*



Texas Caviar

My neighbor gave me a container of this zippy, tangy salsa one Christmas, and I just had to have the recipe! Now I fix it regularly for potlucks and get-togethers and never have any leftovers. I take copies of the recipe with me whenever I take the salsa—because I'm always asked for it!

—KATHY FARIS LYTLE, TEXAS

PREP: 10 MIN. + CHILLING **MAKES:** 4 CUPS

1 can (15½ ounces) black-eyed peas, rinsed and drained

¾ cup chopped sweet red pepper

¾ cup chopped green pepper

1 medium onion, chopped

3 green onions, chopped

¼ cup minced fresh parsley

1 jar (2 ounces) diced pimientos, drained

1 garlic clove, minced

1 bottle (8 ounces) fat-free Italian salad dressing

Tortilla chips

1. In a large bowl, combine the peas, peppers, onions, parsley, pimientos and garlic. Pour salad dressing over pea mixture; stir gently to coat. Cover and refrigerate for 24 hours. Serve with tortilla chips.

dishing about food

Texas Caviar was made famous by transplanted New Yorker Helen Corbitt. Unfamiliar with black-eyed peas, she noticed how all Texans, rich and not so rich, enjoyed them. So she whipped up the dish for a New Year's Eve party at her country club. Eventually, her marinated black-eyed peas got the moniker Texas Caviar.



Tomatillo Relish

I have a very hearty tomatillo plant in my garden. To use up the abundant produce, I decided to make a relish. You can use it as a dip or as a condiment on hot dogs, meat loaf, burgers or eggs. It's addicting, it's so good!

—**DEB LABOSCO** FOLEY, MINNESOTA

PREP: 45 MIN. **PROCESS:** 20 MIN. + **STANDING MAKES:** 4 PINTS

1 pound tomatillos, husks removed, quartered

1 pound plum tomatoes, quartered

2 medium green peppers, seeded and quartered

1 medium sweet red pepper, seeded and quartered

4 jalapeno peppers, seeded

1 large onion, quartered

1 whole garlic bulb, separated into cloves

¼ cup fresh cilantro leaves

¼ cup packed fresh parsley sprigs

½ cup olive oil

½ cup cider vinegar

1 can (2¼ ounces) sliced ripe olives, drained

4 teaspoons canning salt

1½ teaspoons pepper

¼ teaspoon crushed red pepper flakes

4 tablespoons bottled lemon juice

1. In a food processor, process the tomatillos, tomatoes, peppers, onion, garlic, cilantro and parsley in batches until chopped.
2. Transfer to a large kettle; stir in the oil, vinegar, olives, salt, pepper and pepper flakes. Bring to a boil. Reduce heat; cover and simmer for 20 minutes or until vegetables are tender.
3. Add lemon juice to four hot pint jars, 1 tablespoon in each. Ladle hot mixture into jars, leaving ¼-in. headspace. Remove air bubbles; wipe rims and adjust lids. Process for 20 minutes in a boiling-water canner. Serve with grilled meats or your favorite snack chips.

Editor's Note: *Wear disposable gloves when cutting hot peppers; the oils can burn skin. Avoid touching your face. The processing time listed is for altitudes of 1,000 feet or less. For altitudes up to 3,000 feet, add 5 minutes; 6,000 feet, add 10 minutes; 8,000 feet, add 15 minutes; 10,000 feet, add 20 minutes.*



Chili 'n' Cheese Grits

Although I live in the city, I'm really a country cook at heart. Most of our friends laugh about eating grits, but they're pleasantly surprised when they try my recipe.

—ROSEMARY WEST LAS VEGAS, NEVADA

PREP: 20 MIN. **BAKE:** 30 MIN. **MAKES:** 6-8 SERVINGS

2 cups water

2 cups milk

1 cup grits

2 egg yolks

1 cup (4 ounces) shredded cheddar cheese, divided

¼ cup butter, cubed

1 can (4 ounces) chopped green chilies, drained

1 teaspoon salt

1. In a large saucepan, bring water and milk to a boil. Add grits; cook and stir over medium heat for 5 minutes or until thickened.
2. In a small bowl, beat egg yolks. Stir a small amount of hot grits into yolks; return all to the pan, stirring constantly.
3. Add ¾ cup cheese, butter, chilies and salt. Pour into a greased 1½-qt. baking dish. Sprinkle with remaining cheese. Bake, uncovered, at 350° for 30-35 minutes or until a thermometer reads 160°.

dishing about food

Southwest cuisine boasts Southern and Western influences, and dishes such as Chili 'n' Cheese Grits show off the best of both worlds. Here, green chilies lend their Western flair to grits, an undisputed cornerstone of Southern cooking.



LAS VEGAS, NV

Part of the Strip since 1959, this sign has become a Las Vegas icon. Gone are the days of running out into traffic to snap a photo nearby. Now a parking lot helps keep tourists and drivers safe.



Tex-Mex Spinach Salad

I was new to jicama, a root vegetable that's popular in Mexican and Southwestern cooking. But it lends plenty of fresh crunch to this no-fuss salad and blends well with all the other zippy ingredients.

—**DEB WILLIAMS** PEORIA, ARIZONA

PREP/TOTAL TIME: 15 MIN. **MAKES:** 10 SERVINGS

1 package (6 ounces) fresh baby spinach

4 medium tomatoes, chopped

1½ cups cubed peeled jicama

¾ cup shredded Mexican cheese blend

1 medium sweet red pepper, chopped

1 can (2¼ ounces) sliced ripe olives, drained

¾ cup chipotle ranch salad dressing

1. In a salad bowl, combine the first six ingredients. Serve with dressing.



Bacon-Wrapped Cajun Jalapenos

These peppers are so addictive that if I want any for myself, I either need to make a double batch or hide some! The jalapenos are not that spicy after they're baked (I take out the seeds and white membrane), but have a wonderful flavor.

—**LINDA FOREMAN** LOCUST GROVE, OKLAHOMA

PREP: 20 MIN. **BAKE:** 25 MIN. **MAKES:** 16 APPETIZERS

8 large jalapeno peppers

1 package (3 ounces) cream cheese, softened

½ cup finely shredded cheddar cheese

1 teaspoon Cajun seasoning

8 thick-sliced peppered bacon strips

1. Cut jalapenos in half lengthwise; remove seeds and center membranes. In a small bowl, combine the cream cheese, cheddar cheese and Cajun seasoning. Stuff about 1½ teaspoonfuls into each pepper half.
2. Cut bacon strips in half widthwise. In a large skillet, cook bacon until partially cooked. Wrap a bacon piece around each pepper; secure with a toothpick.
3. Place on a wire rack in a shallow baking pan. Bake, uncovered, at 350° for 25-30 minutes or until bacon is crisp. Discard toothpicks. Serve immediately.

Editor's Note: *Wear disposable gloves when cutting hot peppers; the oils can burn skin. Avoid touching your face.*

dishing about food

Cured bacon was a staple in Southwest settlers' diets because it kept so well. For example, an 1839 ledger found at Bent's Old Fort, a former trading post in southeast Colorado, notes it had 1,190 pounds of bacon in stock!



LA JUNTA, CO

With a prime spot on the Santa Fe Trail's mountain branch, Bent's Old Fort was a bustling trading post. It's now a National Historic Site where historians re-create day-to-day life.



Cuban Chimichurri

Here's a fresh-tasting Cuban sauce that really complements steak, but just try pouring it over a burger, too. Awesome!

—**ELAINE SWEET** DALLAS, TEXAS

PREP/TOTAL TIME: 20 MIN. **MAKES:** 1 CUP

7 garlic cloves, peeled

1¼ cups packed fresh cilantro leaves

¾ cup packed fresh parsley sprigs

1 teaspoon crushed red pepper flakes

1 teaspoon coarsely ground pepper

¼ cup white balsamic vinegar

2 tablespoons lime juice

1 tablespoon soy sauce

½ teaspoon grated lime peel

⅓ cup olive oil

Grilled steak

1. Place garlic in a small food processor; cover and chop. Add the cilantro, parsley, pepper flakes and pepper; cover and process until finely chopped.
2. Add the vinegar, lime juice, soy sauce and lime peel. While processing, gradually add oil in a steady stream. Serve with steak.



Calico Corn Bread Dressing

My mother first made this recipe after tasting her mother-in-law's corn bread dressing. Now it's become a tradition for us to make it every Thanksgiving—we make enough to enjoy on the holiday and still have plenty left over to freeze and enjoy throughout the whole year!

—COLLEEN RUPLE BEAUMONT, TEXAS

PREP: 45 MIN. + COOLING **BAKE:** 35 MIN. **MAKES:** 58 SERVINGS (¾ CUP EACH)

4 cups all-purpose flour

4 cups yellow cornmeal

2 tablespoons plus 2 teaspoons baking powder

2 teaspoons salt

4 eggs

4 cups milk

1 cup canola oil

DRESSING

4 pounds bulk pork sausage

5 cups water

8 cups sliced celery (about 1½ bunches)

2 medium green peppers, chopped

2 tablespoons plus 1½ teaspoons dried minced garlic

2 teaspoons pepper

¼ teaspoon cayenne pepper

24 slices white bread, cubed

6 cans (14½ ounces each) chicken broth

2 bunches green onions, sliced

¼ cup minced fresh parsley

1. In a large bowl, combine flour, cornmeal, baking powder and salt. In another large bowl, whisk the eggs, milk and oil; stir into dry ingredients just until moistened.

2. Pour into two greased 13x9-in. baking dishes. Bake at 425° for 15-20 minutes or until a toothpick inserted in center comes out clean. Cool on wire racks.

3. In a two Dutch ovens, cook sausage over medium heat until no longer pink; drain. Stir in water, celery, green peppers, garlic, pepper and

cayenne. Bring to a boil. Reduce heat; cover and simmer for 5-7 minutes or until vegetables are crisp-tender.

4. In several large bowls, crumble the corn bread into ½-in. pieces. Stir in white bread, broth, onions and parsley. Add the sausage mixture. Divide among four greased 13x9-in. baking dishes.

5. Cover and bake at 350° for 25 minutes. Uncover; bake 10-15 minutes longer or until lightly browned.

Prairie Fire Dip

This flavorful dip for crunchy corn chips goes fast at get-togethers, so be sure to make enough. For a bit more zip, use a little more chili powder.

—**JO JOHNSON** PARK CITY, MONTANA

PREP/TOTAL TIME: 10 MIN. **MAKES:** 1¾ CUPS

1 can (16 ounces) refried beans

½ cup shredded provolone cheese

2 tablespoons butter, optional

1 tablespoon finely chopped onion

1 garlic clove, minced

2 to 3 teaspoons chili powder

Dash hot pepper sauce

Large corn chips

1. In a saucepan, combine the beans, cheese, butter if desired, onion, garlic, chili powder and hot pepper sauce. Cook over low heat until cheese is melted and dip is heated through. Serve with corn chips.



Easy Gazpacho

“Simple as can be” best describes this hearty cold soup. You just chop and combine the ingredients, then chill for a few hours. Serve with crunchy croutons or breadsticks.

—**CHRIS BROOKS** PRESCOTT, ARIZONA

PREP: 15 MIN. + CHILLING **MAKES:** 12 SERVINGS (3 QUARTS)

1 can (46 ounces) vegetable juice

1 can (10½ ounces) condensed beef consomme, undiluted

2 cups chopped cucumber

2 cups chopped tomatoes

1 cup chopped green pepper

½ cup chopped onion

½ cup chopped celery

⅓ cup red wine vinegar

2 tablespoons lemon juice

2 garlic cloves, minced

3 to 4 drops hot pepper sauce

1. In a large bowl, combine all ingredients. Cover and chill for 2-3 hours before serving. Serve cold.

dishing about food

Gazpacho, like many other recipes, has evolved over thousands of years. One tale says the original soup was made from stale bread, garlic, olive oil and water or vinegar—foods that Roman soldiers carried. Another tells of the Moors, who ruled Spain during medieval times, making a soup that used almonds and garlic. In either case, gazpacho became very popular in Spain's Andalusian region. When tomatoes were introduced there, they became the base for the cold soup we know and enjoy today.



Mulled Dr Pepper

When neighbors or friends visit us on a chilly evening, I like to serve this warm beverage with ham sandwiches and deviled eggs.

—**BERNICE MORRIS** MARSHFIELD, MISSOURI

PREP: 10 MIN. **COOK:** 2 HOURS **MAKES:** 8-10 SERVINGS

8 cups Dr Pepper

¼ cup packed brown sugar

¼ cup lemon juice

½ teaspoon ground allspice

½ teaspoon whole cloves

¼ teaspoon salt

¼ teaspoon ground nutmeg

3 cinnamon sticks (3 inches)

1. In a 3-qt. slow cooker, combine all ingredients.

2. Cover and cook on low for 2 hours or until heated through. Discard cloves and cinnamon sticks.



Horchata

Bet you haven't yet had a sip of this ground rice-and-almond mix accented with a just hint of lime. Depending on your preference, use more or less water for a thinner or creamier beverage.

—TASTE OF HOME TEST KITCHEN

PREP: 5 MIN. + STANDING **PROCESS:** 10 MIN. **MAKES:** 6 SERVINGS

¾ cup uncooked long grain rice

2 cups blanched almonds

1 cinnamon stick (3 inches)

1½ teaspoons grated lime peel

4 cups hot water

1 cup sugar

1 cup cold water

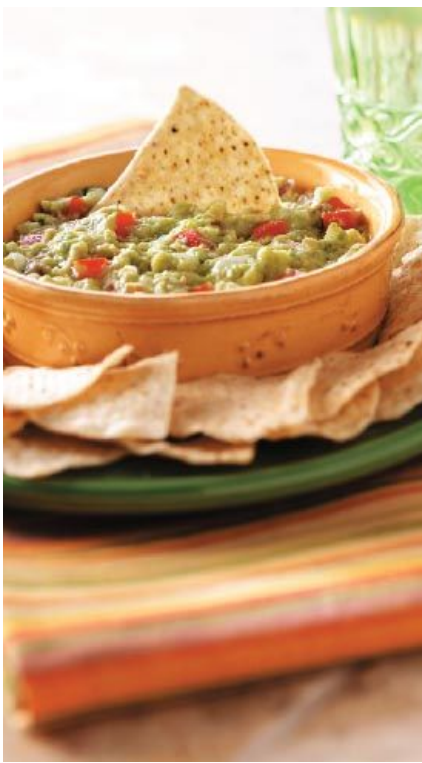
Ground cinnamon, optional

Lime wedges, optional

1. Place rice in a blender; cover and process 2-3 minutes or until very fine. Transfer to a large bowl; add almonds, cinnamon stick, lime peel and hot water. Let stand, covered, at room temperature for 8 hours.
2. Discard cinnamon stick. Transfer rice mixture to a blender; cover and process for 3-4 minutes or until smooth. Add sugar; process until sugar is dissolved.
3. Place a strainer over a pitcher; line with double-layered cheesecloth. Pour rice mixture through strainer.
4. Stir in cold water. Serve over ice. If desired, sprinkle with cinnamon and serve with lime.

dishing about food

Horchata is a refreshing, creamy-looking Mexican beverage that's made with rice and sometimes contains milk. Spanish folks drink a variation called *horchata de chufa*, made from chufa nuts, which are actually small tubers and have a sweet, nutty flavor.



Guacamole

Lemon or lime juice will keep this dip looking fresh and prevent discoloration until serving. Or, before chilling, place plastic wrap directly on the dip, eliminating any air between the dip and the wrap.

—**ANNE TIPPS** DUNCANVILLE, TEXAS

PREP/TOTAL TIME: 10 MIN. **MAKES:** ABOUT 1½ CUPS

1 medium ripe avocado, halved, seeded and peeled

4½ teaspoons lemon juice

1 small tomato, seeded and finely chopped

¼ cup finely chopped onion

1 tablespoon finely chopped green chilies

1 garlic clove, minced

¼ teaspoon salt, optional

Tortilla chips

1. In a large bowl, mash avocado with lemon juice. Stir in the tomato, onion, chilies, garlic and salt if desired. Cover; chill. Serve with tortilla chips.

dishing about food

This ancient Aztec dish has stood the test of time. While today's recipes may include many departures from the original, guacamole has *a/ways* featured a base of mashed avocado.



Nacho Mac 'n' Cheese

Your entire family will really go for the punched-up flavors of this Tex-Mex-inspired dish. And since most of the ingredients are mixed in one pot, cleanup is a breeze!

—TASTE OF HOME TEST KITCHEN

PREP/TOTAL TIME: 25 MIN. **MAKES:** 6 SERVINGS

3 cups uncooked gemelli or spiral pasta

1 pound ground beef

2 cups chopped sweet red peppers

¼ cup butter, cubed

¼ cup all-purpose flour

1 envelope taco seasoning

¼ teaspoon pepper

2¼ cups 2% milk

2 cups (8 ounces) shredded cheddar cheese

1 cup frozen corn, thawed

1 cup coarsely crushed tortilla chips

1. Cook gemelli according to the package directions. Meanwhile, in a Dutch oven, cook beef and red peppers over medium heat until meat is no longer pink; drain.

2. Stir in the butter, flour, taco seasoning and pepper until blended. Gradually stir in milk. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from the heat. Stir in cheese and corn until cheese is melted.

3. Drain gemelli; add to beef mixture and stir to coat. Sprinkle with tortilla chips.



Arizona Corn Bread

Unlike other corn breads, this one uses yeast. Oil and sour cream make it so moist and tender, while peppers add a bit of zip!

—MARGARET PACHE MESA, ARIZONA

PREP: 20 MIN. + RISING **BAKE:** 30 MIN. **MAKES:** 2 LOAVES (16 SLICES EACH)

1 cup cornmeal

2 tablespoons sugar

2 packages (¼ ounce each) active dry yeast

1 teaspoon salt

½ teaspoon baking soda

¼ teaspoon pepper

1 cup (8 ounces) sour cream

½ cup canola oil

½ cup chopped green onions

2 eggs

1¼ cups shredded pepper jack cheese

1 cup cream-style corn

2 jalapeno peppers, seeded and chopped

5 to 6 cups all-purpose flour

Additional cornmeal

Melted butter

1. In a large bowl, combine the first six ingredients; set aside. In a saucepan, heat the sour cream, oil and onions to 120°-130°. Add to cornmeal mixture; beat until blended. Beat in eggs, cheese, corn and jalapenos. Stir in enough flour to form a stiff dough.

2. Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease the top. Cover and let rise in a warm place until doubled, about 1 hour.

3. Punch dough down. Turn onto a lightly floured surface; divide in half. Shape into two loaves. Grease two 9x5-in. loaf pans; dust with additional cornmeal. Place loaves seam side down in prepared pans. Cover and let rise until doubled, about 30 minutes.

4. Brush butter over loaves. Bake at 375° for 30-35 minutes or until golden brown; cover loosely with foil if tops brown too quickly. Remove from pans to wire racks to cool.

Editor's Note: *Wear disposable gloves when cutting hot peppers; the oils can burn skin. Avoid touching your face.*

Watermelon Salsa

I threw this together after one overzealous trip to the farmers market! My family loved it from the first bite. You can serve it right away, but the flavor is best after letting the salsa chill for a few hours.

—**ANDREA HEYART** AUBREY, TEXAS

PREP/TOTAL TIME: 25 MIN. **MAKES:** 15 SERVINGS (⅓ CUP EACH)

¼ cup lime juice

3 tablespoons brown sugar

2 tablespoons cider vinegar

1 tablespoon honey

¼ teaspoon salt

3 cups seeded chopped watermelon

1 medium cucumber, seeded and chopped

1 small red onion, finely chopped

2 jalapeno peppers, seeded and finely chopped

¼ cup finely chopped sweet yellow pepper

¼ cup minced fresh cilantro

2 tablespoons minced fresh basil

1. Combine the first five ingredients in a large bowl. Add remaining ingredients; toss to combine. Refrigerate, covered, until serving. If necessary, drain before serving.



Grilled Sweet Potato and Red Pepper Salad

I grill red peppers and sweet potatoes to create this colorful salad.

—**RENE EAGER** CLAREMONT, NEW HAMPSHIRE

PREP: 30 MIN. **GRILL:** 20 MIN. **MAKES:** 8 SERVINGS

¼ cup olive oil

2 tablespoons lime juice

1 garlic clove, minced

1 teaspoon chopped seeded jalapeno pepper, optional

1 teaspoon salt

½ teaspoon ground cumin

¼ teaspoon pepper

2 large sweet red peppers

1-½ pounds medium sweet potatoes, peeled and cut into ½-inch slices

2 celery ribs, thinly sliced

3 green onions, thinly sliced

⅓ cup minced fresh cilantro

1. For dressing, in a small bowl, whisk the first seven ingredients; set aside.

2. Using long-handled tongs, moisten a paper towel with cooking oil and lightly coat the grill rack. Grill red peppers over medium heat for 10-15 minutes or until the skins blister, turning frequently. Immediately place the peppers in a large bowl; cover and let stand for 15 minutes.

3. Meanwhile, in a shallow bowl, drizzle sweet potato slices with 2 tablespoons dressing; toss to coat. Set remaining dressing aside. Arrange potato slices on a grilling grid; place on a grill rack. Grill, covered, over medium heat for 5-6 minutes on each side or until tender. Cut into bite-size pieces.

4. Peel off and discard charred skin from peppers; seed and coarsely chop. In a large bowl, combine the potatoes, peppers, celery, onions and cilantro. Whisk the reserved dressing; pour over salad and toss to coat. Serve at room temperature.

Editor's Note: *If you do not have a grilling grid, use a disposable foil pan. Poke holes in the bottom of the pan with a meat fork to allow liquid to drain.*



Mexican Hot Chocolate

This delicious, not-too-sweet hot chocolate is richly flavored with cocoa and delicately seasoned with spices. The blend of cinnamon and chocolate flavors is wonderful!

—**KATHY YOUNG** WEATHERFORD, TEXAS

PREP/TOTAL TIME: 10 MIN. **MAKES:** 4 SERVINGS

¼ cup baking cocoa

2 tablespoons brown sugar

1 cup boiling water

Dash ground cloves or nutmeg

¼ teaspoon ground cinnamon

3 cups milk

1 teaspoon vanilla extract

Whipped cream

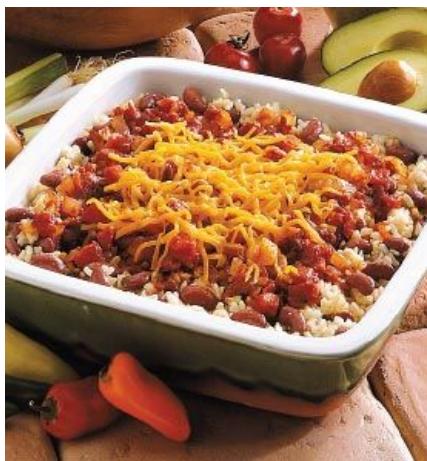
Whole cinnamon sticks

1. Combine cocoa and sugar in small saucepan; stir in water. Bring to boil; reduce heat and cook 2 minutes, stirring constantly.

2. Add the cloves, cinnamon and milk. Simmer 5 minutes (do not boil). Whisk in vanilla. Pour hot chocolate into mugs; top with whipped cream. Use cinnamon sticks for stirrers.

dishing about food

Go ahead and cheat! Give Mexican flair to instant hot cocoa from a mix. Stir a little vanilla extract and ground cinnamon into the prepared cocoa. Garnish with canned whipped cream and a sprinkling of nutmeg if desired. Presto!



Cheesy Beans and Rice

After my dad had heart trouble years ago, my mom adapted an old recipe to come up with this colorful all-in-one dish. It has been a dinnertime hit for a long time. Even our kids like it, and they can be quite picky!

—**LINDA RINDELS** LITTLETON, COLORADO

PREP: 15 MIN. **BAKE:** 35 MIN. **MAKES:** 6 SERVINGS

- 1 cup uncooked brown rice
- 1 can (16 ounces) kidney beans, rinsed and drained
- 1 large onion, chopped
- 1 tablespoon canola oil
- 1 can (14½ ounces) diced tomatoes and green chilies, undrained
- 2 teaspoons chili powder
- ¼ teaspoon salt
- 1¼ cups shredded reduced-fat cheddar cheese, divided

1. Cook rice according to package directions. Transfer to a large bowl; add the beans. In a nonstick skillet, saute onion in oil for 4-5 minutes. Stir in the tomatoes, chili powder and salt. Bring to a boil; remove from the heat.

2. In a 2-qt. baking dish coated with cooking spray, layer a third of the rice mixture, cheese and tomato mixture. Repeat layers. Layer with remaining rice mixture and tomato mixture.

3. Cover and bake at 350° for 30 minutes or until heated through. Uncover; sprinkle with remaining cheese. Bake 5-10 minutes longer or until cheese is melted.



Armadillo Eggs

The crust is crispy, and the peppers give these bites a nice zesty flavor.

—**PEGGY CAMPBELL** WELCH, TEXAS

PREP: 20 MIN. **BAKE:** 35 MIN. **MAKES:** ABOUT 3 DOZEN

- 3 cans (12 ounces each) pickled jalapeno peppers
- 4 cups (16 ounces) shredded cheddar cheese, divided
- 1 pound bulk pork sausage
- 1½ cups biscuit/baking mix
- 3 eggs, lightly beaten
- 2 envelopes pork-flavored seasoned coating mix

1. Cut each jalapeno in half lengthwise; remove seeds and stems. Stuff each pepper half with about 1 tablespoon cheddar cheese. In a bowl, combine the uncooked sausage, biscuit mix and remaining cheese; mix well. Shape about 2 tablespoonfuls of sausage mixture around each pepper.

2. Dip into eggs, then roll in coating mix. Place on a baking sheet coated with cooking spray. Bake at 350° for 35-40 minutes or until golden brown.

Editor’s Note: *Wear disposable gloves when cutting hot peppers; the oils can burn skin. Avoid touching your face.*

dishing about food

Armadillo Eggs aren’t eggs at all. Here, cheese-stuffed jalapeno peppers are encased in sausage and coated in a crispy shell. Yum!



TEXAS

The armadillo is the official small mammal of Texas.



Microwave Texas Nachos

Ready in minutes, these easy nachos are perfect for a light luncheon or snack.

—**CARL DAHLGREN** FORT WORTH, TEXAS

PREP/TOTAL TIME: 25 MIN. **MAKES:** 2 SERVINGS

2 ounces uncooked chorizo or bulk spicy pork sausage

1 garlic clove, minced

¼ cup refried beans

2 cups tortilla chips

½ cup shredded Colby-Monterey Jack cheese

½ cup shredded lettuce

1 small tomato, seeded and diced

3 tablespoons chopped onion

¼ cup sour cream

¼ cup guacamole

2 tablespoons sliced jalapeno pepper

1. Crumble chorizo into a small skillet; add garlic. Cook over medium heat for 6-8 minutes or until fully cooked; drain. In a microwave-safe dish, combine chorizo mixture and beans. Cover and microwave on high for 1-2 minutes or until heated through; stir.

2. Place tortilla chips on a microwave-safe serving plate; sprinkle with the cheese. Heat, uncovered, on high for 1 minute or until the cheese is

melted. Spoon the chorizo mixture over chips and cheese. Top with the lettuce, tomato, onion, sour cream, guacamole and jalapeno. Serve immediately.

Editor's Note: *When cutting hot peppers, disposable gloves are recommended. Avoid touching your face. This recipe was tested in a 1,100-watt microwave.*



Tortilla Dressing

This is not your typical stuffing. Tortillas, jalapenos, chili powder and cilantro kick up the Southwest flavors.

—**DOROTHY BRAY** ADKINS, TEXAS

PREP: 30 MIN. **BAKE:** 35 MIN. **MAKES:** 9 CUPS

8 corn tortillas (6 inches), cut into ¼-inch strips

¼ cup canola oil

8 flour tortillas (6 inches), cut into ¼-inch strips

1 cup crushed corn bread stuffing

1 small onion, finely chopped

⅓ cup finely chopped sweet red pepper

1 jalapeno pepper, seeded and chopped

1 tablespoon minced fresh cilantro

1 tablespoon chili powder

1 teaspoon minced fresh sage or ¼ teaspoon dried sage leaves

½ teaspoon ground coriander

½ teaspoon ground cumin

¼ teaspoon salt

1 egg, lightly beaten

1 cup chicken broth

1. In a large skillet, saute corn tortilla strips in oil in batches for 1 minute or until golden brown. Drain on paper towels.
2. In a large bowl, combine the corn tortilla strips, flour tortilla strips, stuffing, onion, red pepper, jalapeno, cilantro, chili powder, sage, coriander, cumin and salt. Stir in the egg and the broth.
3. Transfer to a greased 13x9-in. baking dish. Cover and bake at 325° for 35-45 minutes or until a thermometer reads 160°.

Editor's Note: *Wear disposable gloves when cutting hot peppers; the oils can burn skin. Avoid touching your face.*



Sopes

Sopes (pronounced “SOH-pehs”) is a traditional Mexican dish. You can find the needed ingredients in the ethnic section of a larger local supermarket.

—TASTE OF HOME TEST KITCHEN

PREP: 15 MIN. **COOK:** 35 MIN. **MAKES:** 16 SERVINGS

2 cups masa harina

1 teaspoon salt

1- $\frac{1}{3}$ cups warm water

1- $\frac{1}{2}$ cups shredded cooked chicken breast

1 cup salsa, divided

$\frac{1}{4}$ cup shortening

1 cup refried beans

1 cup shredded lettuce

$\frac{1}{2}$ cup crumbled queso fresco

1. In a small bowl, combine masa harina and salt; stir in water. Knead until mixture forms a ball. Divide dough into 16 portions; shape into balls and cover with plastic wrap.
2. Working between two sheets of plastic wrap, press four balls into 3 $\frac{1}{2}$ -in. circles. On an ungreased griddle, cook dough circles over medium-low heat for 1-2 minutes or until bottoms are lightly set. Turn and cook 2 minutes longer. Remove from the heat; quickly pinch edges of circles to form a $\frac{1}{2}$ -in. rim. Return to the griddle; cook 2 minutes longer or until bottoms are lightly browned. Remove to wire racks; cover. Repeat with remaining dough.
3. In a small saucepan, combine chicken and $\frac{1}{2}$ cup salsa. Cook over medium-low heat until heated through, stirring occasionally. In a large skillet, melt shortening. Cook sopes over medium-high heat for 2 minutes on each side or until crisp and lightly browned. Remove to paper towels to drain.
4. To assemble, layer each sope with refried beans, chicken mixture and remaining salsa. Sprinkle with lettuce and queso fresco. Serve immediately.



Home-Style Refried Beans

Lime juice, cumin and cayenne pepper make these beans so tasty—especially when compared to the canned variety. I like to dress them up with reduced-fat cheese and salsa.

—MYRA INNES AUBURN, KANSAS

PREP/TOTAL TIME: 15 MIN. **MAKES:** 2 $\frac{2}{3}$ CUPS

$\frac{3}{4}$ cup finely chopped onion

4 teaspoons canola oil

4 garlic cloves, minced

1 teaspoon ground cumin

$\frac{1}{2}$ teaspoon salt

$\frac{1}{4}$ teaspoon cayenne pepper

2 cans (15 ounces each) pinto beans, rinsed and drained

$\frac{1}{2}$ cup water

4 teaspoons lime juice

1. In a large saucepan, saute the onion in oil until tender. Stir in the garlic, cumin, salt and cayenne; cook and stir for 1 minute. Add beans and mash. Add water; cook and stir until heated through and water is absorbed. Remove from the heat; stir in lime juice.

dishing about food

Contrary to the name, refried beans are only fried once. From scratch, dried pinto beans are soaked, simmered until soft, then mashed. Next, the mashed beans are fried until almost crusty. The quick recipe on this page, however, starts with canned beans.



Homemade Tortillas

I usually have to double this recipe for tortillas because we go through them so quickly! They're tender, chewy and simple—and you'll never use store-bought again.

—**KRISTIN VAN DYKEN** W. RICHLAND, WASHINGTON

PREP/TOTAL TIME: 30 MIN. **MAKES:** 8 TORTILLAS

2 cups all-purpose flour

½ teaspoon salt

¾ cup water

3 tablespoons olive oil

1. In a large bowl, combine flour and salt. Stir in water and oil. Turn onto a floured surface; knead 10-12 times, adding a little flour or water if needed to achieve a smooth dough. Let rest for 10 minutes.

2. Divide dough into eight portions. On a lightly floured surface, roll each portion into a 7-in. circle.

3. In a large nonstick skillet coated with cooking spray, cook tortillas over medium heat for 1 minute on each side or until lightly browned. Keep warm.

Fried Cactus Strips

This fun recipe makes a tasty, crunchy treat that uses a wild resource abundant here in the Southwest. Many people don't even know cactus is edible—and tasty! If it doesn't grow where you live, your grocery store may carry cactus pads in the produce section.

—**NEMA LU PARKER** EASTLAND, TEXAS

PREP/TOTAL TIME: 20 MIN. **MAKES:** 8 SERVINGS

4 to 6 large cactus pads (about 8x4 inches)

1 cup all-purpose flour

1½ teaspoons salt, divided

¼ teaspoon pepper

3 eggs

½ cup milk

1 cup soft bread crumbs

¾ cup saltine crumbs

1½ teaspoons chili powder

1½ teaspoons cayenne pepper

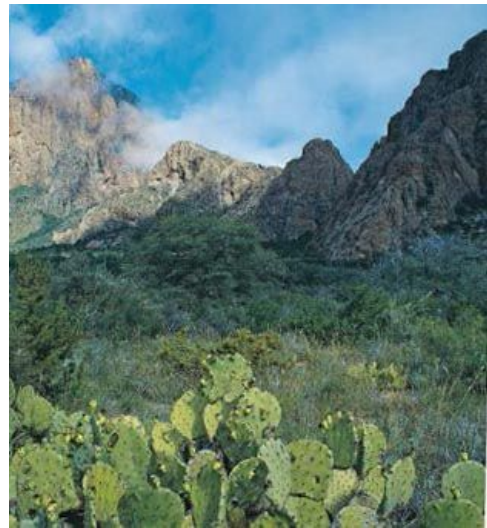
Oil for frying

Picante sauce

1. Remove all needles and spines from cactus pads. Slice into ½-in.-wide strips. Wash thoroughly; drain and pat dry. Set aside.
2. In a shallow bowl, combine the flour, ½ teaspoon salt and pepper. In another bowl, lightly beat the eggs and milk. Combine the bread and saltine crumbs, chili powder, cayenne pepper and remaining salt; set aside. Dredge cactus strips in flour mixture, shake off excess. Dip in egg mixture, then coat with crumb mixture.
3. In a deep-fat fryer, heat oil to 375°. Fry catus strips until golden brown, about 1-2 minutes. Drain on paper towels. Serve with the picante sauce.

dishing about food

Also called nopales, cactus pads are the prickly pear’s succulent leaves. Native Americans used this cactus for food and water, and fashioned its spines into needles. The cactus pads and fruit sold in supermarkets are often harvested from spineless cultivated varieties of prickly pear.



TEXAS

In Texas, where the prickly pear is the official state plant, and in other Southwestern states, this cactus often grows en masse. Ranchers burn off the spines so their cattle can graze on them



Fire-Roasted Tomato Salsa

I’ve been making this salsa for a few years now. Chipotle pepper gives it a wonderful smoky kick. The recipe makes a big batch, but it doesn’t last a day in our house!

—**PAMELA PAULA** SPRINGHILL, FLORIDA

PREP: 30 MIN. + CHILLING **MAKES:** 4 CUPS

2 pounds tomatoes (about 6 medium)

1 jalapeno pepper

½ cup fresh cilantro leaves

2 green onions, cut into 2-inch pieces

4 garlic cloves, peeled

1 chipotle pepper in adobo sauce

1 can (4 ounces) chopped green chilies

2 tablespoons lime juice

1 tablespoon olive oil

¼ teaspoon salt

Tortilla chips

1. Grill tomatoes and jalapeno, covered, over medium-hot heat for 8-12 minutes or until skins are blistered and blackened, turning occasionally. Immediately place in a large bowl; cover and let stand for 20 minutes.

2. Peel off and discard charred skins. Discard stem and seeds from jalapeno; cut tomatoes into fourths. Set jalapeno and tomatoes aside.

3. Place the cilantro, onions and garlic in a food processor; cover and process until blended. Add the chipotle pepper, tomatoes and jalapeno; cover and pulse until blended.

4. Transfer to a large bowl; stir in the chilies, lime juice, oil and salt. Cover and refrigerate for at least 1 hour. Serve with chips.

Editor's Note: *Wear disposable gloves when cutting hot peppers; the oils can burn skin. Avoid touching your face.*



Mini Chicken Empanadas

Refrigerated pie pastry makes quick work of assembling these bite-size appetizers loaded with chicken and cheese..

—**BETTY FULKS** ONIA, ARKANSAS

PREP: 30 MIN. **BAKE:** 15 MIN./BATCH **MAKES:** ABOUT 2½ DOZEN

1 cup finely chopped cooked chicken

¾ cup shredded Colby-Monterey Jack cheese

3 tablespoons cream cheese, softened

4 teaspoons chopped sweet red pepper

2 teaspoons chopped seeded jalapeno pepper

1 teaspoon ground cumin

½ teaspoon salt

⅛ teaspoon pepper

1 package (14.1 ounces) refrigerated pie pastry

1. In a small bowl, combine the first eight ingredients. On a lightly floured surface, roll each pastry sheet into a 15-inch circle. Cut with a floured 3-in. round biscuit cutter.

2. Place about 1 teaspoon filling on one half of each circle. Moisten pastry edges with water. Fold pastry over the filling. Press edges with a fork to seal.

3. Transfer to greased baking sheets. Bake at 400° for 12-15 minutes or until golden brown. Remove to wire racks. Serve warm.

Editor's Note: *Wear disposable gloves when cutting hot peppers; the oils can burn skin. Avoid touching your face.*

dishing about food

Depending on their size and filling, empanadas can be eaten as appetizers, main dishes, snacks or desserts! Empanadas have their roots in Spanish and Portuguese cookery; however, many cuisines feature hand pies like these—such as Italian calzones.



CHIMAYO, NM

The front gate of El Santuario de Chimayo showcases luminarias, or farolitos, a beloved Christmastime symbol in New Mexico. Making empanadas is another holiday tradition there.



Dr Pepper BBQ Sauce

My family is stationed in Italy with my husband, Lieutenant William Robert Blackman. He grew up in Memphis, Tennessee, and I'm from Texas, so the dish that spells “home” for us both is a good ol’ barbecue. I have my own recipe for barbecue sauce that we like to pour over sliced brisket. Eating it reminds us of weekend barbecues with our families back home.

—**TINA BLACKMAN** NAPLES, ITALY

PREP: 5 MIN. **COOK:** 35 MIN. **MAKES:** 1 CUP

1 can (12 ounces) Dr Pepper

1 cup crushed tomatoes

¼ cup packed brown sugar

2 tablespoons spicy brown mustard

1 tablespoon orange juice

1 tablespoon Worcestershire sauce

1 garlic clove, minced

¼ teaspoon salt

⅛ teaspoon pepper

1. In a small saucepan, combine all ingredients; bring to a boil. Reduce heat; simmer, uncovered, 30-35 minutes or until slightly thickened, stirring occasionally. Refrigerate leftovers.



Tequila Sunrise

Everyone loves the pretty layers in this refreshing cocktail classic. It's like a mini-vacation in a glass!

—TASTE OF HOME TEST KITCHEN

PREP/TOTAL TIME: 5 MIN. **MAKES:** 1 SERVING

1 to 1¼ cups ice cubes

1½ ounces tequila

4½ ounces orange juice

1½ teaspoons grenadine syrup

GARNISH

Orange slice and maraschino cherry

1. Place ice in a Collins or highball glass. Pour the tequila and orange juice into the glass. Slowly pour grenadine over a bar spoon into the center of the drink. Garnish as desired.

dishing about food

Two claims have been made on the origin of this drink. One belongs to San Diego businessman Baron Long, who opened a resort at the Agua Caliente mineral springs in 1927. The Tijuana, Mexico, area adult playground featured drinks, entertainment and *more* drinks—and the Tequila Sunrise was served as a hangover cure. The other legend credits Gene Sulit, a bartender at the Arizona Biltmore, with creating the drink for a guest who liked tequila. Interestingly, both versions used creme de cassis but not orange juice, which is the standard today.



PHOENIX, AZ

The Arizona Biltmore has been an opulent oasis for many noteworthy guests since 1929.



Corn Soup with Pico de Gallo

The wonderful aroma of this Southwestern soup always entices my family to the dinner table. The blend of seasonings and succulent pico de gallo add to its fabulous flavor.

—**ELAINE SWEET** DALLAS, TEXAS

PREP: 50 MIN. **COOK:** 20 MIN. **MAKES:** 6 SERVINGS

3 corn tortillas (6 inches), cut into 1-inch strips

4 medium ears sweet corn, husks removed

½ teaspoon canola oil

½ teaspoon each salt, pepper and paprika

1 medium red onion, chopped

1 bacon strip, chopped

6 garlic cloves, minced

¼ cup all-purpose flour

3 cups reduced-sodium chicken broth

1 cup fat-free milk

1 can (4 ounces) chopped green chilies

1 teaspoon ground cumin

1 teaspoon dried oregano

½ cup minced fresh cilantro

¼ cup lime juice

PICO DE GALLO

2 plum tomatoes, chopped

1 medium ripe avocado, peeled and chopped

1 small serrano pepper, seeded and chopped

1 garlic clove, minced

¼ teaspoon salt

¼ teaspoon pepper

1. Place the tortilla strips on a baking sheet coated with cooking spray; bake at 350° for 8-10 minutes or until crisp.

2. Rub corn with canola oil; sprinkle with seasonings. Moisten a paper towel with cooking oil; using long-handled tongs, lightly coat the grill rack.

3. Grill corn, covered, over medium heat for 10-12 minutes or until tender, turning frequently. Cool slightly; cut corn from cobs and set aside.

4. In a large saucepan, saute onion and bacon for 5 minutes; add garlic, cook 1 minute longer. Stir in flour until blended; gradually add broth. Bring to a boil; cook and stir for 2 minutes or until thickened. Add corn, milk, chilies, cumin and oregano; heat through. Remove from heat; stir in cilantro and lime juice.

5. Combine pico de gallo ingredients. Serve with soup and tortilla strips.

Editor's Note: *Wear disposable gloves when cutting hot peppers; the oils can burn skin. Avoid touching your face.*



Cilantro-Pepita Pesto

Looking for ways to use up all the cilantro in my garden, I came up with this flavorful recipe. Serve it with pasta, tortilla chips for dipping, or in any dish that needs perking up!

—**AMI OKASINSKI** MEMPHIS, TENNESSEE

PREP/TOTAL TIME: 20 MIN. **MAKES:** 1½ CUPS

1 package (6 ounces) fresh baby spinach

2 cups fresh cilantro leaves

⅓ cup grated Romano cheese

⅓ cup salted pumpkin seeds or pepitas, toasted

3 to 4 garlic cloves

2 tablespoons lime juice

1 tablespoon lemon juice

⅛ teaspoon salt

3 tablespoons olive oil

1. Place the first five ingredients in a food processor; cover and pulse just until chopped. Add the lime and lemon juices and salt; cover and process until blended. While processing, gradually add oil in a steady stream. Store in an airtight container in the refrigerator.

dishing about food

Pepitas, or hulled pumpkin seeds, are used in many Latin American dishes. The tasty green kernels are sold raw, roasted and salted.



Salsa Verde

This salsa is fresh and creamy! It's great as a dip for chips and raw veggies, or as a topper for tacos and other Mexican dishes. You can adjust the heat level to suit your tastes.

—**NANETTE HILTON** LAS VEGAS, NEVADA

PREP: 15 MIN. + CHILLING **MAKES:** 2½ CUPS

8 tomatillos, husks removed

1 medium ripe avocado, peeled and pitted

1 small onion, halved

1 jalapeno pepper, peeled and pitted

⅓ cup fresh cilantro leaves

½ teaspoon salt

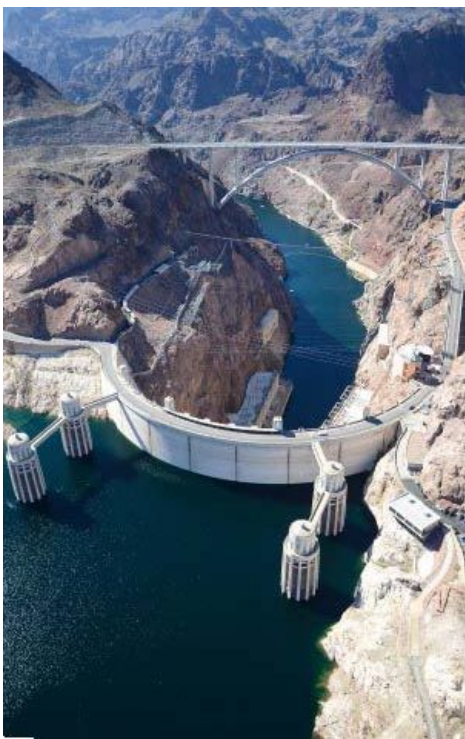
Tortilla chips

1. In a large saucepan, bring 4 cups water to a boil. Add tomatillos. Reduce heat; simmer, uncovered, for 5 minutes. Drain.
2. Place the avocado, onion, jalapeno, cilantro, salt and tomatillos in a food processor. Cover and process until blended. Refrigerate until chilled. Serve with chips.

Editor's Note: *Wear disposable gloves when cutting hot peppers; the oils can burn skin. Avoid touching your face.*

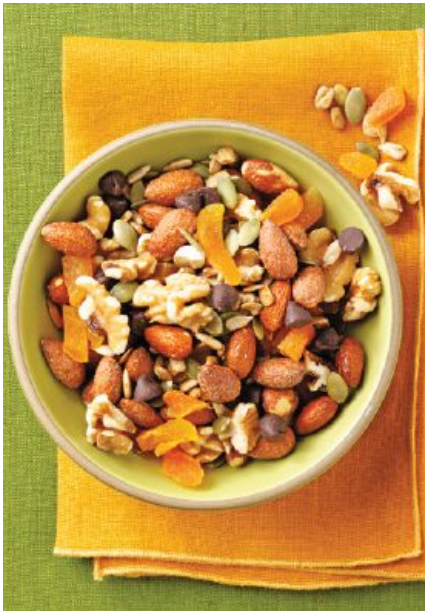
dishing about food

Salsa verde (which simply means “green sauce”) is typically made with tomatillos, jalapenos, cilantro and onion. It often contains lime and garlic, too. It can be used as a dip or relish.



NEVADA & ARIZONA

Spanning the Nevada-Arizona border, the formidable Hoover Dam harnesses the power of the Colorado River, generating electricity for millions.



Nuts and Seeds Trail Mix

Although a handful of this can't-stop-eatin'-it combo is packed with protein and fiber, the fat and calorie count can soon get out of hand. Take care to eat healthfully throughout the day to keep calories under control.

—KRISTIN RIMKUS SNOHOMISH, WASHINGTON

PREP/TOTAL TIME: 15 MIN. **MAKES:** 5 CUPS

1 cup salted pumpkin seeds or pepitas

1 cup unblanched almonds

1 cup unsalted sunflower kernels

1 cup shelled walnuts

1 cup chopped dried apricots

1 cup dark chocolate chips

1. In a large bowl, combine all ingredients. Store in an airtight container.

Authentic Spanish Rice

For a great side with any main dish, try this quick-and-easy rice dish. Bacon drippings add another layer of flavor and make it simply delectable!

—**MARIA GOCLAN** KATY, TEXAS

PREP: 10 MIN. **COOK:** 25 MIN. **MAKES:** 6 SERVINGS

1 tablespoon bacon drippings

¾ cup long-grain white rice

½ cup chopped onion

1 garlic clove, minced

3 small canned tomatoes, diced

2 tablespoons tomato juice

2 cups hot water

½ teaspoon salt

1. In a skillet, heat bacon drippings on medium-high. Add rice; cook and stir until rice is golden brown. Add onion and garlic; stir and cook 3 additional minutes. Add all remaining ingredients. Cook, uncovered, on medium heat for 20 minutes, stirring only once after 10 minutes. Check rice for doneness by tasting a few top grains. If rice is firm, add a little water; cover and cook 5 minutes more.

dishing about food

Cultures all over the world include rice in their cuisines. When it comes to the Southwest, Spanish rice (also referred to as Mexican rice) is king. It's believed that both Europeans and Africans brought rice to the New World.

Mexican Fried Corn

When I was growing up, my mother used to serve fried corn for breakfast with scrambled eggs and tortillas. Here in Arizona, corn is widely used in many dishes. My husband and I both enjoy this recipe.

—**SYLVIA KESSICK** DEWEY, ARIZONA

PREP/TOTAL TIME: 15 MIN. **MAKES:** 4-6 SERVINGS

3 cups fresh corn

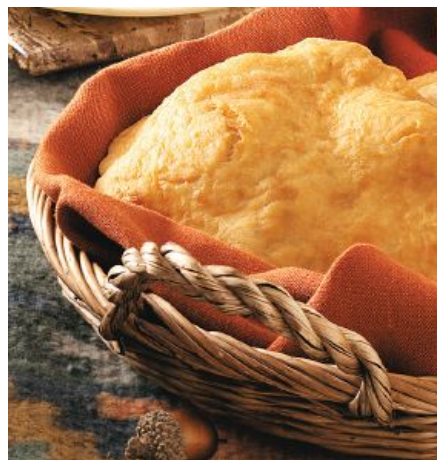
½ cup diced onion

¼ cup butter, cubed

1 can (4 ounces) chopped green chilies

Salt and pepper to taste

1. In a skillet, cook corn and onion in butter until tender. Add chilies, salt and pepper; cook and stir over medium heat for about 5-7 minutes. Serve immediately.



Navajo Fry Bread

While taking a trip to the Grand Canyon, my family drove through the Navajo reservation and stopped at a little cafe for dinner. When I complimented the young Navajo waiter on the delicious bread, he gave me the recipe. It's very easy to make.

—**MILDRED STEPHENSON** HARTSELLE, ALABAMA

PREP: 5 MIN. + STANDING **COOK:** 5 MIN. **MAKES:** 2 SERVINGS

1 cup all-purpose flour

1 teaspoon baking powder

⅛ teaspoon salt

⅓ cup hot water

Oil for deep-fat frying

1. In a small bowl, combine the flour, baking powder and salt; stir in hot water to form a soft dough. Cover and let stand for 30 minutes.
2. Divide dough in half. On a lightly floured surface, roll each portion into a 6-in. circle.
3. In an electric skillet, heat 1 in. of oil to 375°. Fry bread in hot oil for 2-3 minutes on each side or until golden brown; drain on paper towels.

dishing about food

Adversity led to the creation of Navajo fry bread. While the Army confined Navajos in camps, this recipe was made from the meager food supplies available to them—flour, salt, sugar, baking powder or yeast, and lard.



Chipotle Sliders

This recipe has to be the ultimate in a fast-fixing mini burger with simply fabulous flavor! Creamy mayo, cheese and sweet Hawaiian rolls help tame the heat of the chipotle peppers.

—**SHAWN SINGLETON** VIDOR, TEXAS

PREP/TOTAL TIME: 30 MIN. **MAKES:** 10 SLIDERS

1 package (12 ounces) Hawaiian sweet rolls, divided

1 teaspoon salt

½ teaspoon pepper

8 teaspoons minced chipotle peppers in adobo sauce, divided

1½ pounds ground beef

10 slices pepper jack cheese

½ cup mayonnaise

1. Place 2 rolls in a food processor; process until crumbly. Transfer to a large bowl; add the salt, pepper and 6 teaspoons chipotle peppers. Crumble beef over mixture and mix well. Shape into 10 patties.
2. Grill burgers, covered, over medium heat for 3-4 minutes on each side or until a thermometer reads 160° and juices run clear. Top with cheese. Grill 1 minute longer or until cheese is melted.
3. Split remaining rolls and grill, cut side down, over medium heat for 30-60 seconds or until toasted. Combine mayonnaise and remaining

chipotle peppers; spread over roll bottoms. Top each with a burger. Replace the roll tops.



German Chocolate Cake

This cake is my husband's absolute favorite! It's so special, most people ask for a second slice.

—**JOYCE PLATFOOT** WAPAKONETA, OHIO

PREP: 30 MIN. **BAKE:** 30 MIN. + COOLING **MAKES:** 12 SERVINGS

4 ounces German sweet chocolate, chopped

½ cup water

1 cup butter, softened

2 cups sugar

4 eggs, separated

1 teaspoon vanilla extract

2½ cups cake flour

1 teaspoon baking soda

½ teaspoon salt

1 cup buttermilk

FROSTING

1½ cups sugar

1½ cups evaporated milk

¾ cup butter

5 egg yolks, beaten

2 cups flaked coconut

1½ cups chopped pecans

1½ teaspoons vanilla extract

ICING

1 teaspoon shortening

2 ounces semisweet chocolate

1. Line three greased 9-in. round baking pans with waxed paper. Grease waxed paper and set aside. In small saucepan, melt chocolate with water over low heat; cool.
2. In a large bowl, cream butter and sugar until light and fluffy. Beat in 4 egg yolks, one at a time, beating well after each addition. Blend in melted chocolate and vanilla. Combine the flour, baking soda and salt; add to the creamed mixture alternately with buttermilk, beating well after each addition.
3. In a small bowl and with clean beaters, beat the 4 egg whites until stiff peaks form. Fold a fourth of the egg whites into the creamed mixture; fold in remaining whites.
4. Pour batter into prepared pans. Bake at 350° for 24-28 minutes or until a toothpick inserted near center comes out clean. Cool for 10 minutes before removing from pans to wire racks to cool completely.
5. For frosting, in a small saucepan, heat the sugar, milk, butter and egg yolks over medium-low heat until mixture is thickened and golden brown, stirring constantly. Remove from the heat. Stir in the coconut, pecans and vanilla extract. Cool until thick enough to spread. Spread a third of the frosting over each cake layer and stack the layers.
6. In a microwave, melt the chocolate and shortening; stir until smooth; drizzle over cake.

dishing about food

Though her name has long been forgotten, we can thank a Dallas homemaker for submitting her German chocolate cake recipe to a newspaper in 1957. The rich dessert used an old and rare variety of chocolate sold by Baker's Chocolate Company—German's Sweet Chocolate, named for its creator, Samuel German. As soon as Baker's started receiving letters asking where cooks could buy the star ingredient, they started a publicity campaign and sales of German's Sweet Chocolate took off.

Oklahoma Coconut Poke Cake

Coconut is the star of this cake. You get a double dose, one in the mixture that soaks into the cake and second with the coconut sprinkled on top. Don't worry though, it's a nice flavor treat...it's not too much coconut.

—TASTE OF HOME TEST KITCHEN

PREP: 10 MIN. **BAKE:** 25 MIN. + COOLING **MAKES:** 20 SERVINGS

1 package white cake mix (regular size)

1 can (15 ounces) cream of coconut

1 can (14 ounces) sweetened condensed milk

1 carton (16 ounces) frozen whipped topping, thawed

1 cup flaked coconut

1. Preheat oven to 350°. Prepare and bake cake mix according to package directions, using a 13x9-in. baking pan.
2. Meanwhile, in a small bowl, mix cream of coconut and milk. Remove cake from oven; place on a wire rack. Using a wooden skewer, pierce top of cake to within 1 inch of edge; twist skewer gently to make slightly larger holes. Spoon milk mixture evenly over cake, being careful to fill each hole. Cool completely.
3. Spread whipped topping over cake; sprinkle with coconut. Refrigerate until serving.



Espresso Cream Cake

After a satisfying meal, I like to go with something light for dessert. This recipe combines two of our favorite flavors, coffee and chocolate, in a delicious cream that's served alongside a slice of angel food cake. Yum!

—**NICOLE CLAYTON** PRESCOTT, ARIZONA

PREP/TOTAL TIME: 25 MIN. **MAKES:** 8 SERVINGS

2 tablespoons instant espresso powder

2 tablespoons hot water

1 carton (8 ounces) mascarpone cheese

1 cup heavy whipping cream

⅓ cup confectioners' sugar

1 prepared angel food cake (8 to 10 ounces)

½ cup coffee liqueur

2 teaspoons baking cocoa

1. In a large bowl, dissolve espresso powder in water; cool. Stir in cheese.

2. In a small bowl, beat cream until it begins to thicken. Gradually add confectioners' sugar; beat until soft peaks form. Stir ½ cup cream into cheese mixture; fold in remaining cream.

3. Serve mascarpone cream with cake. Drizzle each serving with liqueur and dust with cocoa.



Classic Fruit Kolaches

We love making these melt-in-your-mouth goodies. For extra fun, use Christmas cookie cutters instead of a biscuit cutter.

—**GLEN & SUE ELLEN BORKHOLDER** STURGIS, MICHIGAN

PREP: 35 MIN. + RISING **BAKE:** 15 MIN./BATCH **MAKES:** 2½ DOZEN

6 to 7 cups all-purpose flour

¼ cup sugar

2 packages (¼ ounce each) active dry yeast

2 teaspoons salt

2 cups 2% milk

½ cup butter, cubed

½ cup water

6 egg yolks

¼ cup butter, melted

1 can (12 ounces) raspberry and/or apricot cake and pastry filling

ICING

3 cups confectioners' sugar

¼ cup butter, softened

2 teaspoons vanilla extract

½ teaspoon salt

4 to 6 tablespoons 2% milk

1. In a large bowl, combine 3 cups flour, sugar, yeast and salt. In a large saucepan, heat the milk, butter and water to 120°-130°. Add to dry ingredients; beat just until moistened. Add egg yolks; beat until smooth. Stir in enough remaining flour to form a soft dough (dough will be sticky). Do not knead. Cover and let rise until doubled, about 45 minutes.

2. Turn the dough onto a floured surface; roll to ½-in. thickness. Cut with a floured 2½-in. biscuit cutter. Place 2 in. apart on lightly greased baking sheets. Brush with melted butter. Cover and let rise in a warm place until doubled, about 30 minutes.

3. Using the back of a spoon, make an indentation in the center of each roll. Spoon a heaping teaspoonful of raspberry and/or apricot filling into each indentation. Bake at 350° for 15-20 minutes or until golden brown. Remove from pans to wire racks to cool.

4. Combine the confectioners' sugar, butter, vanilla, salt and enough milk to achieve desired consistency. Drizzle over rolls.

Editor's Note: *This recipe was tested with Solo brand cake and pastry filling. Look for it in the baking aisle.*

dishing about food

Kolaches are claimed by both Czech and Polish cooks. In Texas, where kolaches are very popular, Czech kolaches prevail. You'll find them filled with fruit, cheese, prunes, poppy seeds and even sausage.



Cherry Pie Chimis

In New Mexico, we love to make these yummy fried pies for dessert. Because they call for flour tortillas and convenient canned pie filling, they're a snap to put together when time is short!

—**TERRY DOMINGUEZ** SILVER CITY, NEW MEXICO

PREP/TOTAL TIME: 25 MIN. **MAKES:** 6 SERVINGS

2 cans (21 ounces each) cherry pie filling

6 flour tortillas (10 inches)

Oil for deep-fat frying

Confectioners' sugar

1. Spoon pie filling down the center of each tortilla; fold sides and ends over filling and roll up. Seal with toothpicks.

2. In an electric skillet or deep fryer, heat oil to 375°. Fry chimichangas, a few at a time, for 2 minutes on each side or until golden brown on both sides. Drain on paper towels. Dust with confectioners' sugar. Serve immediately.



Texas Pecan Pie

This ooey-goey pie's luscious and creamy filling offers all the good old familiar flavor that so many have come to love!

—LAUREL LESLIE SONORA, CALIFORNIA

PREP: 20 MIN. **BAKE:** 1 HOUR + COOLING **MAKES:** 8 SERVINGS

½ cup sugar

3 tablespoons all-purpose flour

1 cup light corn syrup

1 cup dark corn syrup

3 eggs

1 teaspoon white vinegar

½ teaspoon vanilla extract

1 cup chopped pecans

Pastry for single-crust pie (9 inches)

1. In a large bowl, whisk the sugar, flour, corn syrups, eggs, vinegar and vanilla until smooth. Stir in pecans. Pour into pastry shell. Cover edges with foil.
2. Bake at 350° for 35 minutes. Remove foil; bake 25-30 minutes longer or until a knife inserted near the center comes out clean. Cool on a wire rack. Refrigerate leftovers.

dishing about food

Since the pecan is their state's official tree, it's not surprising that Texans share a fondness for pecan pie with most other Southerners. Texas is second only to Georgia in pecan production.



GROVES, TX

The eastern Texas town of Groves has an appropriate name, thanks to its many pecan trees. It's only natural that the citizens host the annual Texas Pecan Festival there.

Caramel Flan

To make my flan even more indulgent, I sometimes top it with whipped cream and toasted slivered almonds.

—**ANELLE MACK** MIDLAND, TEXAS

PREP: 20 MIN. + **STANDING** **BAKE:** 55 MIN. + **CHILLING** **MAKES:** 8-10 SERVINGS

½ cup sugar

1⅓ cups sweetened condensed milk

1 cup milk

3 eggs

3 egg yolks

1 teaspoon vanilla extract

1. In a large skillet over medium heat, cook sugar until melted, about 12 minutes. Do not stir. When sugar is melted, reduce heat to low and continue to cook, stirring occasionally, until syrup is golden brown, about 2 minutes.
2. Quickly pour into an ungreased 2-qt. round souffle dish, tilting to coat the bottom; let stand for 10 minutes.
3. In a blender, combine the condensed milk, milk, eggs, yolks and vanilla. Cover and process for 15 seconds or until well blended. Slowly pour over syrup.
4. Place the souffle dish in a larger baking pan. Add 1 in. of boiling water to baking pan. Bake at 350° for 55-60 minutes or until center is just set (mixture will jiggle). Remove souffle dish from larger pan. Place on a wire rack; cool for 1 hour. Cover and refrigerate overnight.
5. To unmold, run a knife around edge and invert flan onto a large rimmed serving platter. Cut into wedges or spoon onto dessert plates; spoon sauce over each serving.

dishing about food

This cream-and-egg combo goes back to Roman times, when it was served as a savory dish. Over the centuries, however, flan has turned into the sweet, silky custard we know today. The Spanish added the rich caramel topping and brought the dessert to Mexico, where it remains popular.



Candy Apple Pie

This is the only apple pie my husband will eat—but that’s just fine, since he makes it as often as I do. Like a combination of apple and pecan pie, it’s a sweet treat that usually tops off our holiday meals from New Year’s all the way through to Christmas!

—**CINDY KLEWENO** BURLINGTON, COLORADO

PREP: 20 MIN. **BAKE:** 45 MIN. **MAKES:** 8 SERVINGS

6 cups sliced peeled tart apples

2 tablespoons lime juice

$\frac{3}{4}$ cup sugar

$\frac{1}{4}$ cup all-purpose flour

$\frac{1}{2}$ teaspoon ground cinnamon

$\frac{1}{4}$ teaspoon salt

Pastry for double-crust pie (9 inches)

2 tablespoons butter

TOPPING

2 tablespoons butter

$\frac{1}{4}$ cup packed brown sugar

1 tablespoon heavy whipping cream

$\frac{1}{4}$ cup chopped pecans

1. In a large bowl, toss apples with lime juice. Combine the sugar, flour, cinnamon and salt; add to apples and toss lightly.
2. Line a 9-in. pie plate with bottom crust and trim even with edge; fill with apple mixture. Dot with butter. Roll out remaining pastry to fit top of pie. Place over filling. Trim, seal and flute edges; cut slits in pastry.
3. Bake at 400° for 40–45 minutes or until golden brown and apples are tender.
4. For topping, melt butter in a small saucepan. Stir in brown sugar and cream; bring to a boil, stirring constantly. Remove from the heat and stir in pecans.
5. Pour over top crust. Bake 3–4 minutes longer or until bubbly. Place on a wire rack. Serve warm.



SOUTHWEST

The Colorado River doesn’t flow only in its namesake state; its waters pass through Utah, Arizona, Nevada and California, too. It’s a favored destination for whitewater rafting.



Strawberry Shortcake

Although I've tried a few other recipes for strawberry shortcake over the years, I always come back to this one.

—**JANICE MITCHELL** AURORA, COLORADO

PREP/TOTAL TIME: 30 MIN. **MAKES:** 2 SERVINGS

1½ cups sliced fresh strawberries

⅓ cup sugar

BISCUITS

1 cup all-purpose flour

7 teaspoons sugar, divided

2 teaspoons baking powder

¼ teaspoon salt

¼ teaspoon cream of tartar

⅛ teaspoon baking soda

¼ cup shortening

⅓ cup buttermilk

¼ teaspoon vanilla extract

½ cup heavy whipping cream

1. In a small bowl, mash the strawberries; stir in sugar. Cover and refrigerate until serving.
2. For biscuits, in a large bowl, combine the flour, 4½ teaspoons sugar, baking powder, salt, cream of tarter and baking soda. Cut in shortening until mixture resembles coarse crumbs. Stir in buttermilk and vanilla until moistened.
3. Turn dough onto a lightly floured surface; knead 8-10 times. Shape into two 4-in. circles. Place on an ungreased baking sheet. Bake at 450° for 12-14 minutes or until golden brown.
4. To assemble, split shortcakes in half. Place the cake bottoms on dessert plates. Top each with half of the strawberry mixture. Replace shortcake tops.
5. In a small bowl, beat the cream until it begins to thicken. Add remaining sugar; beat until stiff peaks form. Dollop onto shortcakes.

Croissant Pudding with Chocolate Kahlua Sauce

These custards puff up slightly while baking, creating beautiful, golden crowns. Kahlua brings a mild coffee flavor to the heavenly chocolate sauce.

—**CHERYL TUCKER** HOUSTON, TEXAS

PREP: 25 MIN. **BAKE:** 40 MIN. **MAKES:** 9 SERVINGS

6 croissants, torn into pieces

4 egg yolks

2 eggs

3 cups heavy whipping cream

2¼ cups sugar

1½ cups half-and-half cream

4½ teaspoons vanilla extract

1½ teaspoons salt

SAUCE

2 ounces unsweetened chocolate, coarsely chopped

2 tablespoons butter

1 cup sugar

½ cup evaporated milk

Dash salt

3 tablespoons Kahlua (coffee liqueur)

1. Divide croissant pieces among nine greased 10-oz. ramekins or custard cups. Place on baking sheets.
2. In a large bowl, combine the egg yolks, eggs, cream, sugar, half-and-half, vanilla and salt. Pour over croissant pieces; let stand for 15 minutes or until croissants are softened. Bake at 325° for 40-45 minutes or until a knife inserted near the center comes out clean.
3. For sauce, in a small saucepan, melt chocolate and butter over medium-low heat. Add the sugar, milk and salt; cook and stir for 3-4 minutes or until thickened. Remove from the heat; stir in Kahlua. Serve with warm pudding.



Lime Coconut Cheesecake

This refreshing no-bake cheesecake's delicate flavor and creamy texture are complemented by a nutty coconut crust.

—**INGE SCHERMERHORN** EAST KINGSTON, NEW HAMPSHIRE

PREP: 30 MIN. + CHILLING **MAKES:** 10-12 SERVINGS

1½ cups flaked coconut

3 tablespoons ground macadamia nuts or almonds

3 tablespoons butter, melted

1 envelope unflavored gelatin

¼ cup cold water

¾ cup sugar

2 packages (8 ounces each) cream cheese, softened

¼ cup lime juice

1 tablespoon grated lime peel

Green food coloring

1½ cups heavy whipping cream, whipped

Toasted coconut and additional whipped cream, optional

1. In a bowl, combine coconut and nuts; stir in butter. Press onto the bottom of a greased 9-in. springform pan. Bake at 350° for 10-15 minutes or until crust is golden brown around the edges. Cool on a wire rack.
2. In a saucepan, sprinkle gelatin over cold water; let stand for 1 minute. Stir in sugar; cook over low heat until sugar and gelatin are dissolved. Remove from the heat. In a bowl, beat cream cheese until smooth. Gradually beat in gelatin mixture. Add lime juice and peel; beat until blended. Tint pale green with food coloring. Fold in whipped cream. Pour over crust. Refrigerate for 5 hours or overnight.
3. Carefully run a knife around the edge of pan to loosen. Remove sides of pan. Garnish with coconut and additional whipped cream if desired.

Chocolate Texas Sheet Cake

My husband is from Texas, and we love this chocolate sheet cake. The recipe is simple but oh-so-good!

—**KRISTI WELLS** RALEIGH, NORTH CAROLINA

PREP: 25 MIN. **BAKE:** 20 MIN. + COOLING **MAKES:** 20 SERVINGS

1 cup butter, cubed

1 cup water

¼ cup baking cocoa

2 cups all-purpose flour

2 cups sugar

1 teaspoon baking soda

½ teaspoon salt

2 eggs, lightly beaten

½ cup sour cream

FROSTING

½ cup butter, softened

3¾ cups confectioners' sugar

¼ cup baking cocoa

1 teaspoon vanilla extract

5 to 6 tablespoons milk

1. In a large saucepan, bring the butter, water and cocoa just to a boil. Immediately remove from the heat. Combine flour, sugar, baking soda and salt; stir into butter mixture. Combine the eggs and sour cream; stir into butter mixture until blended.
2. Pour into a greased 15x10x1-in. baking pan. Bake at 350° for 18-25 minutes or until a toothpick inserted near the center comes out clean. Cool on a wire rack.
3. For frosting, in a large bowl, cream the butter and confectioners' sugar. Add cocoa, vanilla and enough milk to achieve desired consistency. Spread over cake.

dishing about food

Texas sheet cake is also known as “Texas sheath cake.” According to one school of thought “sheath” is “sheet,” said with a Southern drawl, or vice versa. Lady Bird Johnson is sometimes credited with developing the recipe. But no matter where it came from, we can all agree, this cake is Texas-sized!



Mayan Chocolate Biscotti

Those who enjoy Mexican hot chocolate will go for the subtle sweetness and slight heat found in every bite of this perked-up biscotti.

—**CHRIS MICHALOWSKI** DALLAS, TEXAS

PREP: 35 MIN. **BAKE:** 40 MIN. + COOLING **MAKES:** 2 DOZEN

½ cup butter, softened

¾ cup sugar

2 eggs

1½ teaspoons coffee liqueur

1½ teaspoons vanilla extract

2 cups all-purpose flour

1½ teaspoons ground ancho chili pepper

½ teaspoon baking soda

½ teaspoon baking powder

½ teaspoon ground cinnamon

⅛ teaspoon salt

1½ cups chopped pecans

1 cup (6 ounces) semisweet chocolate chips

1 ounce 53% cacao dark baking chocolate, grated

1. In a large bowl, cream the butter and sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Stir in coffee liqueur and vanilla. Combine the flour, chili pepper, baking soda, baking powder, cinnamon and salt; gradually add to creamed mixture and mix well. Stir in the pecans, chocolate chips and grated chocolate.
2. Divide dough in half. On an ungreased baking sheet, shape each half into a 10x2-in. rectangle. Bake at 350° for 20-25 minutes or until set and lightly browned.
3. Place pans on wire racks. When cool enough to handle, transfer to a cutting board; cut diagonally with a serrated knife into ¾-in. slices. Place cut side down on ungreased baking sheets.
4. Bake for 8-10 minutes on each side or until golden brown. Remove to wire racks to cool completely. Store in an airtight container.



Arroz con Leche (Rice Pudding)

Sweet and simple, this creamy dessert is real comfort food in any language! You'll love the warm raisin and cinnamon flavors. It's great served cold, too.

—MARINA CASTLE CANYON COUNTRY, CALIFORNIA

PREP: 5 MIN. **COOK:** 30 MIN. **MAKES:** 4 SERVINGS

1½ cups water

½ cup uncooked long grain rice

1 cinnamon stick (3 inches)

1 cup sweetened condensed milk

3 tablespoons raisins

1. In a small saucepan, combine the water, rice and cinnamon. Bring to a boil. Reduce heat; simmer, uncovered, for 15-20 minutes or until water is absorbed.
2. Stir in milk and raisins. Bring to a boil. Reduce heat; simmer, uncovered, for 10-15 minutes or until thick and creamy, stirring frequently. Discard cinnamon. Serve warm or cold.

dishing about food

This classic Spanish dessert is enjoyed in many Latin American countries—each with its own special take. Basic ingredients include rice and

milk (hence, the name of the dish), plus a flavoring ingredient, such as cinnamon.



Tres Leches Cake

During our extensive travels to Central America, my husband and I have sampled many kinds of the popular tres leches (three milks) cake. We think this is the absolute best!

—**JOAN MEYERS** PALOS PARK, ILLINOIS

PREP: 45 MIN. + CHILLING **BAKE:** 20 MIN. + STANDING **MAKES:** 15 SERVINGS

6 eggs

1½ cups sugar

1 teaspoon vanilla extract

2 cups all-purpose flour

2 teaspoons baking powder

MILK MIXTURE

1 can (14 ounces) sweetened condensed milk

1 can (12 ounces) evaporated milk

1 cup 2% milk

3 egg yolks, beaten

¼ cup rum, optional

FROSTING

1 cup sugar

3 egg whites

¼ cup water

¼ teaspoon cream of tartar

1. In a large bowl, beat the eggs for 3 minutes. Gradually add the sugar and vanilla; beat for 2 minutes or until mixture becomes thick and lemon-colored. Combine flour and baking powder; fold into the egg mixture. Spread batter into a greased 13x9-in. baking dish.

2. Bake at 350° for 20-25 minutes or until golden brown. Place on a wire rack. Poke holes in cake with a skewer, about ½ in. apart.

3. In a small saucepan, bring the three milks to a boil over medium-low heat. Remove from the heat; gradually stir a small amount of hot mixture into egg yolks. Return all to the pan, stirring constantly. Stir in rum if desired. Bring to a gentle boil; cook and stir for 2 minutes.

4. Slowly pour the milk mixture over cake, allowing mixture to absorb into cake. Let stand for 30 minutes. Cover and refrigerate for 8 hours or overnight.

5. In a large heavy saucepan, combine the frosting ingredients over low heat. With a hand mixer, beat on low speed for 1 minute. Continue beating on low over low heat until the frosting reaches 160°, about 14-18 minutes.

6. Pour into a large bowl; beat on high until stiff peaks form, about 7 minutes. Spread over cake. Store in the refrigerator.

Dr Pepper Cake

Here is my favorite “go-to” recipe any time I have to take food anywhere. Everyone loves it! When baked in two layers rather than in one, it makes an impressive presentation. This is one surefire crowd-pleaser!

—**SHANNON PARUM** VERNON, TEXAS

PREP: 30 MIN. **BAKE:** 20 MIN. + COOLING **MAKES:** 12 SERVINGS

1 package German chocolate cake mix, regular size

1 package (3.4 ounces) instant chocolate pudding mix

4 eggs

1 can (12 ounces) Dr Pepper

1 teaspoon vanilla extract

FROSTING

1 container (12 ounces) whipped cream cheese, room temperature

⅓ cup butter, softened

⅓ cup baking cocoa

3½ cups confectioners' sugar

1½ teaspoons vanilla extract

1. Preheat oven to 350°. Line bottoms of three greased 9-in. round baking pans with parchment paper; grease paper.

2. In a large bowl, combine cake and pudding mixes. Add the eggs, one at a time, beating well after each addition. Gradually beat in the Dr Pepper and vanilla.

3. Transfer the batter to prepared pans. Bake 20-25 minutes or until the top springs back when lightly touched. Cool in pans 10 minutes before removing to wire racks; remove paper. Cool completely.

4. For frosting, in a large bowl, beat cream cheese and butter until smooth. Beat in the cocoa. Add confectioners' sugar and vanilla; beat until creamy.

5. Place one cake layer on a serving plate; spread with ⅓ cup frosting. Repeat layers. Top with remaining cake layer. Frost top and sides of cake with remaining frosting.

dishing about food

Dr Pepper was first served at the soda fountain in Morrison's Old Corner Drug Store in Waco, Texas, in 1885. Pharmacist Charles Alderton developed the recipe for the drink, and Morrison eventually named it Dr Pepper. The drink soon became a hit in Waco and spread around the country.



WACO, TX

Find everything you ever wanted to know about this distinctive soft drink (and other soda pops, too) at the Dr Pepper Museum.



Anise Butter Cookies

In New Mexico, these cookies are known as “bizcochitos,” which means “small biscuits.” Many variations of the recipe have been passed down through the generations. The cookies are enjoyed during the Christmas holidays, at wedding receptions and for other special celebrations. They’re good all by themselves or dunked in milk or coffee.

—MARI LYNN VAN GINKLE SANDIA PARK, NEW MEXICO

PREP: 30 MIN. **BAKE:** 40 MIN. **MAKES:** 5 DOZEN

2 cups butter, softened

1¾ cups sugar, divided

2 eggs

¼ cup thawed orange juice concentrate

4 teaspoons aniseed, crushed

6 cups all-purpose flour

3 teaspoons baking powder

½ teaspoon salt

1 teaspoon ground cinnamon

1. In a large bowl, cream the butter and 1½ cups sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Beat in orange juice concentrate and aniseed. Combine the flour, baking powder and salt; gradually add to creamed mixture and mix well.
2. On a lightly floured surface, roll out the dough to ¼-in. thickness. Cut with a floured 2½-in. round cookie cutter. Place 1 in. apart on ungreased baking sheets.
3. Combine the cinnamon and remaining sugar; sprinkle over cookies. Bake at 350° for 12-15 minutes or until golden brown. Remove to wire racks.



Chocolate Velvet Dessert

This creamy concoction is the result of several attempts to duplicate a dessert I enjoyed on vacation. It looks so beautiful on a buffet table that many folks are tempted to forgo the main course in favor of this chocolaty treat.

—**MOLLY SEIDEL** EDGEWOOD, NEW MEXICO

PREP: 20 MIN. **BAKE:** 45 MIN. + CHILLING **MAKES:** 16 SERVINGS

1½ cups chocolate wafer crumbs

2 tablespoons sugar

¼ cup butter, melted

2 cups (12 ounces) semisweet chocolate chips

6 egg yolks

1¾ cups heavy whipping cream

1 teaspoon vanilla extract

CHOCOLATE BUTTERCREAM FROSTING

½ cup butter, softened

3 cups confectioners' sugar

3 tablespoons baking cocoa

3 to 4 tablespoons 2% milk

1. In a small bowl, combine wafer crumbs and sugar; stir in butter. Press onto the bottom and 1½ in. up the sides of a greased 9-in. springform pan. Place on a baking sheet. Bake at 350° for 10 minutes. Cool on a wire rack.

2. In a large microwave-safe bowl, melt chocolate chips; stir until smooth. Cool. In a small bowl, combine the egg yolks, cream and vanilla. Gradually stir a small amount of egg yolk mixture into melted chocolate until blended; gradually stir in remaining mixture. Pour into crust.

3. Place pan on a baking sheet. Bake at 350° for 45-50 minutes or until center is almost set. Cool on a wire rack for 10 minutes. Carefully run a knife around edge of pan to loosen; cool 1 hour longer. Refrigerate overnight.

4. In a large bowl, combine the butter, confectioners' sugar, cocoa and enough milk to achieve a piping consistency. Using a large star tip, pipe frosting on dessert.



Chocolate Mexican Wedding Cakes

These spiced balls are a yummy twist on a traditional favorite. Sometimes I add mini chocolate chips to the dough and, after baking, dip the cooled cookies in melted almond bark.

—**JOANNE VALKEMA** FREEPORT, ILLINOIS

PREP: 20 MIN. **BAKE:** 15 MIN./BATCH **MAKES:** ABOUT 3½ DOZEN

1 cup butter, softened

1¾ cups confectioners' sugar, divided

1 teaspoon vanilla extract

1½ cups all-purpose flour

¼ cup cornstarch

¼ cup baking cocoa

½ teaspoon salt

1¼ cups finely chopped pecans or almonds

½ teaspoon ground cinnamon

1. In a large bowl, cream butter and 1 cup confectioners' sugar until light and fluffy. Beat in vanilla. Combine the flour, cornstarch, cocoa and salt; gradually add to creamed mixture and mix well. Stir in nuts.

2. Shape tablespoonfuls of dough into 1-in. balls. Place 2 in. apart on ungreased baking sheets. Bake at 325° for 12-14 minutes or until set.

3. In a small bowl, combine cinnamon and remaining confectioners' sugar. Roll warm cookies in sugar mixture; cool on wire racks. Store in an airtight container.

dishing about food

Mexican wedding cakes, also known as Mexican wedding cookies, are buttery, nutty sweets usually formed into a ball or crescent shape. They are often served during Christmastime and at weddings. The cookies do not, however, take the place of real wedding cake.



GRAND CANYON, AZ

If the views from the North or South Rim aren't enough for you, take a riding tour or hike down into the Grand Canyon!



Mexican Ice Cream

I made this ice cream for my grandma and her friends, and they said it was “so good.” This simple, flavorful dessert is a perfect way to get kids involved in the kitchen.

—**BEN PHIPPS** LIMA, OHIO

PREP: 20 MIN. + FREEZING **MAKES:** 4 SERVINGS

2 cups vanilla ice cream

½ cup frosted cornflakes, crushed

¼ cup sugar

1 teaspoon ground cinnamon

¼ cup honey

1. Place four ½-cup scoops of ice cream on a waxed paper-lined baking sheet. Freeze for 1 hour or until firm.

2. In a shallow bowl, combine cornflake crumbs, sugar and cinnamon. Roll ice cream in crumb mixture to coat. Freeze until serving. Drizzle each serving with 1 tablespoon honey.

dishing about food

Fried Mexican ice cream appears to be an American invention. It's a riff on Asian fried ice cream, which uses a tempura batter. For the “Mexican” recipe, scoops of ice cream are rolled in cornflakes or cookie crumbs before they're fried.



LOS ANGELES, CA

A classic Latin American treat, paletas have recently become popular in the States. These ice pops have long been sold from pushcarts in Latino areas, but are now available at grocery stores and gourmet shops. One of the first companies to make the jump was L.A.-based Palapa Azul.



Coconut Chocolate Cake

Hope other families enjoy this cake as much as my family does. I've given out almost 100 copies of this recipe to others who have tried the cake and liked it.

—**DOROTHY WEST** NACOGDOCHES, TEXAS

PREP: 35 MIN. **BAKE:** 20 MIN. **MAKES:** 35 SERVINGS

2 cups all-purpose flour

2 cups sugar

1 teaspoon baking soda

½ teaspoon salt

1 cup butter, cubed

1 cup water

¼ cup baking cocoa

2 eggs

½ cup buttermilk

1 teaspoon vanilla extract

TOPPING

1 can (12 ounces) evaporated milk, divided

1¼ cups sugar, divided

20 large marshmallows

1 package (14 ounces) coconut

2 cups slivered almonds, toasted, divided

½ cup butter, cubed

1 cup semisweet chocolate chips

1. In a large bowl, combine the flour, sugar, baking soda and salt. In a small saucepan, combine the butter, water and cocoa. Cook and stir until butter is melted; add to dry ingredients. Combine the eggs, buttermilk and vanilla; add to chocolate mixture and mix well.
2. Pour into a greased 15x10x1-in. baking pan. Bake at 350° for 20-25 minutes or until a toothpick inserted in center comes out clean.
3. Meanwhile, in a large saucepan, combine 1 cup evaporated milk, $\frac{3}{4}$ cup sugar and the marshmallows; cook and stir until the marshmallows are melted. Remove from heat; stir in coconut. Immediately sprinkle 1 cup almonds over cake. Spread the coconut mixture over top. Sprinkle with remaining almonds (pan will be full).
4. In a small saucepan, combine butter with remaining milk and sugar. Cook and stir until butter is melted. Remove from the heat; stir in chocolate chips until melted. Drizzle over almonds. Cool on a wire rack.



Sopaipillas

Light, crispy pastry puffs, sopaipillas are a sweet way to round out a spicy meal. They make a nice winter dessert served warm and topped with honey or sugar.

—**MARY ANNE MCWHIRTER** PEARLAND, TEXAS

PREP: 15 MIN. + **STANDING** **COOK:** 25 MIN. **MAKES:** 6-8 SERVINGS

1 cup all-purpose flour

1½ teaspoons baking powder

¼ teaspoon salt

1 tablespoon shortening

$\frac{1}{3}$ cup warm water

Oil for deep-fat frying

Honey, optional

Confectioners' sugar, optional

1. In a large bowl, combine flour, baking powder and salt. Cut in shortening until mixture resembles fine crumbs. Gradually add water, tossing with a fork until a loose ball forms (dough will be crumbly).
2. On a lightly floured surface, knead the dough for 3 minutes or until smooth. Cover and let rest for 10 minutes. Roll out into a 12x10-in. rectangle. Cut into 12 squares with a knife or cut into 12 circles using a round biscuit cutter.
3. In a deep-fat fryer, heat 2 in. of oil to 375°. Fry the sopaipillas for 1-2 minutes on each side. Drain sopaipillas on paper towels; keep warm. Serve with honey and/or dust with confectioners' sugar if desired.

dishing about food

One of Texas' official state pastries, the sopaipilla is thought to have been created in New Mexico. Cooks tuck sweet or savory filling inside the

tender fried pillows. Sopapillas are similar to other pastries of South and Central America, such as churros.



NEW MEXICO

Take in the sights of the Land of Enchantment by cruising on Route 66. The historic highway stretches straight across the state, passing by must-see cities and retro, neon-lit attractions.



[West African Chicken Stew](#)

West

[Main Dishes](#)

[Sides & More](#)

[Sweets](#)

Out of all the regions in the U.S., the Western states quite possibly deliver the tastiest mix of flavors, ingredients and cooking influences. California, for instance, offers succulent specialties featuring wine and fresh produce, while the Mountain States rely on hearty beef entrees that meat-and-potato lovers crave! Families in the Pacific Northwest enjoy an abundance of seafood dinners and take advantage of locally grown apples and cherries for unforgettable desserts. And let's not forget Hawaii! Its home cooks add plenty of Polynesian flair to this colorful mix.



Aloha Burgers

I love hamburgers and pineapple, so it just seemed natural for me to combine them. My family frequently requests these unique sandwiches. They're a nice change of pace from the same old boring burgers.

—JOI MCKIM-JONES WAIKOLOA, HAWAII

PREP/TOTAL TIME: 30 MIN. **MAKES:** 4 SERVINGS

1 can (8 ounces) sliced pineapple

¾ cup reduced-sodium teriyaki sauce

1 pound ground beef

1 large sweet onion, sliced

1 tablespoon butter

4 lettuce leaves

4 sesame seed or onion buns, split and toasted

4 slices Swiss cheese

4 bacon strips, cooked

1. Drain pineapple juice into a small bowl; add teriyaki sauce. Place 3 tablespoons in a resealable plastic bag. Add pineapple; toss to coat and set aside.

2. Shape beef into four patties; place in an 8-in. square baking dish. Pour the remaining teriyaki sauce mixture over patties; marinate for 5-10 minutes, turning once.

3. Drain and discard teriyaki marinade. Grill, covered, over medium heat or broil 4 in. from the heat for 6-9 minutes on each side or until a thermometer reads 160° and juices run clear. Meanwhile, in a small skillet, saute onion in butter until tender, about 5 minutes; set aside.

4. Drain and discard pineapple marinade. Place pineapple on grill or under broiler to heat through. Layer with lettuce and onion on bottom of buns. Top with burgers, cheese, pineapple and bacon. Replace tops.

dishing about food

Talk about your multicultural cuisine! Hawaii's was influenced by Polynesians, Chinese, Koreans, Japanese, English, Portuguese, Puerto Ricans, Filipinos and mainlanders—all bringing their own favorite ingredients, recipes and traditions.



HANALEI VALLEY, HI

One of the main crops grown in this fertile Kauai valley is taro, or kalo. The plant's tuber is the main ingredient in poi, a traditional Hawaiian dish.



Rack of Lamb with Figs

Your dinner guests are sure to enjoy this special preparation. Roasted lamb is served with a full-bodied sauce made with port wine and figs, then sprinkled with walnuts.

—SYLVIA CASTANON LONG BEACH, CALIFORNIA

PREP: 30 MIN. **BAKE:** 45 MIN. **MAKES:** 6-8 SERVINGS

2 racks of lamb (2 pounds each)

1 teaspoon salt, divided

1 cup water

1 small onion, finely chopped

1 tablespoon canola oil

1 garlic clove, minced

2 tablespoons cornstarch

1 cup port wine or ½ cup grape juice plus ½ cup reduced-sodium beef broth

10 dried figs, halved

¼ teaspoon pepper

½ cup coarsely chopped walnuts, toasted

1. Rub lamb with ½ teaspoon salt. Place meat side up on a rack in a greased roasting pan. Bake, uncovered, at 375° for 45-60 minutes or until meat reaches desired doneness (for medium-rare, a thermometer should read 145°; medium, 160°; well-done, 170°).

2. Remove to a serving platter; cover loosely with foil. Add 1 cup water to roasting pan; stir to loosen browned bits from pan. Using a fine sieve, strain mixture; set drippings aside.

3. In a small saucepan, saute onion in oil until tender. Add the garlic; cook 1 minute longer. Stir in cornstarch until blended; gradually add the wine, drippings, figs, pepper and the remaining salt. Bring to a boil. Reduce heat to medium-low; cook, uncovered, until the figs are tender and the sauce is thickened, about 10 minutes, stirring occasionally.

4. Sprinkle the walnuts over lamb; serve with fig sauce.

dishing about food

Eighty percent of the lamb raised in the U.S. comes from Western states. Texas has the most sheep, followed by California. But when you combine California's numbers with those of other Western states, such as Colorado, Wyoming, Utah, Idaho, Montana and Oregon, the total leaves Texas in the dust!

Asparagus Salmon Pie

I received this recipe from a dear neighbor years ago, when we lived in the mountains near Yosemite National Park. We had four small children, and the whole family really loved this recipe. Now I make it for my husband, for guests, and for my children and grandchildren when they visit.

—**SHIRLEY MARTIN** FRESNO, CALIFORNIA

PREP: 30 MIN. **BAKE:** 30 MIN. **MAKES:** 6 SERVINGS

1 pound fresh asparagus

½ cup chopped onion

2 tablespoons butter

3 eggs, lightly beaten

½ cup milk

2 tablespoons minced fresh parsley

½ teaspoon dried basil

½ teaspoon salt

1 can (14¾ ounces) pink salmon, drained, boned and flaked

1 unbaked pastry shell (9 inches)

1. Place asparagus in a saucepan with enough water to cover; cook until crisp-tender. Drain well. Reserve six spears for garnish; cut the remaining spears into bite-size pieces. Set aside.

2. In a small saucepan, saute onion in butter until tender. Set aside.

3. In small bowl, mix eggs, milk, parsley, basil, salt and salmon. Add sauted onion. Place cut asparagus in pastry shell; top with salmon mixture. Arrange reserved asparagus spears, spoke fashion, on top. Cover edges of crust with foil to prevent over-browning.

4. Bake at 425° for 30-35 minutes or until filling is set.



Caramelized-Onion Pork

We live in a farming community, and among our main crops are onions. When I competed in a cooking contest at the Idaho-Eastern Oregon Onion Festival, I was flabbergasted when I won the top three prizes. This was the first-place recipe.

—**NELL CRUSE** ONTARIO, OREGON

PREP: 30 MIN. **BAKE:** 35 MIN. + STANDING **MAKES:** 4 SERVINGS

1 large sweet onion, thinly sliced

1 teaspoon sugar

2 teaspoons olive oil

1 pork tenderloin (1 pound)

¼ teaspoon salt

⅛ teaspoon pepper

1. In a large skillet, cook onion and sugar in oil over medium-low heat until onion is tender and golden brown, about 30 minutes, stirring occasionally.
2. Place the pork in a 13x 9-in. baking dish coated with cooking spray. Sprinkle with salt and pepper. Top with the onion mixture.
3. Bake, uncovered, at 350° for 35–40 minutes or until a thermometer reads 145°. Let stand for 5 minutes before slicing.



Saucy Chicken and Asparagus

You won't believe how delicious, yet how easy this dish is! We tasted it for the first time when our son's godparents made it for us.

—**VICKI SCHLECHTER** DAVIS, CALIFORNIA

PREP: 10 MIN. **BAKE:** 40 MIN. **MAKES:** 4 SERVINGS

1½ pounds fresh asparagus spears, halved

4 boneless skinless chicken breast halves

2 tablespoons canola oil

½ teaspoon salt

¼ teaspoon pepper

1 can (10¾ ounces) condensed cream of chicken soup, undiluted

½ cup mayonnaise

1 teaspoon lemon juice

½ teaspoon curry powder

1 cup (4 ounces) shredded cheddar cheese

1. If desired, partially cook asparagus; drain. Place the asparagus in a greased 9-in. square baking dish. In a skillet over medium heat, brown the chicken in oil on both sides. Season with the salt and pepper. Arrange the chicken over the asparagus.

2. In a bowl, mix soup, mayonnaise, lemon juice and curry powder; pour over chicken. Cover and bake at 375° for 40 minutes or until the chicken is tender and juices run clear. Sprinkle with cheese. Let stand for 5 minutes before serving.



Sweet Onion BBQ Burgers

Sometimes we don't even bother with a bun for these moist, flavorful burgers. Smoked cheese, grilled onions and a special sauce make them out-of-the-ordinary.

—CHRISTIE GARDINER PLEASANT GROVE, UTAH

PREP: 30 MIN. + MARINATING **GRILL:** 15 MIN. **MAKES:** 4 SERVINGS

½ cup dry bread crumbs

2 teaspoons onion salt

2 teaspoons brown sugar

1 egg, lightly beaten

1 pound ground beef

1¼ cups barbecue sauce

SAUCE

½ cup mayonnaise

½ cup barbecue sauce

1 teaspoon brown sugar

ONION TOPPING

2 tablespoons butter

¼ cup honey

2 large sweet onions, thinly sliced

4 slices smoked cheddar cheese

4 hamburger buns, split

1. In a large bowl, combine the bread crumbs, onion salt and brown sugar. Add egg. Crumble beef over mixture and mix well. Shape into four patties. Place in a shallow dish; pour barbecue sauce over patties. Cover and refrigerate for 2-4 hours.

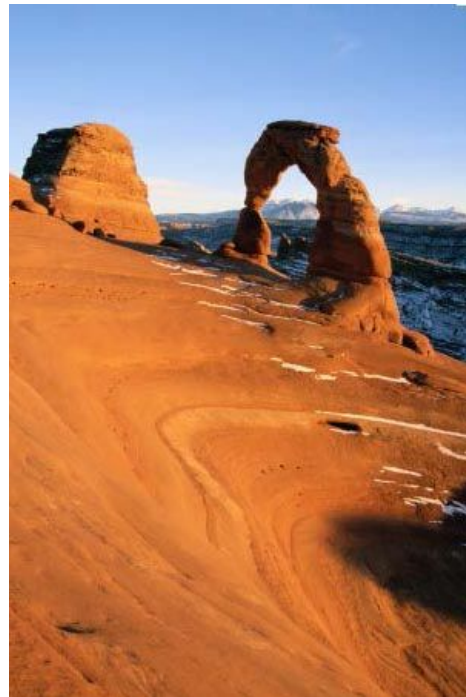
2. In a small bowl, combine sauce ingredients; cover and refrigerate until serving. For topping, melt butter in a small skillet. Stir in honey until

blended. Add onions; saute for 15-20 minutes or until tender and lightly browned. Remove from the heat and keep warm.

3. Drain and discard barbecue sauce. Grill patties, uncovered, over medium heat or broil 4 in from the heat for 5-7 minutes on each side or until a thermometer reads 160° and juices run clear. Top each with a cheese slice; cook 1 minute longer or until cheese is melted. Serve on buns with sauce and onion topping.

dishing about food

In Utah, the Spanish sweet onion is the official state vegetable. The onions are sold from August through January.



MOAB, UT

Utah's terrain is so spellbinding, the state boasts five national parks. One of them is Arches, where Delicate Arch is found.

Artichoke Shrimp Linguine

With its hint of garlic and a delicate wine sauce, this seafood sensation will have artichoke lovers asking for seconds. Toss in some sliced olives for added flavor. We round out the menu with rolls and Key lime pie.

—**DANIEL SPENGLER** SEATTLE, WASHINGTON

PREP/TOTAL TIME: 20 MIN. **MAKES:** 2 SERVINGS

4 ounces uncooked linguine

½ cup chopped sweet red pepper

1½ teaspoons minced garlic

1 green onion, chopped

2 tablespoons olive oil

4½ teaspoons butter

12 ounces uncooked medium shrimp, peeled and deveined

1 can (14 ounces) water-packed artichoke hearts, rinsed, drained and chopped

¼ cup white wine or chicken broth

1 tablespoon lemon juice

¼ teaspoon salt

¼ teaspoon Creole seasoning

1. Cook the linguine according to package directions.

2. Meanwhile, in a large saucepan, saute the red pepper, garlic and onion in oil and butter until vegetables are crisp-tender. Add the shrimp; saute until shrimp turn pink. Stir in the remaining ingredients; heat through. Drain linguine; serve with shrimp mixture.

Editor's Note: *The following spices may be substituted for 1 teaspoon Creole seasoning: ¼ teaspoon each salt, garlic powder and paprika; and a pinch each of dried thyme, ground cumin and cayenne pepper.*



Plum Chicken Wraps

Dinner's a wrap with this easy, nutritious recipe loaded with the fruity flavors of pineapple and plum! It makes a handheld sweet-and-sour chicken that's hard to beat.

—JENNIFER MICHALICEK PHOENIX, ARIZONA

PREP/TOTAL TIME: 20 MIN. **MAKES:** 4 SERVINGS

1 can (8 ounces) unsweetened crushed pineapple, drained

⅓ cup plum sauce

1 tablespoon rice vinegar

½ teaspoon sesame oil

2 cups cubed cooked chicken breast

½ cup chopped green onions

¼ cup salted cashews

2 medium fresh plums, sliced

12 Boston or Bibb lettuce leaves

1. In a large saucepan, combine the pineapple, plum sauce, vinegar and oil. Cook and stir over medium heat for 5 minutes.

2. Stir in the chicken, green onions and cashews; heat through. Remove from the heat; stir in plums. Place ⅓ cup chicken mixture on each lettuce leaf. Fold lettuce over filling.

dishing about food

California has been home to many immigrant groups, including Spaniards, Italians and Asians. The Cantonese arrived in San Francisco in 1847. When these immigrants opened restaurants, they modified recipes or created new ones to please their non-Asian clientele. Some had two menus—one for Chinese diners and another for everyone else.



Cedar Plank Salmon with Blackberry Sauce

Here's my go-to entree for a cookout. The salmon has a rich, grilled taste that's enhanced by the savory blackberry sauce. It's a nice balance of sweet, smoky and spicy.

—STEPHANIE MATTHEWS TEMPE, ARIZONA

PREP: 20 MIN. + SOAKING **GRILL:** 15 MIN. **MAKES:** 6 SERVINGS (¾ CUP SAUCE)

- 2 cedar grilling planks
- 2 cups fresh blackberries
- 2 tablespoons white wine
- 1 tablespoon brown sugar
- 1½ teaspoons honey
- 1½ teaspoons chipotle hot pepper sauce
- ¼ teaspoon salt, divided
- ¼ teaspoon pepper, divided
- ¼ cup finely chopped shallots
- 1 garlic clove, minced
- 6 salmon fillets (5 ounces each)

1. Soak the grilling planks in water for at least 1 hour.
2. In a food processor, combine blackberries, wine, brown sugar, honey, hot pepper sauce, ⅛ teaspoon salt and ⅛ teaspoon pepper; cover and process until blended. Strain and discard seeds. Stir the shallots and garlic into the sauce; set aside.
3. Place planks on grill over medium-high heat. Cover and heat until planks create a light to medium smoke and begin to crackle, about 3 minutes (this indicates planks are ready). Turn planks over.
4. Sprinkle salmon with remaining salt and pepper. Place on planks. Grill, covered, over medium heat for 12-15 minutes or until fish flakes easily with a fork. Serve with sauce.

dishing about food

Smoking food, especially salmon, dates back to the Native Americans of the Northwest. They smoked salmon to preserve it; today, it's done to add flavor. The modernized technique calls for placing the fish directly on soaked cedar or alder planks, then cooking it on the grill or in the oven.



SEATTLE, WA

If you're at the Pike Place Fish Market, watch your head! Seafood goes flying as wader-clad fishmongers arrange the catch of the day. Be quick if you want to buy—the fresh fish goes fast.



Crab-Stuffed Avocados

We enjoy having this creamy and crunchy salad out on our deck on summer evenings. And it goes together in just minutes flat!

—**GAIL VANGUNDY** PARKER, COLORADO

PREP/TOTAL TIME: 20 MIN. **MAKES:** 2 SERVINGS

1 can (6 ounces) crabmeat, drained, flaked and cartilage removed

½ cup sliced celery

½ cup shredded lettuce

3 tablespoons mayonnaise

1 teaspoon finely chopped onion

½ teaspoon lemon juice

⅛ to ¼ teaspoon seafood seasoning

⅛ teaspoon paprika

1 medium ripe avocado, halved and pitted

1. In a large bowl, combine the first eight ingredients. Spoon onto the avocado halves. Serve immediately.



Chuck Wagon Chow

To the best of my knowledge, this recipe came from the early days in Colorado...or from the cattle trails leading into Colorado. It is a cowboy recipe and its ingredients can be varied, depending on what's available.

—**ED JONES** BAKER CITY, OREGON

PREP: 20 MIN. **BAKE:** 55 MIN. **MAKES:** 6-8 SERVINGS

½ cup all-purpose flour

1 teaspoon salt

¼ teaspoon pepper

2 pounds beef top round steak (½ inch thick), cut into ½-inch cubes

¼ cup canola oil

1 medium onion, chopped

1 green pepper, chopped

1 garlic clove, minced

1 tablespoon chili powder

1 teaspoon dried oregano

1 can (16 ounces) kidney beans, juice drained and reserved

1 can (16 ounces) whole kernel corn, juice drained and reserved

1. Combine flour, salt and pepper in a large plastic bag. Place beef cubes in bag and shake to coat evenly.

2. In a Dutch oven or large skillet, brown beef in oil. Add the onion, green pepper and garlic; cook until peppers are crisp-tender. Stir in the chili powder, oregano and reserved vegetable liquid; bring to a boil. Reduce heat and simmer, covered, until the meat is tender, about 45-50 minutes. Stir in the beans and corn; simmer for 10 minutes or until heated through.



Chipotle-Sparked Mustard Salmon

This delicious salmon packs huge flavors—chipotle, stone-ground mustard and horseradish come together in a fantastic blend that’s anything but boring.

—**HELEN CONWELL** PORTLAND, OREGON

PREP/TOTAL TIME: 25 MIN. **MAKES:** 6 SERVINGS

6 salmon fillets (4 ounces each)

¼ cup reduced-fat mayonnaise

¼ cup prepared horseradish

¼ cup stone-ground mustard

¼ teaspoon lemon-pepper seasoning

1 teaspoon minced chipotle pepper in adobo sauce

1 teaspoon snipped fresh dill

1. Place salmon in a foil-lined 15x10x1-in. baking pan. Combine the mayonnaise, horseradish, mustard, lemon-pepper and chipotle pepper; spread over fillets.

2. Bake at 350° for 15-20 minutes or until fish flakes easily with a fork. Sprinkle with dill.

Montana Wildfire Chili

Here's a thick and chunky chili with some real kick to it! I like to top it with shredded cheddar and then serve it with a side of corn bread.

—**DONNA EVARO** CASPER, WYOMING

PREP: 30 MIN. **COOK:** 5 HOURS **MAKES:** 8 SERVINGS (2½ QUARTS)

2 pounds ground beef

1 large sweet onion, chopped

1 medium sweet red pepper, finely chopped

1 medium sweet yellow pepper, finely chopped

2 cans (16 ounces each) chili beans, undrained

2 cans (14½ ounces each) stewed tomatoes, drained

½ cup tomato juice

2 jalapeno peppers, seeded and minced

2 garlic cloves, minced

2 teaspoons ground cumin

2 teaspoons chili powder

1 teaspoon salt

1 teaspoon cayenne pepper

1. In a large skillet, cook the beef, onion and peppers over medium heat until the meat is no longer pink; drain.

2. Transfer to a 4- or 5-qt. slow cooker. Stir in the beans, tomatoes, tomato juice, jalapenos, garlic, cumin, chili powder, salt and cayenne. Cover and cook on low for 5-6 hours or until heated through.

Editor's Note: *Wear disposable gloves when cutting hot peppers; the oils can burn skin. Avoid touching your face.*

dishing about food

It's been said that chili recipes became popular because beans and other ingredients helped turn a dish with just a little meat into a hearty, filling meal.



COLUMBIA FALLS, MT

Keep your eyes peeled for families of mountain goats while visiting majestic Glacier National Park. They graze freely!



Herbed Artichoke Cheese Tortellini

Vegetarians, as well as meat-and-potato lovers, will enjoy this hearty meatless recipe featuring tomatoes, black olives and artichoke hearts tossed with tender cheese tortellini.

—**KAREN ANZELC** PEORIA, ARIZONA

PREP/TOTAL TIME: 30 MIN. **MAKES:** 8 SERVINGS

2 cans (14½ ounces each) Italian diced tomatoes

2 jars (6½ ounces each) marinated quartered artichoke hearts

2 packages (9 ounces each) refrigerated cheese tortellini

2 cups chopped onions

½ cup minced fresh parsley

2 to 4 tablespoons minced fresh or 2 to 4 teaspoons dried basil

2 teaspoons minced garlic

½ teaspoon dried oregano

⅓ teaspoon crushed red pepper flakes

½ cup olive oil

1 can (2¼ ounces) sliced ripe olives, drained

½ teaspoon salt

¼ cup shredded Parmesan cheese

1. Drain tomatoes, reserving ⅔ cup juice; set aside. Drain artichokes, reserving ¾ cup liquid; chop and set aside.

2. Cook tortellini according to the package directions. Meanwhile, in a large skillet, saute the onions, parsley, basil, garlic, oregano and pepper flakes in oil for 4-5 minutes or until onions are tender. Add the reserved tomatoes, tomato juice and artichoke liquid.

3. Bring to a boil. Reduce the heat; simmer, uncovered, for 10-12 minutes or until slightly thickened. Drain the tortellini; add to tomato mixture. Stir in the olives, salt and reserved artichokes; heat through. Sprinkle with the Parmesan cheese.



Thai Curry with Shrimp & Coconut

Thai and Vietnamese restaurants serve curried shrimp, which I enjoy a lot. So I decided to try my hand at making it at home. What a success! Everyone who tries my version asks for the recipe.

—**NINETTE HOLBROOK** ORLANDO, FLORIDA

PREP: 30 MIN. **COOK:** 15 MIN. **MAKES:** 4 SERVINGS

¾ cup coconut milk

¾ cup cream of coconut

¼ cup creamy peanut butter

2 tablespoons red curry paste

1½ teaspoons garlic salt

½ teaspoon crushed red pepper flakes

2 tablespoons olive oil, divided

1 medium onion, cut into ½-in. pieces

1 medium sweet red pepper, cut into ½-in. pieces

3 garlic cloves, thinly sliced

1 pound uncooked medium shrimp, peeled and deveined

¼ teaspoon salt

¼ teaspoon pepper

Hot cooked rice

¾ cup salted peanuts

⅓ cup flaked coconut, toasted

1. In a small saucepan, whisk the first six ingredients until blended. Bring to a boil over medium heat, stirring occasionally; remove from heat.
2. In a large skillet, heat 1 tablespoon oil over medium-high heat. Add onion and red pepper; cook and stir 4-5 minutes or until onion is golden brown. Add garlic; cook 1 minute longer. Remove from pan.
3. In the same skillet, heat remaining oil over medium-high heat. Add shrimp; stir-fry 3-4 minutes or until shrimp turn pink. Sprinkle with salt and pepper. Add onion and sauce mixtures; heat through, stirring occasionally. Serve with the rice; sprinkle with the peanuts and coconut.

Editor's Note: To toast coconut, spread in a 15x10x1-in. baking pan. Bake at 350° for 5-10 minutes or until golden brown, stirring frequently.



Rabanadas (Portuguese French Toast)

I find this dish a comforting reminder of my childhood. The creamy custard center contrasts so deliciously with the cinnamon sugar crust.

—ANA PAULA CIOFFI HAYWARD, CALIFORNIA

PREP: 15 MIN. **COOK:** 5 MIN./BATCH **MAKES:** 6 SERVINGS

1 cup sugar

2 tablespoons ground cinnamon

4 eggs

2 cups 2% milk

1 loaf (8 ounces) French bread, cut into 1-inch slices

Oil for frying

1. In a small bowl, mix sugar and cinnamon until blended. In a large shallow dish, whisk eggs and milk. Dip bread in egg mixture, soaking lightly.
2. In an electric skillet, heat 1 in. of oil to 350°. Working with a few slices at a time, remove bread from egg mixture, allowing excess to drain, and fry 2-3 minutes on each side or until golden brown. Drain on paper towels.
3. Dip warm rabanadas in cinnamon-sugar to coat all sides. Serve warm or at room temperature.

dishing about food

This Portuguese variation on French toast is traditionally reserved for Christmas Eve in some households. Others save it for occasions when they want a special treat. It can be served for either breakfast or dessert.



OAKLAND, CA

Located across the Bay from San Francisco, Oakland has one of the largest Portuguese-American populations in the country. The City Center is enjoying a major revitalization.



Lemon-Herb Leg of Lamb

This lamb recipe would be perfect for Easter or any other festive gathering. I created it from a combination of several others. It's the only lamb recipe my daughter would eat when she was young.

—PATRICIA CRANDALL INCHELIUM, WASHINGTON

PREP: 10 MIN. + MARINATING **BAKE:** 1¾ HOURS + STANDING **MAKES:** 12 SERVINGS

2 teaspoons lemon juice

1½ teaspoons grated lemon peel

1 teaspoon garlic salt

1 teaspoon dried oregano

1 teaspoon dried thyme

1 teaspoon dried rosemary, crushed

1 teaspoon ground mustard

1 boneless leg of lamb (4 pounds), rolled and tied

1. In a small bowl, combine the first seven ingredients. Rub over leg of lamb. Cover and refrigerate overnight.

2. Place lamb on a rack in a shallow roasting pan. Bake, uncovered, at 325° for 1¾ to 2¼ hours or until meat reaches desired doneness (for medium-rare, a thermometer should read 145°; medium, 160°; well-done, 170°).

Let stand for 15 minutes before slicing.



Coconut Curry Chicken

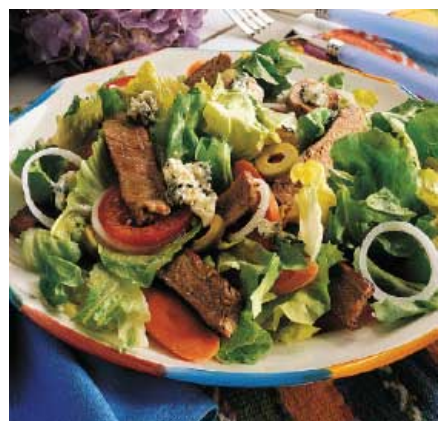
My husband and I love this yummy dish! It's a breeze to prepare in the slow cooker, and it tastes just like a meal you'd have at your favorite Indian or Thai restaurant.

—ANDI KAUFFMAN BEAVERCREEK, OREGON

PREP: 20 MIN. **COOK:** 5 HOURS **MAKES:** 4 SERVINGS

- 2 medium potatoes, peeled and cubed
- 1 small onion, chopped
- 4 boneless skinless chicken breast halves (4 ounces each)
- 1 cup light coconut milk
- 4 teaspoons curry powder
- 1 garlic clove, minced
- 1 teaspoon reduced-sodium chicken bouillon granules
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 2 cups hot cooked rice
- ¼ cup thinly sliced green onions
- Raisins, flaked coconut and chopped unsalted peanuts, optional

1. Place potatoes and onion in a 3- or 4-qt. slow cooker. In a large nonstick skillet coated with cooking spray, brown the chicken on both sides.
2. Transfer to slow cooker. In a small bowl, combine the coconut milk, curry, garlic, bouillon, salt and pepper; pour over chicken. Cover and cook on low for 5-6 hours or until meat is tender.
3. Serve chicken and sauce with rice; sprinkle with green onions. Garnish with raisins, coconut and peanuts if desired.



Buffalo Steak Salad

We raise buffalo on our ranch, so I cook plenty of buffalo steak as well as other cuts. During the warmer months, this cool salad is a refreshing change of pace from the heavier meals I feed my crew at other times of the year. The meat is tender, and the dressing is mouthwatering.

—**BURT GUENIN** CHAPPELL, NEBRASKA

PREP: 10 MIN. + **CHILLING** **GRILL:** 15 MIN. **MAKES:** 4 SERVINGS

- ⅓ cup olive oil
- 2 tablespoons red wine vinegar
- 1 tablespoon lemon juice
- 1 garlic clove, minced
- ½ teaspoon salt
- ⅛ teaspoon pepper
- Dash Worcestershire sauce
- ½ cup crumbled blue cheese
- 2 buffalo sirloin or beef ribeye steaks (about 8 ounces each)
- 6 cups torn salad greens
- 1 medium tomato, thinly sliced
- 1 small carrot, thinly sliced
- ½ cup thinly sliced onion

¼ cup sliced pimiento-stuffed olives

1. In a small bowl, combine the first seven ingredients; mix well. Stir in the blue cheese. Cover and refrigerate.
2. Grill steaks, uncovered, over medium-hot heat for 6-10 minutes on each side or until meat reaches desired doneness (for medium-rare, a thermometer should read 145°; medium, 160°; well-done, 170°). Thinly slice meat.
3. On a serving platter or individual salad plates, arrange lettuce, tomato, carrot, onion and olives. Top with steak and dressing.

dishing about food

Buffalo meat is lower in fat and cholesterol than beef. Many ranchers with buffalo herds in the Midwest and West have trouble keeping up with the demand.



WYOMING

Emblazoned on Wyoming's flag, the American bison is the state's official mammal. Herds once roamed the Great Plains, but due to overhunting, the best places to see them now are national parks such as Yellowstone and the Grand Tetons.



Chipotle Pomegranate Pulled Pork

Once I was making pulled pork and wanted to kick it up a bit. Pomegranate jelly made the perfect addition to this tender entree!

—TATIANA KUSHNIR MONTARA, CALIFORNIA

PREP: 10 MIN. **COOK:** 8½ HOURS **MAKES:** 10 SERVINGS

1 boneless pork shoulder butt roast (3 pounds)

2 tablespoons steak seasoning

½ cup water

1 cup pomegranate or red currant jelly

3 tablespoons minced chipotle peppers in adobo sauce

10 kaiser rolls, split

1. Cut roast in half. Place in a 5-qt. slow cooker; sprinkle with steak seasoning. Add water. Cover and cook on low for 8-10 hours or until meat is tender.

2. In a small saucepan, combine jelly and peppers. Cook over medium heat for 5 minutes or until heated through. Remove the meat from slow cooker; discard cooking liquid. Shred pork with two forks.

3. Return to the slow cooker; top with jelly mixture. Cover and cook on low for 30 minutes or until heated through. Spoon about ¾ cup of meat onto each roll.

Editor's Note: *This recipe was tested with McCormick's Montreal Steak Seasoning. Look for it in the spice aisle.*



Colorado Lamb Chili

Colorado sheep ranchers raise a great supply of lamb. In this recipe, I take our homegrown product and add a dash of Tex-Mex flair.

—**KAREN GORMAN** GUNNISON, COLORADO

PREP: 20 MIN. **COOK:** 1½ HOURS **MAKES:** 6 SERVINGS (2¼ QUARTS)

1 pound lamb stew meat, cut into 1-inch pieces

2 tablespoons canola oil, divided

1 large onion, chopped

1 large sweet yellow pepper, chopped

4 garlic cloves, minced

1 can (30 ounces) black beans, rinsed and drained

1 can (28 ounces) diced tomatoes, undrained

1 can (14½ ounces) reduced-sodium beef broth

1 tablespoon dried oregano

1 tablespoon chili powder

1 tablespoon brown sugar

2 teaspoons Worcestershire sauce

1 teaspoon ground cumin

½ teaspoon fennel seed, crushed

Sliced green onions, chopped tomatoes and corn chips, optional

1. In a Dutch oven, brown lamb in 1 tablespoon oil. Remove and set aside.

2. In the same pan, saute onion and pepper in remaining oil until tender. Add garlic; cook 1 minute longer. Add the beans, tomatoes, broth, oregano, chili powder, brown sugar, Worcestershire sauce, cumin and fennel. Return lamb to the pan.

3. Bring to a boil. Reduce heat; cover and simmer for 1¼ to 1½ hours or until lamb is tender. Garnish each serving with green onions, tomatoes and corn chips if desired.



Fish Tacos with Avocado Sauce

I grew up in Alaska, where halibut is readily available for recipes like this. A good friend who normally doesn't eat fish went back for a fourth helping of these tacos. They're that good!

—**CORTNEY CLAESON** SPOKANE, WASHINGTON

PREP: 30 MIN. + MARINATING **BROIL:** 10 MIN. **MAKES:** 4 SERVINGS

¼ cup lemon juice

1 tablespoon olive oil

3 garlic cloves, minced

1 pound halibut or tilapia fillets

SAUCE

2 medium ripe avocados, divided

¼ cup fat-free sour cream

¼ cup reduced-fat mayonnaise

1 tablespoon lime juice

1 garlic clove, minced

1 teaspoon dill weed

¼ teaspoon ground cumin

¼ teaspoon dried oregano

¼ teaspoon dried parsley flakes

Dash cayenne pepper

SALSA

1 medium tomato, seeded and chopped

1 small red onion, chopped

4½ teaspoons chopped seeded jalapeno pepper

1 tablespoon minced fresh cilantro

1½ teaspoons lime juice

1 garlic clove, minced

½ teaspoon salt

TACOS

8 flour tortillas (6 inches)

2 cups shredded cabbage

1. In a large resealable plastic bag, combine lemon juice, oil and garlic. Add halibut; seal bag and turn to coat. Refrigerate for 30 minutes.
2. For sauce and salsa, peel and cube avocados. In a small bowl, mash ¼ cup avocado. Stir in the remaining sauce ingredients. Place remaining avocado in a small bowl; stir in the remaining salsa ingredients. Refrigerate sauce and salsa until serving.
3. Drain fish and discard marinade. Broil halibut 4-6 in. from the heat for 8-10 minutes or until fish flakes easily with a fork. Place fish on the center of each tortilla. Top each with ¼ cup cabbage, about 1 tablespoon sauce and ¼ cup salsa.

Editor's Note: *Wear disposable gloves when cutting hot peppers; the oils can burn skin. Avoid touching your face.*

dishing about food

Fish tacos were first conceived in Baja California about 50 years ago. Deep-fried mild white fish served in a corn tortilla with shredded cabbage, sauce and a splash of lime was standard fare for surfers. As the dish traveled north and east, it was modified into many different recipes.



Company Swordfish

My fantastic entree is so easy to prepare! We're not big fish eaters in my family, but believe me, the plates are always scraped clean when this is on the table!

—**CALLIE BERGER** DIAMOND SPRINGS, CALIFORNIA

PREP: 10 MIN. **BAKE:** 25 MIN. **MAKES:** 4 SERVINGS

4 swordfish or halibut steaks (7 ounces each)

2 jars (7½ ounces each) marinated artichoke hearts, drained and chopped

½ cup oil-packed sun-dried tomatoes, drained and chopped

4 shallots, chopped

2 tablespoons butter, melted

1 teaspoon lemon juice

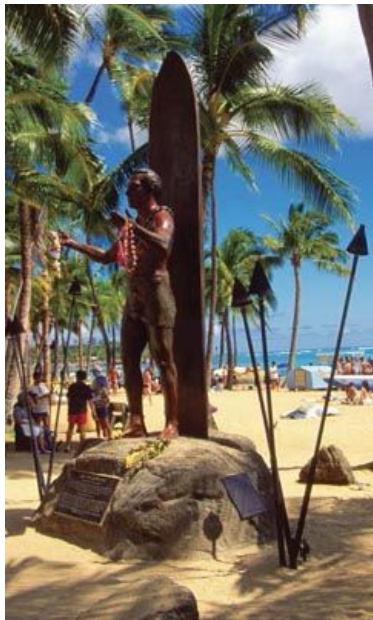
1. Place fish in a greased 13x9-in. baking dish. In a small bowl, combine the artichokes, tomatoes and shallots; spread over fish. Drizzle with butter and lemon juice.

2. Cover and bake at 425° for 15 minutes. Uncover; bake 6-8 minutes longer or until fish just turns opaque.

Cheese-Topped Swordfish: *Omit topping. Combine ¼ cup melted butter and 1 cup each shredded Parmesan cheese and mayonnaise. Spread a fourth of the mixture over each steak. Bake, uncovered, for 15-20 minutes.*

dishing about food

Swordfish swim in tropical to temperate waters. They're found in both the Pacific and Atlantic oceans, but most Pacific swordfish comes from California and Hawaii.



WAIKIKI, HI

Even though he was born more than a century ago, Duke Kahanamoku is still revered in Hawaii and beyond. In fact, a bronze statue of the swimming and surfing sensation stands on Waikiki Beach.



Pan-Fried Venison Steak

Growing up, this recipe was a family favorite whenever we had deer meat on hand. I loved it then, and now my children do, too!

—**GAYLEEN GROTE** BATTLEVIEW, NORTH DAKOTA

PREP/TOTAL TIME: 25 MIN. **MAKES:** 4 SERVINGS

1 pound venison or beef tenderloin, cut into ½-inch slices

2 cups crushed saltines

2 eggs

¾ cup milk

1 teaspoon salt

½ teaspoon pepper

5 tablespoons canola oil

1. Flatten venison to ¼-in. thickness. Place saltines in a shallow bowl. In another shallow bowl, whisk the eggs, milk, salt and pepper. Coat venison with saltines, then dip in egg mixture and coat a second time with saltines.

2. In a large skillet over medium heat, cook venison in oil in batches for 2-3 minutes on a side or until meat reaches desired doneness (for medium-rare, a thermometer should read 145°; medium, 160°; well-done, 170°).



Northwest Salmon Chowder

I've lived on a farm in the Yakima Valley all my life. I have a big garden, and by the end of fall, my cellar shelves are filled with canned fruits and vegetables. This recipe uses some of the vegetables I grow...along with the delicious fresh salmon that is so plentiful here.

—**JOSEPHINE PARTON** GRANGER, WASHINGTON

PREP: 10 MIN. **COOK:** 1 HOUR **MAKES:** 8 SERVINGS (2 QUARTS)

½ cup each chopped celery, onion and green pepper

1 garlic clove, minced

3 tablespoons butter

1 can (14½ ounces) chicken broth

1 cup uncooked diced peeled potatoes

1 cup shredded carrots

1½ teaspoons salt

½ teaspoon pepper

¼ to ¾ teaspoon dill weed

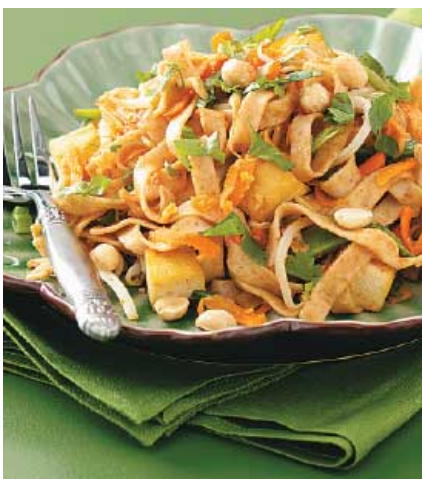
1 can (14¾ ounces) cream-style corn

2 cups half-and-half cream

1¾ to 2 cups fully cooked salmon chunks or 1 can (14¾ ounces) salmon, drained, flaked, bones and skin removed

1. In a large saucepan, saute celery, onion, green pepper and garlic in butter until the vegetables are tender. Add broth, potatoes, carrots, salt, pepper and dill; bring to a boil.

2. Reduce heat; cover and simmer for 40 minutes or until vegetables are nearly tender. Stir in corn, cream and salmon. Simmer 15 minutes or until heated through.



Vegetable Pad Thai

Classic flavors of Thailand abound in this fragrant and flavorful dish featuring peanuts, tofu and noodles. Tofu adds protein to this satisfying entree.

—**SARA LANDRY** BROOKLINE, MASSACHUSETTS

PREP: 25 MIN. **COOK:** 15 MIN. **MAKES:** 6 SERVINGS

1 package (12 ounces) whole wheat fettuccine

¼ cup rice vinegar

3 tablespoons reduced-sodium soy sauce

2 tablespoons brown sugar

2 tablespoons fish sauce or additional reduced-sodium soy sauce

1 tablespoon lime juice

Dash Louisiana-style hot sauce

1 package (12 ounces) extra-firm tofu, drained and cut into ½-inch cubes

3 teaspoons canola oil, divided

2 medium carrots, grated

2 cups fresh snow peas, halved

3 garlic cloves, minced

2 eggs, lightly beaten

2 cups bean sprouts

3 green onions, chopped

½ cup minced fresh cilantro

¼ cup unsalted peanuts, chopped

1. Cook fettuccine according to package directions. Meanwhile, in a small bowl, combine the vinegar, soy sauce, brown sugar, fish sauce, lime juice and hot sauce until smooth; set aside.

2. In a large skillet or wok, stir-fry tofu in 2 teaspoons oil until golden brown. Remove and keep warm. Stir-fry carrots and snow peas in remaining oil for 1-2 minutes. Add garlic, cook 1 minute longer or until vegetables are crisp-tender. Add eggs; cook and stir until set.

3. Drain pasta; add to vegetable mixture. Stir vinegar mixture and add to the skillet. Bring to a boil. Add tofu, bean sprouts and onions; heat through. Sprinkle with cilantro and peanuts.

dishing about food

Rice is an important export for Thailand. In the late 1930s and 1940s, the country's prime minister, Luang Phibunsongkhram, wanted to increase the amount of rice available for export by decreasing rice consumption at home. He encouraged the consumption of noodle dishes such as pad thai, which is now one of Thailand's national dishes. As Thais emigrated to the U.S., Americans readily embraced their cuisine.



Dan's Peppery London Broil

I was bored making the usual London broil, so I got a little creative and sparked up the flavor.

—**DAN WRIGHT** SAN JOSE, CALIFORNIA

PREP: 5 MIN. + MARINATING **GRILL:** 10 MIN. **MAKES:** 2 SERVINGS

1 beef flank steak (about ¾ pound)

1 garlic clove, minced

½ teaspoon seasoned salt

⅛ teaspoon crushed red pepper flakes

¼ cup Worcestershire sauce

1. With a meat fork, poke holes in both sides of meat. Make a paste of garlic, seasoned salt and red pepper flakes; rub over both sides of meat. Place steak in a resealable gallon-size plastic bag. Add Worcestershire sauce and seal bag. Refrigerate for at least 4 hours, turning once.

2. Drain and discard marinade. Grill, uncovered, over hot heat or broil 4 in. from the heat for 4-5 minutes on each side or until meat reaches desired doneness (for medium-rare a thermometer should read 145°; medium, 160°; well-done, 170°). To serve, thinly slice across the grain.

Crab Egg Foo Yung

Enjoy a classic Chinese takeout without leaving your home! This makes a quick dinner and is as delicious as what you would get in any restaurant.

—**BEVERLY PRESTON** FOND DU LAC, WISCONSIN

PREP/TOTAL TIME: 30 MIN. **MAKES:** 4 SERVINGS

4 teaspoons cornstarch

2 teaspoons sugar

1 can (14½ ounces) chicken broth

2 tablespoons soy sauce

1 tablespoon white vinegar

EGG FOO YONG

2 tablespoons all-purpose flour

4 eggs

1 can (14 ounces) bean sprouts, drained

2 cans (6 ounces each) lump crabmeat, drained

⅓ cup thinly sliced green onions

⅛ teaspoon garlic powder

⅛ teaspoon pepper

3 tablespoons canola oil

1. In a small saucepan, combine cornstarch and sugar. Stir in the broth, soy sauce and vinegar until smooth. Bring to a boil; cook and stir for 2 minutes or until thickened. Set aside and keep warm.

2. In a large bowl, whisk flour and eggs until smooth. Stir in the bean sprouts, crab, onions, garlic powder and pepper. In a large skillet, heat oil. Drop crab mixture by ⅓ cupfuls into oil. Cook until for 2 minutes on each side or until golden brown. Serve with sauce.

dishing about food

This dish is an Americanized version of a Shanghai egg white omelet called “foo yung egg slices.” In St. Louis, you can order a St. Paul sandwich, which is deep-fried egg foo yung on white bread with mayonnaise, lettuce, tomato and a pickle.



SAN FRANCISCO, CA

America's first Chinatown, San Francisco's is also one of the largest. People converge here for daily living and sightseeing, whether they're at an open-air market, a festival or one of the famous dim sum restaurants.



Garlicky Herbed Shrimp

I love shrimp. Love garlic. Love herbs. Cook 'em up in butter and what could be better?

—**DAVE LEVIN** VAN NUYS, CALIFORNIA

PREP/TOTAL TIME: 25 MIN. **MAKES:** ABOUT 3 DOZEN

2 pounds uncooked jumbo shrimp, peeled and deveined

5 garlic cloves, minced

2 green onions, chopped

½ teaspoon garlic powder

½ teaspoon ground mustard

¼ teaspoon seasoned salt

¼ teaspoon crushed red pepper flakes

⅛ teaspoon pepper

½ cup butter, divided

¼ cup lemon juice

2 tablespoons minced fresh parsley

1 tablespoon minced fresh tarragon

1. In a large bowl, combine the first eight ingredients; toss to combine. In a large skillet, heat ¼ cup butter over medium-high heat. Add half of the shrimp mixture; cook and stir for 4-5 minutes or until shrimp turns pink. Transfer to a clean bowl.

2. Repeat with remaining butter and shrimp mixture. Return cooked shrimp to pan. Stir in lemon juice; heat through. Stir in herbs.



Tonkatsu

My dear friend Junie Obi shared the recipe for these breaded pork cutlets years ago. Her mom owned a food stand and served this traditional dish.

—**YUKO SHIBATA** MONTEREY PARK, CALIFORNIA

PREP: 20 MIN. **COOK:** 5 MIN. **MAKES:** 4 SERVINGS

4 boneless pork loin chops (6 ounces each)

3 tablespoons all-purpose flour

1 tablespoon garlic salt

2 eggs

2 cups panko (Japanese) bread crumbs

Oil for deep-fat frying

SAUCE

¼ cup ketchup

2 tablespoons Worcestershire sauce

1 tablespoon sugar

1 tablespoon reduced-sodium soy sauce

2 teaspoons prepared hot mustard

1. Flatten pork chops to ¼-in. thickness. In a shallow bowl, combine flour and garlic salt. In a separate shallow bowl, whisk eggs. Place bread crumbs in a third bowl. Coat pork with flour mixture, then dip in eggs and coat in crumbs.

2. In an electric skillet, heat ¼ in. of oil to 375°. Fry pork chops for 2-3 minutes on each side or until crisp and juices run clear. Drain on paper towels.

3. Meanwhile, in a small bowl, combine the sauce ingredients; serve with pork.

dishing about food

Tonkatsu is a Japanese take on breaded pork chops, in which the pork is breaded with panko crumbs and then deep-fried for a crunchy coating. It is traditionally served with a spicy barbecue sauce and shredded cabbage.



SEATTLE, WA

Put your mind at peace in the Seattle Japanese Garden, part of the Washington Park Arboretum. The garden's caretakers use age-old methods to preserve the landscape's authenticity and beauty.



Artichoke Chicken

This recipe has evolved through generations to satisfy my family's fondness for artichokes. I enjoy preparing it for casual suppers as well as special-occasion dinners.

—**ROBERTA GREEN** HEMET, CALIFORNIA

PREP: 10 MIN. **BAKE:** 30 MIN. **MAKES:** 8 SERVINGS

2 cans (14 ounces each) water-packed artichoke hearts, rinsed, drained and quartered

2 tablespoons olive oil

3 garlic cloves, minced

2 $\frac{2}{3}$ cups cubed cooked chicken

2 cans (10 $\frac{3}{4}$ ounces each) condensed cream of chicken soup, undiluted

1 cup mayonnaise

1 teaspoon lemon juice

$\frac{1}{2}$ teaspoon curry powder

1 $\frac{1}{2}$ cups (6 ounces) shredded cheddar cheese

1 cup seasoned bread crumbs

$\frac{1}{4}$ cup grated Parmesan cheese

2 tablespoons butter, melted

1. In a small bowl, combine the artichokes, oil and garlic. Transfer to a greased 2 $\frac{1}{2}$ -qt. baking dish. Top with chicken. Combine the soup, mayonnaise, lemon juice and curry; pour over the chicken. Sprinkle with cheddar cheese. Combine the bread crumbs, cheese and butter; sprinkle

over top.

2. Bake, uncovered, at 350° for 30-35 minutes or until bubbly.



West African Chicken Stew

I really love African flavors, but you don't really encounter them much in America. Here the combination of native African ingredients, all of which are readily accessible to Americans, really transports you to a new culinary place!

—**MICHAEL COHEN** LOS ANGELES, CALIFORNIA

PREP: 40 MIN. **COOK:** 15 MIN. **MAKES:** 8 SERVINGS (2½ QUARTS)

1 pound boneless skinless chicken breasts, cut into 1-inch cubes

½ teaspoon salt

¼ teaspoon pepper

3 teaspoons canola oil, divided

1 medium onion, thinly sliced

6 garlic cloves, minced

2 tablespoons minced fresh gingerroot

2 cans (15½ ounces each) black-eyed peas, rinsed and drained

1 can (28 ounces) crushed tomatoes

1 large sweet potato, peeled and cut into 1-inch cubes

1 cup reduced-sodium chicken broth

¼ cup creamy peanut butter

1½ teaspoons minced fresh thyme or ½ teaspoon dried thyme, divided

¼ teaspoon cayenne pepper

Hot cooked brown rice, optional

1. Sprinkle chicken with salt and pepper. In a Dutch oven, cook chicken over medium heat in 2 teaspoons oil for 4-6 minutes or until no longer pink; remove and keep warm. In the same pan, saute the onion in remaining oil until tender. Add the garlic and ginger; cook 1 minute longer.

2. Stir in the peas, tomatoes, sweet potato, broth, peanut butter, 1¼ teaspoons thyme and cayenne. Bring to a boil. Reduce heat; cover and simmer for 15-20 minutes or until potato is tender. Add chicken; heat through. Serve with rice if desired. Sprinkle with remaining thyme.

dishing about food

African immigration to the U.S. exploded after 1960. Most of these newcomers settled in California, New York, Texas and Virginia, bringing with them the cooking traditions and techniques of another continent.



Aromatic Fennel Chicken

Fennel adds to the flavor of this wonderful chicken dish, along with lemon, capers, wine, spices and a bit of bacon. Serve with a colorful salad or veggie for a special meal.

—**REBECCA HUNT** SANTA PAULA, CALIFORNIA

PREP: 35 MIN. **COOK:** 50 MIN. **MAKES:** 6 SERVINGS

4 bacon strips, chopped

1 broiler/fryer chicken (3½ to 4 pounds), cut up, skin removed

½ teaspoon salt

½ teaspoon pepper

2 fennel bulbs, sliced

2 medium onions, chopped

6 garlic cloves, minced

¾ cup white wine or reduced-sodium chicken broth

¼ cup lemon juice

1 tablespoon grated lemon peel

2 bay leaves

2 teaspoons dried thyme

Pinch cayenne pepper

3 tablespoons capers, drained

1. In a large nonstick skillet, cook bacon over medium heat until crisp. Using a slotted spoon, remove bacon to paper towels; drain, reserving 1 tablespoon drippings.

2. Sprinkle the chicken with salt and pepper. Brown the chicken on all sides in reserved drippings; remove and keep warm. Add the fennel and onions to the pan; cook and stir for 3-4 minutes or until onions are tender. Add garlic; cook 1 minute longer.

3. Stir in the wine, lemon juice and peel, bay leaves, thyme and cayenne. Return chicken to the pan. Bring to a boil. Reduce heat; cover and simmer for 20-25 minutes or until the chicken juices run clear. Remove the chicken and keep warm.

4. Cook the fennel mixture, uncovered, for 8-10 minutes or until slightly thickened, stirring occasionally. Stir in the capers and reserved bacon. Discard bay leaves. Serve fennel mixture with chicken.



Sirloin Roast with Gravy

This recipe is perfect for my husband, who is a meat-and-potatoes kind of guy. The peppery, fork-tender roast combined with the rich gravy creates a tasty centerpiece for any meal.

—**RITA CLARK** MONUMENT, COLORADO

PREP: 15 MIN. **COOK:** 5½ HOURS **MAKES:** 10 SERVINGS

1 beef sirloin tip roast (3 pounds)

1 to 2 tablespoons coarsely ground pepper

1½ teaspoons minced garlic

¼ cup reduced-sodium soy sauce

3 tablespoons balsamic vinegar

1 tablespoon Worcestershire sauce

2 teaspoons ground mustard

2 tablespoons cornstarch

¼ cup cold water

1. Rub roast with pepper and garlic; cut in half and place in a 3-qt. slow cooker. Combine the soy sauce, vinegar, Worcestershire sauce and mustard; pour over beef. Cover and cook on low for 5½ to 6 hours or until the meat is tender.

2. Remove roast and keep warm. Strain cooking juices into a small saucepan; skim fat. Combine cornstarch and water until smooth; gradually stir into cooking juices. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve with beef.

Baked Halibut

I got this easy, delicious recipe from Sandy Schroth of the Puffin Bed & Breakfast in Gustavus, Alaska.

—**MRS. EDWARD MAHNKE** HOUSTON, TEXAS

PREP: 5 MIN. **BAKE:** 30 MIN. **MAKES:** 6 SERVINGS

3 pounds halibut steaks (1 inch thick)

1 cup (8 ounces) sour cream

½ cup grated Parmesan cheese

¼ cup butter, softened

½ teaspoon dill weed

½ teaspoon salt

¼ teaspoon pepper

Paprika

1. Place halibut in a greased 13x9-in. baking dish. Combine sour cream, Parmesan cheese, butter, dill, salt and pepper; spoon over halibut.

2. Cover and bake at 375° for 20 minutes. Uncover; sprinkle with paprika. Bake for 10-15 minutes or until fish flakes easily with a fork.

dishing about food

Pacific halibut is a flat fish with mild, sweet-flavored meat that’s milky white. These fish can grow so large that they’re sometimes called “barn doors”—they can be 8 by 5 feet and weigh 600 pounds. Most halibut is caught along the coastline of Alaska and Oregon.



GUSTAVUS, AK

Sport fishing is a major draw at Glacier Bay National Park & Preserve, where visitors angle for Pacific halibut, salmon, trout and other sought-after fish.

Spicy Sesame Shrimp & Noodle Salad

One of our favorite Korean dishes has always been the Cold Sesame Noodles that my Mom made. She served it at room temperature, but I like it warm. This shrimp-noodle salad recipe was a result of memories of my mom’s Korean background, and my love of fresh vegetables.

—**KAREN BOWLDEN** BOISE, IDAHO

PREP: 20 MIN. **COOK:** 15 MIN. **MAKES:** 4 SERVINGS

6 ounces uncooked multigrain spaghetti

SAUCE

3 tablespoons sesame seeds, toasted

3 tablespoons sesame oil

3 tablespoons reduced-sodium soy sauce

6 garlic cloves, minced

2 tablespoons rice vinegar

2 tablespoons honey

1 tablespoon Sriracha Asian hot chili sauce or 1½ teaspoons hot pepper sauce

½ teaspoon salt

½ teaspoon pepper

SHRIMP & VEGETABLES

2 teaspoons canola oil

½ pound uncooked medium shrimp, peeled and deveined

1½ cups coleslaw mix

¾ cup julienned carrots

1 celery rib, thinly sliced

1 small sweet red pepper, julienned

½ cup sliced water chestnuts

2 green onions, chopped

1. Cook spaghetti according to the package directions. In a small bowl, mix the sauce ingredients.
2. In a large skillet, heat oil over medium-high heat. Add shrimp; stir-fry 2-3 minutes or until shrimp turn pink. Remove from pan. Add the sauce mixture to same pan; bring just to a boil. Reduce heat; simmer, uncovered, for 2 minutes.
3. Drain the spaghetti; add to pan. Toss to combine with sauce. Return the shrimp to pan and add vegetables; cook and toss over medium-low heat until vegetables begin to wilt, about 4 minutes.

Stuffed Mountain Trout

You can use any whole fish in this recipe, but I like it best when it’s made with fresh-caught trout from our local mountain streams.

—LORETTA WALTERS OGDEN, UTAH

PREP: 15 MIN. **BAKE:** 25 MIN. **MAKES:** 4 SERVINGS

- 2 trout (10 to 11 ounces each)
- 4 tablespoons plus 1½ teaspoons lemon juice, divided
- 3 teaspoons dill weed, divided
- 2 teaspoons lemon-pepper seasoning, divided
- 1 small onion, chopped
- 1 tablespoon butter
- ½ cup minced fresh parsley
- 2 cups soft bread crumbs

1. Place the trout in a 13x9-in. baking dish coated with cooking spray. Sprinkle 3 tablespoons lemon juice, 1½ teaspoons dill and 1½ teaspoons lemon-pepper in the fish cavities and over outside of fish; set aside.
2. In a nonstick skillet, saute onion in butter until tender. Add the parsley and remaining dill and lemon-pepper. Stir in bread crumbs; heat through. Sprinkle with remaining lemon juice; stir gently until moistened. Stuff into the fish cavities.
3. Bake, uncovered, at 400° for 25-30 minutes or until fish flakes easily with a fork.

Chicken Long Rice

Ginger gives this dish a great flavor. If you like more veggies in your meal, add chopped celery, chopped sweet peppers, julienned carrots and zucchini, or shredded bok choy.

—TASTE OF HOME TEST KITCHEN

PREP: 20 MIN. + MARINATING **COOK:** 15 MIN. **MAKES:** 4 SERVINGS

- 1 tablespoon minced fresh gingerroot
- 1 teaspoon sesame oil
- 1 teaspoon sugar
- 1 garlic clove, minced
- ¼ teaspoon pepper
- 4 tablespoons reduced-sodium soy sauce, divided
- 2 pounds boneless skinless chicken thighs, cut into strips
- 5 ounces uncooked bean thread noodles or spaghetti
- 1 tablespoon canola oil
- 1 cup chicken broth
- 2 cups sliced fresh mushrooms
- 1 green onion, thinly sliced

1. In a large resealable plastic bag, combine the first five ingredients and 2 tablespoons soy sauce. Add chicken; seal bag and turn to coat. Refrigerate 1 hour.
2. Meanwhile, place noodles in a large bowl; cover with water. Let stand 30 minutes or until noodles are translucent and softened. Drain noodles. Using scissors, cut noodles into 4-in. lengths. (If using spaghetti, cook according to package directions until al dente; drain.)
3. In a large skillet, heat canola oil over medium-high heat. Add half of the chicken mixture; stir-fry 4-6 minutes or until no longer pink. Remove from pan. Repeat with remaining chicken.
4. In same pan, combine broth, mushrooms and remaining soy sauce; bring to a boil. Add noodles and chicken; cook and stir until noodles are tender. Remove from heat; sprinkle with green onion.

dishing about food

Chinese workers originally introduced this dish to Hawaii in the 1800s. It’s a staple for luaus, large gatherings and lunch specials. While it is called “long rice,” the recipe uses transparent bean thread noodles, also known as cellophane noodles.



Honey-Glazed Lamb Chops

What a lot of flavor for such little effort! We're always glad to find a recipe like this that is company-special but so fast to put together.

—**DOLORES HURTT** FLORENCE, MONTANA

PREP/TOTAL TIME: 20 MIN. **MAKES:** 4 SERVINGS

⅓ cup honey

⅓ cup prepared mustard

⅛ teaspoon onion salt

⅛ teaspoon pepper

8 lamb loin chops (1 inch thick and 3 ounces each)

1. In a small saucepan, combine the honey, mustard, onion salt and pepper. Cook and stir over medium-low heat for 2-3 minutes or until heated through.

2. Brush sauce over both sides of lamb. Broil 4-6 in. from the heat for 5-7 minutes on each side or until meat reaches desired doneness (for medium-rare, a thermometer should read 145°; medium, 160°; well-done, 170°).



Asian Chicken Thighs

A thick tangy sauce coats the golden chicken pieces in this savory skillet recipe. I like to serve them over long grain rice or with a helping of ramen noodle slaw.

—**DAVE FARRINGTON** MIDWEST CITY, OKLAHOMA

PREP: 15 MIN. **COOK:** 50 MIN. **MAKES:** 5 SERVINGS

5 bone-in chicken thighs (about 1¾ pounds), skin removed

5 teaspoons olive oil

⅓ cup warm water

¼ cup packed brown sugar

2 tablespoons orange juice

2 tablespoons reduced-sodium soy sauce

2 tablespoons ketchup

1 tablespoon white vinegar

4 garlic cloves, minced

½ teaspoon crushed red pepper flakes

¼ teaspoon Chinese five-spice powder

2 teaspoons cornstarch

2 tablespoons cold water

Hot cooked rice

Sliced green onions

1. In a large skillet over medium heat, cook chicken in oil for 8-10 minutes on each side or until no longer pink. In a small bowl, whisk the warm water, brown sugar, orange juice, soy sauce, ketchup, vinegar, garlic, pepper flakes and five-spice powder.
2. Pour over chicken. Bring to a boil. Reduce heat; simmer, uncovered, for 30-35 minutes or until chicken is tender, turning occasionally.
3. Combine cornstarch and cold water until smooth; gradually stir into the pan. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve with rice. Garnish with the green onions.



Mushroom Asparagus Quiche

Loads of asparagus pieces add color and flavor to this hearty, creamy quiche. And its easy crescent-roll crust means you'll have dinner ready in a snap!

—**SHARON FUJITA** FONTANA, CALIFORNIA

PREP: 20 MIN. **BAKE:** 25 MIN. **MAKES:** 8 SERVINGS

1 tube (8 ounces) refrigerated crescent rolls

2 teaspoons prepared mustard

1½ pounds fresh asparagus, trimmed and cut into ½-inch pieces

1 medium onion, chopped

½ cup sliced fresh mushrooms

¼ cup butter, cubed

2 eggs, lightly beaten

2 cups (8 ounces) shredded part-skim mozzarella cheese

¼ cup minced fresh parsley

½ teaspoon salt

½ teaspoon pepper

¼ teaspoon garlic powder

¼ teaspoon each dried basil, oregano and rubbed sage

1. Separate the crescent dough into eight triangles; place in an ungreased 9-in. pie plate with points toward the center. Press onto the bottom and up the sides to form a crust; seal perforations. Spread with mustard; set aside.

2. In a large skillet, saute asparagus, onion and mushrooms in butter until asparagus is crisp-tender. In a large bowl, combine the remaining ingredients; stir in the asparagus mixture. Pour into crust.

3. Bake at 375° for 25-30 minutes or until a knife inserted near the center comes out clean. Let stand for 10 minutes before cutting.



Vietnamese Crunchy Chicken Salad

When I lived in Cleveland, I used to dine at a really good Vietnamese restaurant that had a dish I just couldn't get enough of. Since I had it so frequently, I figured out the components and flavors and created my own easy-to-make version. Everyone who tastes it loves it!

—**ERIN SCHILLO** SAGAMORE HILLS, OHIO

PREP: 30 MIN. + MARINATING **COOK:** 10 MIN. **MAKES:** 4 SERVINGS

3 tablespoons olive oil

2 tablespoons lime juice

1 tablespoon minced fresh cilantro

1½ teaspoons grated lime peel

½ teaspoon salt

½ teaspoon pepper

¼ teaspoon cayenne pepper

1 pound boneless skinless chicken breasts, cut into thin strips

DRESSING

½ cup olive oil

¼ cup lime juice

2 tablespoons rice vinegar

2 tablespoons sugar

1 tablespoon grated lime peel

¾ teaspoon salt

½ teaspoon crushed red pepper flakes

¼ teaspoon pepper

SALAD

5 cups thinly sliced cabbage (about 1 pound)

1 cup minced fresh cilantro

1 cup julienned carrots

1 cup salted peanuts, coarsely chopped

1. In a large bowl, mix the first seven ingredients; add chicken and toss to coat. Refrigerate, covered, 30 minutes. In a small bowl, whisk dressing ingredients.

2. In a large skillet over medium-high heat, add half of the chicken mixture; stir-fry for 4-5 minutes or until no longer pink. Remove from the pan; repeat with the remaining chicken. Cool slightly.

3. In a large bowl, combine the cabbage, cilantro, carrots and chicken; toss to combine. Add the peanuts and dressing; toss to coat. Serve immediately.



Country-Style Pot Roast

My husband goes deer hunting, so I have quite a few recipes for venison. This is his favorite. Hope you enjoy it, too!

—**JOAN BEST** GARRISON, MONTANA

PREP: 10 MIN. + MARINATING **COOK:** 3½ HOURS **MAKES:** 6-8 SERVINGS

2 cups water

2 cups cider vinegar

2 teaspoons salt

1 teaspoon Worcestershire sauce

½ teaspoon garlic powder

½ teaspoon pepper

6 medium onions, thinly sliced, divided

12 whole peppercorns, divided

4 bay leaves, divided

4 whole cloves, divided

1 boneless beef or venison rump or chuck roast (3½ to 4 pounds)

2 tablespoons canola oil

10 medium carrots, cut into 1-inch chunks

5 to 7 tablespoons cornstarch

⅓ cup cold water

1. In a large bowl, combine the first six ingredients. Pour half of the marinade into a large resealable plastic bag. Evenly divide the onions, peppercorns, bay leaves and cloves between the mixture in the bowl and bag. Cover the bowl and refrigerate. Add the meat to the bag; seal bag and turn to coat. Refrigerate for 24 hours.

2. Drain and discard marinade from meat. In a Dutch oven, brown roast in oil; drain. Add the carrots and reserved marinade; bring to a rolling boil. Reduce heat; cover and simmer for 3½ to 4 hours or until meat is tender.

3. Remove roast and keep warm. Strain the cooking juices; discard vegetables and spices. Return juices to pan. Combine cornstarch and cold water until smooth; gradually add to pan juices. Bring to a boil; cook and stir for 2 minutes or until thickened. Slice roast; serve with gravy.

dishing about food

West of the Rockies, the mule deer is the most common type of deer. East of the Rockies, it is the white-tailed deer.



MOUNT HOOD, OR

The dense temperate rainforest at the base of Mount Hood, Oregon's famous peak, is a refuge for many indigenous animals, including mule deer, whose numbers have been declining in recent years.



Tofu Manicotti

To create a light main course, I borrowed bits from different recipes—including my mom’s lasagna. No one suspects that the creamy filling is made with tofu. It’s so easy to prepare, and my kids love it!

—**CAROLYN DIANA** SCOTTSDALE, ARIZONA

PREP: 25 MIN. **BAKE:** 50 MIN. **MAKES:** 5 SERVINGS

- 2 cups meatless spaghetti sauce
- 1 can (14½ ounces) diced tomatoes, undrained
- ⅓ cup finely shredded zucchini
- ¼ cup finely shredded carrot
- ½ teaspoon Italian seasoning
- 1 package (12.3 ounces) silken firm tofu
- 1 cup (8 ounces) 1% cottage cheese
- 1 cup (4 ounces) shredded part-skim mozzarella cheese
- 1 tablespoon grated Parmesan cheese
- 10 uncooked manicotti shells

1. Combine the spaghetti sauce, tomatoes, zucchini, carrot and Italian seasoning; spread ¾ cup into a 13x9-in. baking dish coated with cooking spray.
2. Combine the tofu and cheeses; stuff into uncooked manicotti shells. Place over spaghetti sauce; top with remaining sauce.
3. Cover and bake at 375° for 50-55 minutes or until noodles are tender. Let stand for 5 minutes before serving.

dishing about food

In the 1600s and 1700s, Europeans and Americans referred to tofu as “cheese.” Tofu was first manufactured in Hawaii, then in California. From there, it’s migrated to other parts of the country.



Garlic-Roasted Chicken and Potatoes

This recipe has been in my “favorites” file for almost 20 years. My husband and I enjoyed it before we had kids, and now they love it, too. It’s a real time-saver!

—**BETH ERBERT** LIVERMORE, CALIFORNIA

PREP: 20 MIN. **BAKE:** 1 HOUR **MAKES:** 6 SERVINGS

6 bone-in chicken thighs (about 2¼ pounds)

6 chicken drumsticks

6 medium red potatoes (about 2 pounds), cut into 1-inch cubes

24 garlic cloves, peeled

¼ cup butter, melted

1 teaspoon salt, divided

¼ cup maple syrup

1. Place the chicken, potatoes and garlic in a large roasting pan. Drizzle with butter; sprinkle with ¾ teaspoon salt. Toss to coat. Bake, uncovered, at 400° for 40 minutes.

2. Combine the syrup and remaining salt; drizzle over chicken. Spoon pan juices over potatoes and garlic. Bake 20 minutes longer or until a thermometer reads 180° and the potatoes are tender.



Campfire Trout Dinner for Two

Your fresh catch will taste even better with this simple treatment that keeps the fish moist. Carrots are an excellent side; cook up in a separate foil packet.

—**WENDY MCGOWAN** FONTANA, CALIFORNIA

PREP: 20 MIN. **GRILL:** 20 MIN. **MAKES:** 2 SERVINGS

4 bacon strips

2 pan-dressed trout (1 pound each)

4 lemon slices

1 small onion, halved and sliced

¼ teaspoon salt

⅛ teaspoon pepper

CARROTS

4 medium carrots, thinly sliced

⅛ teaspoon salt

Dash pepper

1 tablespoon butter

Lemon wedges

1. Cook bacon until partially cooked but not crisp; drain. Place each trout on a double thickness of heavy-duty foil (about 20x18 in.). Place lemon and onions in the trout cavities; sprinkle with salt and pepper. Wrap trout with bacon. Fold foil around trout and seal tightly.

2. Place carrots on a double thickness of heavy-duty foil (about 20x18 in.); sprinkle with salt and pepper. Dot with butter. Fold foil around carrots and seal tightly.

3. Grill carrots, covered, over medium heat for 10 minutes. Add trout packets to grill; cook 20-25 minutes longer or until fish flakes easily with a fork and carrots are tender. Serve with lemon wedges.



Blackberry Chicken

My family loves this main dish summer and winter. We all go blackberry picking together, and I freeze some of the berries left over from our jams and pies so we can enjoy this chicken all year long.

—**LAURA VAN NESS** CLEARLAKE OAKS, CALIFORNIA

PREP: 20 MIN. **BAKE:** 20 MIN. **MAKES:** 6 SERVINGS

2 tablespoons plus ½ cup fresh blackberries, divided

½ cup reduced-sodium chicken broth, divided

2 tablespoons brown sugar

2 tablespoons white wine vinegar

1 teaspoon olive oil

2 garlic cloves, minced

¾ teaspoon paprika, divided

¼ teaspoon ground cumin

6 boneless skinless chicken breast halves (5 ounces each)

4½ teaspoons minced fresh thyme

½ teaspoon salt

¼ teaspoon pepper

2 teaspoons cornstarch

1. In a small bowl, mash 2 tablespoons berries. Add ¼ cup broth, brown sugar, vinegar, oil, garlic, ¼ teaspoon paprika and cumin.

2. Place chicken in an 11x7-in. baking dish coated with cooking spray; pour broth mixture over the top. Sprinkle with thyme, salt, pepper and remaining paprika.

3. Bake, uncovered, at 375° for 20-25 minutes or until a thermometer reads 165°, basting occasionally with pan juices. Remove chicken and keep warm.

4. Skim the fat from pan drippings. In a small saucepan, combine cornstarch and remaining broth until smooth. Gradually stir in drippings. Bring to a boil; cook and stir for 1-2 minutes or until thickened. Serve with chicken; sprinkle with the remaining blackberries.



Curried Tofu with Rice

Tofu takes the place of meat in this bold dish with lots of curry and cilantro flavor.

—**CRYSTAL BRUNS** ILIFF, COLORADO

PREP: 15 MIN. **COOK:** 20 MIN. **MAKES:** 4 SERVINGS

1 package (12.3 ounces) extra-firm tofu, drained and cubed

1 teaspoon seasoned salt

1 tablespoon canola oil

1 small onion, chopped

3 garlic cloves, minced

½ cup light coconut milk

¼ cup minced fresh cilantro

1 teaspoon curry powder

¼ teaspoon salt

¼ teaspoon pepper

2 cups cooked brown rice

1. Sprinkle tofu with seasoned salt. In a large nonstick skillet coated with cooking spray, saute tofu in oil until lightly browned. Remove and keep warm.
2. In the same skillet, saute onion and garlic for 1-2 minutes or until crisp-tender. Stir in the coconut milk, cilantro, curry, salt and pepper. Bring to a boil. Reduce heat; simmer, uncovered, for 4-5 minutes or until sauce is slightly thickened. Stir in tofu; heat through. Serve with rice.

Cornish Pasties

On a vacation many years ago, my family stopped for lunch at a little cafe, the Game Keeper Cafe, in Butte, Montana. We ordered a Welsh dish—Cornish pasties—and it was absolutely delicious. We couldn't resist asking to meet the cook. We asked for the recipe, and he was happy to share it with us.

—**NELLIE RADER** EMMETT, IDAHO

PREP: 30 MIN. **BAKE:** 55 MIN. **MAKES:** 12 SERVINGS

1 pound beef sirloin tip steak, diced

3 medium potatoes, peeled and diced (3 cups)

3 green onions with tops, thinly sliced

1 teaspoon salt

¼ teaspoon pepper

Dash nutmeg

PASTRY

4 cups all-purpose flour

2 teaspoons salt

Pinch baking powder

1 cup shortening

2 tablespoons butter

¾ cup cold water

1 egg, lightly beaten

1 tablespoon heavy whipping cream

1. In a large bowl, combine the beef, potatoes, onions and seasonings; set aside. For pastry, in a large bowl, combine the flour, salt and baking powder. Cut in shortening and butter. Gradually add water, tossing with a fork until dough forms a ball.

2. Turn onto a lightly floured surface. Divide dough into 12 pieces; roll each into a 6-in. circle. Moisten edges with water. Place about ½ cup filling on half of each circle. Fold other half over filling; press edges together with a fork to seal.

3. Cut several slits in top of each pastry. Place on a baking sheet. Combine egg and cream; brush over pastry tops. Bake at 400° for 15 minutes. Reduce heat to 350° and bake 40-45 minutes longer or until golden brown.

If Cooking for Two: *Freeze unbaked pasties on baking sheets until firm, then wrap and store in the freezer. When ready to bake, defrost and bake as directed above.*

dishing about food

Cornish pasties, turnovers filled with meat and potatoes, were popular with copper miners in Montana and other mining communities because the men could eat them while still covered with dust from the mines. They would hold one tip of the pasty in their dirty hands, and when they reached that end, they would throw the last bit of the pasty away.



BUTTE, MT

The World Museum of Mining imparts the rich history of one of the West's oldest professions. Walk through the underground exhibit and explore Hell-Roarín Gulch, a re-created mining town.



Scrumptious California Salmon

California cuisine is all about balancing flavors. This recipe brings out the sweetness in orange juice and honey and balances it with the kick of ancho chili pepper and balsamic.

—**DUSTIN ANDERSON** FILLMORE, CALIFORNIA

PREP: 35 MIN. **BAKE:** 10 MIN. **MAKES:** 4 SERVINGS

3 garlic cloves, minced

1 teaspoon minced shallot

1 cup orange juice

1 tablespoon balsamic vinegar

3 tablespoons honey

1 tablespoon ground ancho chili pepper

¼ teaspoon salt

⅛ teaspoon pepper

1 salmon fillet (1 pound)

2 teaspoons canola oil

2 tablespoons minced fresh cilantro

1. In a small saucepan coated with cooking spray, saute garlic and shallot until tender. Add orange juice and vinegar. Bring to a boil. Reduce heat; simmer, uncovered, for 20-25 minutes or until reduced to ¼ cup. Stir in the honey, chili pepper, salt and pepper.

2. In a large ovenproof skillet, brown salmon in oil on both sides. Brush with ¼ cup sauce. Bake, uncovered, at 400° for 8-10 minutes or until fish flakes easily with a fork.

3. Brush with remaining sauce and sprinkle with cilantro.



Asian Veggie Glass Noodles

I took my mom's version of this noodle dish and added my own touches to make it easier. Mom immigrated from the Philippines and often we would eat "pancit," one of the country's most famous noodle dishes. I've lightened up my version by removing the meat and adding more vegetables. I also took some shortcuts—such as using bagged tricolor slaw mix. You can substitute other vegetables you have on hand if desired.

—**JASMIN BARON** LIVONIA, NEW YORK

PREP: 30 MIN. + STANDING **COOK:** 15 MIN. **MAKES:** 4 SERVINGS

5 ounces uncooked bean thread noodles

2 tablespoons canola oil

⅓ cup finely chopped onion

2 garlic cloves, minced

1½ teaspoons minced fresh gingerroot

1½ cups thinly sliced fresh mushrooms

4 cups coleslaw mix

1 cup fresh snow peas, trimmed and halved diagonally

½ cup thinly sliced sweet red pepper

1¼ cups vegetable broth

3 tablespoons reduced-sodium soy sauce

¼ teaspoon pepper

3 green onions, thinly sliced

3 tablespoons minced fresh cilantro

3 hard-cooked eggs, sliced

Lime or lemon wedges, optional

1. Place noodles in a large bowl; cover with water. Let stand 30 minutes or until noodles are translucent and softened.

2. In a large skillet, heat oil over medium-high heat. Add the onion, garlic and ginger; stir-fry 2 minutes. Add mushrooms; stir-fry 2 minutes. Add remaining vegetables; stir-fry 1-2 minutes or until crisp-tender. Remove from pan.

3. Drain noodles. Using scissors, cut noodles into 4-in. lengths. In same pan, combine broth, soy sauce and pepper; bring to a boil. Add the noodles; cook and stir until noodles are tender. Add vegetable mixture, green onions and cilantro; heat through, stirring occasionally.

4. Transfer to a serving plate. Top with eggs; if desired, serve with lime wedges.

dishing about food

Glass noodles, also known as cellophane or bean thread noodles, are made from mung beans. They are translucent when cooked.



Cobb Salad

Made on the fly by Hollywood restaurateur Bob Cobb in 1937, the Cobb salad now is a world-famous American dish. Here's a fresh take, with all the original appeal and an extra-special presentation.

—TASTE OF HOME TEST KITCHEN

PREP/TOTAL TIME: 40 MIN. **MAKES:** 6 SERVINGS (1¼ CUPS DRESSING)

¼ cup red wine vinegar

2 teaspoons salt

1 teaspoon lemon juice

1 small garlic clove, minced

¾ teaspoon coarsely ground pepper

¾ teaspoon Worcestershire sauce

¼ teaspoon sugar

¼ teaspoon ground mustard

¾ cup canola oil

¼ cup olive oil

SALAD

6½ cups torn romaine

2½ cups torn curly endive

1 bunch watercress (4 ounces), trimmed, divided

2 cooked chicken breasts, chopped

2 medium tomatoes, seeded and chopped

1 medium ripe avocado, peeled and chopped

3 hard-cooked eggs, chopped

½ cup crumbled blue or Roquefort cheese

6 bacon strips, cooked and crumbled

2 tablespoons minced fresh chives

1. In a blender, combine the first eight ingredients. While processing, gradually add canola and olive oils in a steady stream.
2. In a large bowl, combine the romaine, endive and half of the watercress; toss lightly. Transfer to a serving platter. Arrange the chicken, tomatoes, avocado, eggs, cheese and bacon over the greens; sprinkle with chives. Top with remaining watercress. Cover and chill until serving.
3. To serve, drizzle 1 cup dressing over salad. Serve with remaining dressing if desired.

dishing about food

Bob Cobb, owner of the Brown Derby restaurant in Hollywood, was rummaging through the kitchen late one night in 1937, looking for something to eat. He threw together a salad for himself and his friend Sid Grauman, who owned Grauman's Chinese Theatre. The next day Sid came in and asked for the Cobb salad, and it was promptly placed on the menu.



HOLLYWOOD, CA

Now called the TCL Chinese Theatre, this historic cinema has been a hot spot for moviegoers and star-gazers since 1927.

Pineapple Ham Casserole

Since I live in Hawaii, I wanted to share this delicious recipe that features pineapple, our most important fruit crop.

—**MARSHA FLEMING** KULA, HAWAII

PREP: 15 MIN. **BAKE:** 30 MIN. **MAKES:** 4 SERVINGS

2 cups uncooked wide egg noodles

½ cup chopped celery

2 tablespoons butter, divided

1 package (8 ounces) cream cheese, cubed

¾ cup milk

2 cups cubed fully cooked ham

2 cans (8 ounces each) crushed pineapple, drained

2 teaspoons Worcestershire sauce

½ teaspoon salt

Dash pepper

¼ cup dry bread crumbs

1. Cook noodles according to the package directions; drain. In a large skillet, saute celery in 1 tablespoon butter until tender. Stir in the cream cheese and milk; cook and stir until cheese is melted. Add the noodles, ham, pineapple, Worcestershire sauce, salt and pepper.
2. Transfer to an ungreased 1½-qt. baking dish. Melt remaining butter; toss with bread crumbs. Sprinkle over the top. Bake, uncovered, at 350° for 30-35 minutes or until heated through.



Pacific Rim Salmon

I came across this recipe in a local fundraising cookbook. We made some slight adjustments to it since then, but it is a great recipe to use when grilling—and a favorite summer meal.

—**AMY SAUSER** OMAHA, NEBRASKA

PREP: 15 MIN. + MARINATING **GRILL:** 15 MIN. **MAKES:** 8 SERVINGS

½ cup unsweetened pineapple juice

¼ cup reduced-sodium soy sauce

2 tablespoons prepared horseradish

2 tablespoons minced fresh parsley

5 teaspoons sesame oil, divided

2 teaspoons honey

½ teaspoon coarsely ground pepper

8 salmon fillets (6 ounces each)

5 green onions, coarsely chopped

1. In a small bowl, combine pineapple juice, soy sauce, horseradish, parsley, 3 teaspoons sesame oil, honey and pepper. Pour $\frac{2}{3}$ cup marinade into a large resealable plastic bag; add salmon and green onions. Seal the bag and turn to coat; refrigerate for 1 to 1½ hours, turning occasionally. Add the remaining sesame oil to the remaining marinade. Cover and refrigerate for basting.

2. Drain and discard marinade. Using long-handled tongs, moisten a paper towel with cooking oil and lightly coat the grill rack.

3. Grill salmon, skin side down, covered, over medium heat or broil 4 in. from the heat for 8-12 minutes or until fish flakes easily with a fork, basting frequently with reserved marinade.



Grilled Huli Huli Chicken

I got this grilled chicken recipe from a friend while living in Hawaii. It sizzles with the flavors of brown sugar, ginger and soy sauce. Huli means “turn” in Hawaiian.

—**SHARON BOLING** CORONADO, CALIFORNIA

PREP: 15 MIN. + MARINATING **GRILL:** 15 MIN. **MAKES:** 12 SERVINGS

1 cup packed brown sugar

$\frac{3}{4}$ cup ketchup

$\frac{3}{4}$ cup reduced-sodium soy sauce

$\frac{1}{3}$ cup sherry or chicken broth

2 $\frac{1}{2}$ teaspoons minced fresh gingerroot

1 $\frac{1}{2}$ teaspoons minced garlic

24 boneless skinless chicken thighs (about 5 pounds)

1. In a small bowl, mix first six ingredients. Reserve 1 $\frac{1}{3}$ cups for basting; cover and refrigerate. Divide remaining marinade between two large resealable plastic bags. Add 12 chicken thighs to each; seal bags and turn to coat. Refrigerate for 8 hours or overnight.

2. Drain and discard marinade from chicken. Moisten a paper towel with cooking oil; using long-handled tongs, lightly coat the grill rack.

3. Grill chicken, covered, over medium heat for 6-8 minutes on each side or until no longer pink; baste occasionally with reserved marinade during the last 5 minutes.



Rosemary-Garlic Roast Beef

This tender and juicy roast looks so beautiful when I serve it to guests! It also fills the house with a wonderful aroma as it cooks. I usually serve it with warm French bread and a salad topped with buttermilk dressing.

—**BRENDA HLIVYAK** LA CENTER, WASHINGTON

PREP: 15 MIN. **BAKE:** 40 MIN. **MAKES:** 6 SERVINGS

4 garlic cloves, minced

1 tablespoon dried rosemary, crushed

1 teaspoon salt

½ teaspoon pepper

1 beef tri-tip roast (2 to 3 pounds)

4½ teaspoons olive oil

12 small red potatoes, quartered

2 medium sweet yellow peppers, cut into 1-inch pieces

1 large sweet onion, cut into 1-inch slices

1. Combine the garlic, rosemary, salt and pepper; set aside 4 teaspoons. Rub the remaining mixture over roast; place in a greased shallow roasting pan.

2. In a small bowl, whisk reserved herb mixture with oil. In a large resealable plastic bag, combine the potatoes, yellow peppers and onion; add oil mixture. Seal bag and toss to coat. Arrange vegetables around roast.

3. Bake, uncovered, at 425° for 30-60 minutes or until meat reaches desired doneness (for medium-rare, a thermometer should read 145°; medium, 160°; well-done, 170°).

4. Transfer roast and peppers to a warm serving platter. Let stand for 10-15 minutes before slicing. Meanwhile, return potatoes and onion to the oven; bake 10 minutes longer or until potatoes are tender.

dishing about food

Bob Schutz, a butcher at a grocery store in Santa Maria, California, was the first to experiment with the beef cut called the tri-tip. The triangular cut was usually cut up into stew meat or ground into hamburger. One day, he added it to a spit with top block sirloin and cooked it over hot coals. The results were tender and delicious! Tri-tip has slowly made its way through California and is spreading to other states.

Pineapple Chicken Salad

Although I love to cook, I appreciate recipes that have me out of the kitchen fast so I can spend more time with my family. We love this main-dish salad.

—**STEPHANIE MOON** BOISE, IDAHO

PREP/TOTAL TIME: 30 MIN. **MAKES:** 4 SERVINGS

4 boneless skinless chicken breast halves (4 ounces each)

¼ teaspoon lemon-pepper seasoning

1 can (8 ounces) unsweetened sliced pineapple

3 tablespoons canola oil

2 tablespoons soy sauce

1 tablespoon white vinegar

1 tablespoon honey

¼ teaspoon ground ginger

8 cups assorted vegetables (lettuce, red onion, carrots, sweet red pepper and broccoli)

Salted peanuts, optional

1. Sprinkle chicken with lemon-pepper. Grill over medium-hot heat or broil 4-6 in. from the heat for 15-18 minutes or until juices run clear, turning once. Set aside and keep warm.

2. Drain pineapple, reserving 2 tablespoons juice (discard the remaining juice or save for another use); set pineapple aside. In a jar with a tight-fitting lid, combine oil, soy sauce, vinegar, honey, ginger and reserved pineapple juice; shake well. Brush some of the dressing over pineapple; grill or broil for 2 minutes.

3. Cut chicken into strips. Arrange vegetables on serving plates; top with the pineapple and chicken. Sprinkle with peanuts if desired. Serve with remaining dressing.



Fresh and Spicy Cioppino

Using prepared pasta sauce makes this hearty and hot one-pot dinner a cinch.

—**DORIS MANCINI** PORT ORCHARD, WASHINGTON

PREP: 25 MIN. **COOK:** 25 MIN. **MAKES:** 8 SERVINGS (3 QUARTS)

5 garlic cloves, minced

2 tablespoons olive oil

1 jar (24 ounces) tomato basil pasta sauce

1 bottle (8 ounces) clam juice

1 cup dry white wine or chicken broth

¼ cup water

1 teaspoon salt

1 teaspoon sugar

1 teaspoon crushed red pepper flakes

1 teaspoon minced fresh basil

1 teaspoon minced fresh thyme

1 pound fresh littleneck clams

1 pound fresh mussels, scrubbed and beards removed

1 pound uncooked medium shrimp, peeled and deveined

1 pound bay scallops

1 package (6 ounces) fresh baby spinach

1. In a Dutch oven, saute garlic in oil until tender. Add the pasta sauce, clam juice, wine, water and seasonings. Bring to a boil. Reduce heat; simmer, uncovered, for 10 minutes.

2. Add the clams, mussels and shrimp. Bring to a boil. Reduce heat; simmer, uncovered, for 10 minutes, stirring occasionally.

3. Stir in the scallops and spinach; cook 5-7 minutes longer or until the clams and mussels open, shrimp turn pink and scallops are opaque. Discard any unopened clams or mussels.

dishing about food

Cioppino is a distinctive San Francisco dish. Created by immigrants who worked on the fishing boats and wharfs, the fish stew incorporated whatever was caught that day, along with a few staples. The stew would change as the catch would vary.



SAN FRANCISCO, CA

A wide variety of seafood is caught by the fleet at Fisherman's Wharf, but perhaps the most notable is the Dungeness crab, depicted on the iconic sign.

Teriyaki Meatballs

This one-time appetizer recipe was changed many times because of my family's insistence that it eventually became a main course. I think it's the homemade sauce that sets these meatballs apart.

—**EVETTE NOWICKI** OAK HARBOR, WASHINGTON

PREP: 20 MIN. **BAKE:** 20 MIN. **MAKES:** 42 MEATBALLS

2 cans (8 ounces each) pineapple chunks

1 medium onion, finely chopped

¼ cup finely chopped sweet yellow pepper

¼ cup finely chopped sweet red pepper

½ cup dry bread crumbs

½ teaspoon ground ginger

¼ teaspoon salt

1 pound lean ground beef

SAUCE

¼ cup canola oil

¼ cup soy sauce

3 tablespoons honey

2 tablespoons white vinegar

¾ teaspoon garlic powder

½ teaspoon ground ginger

1. Drain pineapple, reserving ¼ cup juice; set pineapple aside. In a bowl, combine the onion, peppers, bread crumbs, ginger, salt and reserved pineapple juice. Crumble beef over mixture and mix well. Shape into 1-in. balls.

2. Place sauce ingredients in a blender; cover and process for 1 minute. Place 2 tablespoons of sauce in a greased 13x9-in. baking dish. Add the meatballs. Pour the remaining sauce over meatballs. Bake, uncovered, at 400° for 20 minutes or until meat is no longer pink. Place one pineapple chunk on each meatball; secure with a toothpick.

Editor's Note: *To serve the meatballs as an appetizer, place the cooked meatballs in a chafing dish.*



Mango-Chutney Chicken Salad

I often make this recipe and take it to school for lunch. It makes me feel like I've ordered out from a fancy restaurant! It's equally wonderful as a salad or gourmet lunch wrap.

—**MICHELLE SICHAK** MERIDIAN, IDAHO

PREP: 15 MIN. + CHILLING **MAKES:** 6 SERVINGS

1 carton (6 ounces) plain yogurt

¼ cup light coconut milk

1½ teaspoons curry powder

2 cups cubed cooked chicken

2 cups green grapes, halved

6 green onions, chopped

½ cup dried cranberries

⅓ cup mango chutney

¼ cup slivered almonds, toasted

1. In a small bowl, whisk the yogurt, milk and curry until smooth.

2. In a large bowl, combine chicken, grapes, onions and cranberries. Drizzle with yogurt dressing and toss to coat. Fold in mango chutney. Refrigerate for at least 1 hour.
Just before serving, sprinkle with almonds.



Tropical Turkey Meat Loaf

After modifying another recipe, I came up with this wonderful moist and tender meat loaf. The pineapple-jalapeno picante makes a sweet and tangy topping.

—FRANCES PAGE ONTARIO, CALIFORNIA

PREP: 10 MIN. **BAKE:** 1 HOUR **MAKES:** 8 SERVINGS (⅔ CUP SAUCE)

½ cup egg substitute

1 can (8 ounces) unsweetened crushed pineapple, undrained, divided

3 tablespoons reduced-sodium soy sauce

1 teaspoon sugar

¾ teaspoon ground ginger

½ teaspoon ground mustard

¼ teaspoon garlic powder

1 cup dry bread crumbs

1½ pounds lean ground turkey

1 tablespoon finely chopped onion

1 green onion, finely chopped

2 teaspoons finely chopped jalapeno pepper

1 teaspoon honey

1 teaspoon lime juice

Pinch pepper

1. In a bowl, combine egg substitute, ⅓ cup pineapple and seasonings. Add bread crumbs; mix well. Crumble meat over mixture; mix well. Press into an 8x4-in. loaf pan coated with cooking spray. Top with 1 tablespoon of pineapple.

2. Bake at 350° for 1 to 1¼ hours or until a thermometer reads 165°. Let stand 5 minutes before serving. Meanwhile, in a bowl, combine onion, jalapeno, honey, lime juice, pepper and remaining pineapple. Serve with the meat loaf.

Editor's Note: *Wear disposable gloves when cutting hot peppers; the oils can burn skin. Avoid touching your face.*



Almond Chicken Casserole

This mouthwatering casserole makes an excellent potluck dish. It's creamy and just bursting with flavor. A golden topping made of cornflakes and almonds offers the perfect amount of crunch!

—**MICHELLE KRZMARCZICK** REDONDO BEACH, CALIFORNIA

PREP: 15 MIN. **BAKE:** 25 MIN. **MAKES:** 6-8 SERVINGS

2 cups cubed cooked chicken

1 can (10¾ ounces) condensed cream of chicken soup, undiluted

1 cup (8 ounces) sour cream

¾ cup mayonnaise

2 celery ribs, chopped

3 hard-cooked eggs, chopped

1 can (4 ounces) mushroom stems and pieces, drained

1 can (8 ounces) water chestnuts, drained and chopped

1 tablespoon finely chopped onion

2 teaspoons lemon juice

½ teaspoon salt

¼ teaspoon pepper

1 cup (4 ounces) shredded cheddar cheese

½ cup crushed cornflakes

2 tablespoons butter, melted

¼ cup sliced almonds

1. In a large bowl, combine the first 12 ingredients. Transfer to a greased 13x9-in. baking dish; sprinkle with cheese.

2. Toss cornflakes with butter; sprinkle over cheese. Top with almonds. Bake, uncovered, at 350° for 25-30 minutes or until heated through.

Cashew Chicken Casserole: *Substitute shredded Swiss cheese for the cheddar, crushed butter-flavored crackers for the cornflakes and coarsely chopped cashews for the almonds.*



Macadamia-Crusted Mahi Mahi

Turn mahi mahi fillets into fancy company fare with a crunchy coating of macadamia nuts and panko, then drizzle with a gingery sauce. Your family and friends will rave about the flavor!

—**IDANA MOONEY** CORONA, CALIFORNIA

PREP/TOTAL TIME: 30 MIN. **MAKES:** 4 SERVINGS

1 cup panko (Japanese) bread crumbs

¾ cup macadamia nuts

¼ teaspoon salt

¼ teaspoon white pepper

1 egg

2 teaspoons water

⅓ cup all-purpose flour

4 mahi mahi fillets (4 ounces each)

¼ cup canola oil

2 tablespoons brown sugar

2 tablespoons reduced-sodium soy sauce

2 teaspoons minced fresh gingerroot

1. Place the bread crumbs, nuts, salt and pepper in a food processor; cover and pulse until nuts are finely chopped.
2. In a shallow bowl, whisk egg and water. Place flour and nut mixture in separate shallow bowls. Coat fillets with flour, then dip in egg mixture and coat with nut mixture.
3. In a large skillet, heat oil over medium heat; cook fillets for 3-4 minutes on each side or until golden brown.
4. Meanwhile, in a small microwave-safe bowl, combine the brown sugar, soy sauce and ginger. Microwave, uncovered, on high for 30-60 seconds or until the sugar is dissolved. Drizzle over fish.

dishing about food

Macadamia trees are not native to Hawaii. The seeds were brought there from Australia in the 1880s, and the species was initially considered ornamental. Today, Hawaii produces about 90 percent of the world's supply of macadamia nuts.



BIG ISLAND, HI

Almost all macadamia nuts on the market are grown on the Big Island, but that isn't its main claim to fame. That title goes to Kilauea, one of the most active volcanoes on Earth.



Northwest Salmon Salad

I love that I can use my favorite Northwest ingredients—fresh salmon, blueberries and hazelnuts—all in one colorful recipe. And the salmon and sour cream dressing is just as scrumptious in a sandwich.

—**ELDA CLEVENGER** DEXTER, OREGON

PREP: 45 MIN. **MAKES:** 4 SERVINGS

1 salmon fillet (1 pound)

½ teaspoon salt

½ teaspoon plus ⅛ teaspoon coarsely ground pepper, divided

2 tablespoons lemon juice, divided

4 fresh dill sprigs

1 cup chopped peeled cucumber

½ cup reduced-fat sour cream

¼ cup finely chopped sweet red pepper

¼ cup snipped fresh dill

3 tablespoons capers, drained

8 cups torn Bibb lettuce

1 medium peach, peeled and sliced

¼ cup chopped hazelnuts

¼ cup fresh blueberries

4 thin slices red onion, separated into rings

1. Place salmon on a greased baking sheet; sprinkle with salt and ½ teaspoon pepper. Drizzle with 1 tablespoon lemon juice; top with dill sprigs.
2. Bake, uncovered, at 425° for 15-18 minutes or until fish flakes easily with a fork. Flake salmon into large pieces.
3. In a small bowl, combine the cucumber, sour cream, red pepper, snipped dill, capers and remaining pepper and lemon juice.
4. Divide lettuce among four plates. Top with peach, hazelnuts, blueberries, onion and salmon. Serve with dressing.

dishing about food

There are five species of Pacific salmon: chinook, chum, coho, pink and sockeye. While they look similar, they vary in size, color, flavor and texture.



ALASKA

Between May and October, several species of salmon swim furiously upstream to spawn. The daily catch skyrockets— for humans and bears. If you want to try your hand, the Kenai River is a prime locale.



Warm 'n' Fruity Breakfast Cereal

Overnight guests will love the heartiness of this nutritious cooked cereal that is seasoned with cinnamon and loaded with chopped fruit and nuts. We enjoy it with plain yogurt and blueberries or sliced bananas.

—JOHN VALE HARDIN, MONTANA

PREP: 10 MIN. **COOK:** 6 HOURS **MAKES:** 10 CUPS

5 cups water

2 cups seven-grain cereal

1 medium apple, peeled and chopped

1 cup unsweetened apple juice

¼ cup dried apricots, chopped

¼ cup dried cranberries

¼ cup raisins

¼ cup chopped dates

¼ cup maple syrup

1 teaspoon ground cinnamon

½ teaspoon salt

Chopped walnuts, optional

1. In a 5-qt. slow cooker, combine the first 11 ingredients. Cover and cook on low for 6-7 hours or until fruits are softened. Sprinkle individual servings with walnuts if desired.

dishing about food

California and other states in the Pacific Northwest grow a vast amount of fruits, several of which are featured in this warming cereal.



Balsamic-Glazed Pork Chops

The tangy sauce and restaurant-quality flavor of this entree prompted one of my guests to say, “I wish my mom made chops like this when I was growing up!”

—**SANDY SHERMAN** CHESTER, VIRGINIA

PREP/TOTAL TIME: 30 MIN. **MAKES:** 4 SERVINGS

4 boneless pork loin chops (6 ounces each)

¾ teaspoon salt, divided

½ teaspoon pepper

3 tablespoons butter, divided

1 large red onion, halved and thinly sliced

⅔ cup balsamic vinegar

2 teaspoons brown sugar

½ teaspoon dried rosemary, crushed

1. Sprinkle pork chops with ½ teaspoon salt and pepper. In a large skillet, brown chops in 1 tablespoon butter. Remove and keep warm.
2. In the same skillet, saute the onion in 1 tablespoon butter until tender. Stir in the vinegar, brown sugar, rosemary and the remaining salt. Bring to a boil; cook until liquid is reduced by half.
3. Return chops to the pan; cook, uncovered, over medium heat for 4-6 minutes on each side or until a thermometer reads 145°. Remove the chops to a serving plate and let stand for 5 minutes before serving. Stir the remaining butter into skillet until melted. Serve with the pork chops.



Vietnamese Pork Lettuce Wraps

Casual, flavorful and low in carbohydrates, Vietnamese Pork Lettuce Wraps are a perfect and low-fuss way to feed a group. Place the ingredients in separate dishes and let your guests assemble their own wraps, personalized to suit their tastes.

—**GRETCHEN BARNES** FAIRFAX, VIRGINIA

PREP: 25 MIN. + STANDING **COOK:** 10 MIN. **MAKES:** 8 SERVINGS

½ cup white vinegar

¼ cup sugar

⅛ teaspoon salt

2 medium carrots, julienned

½ medium onion, cut into thin slices

FILLING

1 pound ground pork

1 tablespoon minced fresh gingerroot

1 garlic clove, minced

2 tablespoons reduced-sodium soy sauce

1 tablespoon mirin (sweet rice wine)

¼ teaspoon salt

¼ teaspoon pepper

1 teaspoon fish sauce, optional

ASSEMBLY

8 Bibb lettuce leaves

½ English cucumber, finely chopped

1 small sweet red pepper, finely chopped

3 green onions, chopped

½ cup each coarsely chopped fresh basil, cilantro and mint

1 jalapeno pepper, seeded and finely chopped

¼ cup salted peanuts, chopped

Hoisin sauce

Lime wedges

1. In a small bowl, mix vinegar, sugar and salt until blended. Stir in carrots and onion; let stand at room temperature 30 minutes.

2. In a large skillet, cook the pork, ginger and garlic over medium heat 6-8 minutes or until pork is no longer pink, breaking up pork into crumbles; drain. Stir in soy sauce, mirin, salt, pepper and, if desired, fish sauce.

3. To serve, drain carrot mixture. Place pork mixture in lettuce leaves; top with cucumber, red pepper, green onions, carrot mixture and herbs. Sprinkle with jalapeno and peanuts; drizzle with hoisin sauce. Squeeze lime juice over tops. Fold lettuce over filling.



Chicken Pesto Pizza

This is the only pizza I make now. We love it! Keeping the spices simple helps the flavor of the chicken and vegetables to come through. The pizza tastes great and is good for you, too.

—**HEATHER THOMPSON** WOODLAND HILLS, CALIFORNIA

PREP: 35 MIN. + RISING **BAKE:** 20 MIN. **MAKES:** 8 SLICES

2 teaspoons active dry yeast

1 cup warm water (110° to 115°)

2¾ cups bread flour, divided

1 tablespoon plus 2 teaspoons olive oil, divided

1 tablespoon sugar

1½ teaspoons salt, divided

½ pound boneless skinless chicken breasts, cut into ½-inch pieces

1 small onion, halved and thinly sliced

½ each small green, sweet red and yellow peppers, julienned

½ cup sliced fresh mushrooms

3 tablespoons prepared pesto

1½ cups (6 ounces) shredded part-skim mozzarella cheese

¼ teaspoon pepper

1. In a large bowl, dissolve yeast in warm water. Beat in 1 cup flour, 1 tablespoon oil, sugar and 1 teaspoon salt. Add the remaining flour; beat until combined.
2. Turn onto a lightly floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a bowl coated with cooking spray, turning once to coat top. Cover and let rise in a warm place until doubled, about 1 hour.
3. In a large nonstick skillet over medium heat, cook the chicken, onion, peppers and mushrooms in remaining oil until chicken is no longer pink and vegetables are tender. Remove from the heat; set aside.
4. Punch dough down; roll into a 15-in. circle. Transfer to a 14-in. pizza pan. Build up edges slightly. Spread with pesto. Top with chicken mixture and cheese. Sprinkle with pepper and remaining salt.
5. Bake at 400° for 18-20 minutes or until crust and cheese are lightly browned.

dishing about food

California-style pizza is a typical thin-crust pizza topped with nontypical pizza ingredients like goat cheese, artichokes, scallops or truffles.



BERKELEY, CA

Berkeley is a small city with a big hunger for the arts, culture and cuisine, including Chez Panisse, one of the eateries credited with inventing California-style pizza.



Hazelnut and Pear Salad

My husband, daughter and I raise hazelnuts in the Willamette Valley—so this salad is a family favorite. Since pears and cherries are also in abundance in our area, I included them in this recipe.

—**KAREN KIRSCH** ST. PAUL, OREGON

PREP/TOTAL TIME: 25 MIN. **MAKES:** 6 SERVINGS

⅓ cup plus ½ cup chopped hazelnuts, toasted, divided

2 tablespoons plus ½ cup chopped red onion, divided

2 tablespoons water

4½ teaspoons balsamic vinegar

4½ teaspoons sugar

½ teaspoon salt

1 garlic clove, halved

⅛ teaspoon paprika

¼ cup olive oil

1 package (5 ounces) spring mix salad greens

1 medium pear, thinly sliced

½ cup crumbled Gorgonzola cheese

¼ cup dried cherries

1. For dressing, place ⅓ cup hazelnuts, 2 tablespoons onion, water, vinegar, sugar, salt, garlic and paprika in a food processor; cover and process until blended. While processing, gradually add oil in a steady stream.

2. In a large bowl, combine salad greens and remaining onion; add ½ cup dressing and toss to coat. Divide among six salad plates.

3. Top each salad with pear, cheese, cherries and remaining hazelnuts; drizzle with the remaining dressing.



Elegant Artichokes

Artichokes lend an elegant touch to any meal. This recipe adds a tangy lemon dressing for an extra-special touch.

—**PAT STEVENS** GRANBURY, TEXAS

PREP: 10 MIN. **COOK:** 35 MIN. + CHILLING **MAKES:** 5 SERVINGS (1¾ CUPS DIP)

5 medium artichokes

4 teaspoons lemon juice

2 medium lemons, sliced

2 garlic cloves, minced

LEMON-PEPPER DIP

1 cup canola oil

¼ cup lemon juice

¼ cup red wine vinegar

2 tablespoons spicy brown mustard

3 garlic cloves, minced

1 teaspoon salt

¾ teaspoon pepper

½ cup diced green pepper

2 tablespoons sliced green onion

1. Cut off stem at base of artichoke. Cut 1 in. from the top. With scissors, snip the tip end of each leaf. Remove outer leaves. Rub cut ends of leaves with lemon juice.

2. Place artichokes in a Dutch oven; add lemon slices and garlic. Cover with water. Bring to a boil. Reduce heat; cover and simmer for 30-45 minutes or until artichoke leaves near the center pull out easily. Drain; arrange on a serving platter. Refrigerate for 1 hour.

3. For dip, in a bowl, whisk the oil, lemon juice, vinegar, mustard, garlic, salt and pepper. Stir in green pepper and onion. Serve with artichokes.

Microwaved Elegant Artichokes: *Place prepared artichokes in a microwave-safe dish, omitting the lemon slices and garlic; add 1 in. of water. Cover and microwave on high for 10-15 minutes or until leaves near the center pull out easily. Chill and serve as directed.*

dishing about food

Most of California's artichoke production is in Monterey County. The bulk of the crop is harvested between March and May.



CASTROVILLE, CA

Artie the Artichoke presides over festivities at the Castroville Artichoke Festival. For two days in May, visitors will find these spiky treats whipped up in recipes and fashioned into agro-art—ever see an artichoke armadillo? Here's your chance!



Baked Potato Cheddar Soup

A few simple kitchen staples make for an impressive soup. Use a better-quality yellow cheddar cheese; it adds greater depth of color and flavor to this dish.

—**KRISTIN REYNOLDS** VAN BUREN, ARKANSAS

PREP/TOTAL TIME: 30 MIN. **MAKES:** 4 SERVINGS

⅓ cup all-purpose flour

3 cups milk

2 large potatoes, baked, peeled and coarsely mashed (1½ pounds)

⅓ cup plus 2 tablespoons shredded cheddar cheese, divided

½ teaspoon salt

¼ teaspoon pepper

½ cup sour cream

½ cup thinly sliced green onions, divided

Crumbled cooked bacon, optional

1. In a large saucepan, whisk flour and milk until smooth. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in the potatoes, ⅓ cup cheese, salt and pepper. Cook over medium heat for 2-3 minutes or until the cheese is melted.

2. Remove from the heat. Stir in sour cream and ¼ cup onions until blended. Cover; cook over medium heat for 10-12 minutes or until soup is heated through (do not boil). Garnish with the remaining cheese, onions and, if desired, bacon.

dishing about food

Idaho supplies us with more potatoes than any other state, about one-fifth of the nation's crop. Idaho growers proudly claim their mashed russets are fluffier and more flavorful than those from other states.



IDAHO

Potato fields and irrigation systems stretch across southern Idaho's landscape, from Driggs in the east to Caldwell in the west.



Chili Artichoke Dip

It's not tricky to prepare this warm, tempting dip. Cheesy and satisfying, it gets a bit of zip from the chilies and marinated artichokes.

—**LEANNE MUELLER** STOCKTON, CALIFORNIA

PREP/TOTAL TIME: 25 MIN. **MAKES:** ABOUT 3½ CUPS

1 can (14 ounces) water-packed artichoke hearts, rinsed, drained and chopped

1 jar (6½ ounces) marinated artichoke hearts, drained and chopped

1 can (4 ounces) chopped green chilies

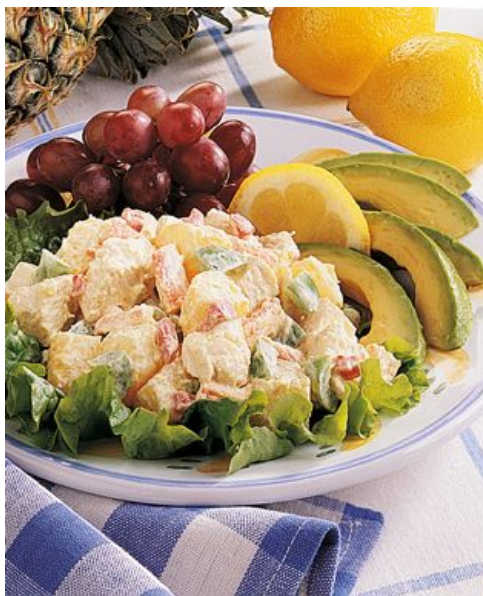
3 cups (12 ounces) shredded cheddar cheese

¼ cup mayonnaise

Assorted crackers or tortilla chips

1. In a large bowl, combine the artichokes, chilies, cheese and mayonnaise. Transfer to a greased 8-in. square baking dish.

2. Bake, uncovered, at 350° for 20-25 minutes or until cheese is melted. Serve warm with crackers or tortilla chips.



Avocado Malibu Salad

One of the first things I learned when I moved here from Oregon was to make light salads like this. They're practical, easy and delicious.

—**BRENDA BRINKLEY** WATSONVILLE, CALIFORNIA

PREP: 10 MIN. + CHILLING **MAKES:** 4 SERVINGS

¼ cup sour cream

¼ teaspoon curry powder

⅛ teaspoon salt

1 cup diced cooked chicken

1 can (8 ounces) pineapple chunks, drained

¼ cup chopped green pepper

¼ cup frozen or canned crabmeat, drained, flaked and cartilage removed

1 tablespoon diced pimientos

2 large avocados, peeled and sliced

2 tablespoons lemon juice

Lettuce leaves

Red grapes, optional

1. In a large bowl, combine sour cream, curry powder and salt. Add the chicken, pineapple, green pepper, crab and pimientos. Cover and refrigerate for 1-2 hours. Just before serving, toss avocados with lemon juice. Place avocados and crab mixture on lettuce. Garnish with grapes if desired.

dishing about food

All Hass avocado trees can trace their heritage back to one tree that was raised by Rudolph Hass of California. The 76-year-old tree died of root rot and was cut down in 2002.



Cowboy Baked Beans

Baked beans are a perennial favorite at barbecues. My meaty recipe uses a variety of beans and has a great smoky taste.

—**JOE SHERWOOD** TRYON, NEBRASKA

PREP: 25 MIN. **BAKE:** 50 MIN. **MAKES:** 12 SERVINGS (¾ CUP EACH)

1 pound ground beef

1 pound bacon, cooked and crumbled

2 cups barbecue sauce

1 can (16 ounces) butter beans, rinsed and drained

1 can (15¾ ounces) pork and beans

1 can (15½ ounces) navy beans, rinsed and drained

1 can (15 ounces) black beans, rinsed and drained

2 medium onions, chopped

¼ cup packed brown sugar

¼ cup molasses

2 tablespoons balsamic vinegar

2 teaspoons ground mustard

2 teaspoons Worcestershire sauce

1 teaspoon salt

1 teaspoon garlic powder

1 teaspoon pepper

1. In a Dutch oven, cook beef over medium heat until no longer pink; drain. Stir in the remaining ingredients.
2. Transfer to a greased 13x9-in. baking dish. Bake, uncovered, at 350° for 50-60 minutes or until heated through.

Summer Kimchi

Ginger enhances these spicy Korean-style pickled veggies. Spoon some on hot dogs for a real treat!

—**STEPHEN EXEL** DES MOINES, IOWA

PREP: 30 MIN. + CHILLING **MAKES:** 10 CUPS

1 head Chinese or napa cabbage, chopped

⅓ cup plus 1 tablespoon kosher salt, divided

1 large cucumber, peeled and thinly sliced

12 radishes, thinly sliced

4 green onions, chopped

3 large garlic cloves, thinly sliced

1 piece peeled fresh gingerroot (1 inch), sliced

3 quarts water

¼ cup rice vinegar

1 tablespoon Asian red chili paste

1. Place cabbage in a colander over a plate; sprinkle with ⅓ cup salt and toss. Let stand for 30 minutes. Rinse and drain well. In a very large container, combine the cabbage, cucumber, radishes, onions, garlic and ginger.
2. In a large bowl, combine water, vinegar, chili paste and remaining salt; pour over vegetable mixture. Cover and refrigerate for at least 2 days before serving, stirring occasionally. May be transferred to small airtight containers and stored in the refrigerator for up to 3 weeks. Serve with a slotted spoon.

dishing about food

Los Angeles has one of the largest populations of Koreans in the U.S. To introduce Korean food and culture to the rest of the city, Koreatown hosts an annual Korean barbecue cook-off. Residents of the area have also begun to embrace kimchi, a spicy fermented vegetable dish Koreans traditionally serve with almost every meal. Napa cabbage is a common ingredient, but kimchi can be made with other vegetables, too.

Sourdough Starter

Some 25 years ago, I received this recipe and some starter from a good friend who is now a neighbor. I've used it to make many loaves.

—**DELILA GEORGE** JUNCTION CITY, OREGON

PREP: 10 MIN. + **STANDING** **MAKES:** ABOUT 3 CUPS

1 package (¼ ounce) active dry yeast

2 cups warm water (110° to 115°)

2 cups all-purpose flour

1. In a 4-qt. nonmetallic bowl, dissolve yeast in warm water; let stand for 5 minutes. Add flour; stir until smooth. Cover loosely with a clean towel. Let stand in a warm place (80°-90°) to ferment for 48 hours; stir several times daily (the mixture will become bubbly and rise, have “yeasty” sour aroma and a transparent yellow liquid will form on the top).
2. Use the starter for your favorite sourdough recipes. It will keep in the refrigerator for up to 2 weeks. Use and replenish at least every 2 weeks. Replenish with equal amounts of flour and water to restore the volume; stir.

dishing about food

Using a starter for leavening dates back thousands of years. In this country, dough starters were cherished possessions the settlers brought across the Plains to the West. Chuck-wagon cooks kept starters to make biscuits. During the gold rush, miners picked up bread starters when they stocked up with supplies in California. Starters from the San Francisco area had a special tang and became known as sourdough.

Sourdough French Bread

These loaves rival any found in stores and can be made with relative ease.

—**DELILA GEORGE** JUNCTION CITY, OREGON

PREP: 15 MIN. + **RISING** **BAKE:** 20 MIN. + **COOLING** **MAKES:** 2 LOAVES (10 SLICES EACH)

1 package (¼ ounce) active dry yeast

1¾ cups warm water (110° to 115°)

¼ cup [Sourdough Starter](#)

2 tablespoons canola oil

2 tablespoons sugar

2 teaspoons salt

4¼ cups all-purpose flour

CORNSTARCH WASH

½ cup water

1½ teaspoons cornstarch

1. In a large bowl, dissolve yeast in warm water. Add the Sourdough Starter, oil, sugar, salt and 3 cups flour. Beat until smooth. Stir in enough additional flour to form a soft ball.
2. Turn onto a floured surface; gently knead 20-30 times (dough will be slightly sticky). Place in a greased bowl, turning once to grease the top. Cover and let rise in a warm place until doubled, about 1 to 1½ hours.
3. Punch dough down. Turn onto a lightly floured surface; divide in half. Roll each into a 12x8-in. rectangle. Roll up, jelly-roll style, starting with a long side; pinch ends to seal. Place, seam side down, on two greased baking sheets; tuck ends under. Cover and let rise until doubled, about 30 minutes.
4. With a sharp knife, make four shallow diagonal slashes across top of each of the loaves. In a small saucepan, combine water and cornstarch. Cook and stir over medium heat until thickened. Brush some over loaves.
5. Bake at 400° for 15 minutes. Brush loaves with the remaining cornstarch wash. Bake 5-10 minutes longer or until lightly browned. Remove from pans to wire racks to cool.



All-Day Apple Butter

I make several batches of this simple and delicious apple butter to freeze in jars. You can adjust the sugar to taste, depending on the sweetness of the apples used.

—**BETTY RUENHOLL** SYRACUSE, NEBRASKA

PREP: 20 MIN. **COOK:** 11 HOURS **MAKES:** 4 PINTS

5½ pounds apples, peeled and finely chopped

4 cups sugar

2 to 3 teaspoons ground cinnamon

¼ teaspoon ground cloves

¼ teaspoon salt

1. Place apples in a 3-qt. slow cooker. Combine sugar, cinnamon, cloves and salt; pour over apples and mix well. Cover and cook on high for 1 hour.
2. Reduce heat to low; cover and cook for 9-11 hours or until thickened and dark brown, stirring occasionally (stir more frequently as it thickens to prevent sticking).
3. Uncover and cook on low 1 hour longer. If desired, stir with a wire whisk until smooth. Spoon into freezer containers, leaving ½-in. headspace. Cover and refrigerate or freeze.

dishing about food

While the Washington Apple Commission recommends tart Granny Smith apples for its apple butter recipe, other people suggest using a combination of tart and sweet apples like Golden Delicious or Honey Gold. But the bottom line is that nearly any apple will make a tasty apple

butter.



EASTERN WASHINGTON

On the land east of the Cascade Mountains, you'll find more than 175,000 acres of apple orchards.



Miso Soup with Tofu and Enoki

Here's a traditional Japanese soup recipe that has a mild flavor but is so comforting. Sliced green onions provide a bit of color.

—**BRIDGET KLUSMAN** OTSEGO, MICHIGAN

PREP/TOTAL TIME: 30 MIN. **MAKES:** 5 SERVINGS

2 packages (3½ ounces each) fresh enoki mushrooms or ½ pound sliced fresh mushrooms

1 medium onion, chopped

2 garlic cloves, minced

1 teaspoon minced fresh gingerroot

1 tablespoon canola oil

4 cups water

¼ cup miso paste

1 package (16 ounces) firm tofu, drained and cut into ¾-inch cubes

Thinly sliced green onions

1. In a Dutch oven, saute the mushrooms, onion, garlic and ginger in oil until tender. Add the water and miso paste. Bring to a boil. Reduce heat; simmer, uncovered, for 15 minutes. Add the tofu; heat through. Ladle into bowls; garnish with green onions.

Editor's Note: *Look for miso paste in natural food or Asian markets.*



Utah Buttermilk Scones

Buttermilk makes these classic Utah scones so delightful that you'll most likely eat too many. Their texture is light and airy, and their taste, delightful! This recipe is a family favorite that we enjoy often. Don't forget the honey butter—it's the perfect addition to the perfect scone!

—**NICHOLE JONES** PLEASANT GROVE, UTAH

PREP: 30 MIN. + RISING **COOK:** 5 MIN./BATCH **MAKES:** 2 DOZEN

1 tablespoon active dry yeast

½ cup warm water (110° to 115°)

1 cup warm buttermilk, (110° to 115°)

1 egg

3 tablespoons canola oil

1½ teaspoons sugar

½ teaspoon salt

¼ teaspoon baking soda

4 to 4½ cups all-purpose flour

Oil for deep-fat frying

HONEY BUTTER

½ cup butter, softened

¼ cup honey

¼ cup confectioners' sugar

¼ teaspoon vanilla extract

1. In a large bowl, dissolve yeast in warm water. In another large bowl, combine the buttermilk, egg, oil, sugar, salt, baking soda, yeast mixture and 2 cups flour; beat on medium until smooth. Stir in enough remaining flour to form a stiff dough.

2. Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease the top. Cover with plastic wrap and let rise in a warm place until doubled, about 1 hour.

3. Punch dough down. Turn onto a lightly floured surface; roll dough into a 16x8-in. rectangle. Cut into 24 rectangles. Cover with a clean kitchen towel and let rest for 1 hour.

4. In an electric skillet or deep fryer, heat oil to 375°. Fry scones, a few at a time, until golden brown on both sides. Drain on paper towels.

5. For honey butter, in a large bowl, combine butter, honey, confectioners' sugar and vanilla; beat until smooth. Spread on scones.

dishing about food

When most of us hear the word "scones," the Utah variety don't usually come to mind. These scones are fried bread—but sweeter than the typical

Navajo fry bread. Since Utah is the Beehive State, there's no better accompaniment for these scones than honey butter.



Pineapple Lime Gelatin

This recipe was passed down by my mother. We serve it often, but especially at Christmas and Thanksgiving. Of course, the green color makes it nice for St. Patrick's Day, too. With the marshmallows, pecans and whipped cream, the sweet salad can even be served as a light dessert. I like to cook for both small groups and large crowds. And when our entire family gets together for thanks and feasting, it's a wonderful time!

—**WANDA WEATHERMON** COMANCHE, TEXAS

PREP: 15 MIN. + CHILLING **MAKES:** 12 SERVINGS

1 package (3 ounces) lime gelatin

2 cups boiling water, divided

16 large marshmallows

1 package (3 ounces) cream cheese, softened

1 can (8 ounces) unsweetened crushed pineapple, undrained

1 cup heavy whipping cream, whipped

1 cup chopped pecans

2 to 3 drops green food coloring, optional

1. In a large bowl, dissolve gelatin in 1 cup boiling water; set aside. In a small saucepan, combine marshmallows and remaining water. Cook over low heat until marshmallows are melted, stirring occasionally. Stir into gelatin. Refrigerate until partially set.

2. In a large bowl, beat cream cheese until smooth. Beat in pineapple. Fold in the gelatin mixture, whipped cream, pecans and food coloring if desired. Pour into a 6-cup mold coated with cooking spray. Refrigerate until set. Unmold onto a serving plate.

dishing about food

Jell-O is wildly popular in Salt Lake City, Utah, where the per-capita consumption of the wiggly dessert exceeds that of any other city in the world. (Their flavor of choice is lime.) In fact, Jell-O is the official state snack, and The Salt Lake Tribune sponsors an annual Jell-O haiku contest. At the 2012 Utah State Fair, the Deep Fry Guy booth even served adventurous diners deep-fried Jell-O!

Teriyaki Beef Jerky

Jerky is a portable, chewy snack—and now you can make your own with our easy recipe. The meat has a savory flavor and a bit of heat.

—**TASTE OF HOME TEST KITCHEN**

PREP: 40 MIN. + MARINATING **BAKE:** 4 HOURS **MAKES:** 8 SERVINGS

1 beef flank steak (1½ to 2 pounds)

⅔ cup reduced-sodium soy sauce

⅔ cup Worcestershire sauce

¼ cup honey

3 teaspoons coarsely ground pepper

2 teaspoons onion powder

2 teaspoons garlic powder

1½ teaspoons crushed red pepper flakes

1 teaspoon liquid smoke

1. Trim all visible fat from steak. Freeze, covered, 30 minutes or until firm. Slice steak along the grain into long ⅛-in. thick strips.

2. Transfer to a large resealable plastic bag. In a small bowl, whisk remaining ingredients; add to the beef. Seal the bag and turn to coat. Refrigerate 2 hours or overnight, turning occasionally.

3. Preheat oven to 170°. Transfer beef and marinade to a large saucepan; bring to a boil. Reduce heat; simmer 5 minutes. Using tongs, remove beef from marinade; drain on paper towels. Discard marinade.

4. Arrange beef strips in single layer on wire racks placed on 15x10x1-in. baking pans. Dry in oven 4-5 hours or until beef becomes dry and leathery, rotating pans occasionally. (Or use a commercial dehydrator, following manufacturer's directions.)

5. Remove from oven; cool completely. Using paper towels, blot any beads of oil on jerky. For best quality and longer storage, store jerky, covered, in refrigerator or freezer.

dishing about food

The practice of drying meat may date back as far as ancient Egypt, but it was Native Americans who introduced European settlers to jerky. The newcomers were impressed with how well the process preserved meat. Jerky became an essential item for traders, explorers and cowboys, and we still enjoy it as a snack today.



Creamy Garlic Dressing

This zippy dressing punches up the flavor of any refreshing warm-weather salad. The wonderful garlic taste comes through and the creamy mix coats the lettuce beautifully.

—**SALLY HOLBROOK** PASADENA, CALIFORNIA

PREP/TOTAL TIME: 5 MIN. **MAKES:** 1⅓ CUPS

1 cup canola oil
½ cup sour cream
¼ cup heavy whipping cream
¼ cup cider vinegar
1 teaspoon salt
1 large garlic clove, minced

Salad greens

1. In a jar with a tight-fitting lid, combine the oil, sour cream, cream, vinegar, salt and garlic; shake well. Chill. Serve with salad greens. Refrigerate leftovers.

dishing about food

California produces the most garlic of any state in the union. The Christopher Ranch in Gilroy is one of the largest garlic shippers in the world. Gilroy has been hosting a garlic festival every year since 1979, raising money for community organizations.



GILROY, CA

Who knew that garlic could draw a crowd? The Gilroy Garlic Festival is one of America's largest food-centric celebrations! Each year, it's held on the last full weekend in July.



Finnish Bread

Here's a recipe brought over from Finland by pioneers who settled the area. We make this bread for a local festival that features foods from different countries.

—**ARTHUR LUAMA** RED LODGE, MONTANA

PREP: 20 MIN. + RISING **BAKE:** 40 MIN. **MAKES:** 2 LOAVES (12 SLICES EACH)

1 package (¼ ounce) active dry yeast

2 cups warm water (110° to 115°)

1 cup whole wheat flour

¼ cup butter, melted, divided

1 tablespoon brown sugar

2 teaspoons salt

4½ to 5 cups all-purpose flour

1. In a large bowl, dissolve yeast in water. Add the whole wheat flour, 2 tablespoons of butter, brown sugar, salt and 2 cups of flour; beat until smooth. Add enough remaining flour to form a soft dough.

2. Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour.

3. Punch the dough down. Shape into two 6-in. rounds; place on a greased baking sheet. Cut slashes in tops with a knife. Cover and let rise in warm place until doubled, about 40 minutes.

4. Bake at 400° for 40-45 minutes or until golden brown. Brush with remaining butter.

Hawaiian Sweet Bread

Pineapple juice enhances the slightly sweet flavor of this delicious bread. My recipe makes three loaves, so you can keep one for yourself and offer the others as gifts.

—**RUTHIE BANKS** PRESCOTT, ARIZONA

PREP: 20 MIN. + RISING **BAKE:** 20 MIN. + COOLING **MAKES:** 3 LOAVES (12 WEDGES EACH)

7 to 7½ cups all-purpose flour

¾ cup mashed potato flakes

⅔ cup sugar

2 packages (¼ ounce each) active dry yeast

1 teaspoon salt

½ teaspoon ground ginger

1 cup milk

½ cup water

½ cup butter, softened

1 cup pineapple juice

3 eggs

2 teaspoons vanilla extract

1. In a large bowl, combine 3 cups flour, potato flakes, sugar, yeast, salt and ginger. In a small saucepan, heat the milk, water, butter and pineapple juice to 120°-130°. Add to dry ingredients; beat just until moistened. Add the eggs; beat until smooth. Beat in vanilla. Stir in enough remaining flour to form a soft dough.

2. Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease the top. Cover and let rise in a warm place until doubled, about 1¼ hours.

3. Punch dough down. Turn onto a lightly floured surface; divide into thirds. Shape each into a ball. Place in three greased 9-in. round baking pans. Cover and let rise until doubled, about 45 minutes.

4. Bake at 375° for 20-25 minutes or until golden brown. Cover loosely with foil if top browns too quickly. Remove from pans to wire racks to cool.

dishing about food

Portuguese settlers came to Hawaii in the 1870s to work the sugarcane fields. Their recipe for sweet bread was so popular that it became known as Hawaiian sweet bread.



Lentil-Tomato Soup

Double the recipe and share this hearty soup with neighbors and loved ones on cold winter nights. I serve it with corn bread for dunking.

—**MICHELLE CURTIS** BAKER CITY, OREGON

PREP: 15 MIN. **COOK:** 30 MIN. **MAKES:** 6 SERVINGS

4½ cups water

4 medium carrots, sliced

1 medium onion, chopped

¾ cup dried lentils, rinsed

1 can (6 ounces) tomato paste

2 tablespoons minced fresh parsley

1 tablespoon brown sugar

1 tablespoon white vinegar

1 teaspoon garlic salt

½ teaspoon dried thyme

¼ teaspoon dill weed

¼ teaspoon dried tarragon

¼ teaspoon pepper

1. In a large saucepan, combine the water, carrots, onion and lentils; bring to a boil. Reduce heat; cover and simmer for 20-25 minutes or until vegetables and lentils are tender.

2. Stir in the remaining ingredients; return to a boil. Reduce heat; simmer, uncovered, for 5 minutes to allow flavors to blend.



Colorful Tomato 'n' Mozzarella Salad

Here is my twist on the popular tomato-mozzarella salad. Go ahead and splurge on the fresh mozzarella, the rest of the salad is so light!

—**TARI AMBLER** SHOREWOOD, ILLINOIS

PREP: 20 MIN. + **STANDING** **MAKES:** 4 SERVINGS

1 cup fresh baby spinach

2 medium yellow tomatoes, sliced

2 medium red tomatoes, sliced

4 ounces fresh mozzarella cheese, sliced

2 tablespoons thinly sliced fresh basil leaves

¼ teaspoon salt

¼ teaspoon pepper

1 tablespoon balsamic vinegar

2 teaspoons olive oil

1. Arrange spinach on a platter; top with tomato and cheese slices. Sprinkle with basil, salt and pepper. Drizzle with vinegar and oil. Let stand for 15 minutes before serving.



California Sushi Rolls

This tastes as good as any restaurant California roll. For best results, be sure to use sushi rice.

—TASTE OF HOME TEST KITCHEN

PREP: 1 HOUR + STANDING **MAKES:** 64 PIECES

2 cups sushi rice, rinsed and drained

2 cups water

¼ cup rice vinegar

2 tablespoons sugar

½ teaspoon salt

2 tablespoons sesame seeds, toasted

2 tablespoons black sesame seeds

Bamboo sushi mat

8 nori sheets

1 small cucumber, seeded and julienned

3 ounces imitation crabmeat, julienned

1 medium ripe avocado, peeled and julienned

Reduced-sodium soy sauce, prepared wasabi and pickled ginger slices, optional

1. In a large saucepan, combine the rice and water; let stand for 30 minutes. Bring to a boil. Reduce heat to low; cover and simmer for 15-20 minutes or until water is absorbed and rice is tender. Remove from heat. Let stand, covered, for 10 minutes.

2. Meanwhile, in small bowl, combine vinegar, sugar and salt, stirring until sugar is dissolved.

3. Transfer the rice to a large shallow bowl; drizzle with vinegar mixture. With a wooden paddle or spoon, stir rice with a slicing motion to cool slightly. Cover with a damp cloth to keep moist. (Rice mixture may be made up to 2 hours ahead and stored at room temperature, covered with a damp towel. Do not refrigerate.)

4. Sprinkle toasted and black sesame seeds onto a plate; set aside. Place sushi mat on a work surface so mat rolls away from you; line with plastic wrap. Place ¾ cup rice on plastic. With moistened fingers, press rice into an 8-in. square. Top with one nori sheet.

5. Arrange a small amount of cucumber, crab and avocado about 1½ in. from bottom edge of nori sheet. Roll up rice mixture over filling, using the bamboo mat to lift and compress the mixture as you roll; remove plastic wrap as you roll.

6. Remove mat; roll sushi rolls in sesame seeds. Cover with plastic wrap. Repeat with remaining ingredients to make eight rolls. Cut each into eight pieces. Serve with soy sauce, wasabi and ginger slices if desired.

dishing about food

The California roll was conceived in Los Angeles—sushi's answer to Westerners' hesitation to eat raw fish. The middle is filled with avocado, imitation crabmeat and cucumber strips. Even in Japan, this is known as California sushi. It's available worldwide.



Mai Tai

This party favorite has been around for quite some time. It’s not overly fruity and features a good blend of sweet and sour. For a splash of color, garnish with strawberries and lime.

—TASTE OF HOME TEST KITCHEN

PREP/TOTAL TIME: 5 MIN. **MAKES:** 1 SERVING

1½ to 2 cups ice cubes

2 ounces light rum

¾ ounce Triple Sec

½ ounce lemon juice

1½ teaspoons lime juice

1½ teaspoons amaretto

GARNISH

Lime slice and twist

1. Fill a shaker three-fourths full with ice. Place remaining ice in a rocks glass; set aside.
2. Add rum, Triple Sec, juices and amaretto to shaker; cover and shake for 10-15 seconds or until condensation forms on outside of shaker. Strain into prepared glass. Garnish as desired.

dishing about food

The mai tai, which means “the very best” in Tahitian, may bring to mind gentle ocean breezes and tropical white sand beaches, but it was created in Oakland. Victor Bergeron served the first one at his Trader Vic’s restaurant in 1944. In the 1950s, he introduced it in Hawaii; it’s now considered that state’s signature cocktail.



EMERYVILLE, CA

Trader Vic's is synonymous with classic tiki cocktails. In fact, bartenders still turn to Victor's 1946 book, *Trader Vic's Book of Food and Drink*. The tropical flavors became so popular, the restaurant is now an international chain, with its flagship in Emeryville.



Stir-Fried Asparagus

Asparagus is one of my favorite veggies—but then, I grew up in Stockton, California, where there's an annual festival to celebrate it! I like it best stir-fried.

—CAROLYN SUTTER ORANGEVALE, CALIFORNIA

PREP/TOTAL TIME: 20 MIN. **MAKES:** 4 SERVINGS

1½ pounds fresh asparagus, trimmed and cut into 2-inch pieces (about 4 cups)

2 tablespoons butter

1 tablespoon canola oil

3 tablespoons chicken broth

1 teaspoon lemon juice

1 teaspoon soy sauce

¼ teaspoon pepper

2 tablespoons slivered almonds, toasted

1. In a large skillet or wok, stir-fry asparagus in butter and oil for 2 minutes. Stir in the broth, lemon juice, soy sauce and pepper. Cover and cook

for 2-3 minutes or until asparagus is tender. Sprinkle with almonds.



Holiday Almonds

These sweet and flavorful nuts are downright addictive! They're simple to make, and I love serving them at parties or as a quick snack.

—**TRISHA KRUSE** EAGLE, IDAHO

PREP/TOTAL TIME: 30 MIN. **MAKES:** 2 CUPS

½ cup packed brown sugar

1 teaspoon apple pie spice or pumpkin pie spice

½ teaspoon curry powder

¼ teaspoon salt

1 tablespoon egg white

2 cups blanched almonds

1. In a small bowl, combine brown sugar and seasonings; set aside. In another bowl, whisk egg white until foamy. Add almonds; toss to coat. Add spice mixture; toss to coat.

2. Spread the almonds on a greased foil-lined baking sheet. Bake at 325° for 20-25 minutes or until lightly browned, stirring occasionally. Cool completely. Store in an airtight container.

dishing about food

California is the only commercial producer of almonds in the United States, and the largest producer in the world!



Lick-the-Bowl-Clean Hummus

Everyone loves hummus, but I enjoy the garlic and onion flavors so much that I decided to let them shine in this homemade version. I get so many compliments on it!

—**SARAH GILBERT HARTWELL** BEAVERTON, OREGON

PREP: 10 MIN. **COOK:** 35 MIN. **MAKES:** 2½ CUPS

2 large sweet onions, thinly sliced

¼ cup plus ⅓ cup olive oil, divided

1 can (15 ounces) garbanzo beans or chickpeas, rinsed and drained

¼ cup plus 2 tablespoons lemon juice

¼ cup tahini

4 garlic cloves, minced

⅛ teaspoon salt

⅛ teaspoon pepper

Baked pita chips or assorted fresh vegetables

1. In a large skillet, saute onions in ¼ cup oil until softened. Reduce heat to medium-low; cook, stirring occasionally, for 30 minutes or until deep golden brown.

2. Transfer to a food processor; add beans, lemon juice, tahini, garlic, salt, pepper and remaining oil. Cover and process for 30 seconds or until smooth. Serve with chips.



Peach Wine Coolers

The fantastic flavors of honey, wine and brandy come through to make this special and summery drink for a party. It's like sunshine in a glass!

—**ANNIE HENDRICKS** BURBANK, CALIFORNIA

PREP: 15 MIN. + CHILLING **MAKES:** 9 SERVINGS

2 cups frozen unsweetened sliced peaches, thawed

½ cup brandy

⅓ cup honey

½ lemon, very thinly sliced

1 bottle (750 milliliters) dry white wine

1½ cups carbonated water, chilled

Ice cubes

1. In a 2-qt. pitcher, combine the peach slices, brandy, honey and lemon slices; stir in wine. Refrigerate for 2-4 hours or until chilled.
2. Just before serving, stir in sparkling water. Serve over ice.

dishing about food

Wine coolers, once a homemade concoction, became big business In the early 1980s. California Wine Coolers were the first to hit the market, followed by products from Bartles & Jaymes, Seagram's and Gallo. Consumers lost interest in wine coolers in the late '80s, and when Congress increased the federal excise tax on wine in 1991, the wine in coolers was replaced with malt-based alcohol.



CALIFORNIA'S NORTH COAST

The North Coast includes wine hot spots like Napa Valley and Sonoma County. Vineyards in this region make up more than half of those in all of California.



Lentil Vegetable Soup

Here is one good-for-you dish that our kids really enjoy. You can serve this tasty soup as a hearty meatless entree or pair it with a favorite sandwich.

—**JOY MAYNARD** ST. IGNATIUS, MONTANA

PREP: 10 MIN. **COOK:** 65 MIN. **MAKES:** 6 SERVINGS

3 cans (14½ ounces each) vegetable broth

1 medium onion, chopped

½ cup dried lentils, rinsed

½ cup uncooked long grain brown rice

½ cup tomato juice

1 can (5½ ounces) spicy hot V8 juice

1 tablespoon reduced-sodium soy sauce

1 tablespoon canola oil

1 medium potato, peeled and cubed

1 medium tomato, cubed

1 medium carrot, sliced

1 celery rib, sliced

1. In a large saucepan, combine the first eight ingredients. Bring to a boil. Reduce heat; cover and simmer for 30 minutes.

2. Add the potato, tomato, carrot and celery; cover and simmer 30 minutes longer or until rice and vegetables are tender.

dishing about food

Montana is at the head of the pack for producing lentils. Other states that grow this versatile legume include North Dakota, Washington and Idaho. Palouse, Washington, calls itself the Lentil Capital of the World.



PULLMAN, WA

If you visit the National Lentil Festival, keep an eye out for Tase T. Lentil! This annual August event is held in the Palouse region of Washington and Idaho, where about 25 percent of the nation's lentils are cultivated.



Viva Panzanella

Add some white beans, and suddenly this traditional Italian bread and tomato salad is filling enough to stand on its own. It's also a delicious way to use up those fresh tomatoes from the garden or farmers market.

—PATRICIA LEVENSON SANTA ANA, CALIFORNIA

PREP: 40 MIN. **MAKES:** 6 SERVINGS

¾ pound sourdough bread, cubed (about 8 cups)

2 tablespoons olive oil

2½ pounds tomatoes (about 8 medium), chopped

1 can (15 ounces) white kidney or cannellini beans, rinsed and drained

1 can (14 ounces) water-packed artichoke hearts, rinsed, drained and quartered

1 cup thinly sliced roasted sweet red peppers

½ cup fresh basil leaves, thinly sliced

⅓ cup thinly sliced red onion

¼ cup Greek olives, quartered

3 tablespoons capers, drained

DRESSING

¼ cup balsamic vinegar

3 tablespoons minced fresh parsley

3 tablespoons olive oil

3 tablespoons lemon juice

2 tablespoons white wine vinegar

3 teaspoons minced fresh thyme or 1 teaspoon dried thyme

1½ teaspoons minced fresh marjoram or ½ teaspoon dried marjoram

1½ teaspoons minced fresh oregano or ½ teaspoon dried oregano

1 garlic clove, minced

1. In a large bowl, toss the bread with oil and transfer to a baking sheet. Bake at 450° for 8-10 minutes or until golden brown. Cool to room temperature.

2. In a large bowl, combine tomatoes, beans, artichokes, peppers, basil, onion, olives, capers and bread.

3. In a small bowl, whisk dressing ingredients. Drizzle over the salad and toss to coat. Serve immediately.

dishing about food

When Italians first came to the U.S., they frequently settled in urban areas. While many stayed in New York, others traveled across the country, and quite a few settled in San Francisco. They brought with them the recipe for panzanella salad, which was considered a summer salad in Tuscany. Soaked or moistened stale, firm bread was combined with salad ingredients like garden-fresh tomatoes, basil, onion, olive oil and wine vinegar. Many recipes now omit the bread-soaking step, or toast the bread to make croutons.



Irish Coffee

Creme de menthe adds a festive and colorful touch to the cream floating atop these yummy drinks. If you prefer, simply top the coffee with a dollop of canned whipped cream. The drink would also be delicious with a little Irish cream liqueur stirred in.

—TASTE OF HOME TEST KITCHEN

PREP/TOTAL TIME: 10 MIN. **MAKES:** 2 SERVINGS

2 teaspoons sugar

2 ounces Irish whiskey

2 cups hot strong brewed coffee (French or other dark roast)

¼ cup heavy whipping cream

1 teaspoon green creme de menthe

1. Divide the sugar and whiskey between two mugs; stir in coffee. In a small bowl, beat cream and creme de menthe until thickened. Gently spoon onto tops of drinks, allowing cream to float. Serve immediately.

Editor’s Note: *You may also use a portable mixer with whisk attachment to thicken the cream mixture in a 1-cup measuring cup.*

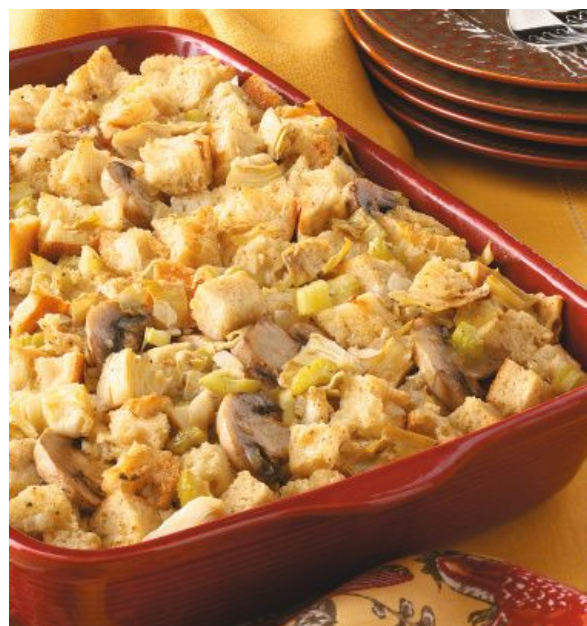
dishing about food

Irish coffee first appeared at Foynes in County Limerick, Ireland. The head chef there, Joe Sheridan, added whiskey to the coffee to warm up seaplane passengers after they came ashore on a cold winter’s night. Travel writer Stanton Delaplane brought the recipe back to San Francisco in 1952, where he and Jack Koepler, owner of the Buena Vista cafe, re-created the beverage for patrons.



SAN FRANCISCO, CA

Find the Buena Vista cafe on the corner of Hyde and Beach Streets in San Francisco’s Russian Hill area.



Artichoke Stuffing

This is so fabulous with turkey! I also halve the recipe and use it when I bake a chicken.

—**LORIE VERKUYL** RIDGECREST, CALIFORNIA

PREP: 30 MIN. **BAKE:** 35 MIN. **MAKES:** 14 CUPS

1 loaf (1 pound) sourdough bread, cut into 1-inch cubes

½ pound sliced fresh mushrooms

2 celery ribs, chopped

1 medium onion, chopped

2 tablespoons butter

3 to 4 garlic cloves, minced

2 jars (6½ ounces each) marinated artichoke hearts, drained and chopped

½ cup grated Parmesan cheese

1 teaspoon poultry seasoning

1 egg

1 can (14½ ounces) chicken broth

1. Place bread cubes in two ungreased 15x10x1-in. baking pans. Bake at 350° for 15 minutes or until lightly browned.
2. In a large skillet, saute the mushrooms, celery and onion in butter until tender. Add garlic; cook 1 minute longer. Stir in the artichokes, cheese and poultry seasoning. Transfer to a large bowl; stir in bread cubes.
3. In a small bowl, whisk egg and broth until blended. Pour over bread mixture; mix well.
4. Transfer to a greased 3-qt. baking dish (dish will be full). Cover and bake at 350° for 30 minutes. Uncover; bake 5-15 minutes longer or until a thermometer reads 165°.



Classic Pesto

This versatile pesto boasts a perfect basil flavor. Pair it with pasta, and you've got a quick and classic Italian dinner.

—**IOLA EGLE** BELLA VISTA, ARKANSAS

PREP/TOTAL TIME: 10 MIN. **MAKES:** 1 CUP

4 cups loosely packed basil leaves

½ cup grated Parmesan cheese

2 garlic cloves, halved

¼ teaspoon salt

½ cup pine nuts, toasted

½ cup olive oil

1. Place the basil, cheese, garlic and salt in a food processor; cover and pulse until chopped. Add nuts; cover and process until blended. While processing, gradually add oil in a steady stream.

dishing about food

When most of us think of pesto, we think of the green sauce made with basil. That is actually pesto a la Genovese, a basil-pine nut combo created in (and named for) Genoa, Italy. But pesto can be made with tomatoes, almonds, sweet peppers and other ingredients. Its inclusion in American cuisine was a slow one. After World War II, some importers provided the sauce, but it wasn't until the 1980s and '90s that it really took off. Now it's used on pasta and in sandwich spreads and appetizers.

Bistro Mac & Cheese

I like to serve this classic comfort food with a salad and crusty bread. It's a satisfying meal that feels upscale, but will fit into just about any grocery budget.

—**CHARLOTTE GILTNER** MESA, ARIZONA

PREP/TOTAL TIME: 30 MIN. **MAKES:** 8 SERVINGS

1 package (16 ounces) uncooked elbow macaroni

3 tablespoons butter

3 tablespoons all-purpose flour

2½ cups 2% milk

1 teaspoon salt

½ teaspoon onion powder

½ teaspoon pepper

¼ teaspoon garlic powder

1 cup (4 ounces) shredded part-skim mozzarella cheese

1 cup (4 ounces) shredded cheddar cheese

1 package (3 ounces) cream cheese, softened

½ cup crumbled Gorgonzola cheese

½ cup sour cream

1. Cook macaroni according to the package directions. Meanwhile, in a Dutch oven, melt butter. Stir in flour until smooth. Gradually stir in milk and seasonings. Bring to a boil; cook and stir for 2 minutes or until thickened.

2. Reduce heat; add the cheeses and stir until melted. Stir in sour cream. Drain macaroni; stir into sauce.

Crumb-Topped Bistro Mac: *Place prepared macaroni in a greased 3-qt. baking dish. Combine ⅓ cup seasoned bread crumbs and 2 tablespoons melted butter; sprinkle over the macaroni. Bake, uncovered, at 350° for 20-25 minutes or until casserole is bubbly.*

Fry Sauce

Want a change of pace from dipping your French fries into ketchup? Try a favorite condiment from Utah...Fry Sauce. It's a spiced-up blend of ketchup and mayo.

—TASTE OF HOME TEST KITCHEN

PREP/TOTAL TIME: 5 MIN. **MAKES:** 1½ CUPS

1 cup mayonnaise

½ cup ketchup

4 teaspoons sweet pickle juice

½ teaspoon hot pepper sauce

½ teaspoon onion powder

¼ teaspoon pepper

⅛ teaspoon salt

1 tablespoon sweet pickle relish, optional

Hot prepared French-fried potatoes

1. In a small bowl, whisk the first seven ingredients; if desired, add pickle relish. Serve with fries. Refrigerate leftovers.

dishing about food

Utah's secret sauce is fry sauce, a combination of mayonnaise, ketchup and seasonings. It's used as a condiment with French fries. The secret got out as fast-food chains from Utah expanded into other Western states.



Herbed Fennel and Onion

Thinking about what to do with those fennel bulbs you brought home from the market? Try them in this aromatic and savory side dish that's so rich, no one will ever guess it's healthy. Vinegar adds just a slight tang.

—**MEGHANN MINTON** PORTLAND, OREGON

PREP/TOTAL TIME: 30 MIN. **MAKES:** 3 SERVINGS

1 large sweet onion, halved and sliced

1 medium fennel bulb, halved and cut into ½-inch slices

1 tablespoon olive oil

1 cup reduced-sodium chicken broth

1 tablespoon minced fresh sage or 1 teaspoon dried sage leaves

2 teaspoons minced fresh rosemary or ½ teaspoon dried rosemary, crushed

2 teaspoons balsamic vinegar

¼ teaspoon salt

¼ teaspoon pepper

1. In a large skillet, saute the onion and fennel in oil until crisp-tender. Add the broth, sage and rosemary. Bring to a boil; cook until broth is evaporated.

2. Remove from the heat; stir in the vinegar, salt and pepper.



Pomegranate Jelly

For as long as I can remember, my mom has been preparing pomegranate jelly and sending us all home with a few jars. For an even tangier jelly, substitute cranberry juice for pomegranate juice.

—**TATIANA KUSHNIR** MONTARA, CALIFORNIA

PREP: 15 MIN. **PROCESS:** 5 MIN. **MAKES:** 6 HALF-PINTS

3½ cups pomegranate juice

1 package (1¾ ounces) powdered fruit pectin

5 cups sugar

1. In a Dutch oven, combine pomegranate juice and pectin. Bring to a full rolling boil over high heat, stirring constantly. Stir in sugar; return to a full rolling boil. Boil for 2 minutes, stirring constantly.

2. Remove from the heat; skim off foam. Pour hot liquid into hot sterilized half-pint jars, leaving ¼-in. headspace. Wipe rims and adjust lids. Process for 5 minutes in a boiling-water canner.

Editor's Note: *The processing time listed is for altitudes of 1,000 feet or less. Add 1 minute to the processing time for each 1,000 feet of additional altitude.*

dishing about food

Most of the pomegranates grown in the U.S. are from the San Joaquin Valley in California. Due to the health benefits of pomegranates, domestic sales have risen in recent years. Store whole pomegranates at room temperature for a few days, or in plastic bags in the refrigerator for up to three months. Refrigerate the arils (seeds) for up to three days, or freeze in single layers on trays. Transfer frozen arils to plastic freezer bags and freeze for up to six months. The seeds may lose their shape when thawed.



Guava Coconut Rum Cocktail

My beverage is so sensational, it's like a taste of the tropics in a glass! The guava adds a touch of sweetness to the coconut drink.

—**MELANIE MILHORAT** NEW YORK, NEW YORK

PREP/TOTAL TIME: 5 MIN. **MAKES:** 1 SERVING

Ice cubes

2 ounces coconut rum

2 ounces guava nectar

2 teaspoons lemon juice

3 to 4 dashes bitters

1 teaspoon simple syrup

2 ounces coconut water

GARNISH

Fresh pineapple wedge

1. Fill a mixing glass or tumbler three-fourths full with ice. Add rum, guava nectar, lemon juice, bitters and simple syrup; stir until condensation forms on outside of glass. Strain into a chilled cocktail glass. Add ice and top with coconut water. Garnish as desired.

For nonalcoholic version: *Increase the coconut water and guava nectar to 3 ounces each. Eliminate the bitters and add ½ teaspoon coconut extract.*

dishing about food

Hawaii and Florida are the states that cultivate the most guava. It grows wild in both states, and wild guava is harvested for commercial use. Wild trees can take over fields, and in some areas they are considered an invasive nuisance.



KILAUEA, HI

This Kauai town (not to be confused with the volcano), has been dubbed Guava Capital of the World.



Nutty Berry Trail Mix

This recipe, my son’s favorite, earned me an A in my early childhood nutrition course. I like the fact that it gives you some control over what your children snack on!

—**CHERI MAJORS** CLAREMONT, CALIFORNIA

PREP/TOTAL TIME: 5 MIN. **MAKES:** 10 CUPS

- 1 can (15 ounces) mixed nuts
- 2 cups (12 ounces) semisweet chocolate chips
- 1 package (9 ounces) raisins
- 1 package (6 ounces) chopped dried pineapple
- 1 jar (5.85 ounces) sunflower kernels
- 1 package (5 ounces) dried cranberries

1. In a large bowl, combine all ingredients; mix well. Store in an airtight container.



Buffalo Burger Topping

Blue cheese lovers will come out of the woodwork for this spicy, full-flavored sauce, paired perfectly with grilled burgers.

—**MICHAEL COHEN** LOS ANGELES, CALIFORNIA

PREP/TOTAL TIME: 10 MIN. **MAKES:** 6 SERVINGS

2 tablespoons butter, softened

2 tablespoons brown sugar

$\frac{3}{4}$ cup mayonnaise

$\frac{1}{4}$ cup Louisiana-style hot sauce

1 celery rib, finely chopped

6 tablespoons crumbled blue cheese

1. In a small bowl, beat the butter and brown sugar until light and fluffy. Beat in mayonnaise and hot sauce until smooth. Cover and refrigerate until serving.

2. Spoon onto your favorite burger; top with celery and cheese.

dishing about food

It's typical of American cooks to take the flavors from a recipe we love and use them for another recipe. This recipe gives burgers the heat and flavor of Buffalo wings.



Fruity Rum Punch

Four different fruit juices are used to make this sweet punch. Feel free to omit the rum for a kid-friendly option.

—TASTE OF HOME TEST KITCHEN

PREP: 10 MIN. + CHILLING **MAKES:** 10 SERVINGS (2½ QUARTS)

2 cups unsweetened apple juice

1½ cups unsweetened pineapple juice

1 can (12 ounces) frozen cranberry juice concentrate, thawed

1 can (6 ounces) frozen orange juice concentrate, thawed

1 cup golden or light rum

1 bottle (1 liter) club soda, chilled

Ice cubes

GARNISH

Pineapple wedges and orange twists

1. In a large pitcher or punch bowl, combine the apple juice, pineapple juice, cranberry juice concentrate, orange juice concentrate and rum. Refrigerate until chilled.

2. Just before serving, add club soda. Serve over ice in hurricane or highball glasses. Garnish as desired.

Editor's Note: *This recipe was tested with Bacardi Gold rum.*



Potato Casserole Bread

Potatoes make this bread tender and delicious. It freezes well, so you can enjoy one loaf right away and freeze the other to have later.

—LISA POWERS LEADORE, IDAHO

PREP: 25 MIN. + RISING **BAKE:** 40 MIN. **MAKES:** 2 LOAVES (16 SLICES EACH)

2 packages (¼ ounce each) active dry yeast

½ cup warm water (110° to 115°)

1 can (12 ounces) evaporated milk

2 cups mashed potatoes (without added milk and butter)

8 bacon strips, cooked and crumbled

¼ cup butter, softened

2 eggs

3 tablespoons sugar

2 tablespoons dried minced onion

1 tablespoon caraway seeds

1 teaspoon garlic salt

1 teaspoon salt

6¼ to 6¾ cups all-purpose flour

1. In a large bowl, dissolve yeast in warm water. Add the milk, potatoes, bacon, butter, eggs, sugar, onion, caraway seeds, garlic salt, salt and 3 cups flour. Beat until smooth. Stir in enough remaining flour to form a soft dough.

2. Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease the top. Cover and let rise in a warm place until doubled, about 1 hour.

3. Punch dough down. Turn onto a lightly floured surface; divide in half. Shape each into a round loaf. Place in two greased 2-qt. round baking dishes with straight sides. Cover and let rise in a warm place until doubled, about 40 minutes.

4. Bake at 350° for 40-50 minutes or until golden brown. Remove from baking dishes to wire racks to cool.



Iced Coffee Latte

Here is a great alternative to regular hot coffee—and it's much more economical than store-bought coffee drinks. Sweetened condensed milk and a hint of chocolate lend a delicious touch.

—HEATHER NANDELL JOHNSTON, IOWA

PREP/TOTAL TIME: 10 MIN. **MAKES:** 8 SERVINGS

½ cup instant coffee granules

½ cup boiling water

4 cups chocolate milk

2 cups cold water

1 can (14 ounces) sweetened condensed milk

Ice cubes

1. In a large bowl, dissolve coffee in boiling water. Stir in the chocolate milk, cold water and condensed milk. Serve over ice.

dishing about food

While coffee drinks and coffeehouses have been around for years, Starbucks took the concept to the next level. Starbucks served its first coffee in 1971 in the Pike Place Market in Seattle. From that simple beginning, the company now has stores in more than 60 countries.



SEATTLE, WA

Established in 1907, this well-known Seattle site began as a farmers market. These days, more than 200 small businesses are based there, and shoppers can find anything from fish and flowers to doughnuts and art.



Wheat Yeast Rolls

These wonderful, golden rolls are light and have a delicate flavor. They're also versatile—it seems I can pair them with just about any main dish and end up with a great meal. It's nice to have a simple and inexpensive recipe that adds homemade appeal to menus.

—PEGGY STARKWEATHER GARDINER, MONTANA

PREP: 20 MIN. + RISING **BAKE:** 15 MIN. **MAKES:** 1 DOZEN

1 package (¼ ounce) active dry yeast

1 cup warm water (110° to 115°)

⅓ cup canola oil

3 tablespoons sugar

1 teaspoon salt

1½ cups whole wheat flour

1½ to 2 cups all-purpose flour

1. In a large bowl, dissolve yeast in warm water. Add the oil, sugar, salt and whole wheat flour. Beat until smooth. Add enough of the all-purpose flour to form a soft dough.

2. Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl; turn once to grease the top. Cover and let rise in a warm place until doubled, about 1 hour.

3. Punch down; divide into 12 pieces. Shape into rolls; place 3 in. apart on greased baking sheets. Cover; let rise until doubled, about 30 minutes.

4. Bake at 375° for 15-20 minutes or until golden. Cool on wire racks.



Blueberry-Orange Onion Salad

Blueberries combine nicely with oranges, onion and a tangy dressing to make this green salad something special. I like to take it when we go on family picnics. My grandson always wants a second helping.

—**ELLEN IRENE SMITH** WOODLAND, WASHINGTON

PREP/TOTAL TIME: 15 MIN. **MAKES:** 4 SERVINGS

3 cups torn salad greens

2 medium navel oranges, peeled and sliced

4 slices sweet onion, separated into rings

2 cups fresh blueberries

BLUEBERRY SOUR CREAM DRESSING

½ cup sour cream

1 tablespoon white wine vinegar

1 tablespoon crushed blueberries

1½ teaspoons sugar

1½ teaspoons lemon juice

¼ teaspoon salt

1. Arrange greens on four salad plates. Top with the orange slices and onion rings. Sprinkle with blueberries.
2. In a small bowl, combine the dressing ingredients; stir until blended. Drizzle over salads. Serve immediately.



Champagne Cocktail

This pretty amber drink is a champagne twist on the traditional Old-Fashioned. Try it with extra-dry Champagne.

—TASTE OF HOME TEST KITCHEN

PREP/TOTAL TIME: 5 MIN. **MAKES:** 1 SERVING

1 sugar cube or ½ teaspoon sugar

6 dashes bitters

½ ounce brandy

½ cup Champagne, chilled

GARNISH

Maraschino cherry and lemon slice

1. Place sugar in a champagne flute or cocktail glass; sprinkle with bitters. Pour the brandy into the glass. Top with Champagne. Garnish as desired.



Mango Salsa

Mango adds an interesting twist to this healthy and colorful fruit salsa.

—**MALA UDAYAMURTHY** SAN JOSE, CALIFORNIA

PREP/TOTAL TIME: 15 MIN. **MAKES:** 2¼ CUPS

2 medium mangoes, peeled and finely chopped

¼ cup finely chopped red onion

¼ cup finely chopped green pepper

¼ cup finely chopped sweet red pepper

1 jalapeno pepper, chopped

3 tablespoons minced fresh cilantro

2 tablespoons cider vinegar

1 tablespoon sugar

1 tablespoon olive oil

½ teaspoon salt

½ teaspoon pepper

Baked potato chips

1. In a large bowl, combine first 11 ingredients. Chill until serving. Serve with chips.

Editor's Note: *Wear disposable gloves when cutting hot peppers; the oils can burn skin. Avoid touching your face.*



Zesty Lemon Curd

There are lemon trees in our backyard, so I'm always on the prowl for new ways to use the fruit. When we shared some of our homegrown citrus with neighbors—Canadians who were spending the winter here—the wife repaid us by giving us this recipe!

—JEAN GAINES BULLHEAD CITY, ARIZONA

PREP/TOTAL TIME: 25 MIN. **MAKES:** 3 CUPS

3 egg, lightly beaten

2 cups sugar

$\frac{3}{4}$ cup lemon juice

2 teaspoons grated lemon peel

1 cup butter, cubed

1. In a large heavy saucepan over medium heat, whisk the eggs, sugar, lemon juice and peel until blended. Add butter; cook, whisking constantly, until mixture is thickened and coats the back of a metal spoon. Transfer to a small bowl; cool for 10 minutes. Cover and refrigerate until chilled.

2. Spread on muffins or rolls, or serve over waffles or ice cream.

dishing about food

Lemon curd, also called lemon cheese, is a classic English recipe. This flavorful custard-like spread is smeared on scones and toast, or used as fillings for cakes and pies. Curd is thicker and more tart than regular cake filling.



Lemons are a huge crop in this super-fertile area north of Los Angeles. Groves cover some 16,000 acres, which means that in an average year, it would take 87 million Americans to consume the whole supply!



Gorgonzola Figs with Balsamic Glaze

For an elegant, eye-catching appetizer, try these delightful stuffed figs wrapped with prosciutto.

—**SARAH VASQUES** MILFORD, NEW HAMPSHIRE

PREP: 30 MIN. **BAKE:** 10 MIN. **MAKES:** 16 APPETIZERS

1 cup balsamic vinegar

16 dried figs

½ cup crumbled Gorgonzola cheese

8 thin slices prosciutto, halved widthwise

2 teaspoons minced fresh rosemary

¼ teaspoon pepper

1. For glaze, in a small saucepan, bring vinegar to a boil over medium heat; cook until reduced to about ¼ cup.
2. Cut a lengthwise slit down the center of each fig; fill with 1½ teaspoons cheese. Wrap each fig with a piece of prosciutto; place on a baking sheet. Sprinkle with the rosemary and pepper.
3. Bake at 425° for 10-12 minutes or until prosciutto is crisp. Serve warm with glaze.

Editor's Note: *Amber-colored dried figs (labeled Turkish or Calimyma) are recommended for this recipe. Mission figs, which are black, are smaller and hold less cheese. If large stems are present, remove them before stuffing figs.*

dishing about food

Spaniards first brought fig trees to Mexico. As the missionaries traveled north, they planted fig trees all along the way. Now, about 98 percent of the United States' fig production comes from California.



FRESNO, CA

Food, wine and figs abound at the annual Fig Fest. All of the commercially grown dried figs in the U.S. come from Fresno and the San Joaquin Valley.



Ranch Dressing and Dip Mix

Give this versatile mix in a decorative jar with instructions for making dip or dressing. Then tuck it into a gift basket along with a pretty serving bowl and snack crackers or chips!

—**JOAN HALLFORD** NORTH RICHLAND HILLS, TEXAS

PREP: 10 MIN. **MAKES:** 2 CUPS

4½ teaspoons dried parsley flakes

1 tablespoon minced chives

1 tablespoon garlic powder

2 teaspoons lemon-pepper seasoning

1½ teaspoons dried tarragon

1½ teaspoons dried oregano

1 teaspoon salt

RANCH SALAD DRESSING

½ cup mayonnaise

½ cup buttermilk

RANCH DIP

1 cup mayonnaise

1 cup (8 ounces) sour cream

1. In a small bowl, combine the first seven ingredients. Transfer to a 4-ounce jar. Shake well before using.

For salad dressing: *In a small bowl, whisk the mayonnaise, buttermilk and 1 tablespoon mix. Refrigerate for at least 1 hour.*

For dip: *In a small bowl, combine the mayonnaise, sour cream and 2 tablespoons mix. Refrigerate for at least 2 hours. Serve with assorted crackers and fresh veggies or as a topping for baked potatoes.*

dishing about food

Guests at Hidden Valley Ranch, a dude ranch in California, so enjoyed the salad dressing served by owners Steve and Gayle Henson, that the couple began bottling it to sell. They later made packets of seasoning mix for the dressing for the retail market. Clorox brought the brand in 1972. It's now America's favorite salad dressing.



Apple & Blue Cheese on Endive

This fresh, fancy appetizer features a creamy blue cheese and apple spread on crunchy endive leaves. You can also use pears instead of apples or spread it on top of crackers.

—**KATIE FLEMING** EDMONDS, WASHINGTON

PREP/TOTAL TIME: 30 MIN. **MAKES:** 32 APPETIZERS

1 tablespoon lemon juice

1 tablespoon water

1 large red apple, finely chopped

2 celery ribs, finely chopped

¾ cup crumbled blue cheese

3 tablespoons mayonnaise

4 heads Belgian endive, separated into leaves

½ cup chopped hazelnuts, toasted

1. In a small bowl, combine the lemon juice and water; add apple and toss to coat. Drain and pat dry.
2. Combine the apple, celery, blue cheese and mayonnaise; spoon 1 tablespoonful onto each endive leaf. Sprinkle with hazelnuts.



Romaine Caesar Salad

After tasting this terrific salad my daughter made, I was very eager to get the recipe and try it myself. The dressing, which includes hard-cooked egg yolks, is easy to mix up in the blender.

—**MARIE HATTRUP** SPARKS, NEVADA

PREP: 10 MIN. + CHILLING **MAKES:** 8 SERVINGS

2 hard-cooked eggs

¼ cup lemon juice

2 tablespoons balsamic vinegar

1 anchovy fillet

1 tablespoon Dijon mustard

2 garlic cloves, peeled

1 teaspoon Worcestershire sauce

1 teaspoon pepper

¾ teaspoon salt

½ cup olive oil

1 bunch romaine, torn

1 cup (4 ounces) shredded Parmesan cheese

1 cup Caesar salad croutons

1. Slice eggs in half; remove yolks. Refrigerate whites for another use. In a blender or food processor, combine the lemon juice, vinegar, anchovy, mustard, garlic, Worcestershire sauce, pepper, salt and egg yolks; cover and process until blended. While processing, gradually add oil in a steady stream. Cover and refrigerate for 1 hour.

2. In a salad bowl, combine the romaine, Parmesan cheese and croutons. Drizzle with dressing; toss to coat. Serve immediately.

Chicken Caesar Salad: *Grill or broil 8 chicken breast halves seasoned with salt and pepper. Cut each chicken breast half into strips. Top each individual salad with a cooked chicken breast half.*

dishing about food

Caesar salad is said to be the 1924 creation of Caesar Cardini, an Italian immigrant who lived in San Diego and owned a restaurant in Tijuana, Mexico. His brother Alex later added anchovies to the dressing. This popular salad can easily be turned into a main dish with the addition of chicken, salmon, steak or ham.

Cranberry Honey Butter

If you are traveling to a friend's or loved one's for the holidays, why not bring them something even better than a bottle of wine—this easy-to-whip-up treat!

—**ARISA CUPP** WARREN, OREGON

PREP/TOTAL TIME: 10 MIN. **MAKES:** 24 SERVINGS

1 cup butter, softened

⅓ cup finely chopped dried cranberries

¼ cup honey

2 teaspoons grated orange peel

⅛ teaspoon kosher salt

1. In a small bowl, beat all ingredients until blended. Store, covered, in the refrigerator for up to 2 weeks.

Green Goddess Salad Dressing

It's no trick to fix this time-honored dressing at home with this quick recipe. Made with fresh ingredients, it's excellent—and a real treat compared to store-bought versions.

—PAGE ALEXANDER BALDWIN CITY, KANSAS

PREP/TOTAL TIME: 10 MIN. **MAKES:** 2 CUPS

1 cup mayonnaise

½ cup sour cream

¼ cup chopped green pepper

¼ cup packed fresh parsley sprigs

3 anchovy fillets

2 tablespoons lemon juice

2 green onion tops, coarsely chopped

1 garlic clove, peeled

¼ teaspoon pepper

⅛ teaspoon Worcestershire sauce

1. Place all ingredients in a blender; cover and process until smooth. Transfer to a bowl or jar; cover and store in the refrigerator.

dishing about food

This colorful salad dressing is named after the play, *The Green Goddess*. While the play was running in the 1920s, the chef at the Palace Hotel created the dressing to honor the star of the play, George Arliss.



Shredded Potato Casserole

This potato dish is perfect with prime rib and many other entrees. Make it ahead and have it ready to pop into the oven for a party. The topping of cornflake crumbs and Parmesan cheese adds a nice crunch.

—**PAULA ZSIRAY** LOGAN, UTAH

PREP: 10 MIN. **BAKE:** 45 MIN. **MAKES:** 6-8 SERVINGS

1 can (10¾ ounces) condensed cream of mushroom soup, undiluted

1 cup (8 ounces) sour cream

½ cup 2% milk

1 cup (4 ounces) shredded cheddar cheese

½ cup butter, melted, divided

1 package (30 ounces) frozen shredded hash brown potatoes, thawed

1 cup cornflake crumbs

¼ cup grated Parmesan cheese

1. In a large bowl, combine soup, sour cream, milk, cheddar cheese and ¼ cup butter. Stir in hash browns. Transfer to a greased 13x9-in. baking dish.
2. In a small bowl, combine the cornflake crumbs, Parmesan cheese and remaining butter; sprinkle over the top. Bake, uncovered, at 325° for 45-50 minutes or until casserole is heated through.

dishing about food

Hash brown casseroles are very popular in the Mormon community. They're served so often at meals after a funeral that the dish is also known as "funeral potatoes!"



SALT LAKE CITY, UT

Brigham Young broke ground for the Salt Lake Temple in 1853, but the ornate structure wasn't completed for 40 years. To this day, it's the largest temple in the Latter Day Saints church.



Company Onion Soup

The onions in this part of the country are superb, and this soup is proof. Try it and see if your family enjoys this recipe as much as mine does.

—**ROSE MARIE MOORE** WALLA WALLA, WASHINGTON

PREP: 20 MIN. **COOK:** 65 MIN. **MAKES:** 4 SERVINGS

4 tablespoons unsalted butter

4 large sweet or Walla Walla onions, sliced

1 tablespoon sugar

6 cups beef broth, divided

2 tablespoons Worcestershire sauce

Salt and pepper to taste

4 thick slices French bread

Additional unsalted butter

Garlic salt or 1 garlic clove, halved

1 cup (4 ounces) shredded Gruyere or Swiss cheese

1. In a Dutch oven, melt butter over medium heat. Saute onions until tender. Sprinkle sugar over onions. Reduce heat and cook, stirring occasionally, until onions are caramelized, about 20 minutes. Add 3 cups broth; simmer 15 minutes. Add remaining broth, Worcestershire sauce, salt and pepper. Cover and simmer for 30-40 minutes.

2. Meanwhile, spread both sides of the bread with additional butter; sprinkle with garlic salt or rub with the cut-side of the garlic clove. Broil bread until golden brown, then turn and brown other side. Ladle soup into individual ovenproof soup bowls. Float a slice of bread in each bowl and sprinkle with cheese. Broil until the cheese is melted and bubbly. Serve immediately.

dishing about food

The Walla Walla sweet onion is Washington's official state vegetable. Walla Wallas were introduced to the area in the late 1880s and started from seeds from Corsica, Italy. The onions were first sold in 1900. Over time, area farmers produced an even larger, sweeter onion. To be called a Walla Walla sweet, an onion must be grown in Washington or Oregon and harvested between June and August.



Pineapple Salsa

This mouthwatering salsa features fresh pineapple and a handful of seasonings. Serve it with tortilla chips or with grilled chicken or fish for a jazzed-up meal.

—**SUZI LAPAR** WAHIAWA, HAWAII

PREP/TOTAL TIME: 20 MIN. **MAKES:** 3½ CUPS

2 cups diced fresh pineapple

2 medium tomatoes, seeded and chopped

¾ cup chopped sweet onion

¼ cup minced fresh cilantro

1 jalapeno pepper, seeded and chopped

1 tablespoon olive oil

1 teaspoon ground coriander

¾ teaspoon ground cumin

½ teaspoon salt

½ teaspoon minced garlic

Tortilla chips

1. In a large bowl, combine the first 10 ingredients. Cover and refrigerate until serving. Serve with tortilla chips.

Editor’s Note: *Wear disposable gloves when cutting hot peppers; the oils can burn skin. Avoid touching your face.*

dishing about food

Pineapples are such an important crop in Hawaii that Dole once had the entire island of Lanai devoted just to pineapple production.



WAHIAWA, HI

There's more than one type of pineapple! Learn all about them (including red ones) at the Dole Plantation, which has been bringing this sweet, succulent fruit to the world since 1901.



Southwestern Barley Salad

Cilantro punches up the flavor of this colorful side that's zesty but not too spicy. It makes a great luncheon dish when served with sesame breadsticks, sherbet and sugar cookies. And it's sure to satisfy!

—**TOMMI ROYLANCE** CHARLO, MONTANA

PREP/TOTAL TIME: 20 MIN. **MAKES:** 8 SERVINGS

3 cups cooked medium pearl barley

1 can (15 ounces) black beans, rinsed and drained

1½ cups frozen corn, thawed

1½ cups chopped seeded tomatoes

1 cup frozen peas, thawed

¼ cup minced fresh cilantro

1 teaspoon salt

¼ teaspoon pepper

½ cup water

3 tablespoons lemon juice

1 tablespoon finely chopped onion

1 tablespoon canola oil

2 garlic cloves, minced

8 lettuce leaves

1 ripe avocado, peeled and sliced

2 medium tomatoes, cut into wedges

1. In a bowl, combine the first eight ingredients. In a jar with a tight-fitting lid, combine the water, lemon juice, onion, oil and garlic; shake well. Pour over barley mixture and toss to coat. Serve on lettuce-lined plates. Garnish with avocado and tomatoes.



Cherry-Cream Crumble Pie

I created this yummy recipe for a cherry pie contest at the San Diego County Fair when I was first married in 1984. It won the blue ribbon! I love entering contests and I have won many of them.

—**MARIAN HOLLINGSWORTH** LA MESA, CALIFORNIA

PREP: 20 MIN. **BAKE:** 45 MIN. + COOLING **MAKES:** 8 SERVINGS

½ cup sugar

3 tablespoons all-purpose flour

2 cans (15 ounces each) pitted tart cherries, drained

1 cup (8 ounces) sour cream

1 egg, lightly beaten

¼ teaspoon almond extract

1 unbaked pastry shell (9 inches)

TOPPING

½ cup quick-cooking oats

⅓ cup all-purpose flour

⅓ cup packed brown sugar

¼ teaspoon ground cinnamon

¼ cup cold butter

½ cup chopped pecans

1. In a large bowl, combine the sugar, flour, cherries, sour cream, egg and extract. Spoon the filling into the pastry shell. Bake at 400° for 20 minutes.

2. For topping, combine the oats, flour, brown sugar and cinnamon in a small bowl; cut in the butter until mixture resembles coarse crumbs. Stir in pecans. Sprinkle over filling. Cover the edges of crust to prevent overbrowning.

3. Bake for 25-30 minutes or until topping is lightly browned. Cool on a wire rack for 1 hour. Store in the refrigerator.

dishing about food

Plump, juicy cherries are a favorite fruit around the country, and many states with temperate climates grow them—especially on the West Coast. Washington leads the country in sweet cherry production.



MOUNT RAINIER, WA

With its summit towering 14,410 feet above sea level, it's easy to see Mount Rainier from Seattle on a clear day. This mountain is the namesake for blushing golden Rainier cherries.



Apricot Bars

These moist bars have such a great flavor. My family loves them, and I get lots of requests for the recipe.

—**KIM GILLILAND** SIMI VALLEY, CALIFORNIA

PREP: 15 MIN. **BAKE:** 50 MIN. **MAKES:** 16 BARS

$\frac{2}{3}$ cup dried apricots

$\frac{1}{2}$ cup water

$\frac{1}{2}$ cup butter, softened

$\frac{1}{4}$ cup confectioners' sugar

$1\frac{1}{3}$ cups all-purpose flour, divided

2 eggs

1 cup packed brown sugar

$\frac{1}{2}$ teaspoon baking powder

$\frac{1}{4}$ teaspoon salt

$\frac{1}{2}$ teaspoon vanilla extract

½ cup chopped walnuts

Additional confectioners' sugar

1. In a small saucepan, cook apricots in water over medium heat for 10 minutes or until softened. Drain, cool and chop; set aside. In a large bowl, cream butter and confectioners' sugar until light and fluffy. Gradually add 1 cup flour until well blended.
2. Press into a greased 8-in. square baking dish. Bake at 350° for 20 minutes or until lightly browned.
3. Meanwhile, in a small bowl, beat eggs and brown sugar until blended. Beat in the vanilla. In a small bowl, combine the baking powder, salt, and remaining flour; gradually add to egg mixture. Stir in apricots and nuts. Pour over the crust.
4. Bake at 350° for 30 minutes or until set. Cool on wire rack. Dust with confectioners' sugar; cut into bars.

dishing about food

As with many of the crops that grow in California, apricot trees were introduced by Spanish missionaries and first planted at missions. Apricots are native to China, then traveled to Spain and other Mediterranean countries.



Very Berry Crisp

I love this recipe because it's easy, low-fat, versatile and delicious! The crispy topping is flavored with graham cracker crumbs, cinnamon and almonds and doesn't taste light at all. Great with frozen yogurt or whipped topping.

—**SCARLETT ELROD** NEWNAN, GEORGIA

PREP: 20 MIN. **BAKE:** 25 MIN. **MAKES:** 8 SERVINGS

2 cups fresh raspberries

2 cups sliced fresh strawberries

2 cups fresh blueberries

⅓ cup sugar

2 tablespoons plus ¼ cup all-purpose flour, divided

⅓ cup graham cracker crumbs

⅓ cup quick-cooking oats

¼ cup packed brown sugar

2 tablespoons sliced almonds

½ teaspoon ground cinnamon

1 tablespoon canola oil

1 tablespoon butter, melted

1 tablespoon water

1. In a large bowl, combine the berries, sugar and 2 tablespoons flour; transfer to an 11x7-in. baking dish coated with cooking spray.
2. In a small bowl, combine cracker crumbs, oats, brown sugar, almonds, cinnamon and remaining flour. Stir in the oil, butter and water until moistened. Sprinkle over berries.

3. Bake at 375° for 25-30 minutes or until filling is bubbly and topping is golden brown.



Oregon's Best Marionberry Pie

I believe Oregon Marionberries make about the best berry pie in the world!

—FRANCES BENTHIN SCIO, OREGON

PREP: 30 MIN. **BAKE:** 65 MIN. + COOLING **MAKES:** 8 SERVINGS

2 cups all-purpose flour

1 tablespoon sugar

1 teaspoon salt

½ cup cold butter, cubed

5 tablespoons shortening

4 tablespoons ice water

2 tablespoons lemon juice

FILLING

1 cup plus 1 teaspoon sugar, divided

2 tablespoons plus 2 teaspoons quick-cooking tapioca

1 tablespoon lemon juice

4 cups fresh Marionberries or blackberries

1 package (8 ounces) cream cheese, softened

½ cup confectioners' sugar

½ teaspoon almond extract

½ teaspoon vanilla extract

1 tablespoon heavy whipping cream

1. In a large bowl, mix flour, sugar and salt; cut in butter and shortening until crumbly. Gradually add the ice water and lemon juice, tossing with a fork until dough holds together when pressed. Divide dough in half. Shape each into a disk; wrap in plastic wrap. Chill 10 minutes.

2. Meanwhile, in a large bowl, mix 1 cup sugar, tapioca and lemon juice. Add the berries; toss to coat. Let stand 15 minutes. Preheat oven to 425°. On a lightly floured surface, roll one half of dough to a ⅛-in.-thick circle; transfer to a 9-in. pie plate. Trim pastry to ½ in. beyond rim of plate.

3. In a small bowl, beat the cream cheese, confectioners' sugar and extracts; spread over prepared crust. Top with berry mixture.

4. Roll out remaining dough to a ⅛-in.-thick circle; cut into ½-in.-wide strips. Arrange over filling in a lattice pattern. Trim and seal strips to edge of bottom pastry; flute edge. Brush lattice strips with cream; sprinkle with remaining sugar.

5. Bake 15 minutes. Reduce oven setting to 350°; bake 50-60 minutes longer or until crust is golden brown and filling is bubbly. (Cover edges with foil during last 15 minutes to prevent overbrowning if necessary.) Cool on a wire rack.

dishing about food

Marionberries, a cross between Chehalem and Olallieberry blackberries, are named for Marion County, Oregon, where they were developed. The berries are medium to large, with colors ranging from dark red to black. Their flavor is described as rich, earthy, and tart with a hint of sweetness. They are grown exclusively in Oregon.



PORTLAND, OR

You'll find berries galore (including Marionberries, shown here in the foreground) at the Oregon Berry Festival.



Chocolate Hazelnut Gateau

Gateau (pronounces ga-tow) is the French word for any rich and fancy cake. I think you'll agree this dense chocolate dessert has just the right amount of sweetness.

—MICHELLE KRZMARZICK TORRANCE, CALIFORNIA

PREP: 20 MIN. **BAKE:** 30 MIN. + COOLING **MAKES:** 12 SERVINGS

$\frac{2}{3}$ cup butter, softened

$\frac{3}{4}$ cup sugar

3 eggs, separated

1 cup (6 ounces) semisweet chocolate chips, melted and cooled

1 teaspoon vanilla extract

¾ cup all-purpose flour

½ teaspoon salt

¼ cup milk

⅔ cup ground hazelnuts, toasted

GLAZE

3 tablespoons butter

2 tablespoons light corn syrup

1 tablespoon water

1 cup (6 ounces) semisweet chocolate chips

Toasted slivered almonds and fresh mint leaves

1. In a large bowl, cream butter and sugar until light and fluffy. Beat in egg yolks, melted chocolate and vanilla. Combine the flour and salt; gradually add to creamed mixture alternately with milk, beating well after each addition. Stir in the hazelnuts.

2. In a small bowl, beat egg whites until stiff peaks form; carefully fold into batter. Spread into a greased 9-in. springform pan. Place pan on a baking sheet.

3. Bake at 350° for 30-35 minutes or until a toothpick inserted near the center comes out clean. Cool on wire rack for 10 minutes. Carefully run a knife around edge of pan to loosen; remove sides of pan. Cool completely.

4. In a saucepan, bring the butter, corn syrup and water to a boil; stirring constantly. Remove from the heat. Add the chocolate chips; stir until smooth. Cool to room temperature. Spread over top and sides of gateau. Garnish with almonds and mint.

dishing about food

In the United States, hazelnuts, also known as filberts, are cultivated almost solely in Oregon. They have a sweet, rich taste, but their skins are bitter and should be removed before using. You'll find hazelnuts used in candies, baked goods, coffee, creamers and liquors.



It's It Ice Cream Sandwiches

It's easy to see why this treat is so popular in San Francisco. It's snack heaven...ice cream, delicious oatmeal cookies and a touch of chocolate. Swap out the vanilla for your own favorite flavor, such as chocolate, caramel or pumpkin!

—TASTE OF HOME TEST KITCHEN

PREP: 40 MIN. + FREEZING **BAKE:** 15 MIN./BATCH + COOLING **MAKES:** 7 SERVINGS

½ cup butter, softened

¾ cup packed brown sugar

¼ cup sugar

1 egg

½ teaspoon vanilla extract

¾ cup all-purpose flour

- ½ teaspoon baking soda
- ½ teaspoon ground cinnamon
- ¼ teaspoon baking powder
- ¼ teaspoon salt
- 1½ cups quick-cooking oats
- ¼ cup chopped raisins, optional

ASSEMBLY

- 3 cups vanilla ice cream
- 1 bottle (7¼ ounces) chocolate hard-shell ice cream topping

1. Preheat oven to 350°. In a large bowl, cream butter and sugars until light and fluffy. Beat in egg and vanilla. In another bowl, whisk flour, baking soda, cinnamon, baking powder and salt; gradually beat into creamed mixture. Stir in oats and, if desired, raisins.
2. Shape into fourteen 1¼-in. balls; place 2½ in. apart on ungreased baking sheets. Bake 11-13 minutes or until golden brown. Cool on pans for 3 minutes. Remove to wire racks to cool completely.
3. To assemble, place about ⅓ cup ice cream on bottom of a cookie. Top with a second cookie, pressing gently to flatten ice cream. Place on a baking sheet; freeze until firm. Repeat with remaining cookies and ice cream.
4. Remove ice cream sandwiches from the freezer. Working over a small bowl, drizzle chocolate topping over half of each sandwich, allowing excess to drip off.
5. Place on a waxed paper-lined baking sheet; freeze until serving. Wrap individually for longer storage.

dishing about food

George Whitney created these treats—oatmeal cookie ice cream sandwiches dipped in chocolate—in 1928 and sold them at Playland, his San Francisco amusement park, for decades. Once Playland closed in the 1970s, the treat disappeared. It made a comeback in 1974, when a local business began making the ice cream sandwiches to distribute to small stores. Distribution has since expanded into more than a dozen states, and the treat known as It’s It has been declared the official food of San Francisco!

Peach and Raspberry Clafouti

Clafouti is a dessert like a custard, made with fresh fruit and batter in a baking dish. It is so wonderful to serve during the summer when the fruit is ripe.

—ANNE CASTLE ELLEN GRINSFELDER LOGAN, OHIO

PREP: 20 MIN. **BAKE:** 30 MIN. + COOLING **MAKES:** 4 SERVINGS

- 4 cups thickly sliced peeled peaches (about 2½ pounds)
- ½ cup fresh raspberries
- 2 tablespoons cold butter, cut into small pieces
- ¼ cup blanched almonds
- 2 tablespoons all-purpose flour
- ¾ cup heavy whipping cream or half-and-half cream or milk
- ⅓ cup plus 2 tablespoons sugar
- 2 eggs
- 1 tablespoon tawny red port or sherry, optional
- ¼ teaspoon salt
- 1 cup whipped cream
- Raspberries, mint leaves to garnish

1. Layer peaches and raspberries in a shallow greased 5-cup baking dish; dot with butter.
2. In a food processor, cover and process the almonds with flour until ground. Add the cream, ⅓ cup sugar, eggs, port, salt; blend, scraping sides as necessary.
3. Pour custard slowly over fruit. Sprinkle with 2 tablespoons sugar. Bake at 400° for 30-40 minutes until top is golden and custard set. Cool on a wire rack for 20 minutes. Serve warm with whipped cream. Garnish with raspberries and mint.

dishing about food

Clafouti is a French dessert that is usually made with sweet cherries. The batter is poured over the fruit and puffs up around it. Using peaches and raspberries gives this classic an American twist. The French call a clafouti made with other fruit a *flaugnarde*.



Wyoming Cowboy Cookies

These cookies are very popular here in Wyoming. They're great for lunch boxes or for munching anytime.

—**PATSY STEENBOCK** SHOSHONI, WYOMING

PREP: 25 MIN. **BAKE:** 15 MIN. **MAKES:** 6 DOZEN

1 cup flaked coconut

¾ cup chopped pecans

1 cup butter, softened

1½ cups packed brown sugar

½ cup sugar

2 eggs

1½ teaspoons vanilla extract

2 cups all-purpose flour

1 teaspoon baking soda

½ teaspoon salt

2 cups old-fashioned oats

2 cups (12 ounces) chocolate chips

1. Place coconut and pecans on a 15x10x1-in. baking pan. Bake at 350° for 6 to 8 minutes or until toasted, stirring every 2 minutes. Set aside to cool.
2. In a large bowl, cream butter and sugars until light and fluffy. Add eggs and vanilla; beat well. Combine the flour, baking soda and salt Add to the creamed mixture; beat well. Stir in the oats, chocolate chips and toasted coconut and pecans.
3. Drop by rounded teaspoonfuls onto greased baking sheets. Bake at 350° for about 12 minutes or until browned. Remove to wire racks to cool.



WYOMING

Many Wyomingites celebrate the state's cowboy culture. The University of Wyoming's teams are even called the Cowboys and Cowgirls.



Huckleberry Cheese Pie

To us Idahoans, huckleberries are a treasure! We like to serve this pie as a special treat when we have out-of-state guests.

—PAT KUPER MCCALL, IDAHO

PREP: 30 MIN. **BAKE:** 20 MIN. + CHILLING **MAKES:** 8-10 SERVINGS

BUTTER CRUNCH CRUST

1 cup all-purpose flour

¼ cup packed brown sugar

½ cup finely chopped nuts

½ cup cold butter

CHEESE FILLING

1 package (8 ounces) cream cheese, softened

¾ cup confectioners' sugar

1 teaspoon vanilla extract

1 cup whipped cream or 1 cup whipped topping

FRUIT TOPPING

½ cup sugar

4½ teaspoons cornstarch

Dash salt

½ cup water

2 cups fresh huckleberries or blueberries, divided

1½ teaspoons butter

1. In a bowl, combine the flour, brown sugar and nuts. Cut in butter until mixture resembles coarse crumbs. Spread on baking sheet; bake at 400° for 20 minutes, stirring occasionally.
2. Remove from oven. While mixture is still hot, press into a 9-in. pie plate forming a pie shell. Cool completely.
3. For cheese filling, beat cream cheese, sugar and vanilla until smooth; gently fold in whipped cream. Pour or spoon filling into cooled crust; refrigerate.
4. For topping, combine the sugar, cornstarch and salt in saucepan. Stir in water until smooth; add 1 cup berries. Bring to a boil. Cook and stir for 1-2 minutes or until thickened. Add butter and remaining berries. Cool; pour over filling. Top with additional whipped cream if desired.

dishing about food

Idahoans claim the huckleberry as their state fruit. These berries grow wild and are not cultivated for retail sales. You can substitute blueberries in recipes that call for huckleberries.



COEUR D'ALENE MOUNTAINS, ID

From June until October, wild huckleberries are a big draw to the picturesque Coeur d'Alene Mountains in northern Idaho. The berries star in the Wallace Huckleberry Festival, which is held every August.

Apple Jelly Candy

Soft and fruity, these old-fashioned squares get a bit of crunch from chopped walnuts. Rolling the candy in sugar gives it a pretty look for the holidays.

—HELEN ORESTAD POWDERVILLE, MONTANA

PREP: 20 MIN. **COOK:** 20 MIN. + CHILLING **MAKES:** ABOUT 6 DOZEN

2 cups sugar

1¾ cups unsweetened applesauce

2 envelopes unflavored gelatin

1 package (3 ounces) lemon gelatin

½ cup chopped walnuts

1 teaspoon vanilla extract

Superfine, confectioners' and/or granulated sugar

1. In a large saucepan, combine the sugar, applesauce and gelatins; let stand for 1 minute. Bring to a boil over medium heat, stirring constantly. Boil for 15 minutes. Remove from the heat; stir in walnuts and vanilla.
2. Immediately pour into a greased 11x7-in. baking dish. Cover and refrigerate overnight. Cut into 1-in. pieces; roll in sugar. Store in an airtight container in the refrigerator.



Caramel-Frosted Potato Cake

I have been baking this cake every Christmas for decades. My sister-in-law gave me the recipe in 1941, and it has been in demand ever since. My grandchildren have never been able to figure out why it’s called a potato cake, since it doesn’t taste at all like potatoes!

—PHYLLIS SCHMIDT MANITOWOC, WISCONSIN

PREP: 20 MIN. **BAKE:** 55 MIN. + COOLING **MAKES:** 12-16 SERVINGS

- ¾ cup butter, softened
- 2 cups sugar
- 4 eggs, separated
- 1 cup mashed potatoes (without added milk and butter)
- 2 ounces German sweet chocolate, melted
- 2 cups all-purpose flour
- 2 teaspoons baking soda
- 1 teaspoon ground nutmeg
- 1 teaspoon ground cloves
- ½ cup whole milk
- 1 cup chopped walnuts

FROSTING

- ¼ cup butter
- ½ cup packed brown sugar
- 1¼ cups confectioners’ sugar
- ¼ teaspoon vanilla extract
- 2 to 4 tablespoons whole milk

1. In a large bowl, cream butter and sugar until light and fluffy. Beat in the egg yolks, potatoes and chocolate. Combine the flour, baking soda, nutmeg and cloves; gradually add to creamed mixture alternately with milk, beating well after each addition. Stir in walnuts.
2. In a small bowl, beat egg whites until stiff peaks form; fold into batter. Pour into a greased and floured 10-in. fluted tube pan.
3. Bake at 350° for 55-60 minutes or until cake springs back when lightly touched. Cool for 10 minutes before removing from pan to a wire rack to cool completely.
4. For frosting, in a small saucepan, melt the butter. Add brown sugar; cook and stir over low heat for 2 minutes. Remove from the heat; cool for 3 minutes. Stir in the confectioners’ sugar, vanilla and enough milk to achieve a thick pouring consistency. Pour over cake.

dishing about food

The Comstock Lode in Virginia City brought people to Nevada seeking riches in the silver mines. The women who cooked for the miners made

them sourdough biscuits, Cornish pasties and, according to local lore, potato caramel cake. Using leftover mashed potatoes not only saved flour but also made the cake moist and tender.

Oregon's Hazelnut Chocolate Chip Cookie

These nutty cookies are a hit with the ladies at my craft club. I grew up during the Depression, and my mother taught me to use what was available—like the plentiful nuts here in Oregon. She'd say, "It doesn't have to be expensive to be good." And she was right!

—**SELMER LOONEY** EUGENE, OREGON

PREP/TOTAL TIME: 25 MIN. **MAKES:** 3 DOZEN

1 cup butter, softened

½ cup sugar

1 cup packed brown sugar

2 eggs

1 teaspoon vanilla extract

2⅓ cups all-purpose flour

1 teaspoon baking soda

½ teaspoon salt

1 cup (6 ounces) semisweet chocolate chips

¾ cup chopped hazelnuts

1. In a large bowl, cream butter and sugars on medium speed for 3 minutes. Add eggs, one at a time, beating well after each addition. Add vanilla. Combine flour, baking soda and salt; gradually add to batter. Fold in chocolate chips and nuts.

2. Drop by heaping tablespoonfuls 3 in. apart onto lightly greased baking sheets. Flatten lightly with a fork. Bake at 350° for 10-12 minutes or until light brown. Remove to a wire rack to cool.



Creamy Banana Pecan Pie

You'll get many compliments when you serve this layered banana beauty. It's a snap to prepare because the filling starts with instant pudding mix.

—**ISABEL FOWLER** ANCHORAGE, ALASKA

PREP: 20 MIN. **BAKE:** 25 MIN. + COOLING **MAKES:** 6-8 SERVINGS

1 cup all-purpose flour

1 cup finely chopped pecans

½ cup butter, softened

1 package (8 ounces) cream cheese, softened

1 cup confectioners' sugar

1 carton (8 ounces) frozen whipped topping, thawed, divided

3 large firm bananas, sliced

1⅓ cups cold milk

1 package (3.4 ounces) instant vanilla pudding mix

Additional chopped pecans, optional

1. In a small bowl, combine the flour, pecans and butter. Press onto the bottom and up the sides of a greased 9-in. pie plate. Bake at 350° for 25 minutes. Cool completely on a wire rack.

2. In a small bowl, beat cream cheese and sugar. Fold in 1 cup of whipped topping. Spread over the crust. Arrange bananas on top. In another bowl, whisk milk and pudding mix for 2 minutes. Immediately pour over bananas. Top with remaining whipped topping. Garnish with pecans if desired. Refrigerate for at least 3 hours before serving. Refrigerate leftovers.



Double Nut Baklava

It may take some time to make this rich, buttery treat, but it's well worth the effort! The blend of coconut, pecans and macadamia nuts is irresistible.

—**KARI CAVEN** POST FALLS, IDAHO

PREP: 25 MIN. **BAKE:** 30 MIN. + STANDING **MAKES:** 3 DOZEN

1¼ cups flaked coconut, toasted

½ cup finely chopped macadamia nuts

½ cup finely chopped pecans

½ cup packed brown sugar

1 teaspoon ground allspice

1¼ cups butter, melted

1 package phyllo dough (16 ounces, 14x9-inch sheet size), thawed

1 cup sugar

½ cup water

¼ cup honey

1. In a large bowl, combine the first five ingredients; set aside. Brush a 13x9-in. baking pan with some of the butter. Unroll the sheets of phyllo dough; trim to fit into pan.
2. Layer 10 sheets of phyllo in prepared pan, brushing each with butter. (Keep remaining dough covered with plastic wrap and a damp towel to prevent it from drying out.) Sprinkle with a third of the nut mixture. Repeat layers twice. Top with five phyllo sheets, brushing each with the butter. Brush top sheet of phyllo with butter.
3. Using a sharp knife, cut into 36 diamond shapes. Bake at 350° for 30-35 minutes or until golden brown. Cool completely on a wire rack.
4. In a small saucepan, bring the sugar, water and honey to a boil. Reduce heat; simmer for 5 minutes. Pour hot syrup over baklava. Cover and let stand overnight.

dishing about food

It's believed that baklava has been around in some form since the 8th century B.C. The Greek contribution to the indulgent dessert was the development of phyllo dough. This rich, sweet and flaky, paper-thin dough was reserved for the elite until the mid-1800s, and served only for special occasions. At one time, Turkish sultans considered baklava to be an aphrodisiac!



Plum Crisp

Made with fresh plums and a crunchy oat topping, this crisp is a lighter alternative to classic fruit pie. It goes over well with the women in my church group.

—**DEIDRE KOBEL** BOULDER, COLORADO

PREP: 25 MIN. + **STANDING** **BAKE:** 40 MIN. **MAKES:** 8 SERVINGS

¾ cup old-fashioned oats

⅓ cup all-purpose flour

¼ cup plus 2 tablespoons sugar, divided

¼ cup packed brown sugar

¼ teaspoon salt

¼ teaspoon ground cinnamon

¼ teaspoon ground nutmeg

3 tablespoons butter, softened

¼ cup chopped walnuts

5 cups sliced fresh plums (about 2 pounds)

1 tablespoon quick-cooking tapioca

2 teaspoons lemon juice

1. In a small bowl, combine the oats, flour, ¼ cup sugar, brown sugar, salt, cinnamon and nutmeg. With clean hands, work butter into sugar mixture until well combined. Add nuts; toss to combine. Refrigerate for 15 minutes.

2. Meanwhile, in a large bowl, combine the plums, tapioca, lemon juice and remaining sugar. Transfer to a greased 9-in. pie plate. Let stand for 15 minutes. Sprinkle topping over plum mixture.

3. Bake at 375° for 40-45 minutes or until topping is golden brown and plums are tender. Serve warm.

dishing about food

Most U.S. plums come from California, Oregon, Washington and Idaho. They are sold fresh, frozen, canned and dried. Prunes were rechristened “dried plums” at the request of the California Prune Board, which wanted to upgrade the fruit’s image. The Food and Drug Administration officially renamed the fruit dried plums in 2001. (The prune board changed its name, too—to the California Dried Plum Board.)



Coconut Pineapple Cake

This cake is incredibly tender and dense, which makes it ideal for chilling and cutting up ahead of time to serve as bars at social events. It’s always very popular.

—KRISTA KLIEBENSTEIN HIGHLANDS RANCH, COLORADO

PREP: 25 MIN. **BAKE:** 35 MIN. + COOLING **MAKES:** 12 SERVINGS

2 eggs

2 cups sugar

1 teaspoon vanilla extract

2 cups all-purpose flour

½ teaspoon baking soda

½ teaspoon baking powder

½ teaspoon salt

1 can (20 ounces) crushed pineapple, undrained

½ cup chopped walnuts

FROSTING

1 package (8 ounces) cream cheese, softened

½ cup butter, softened

2 cups confectioners’ sugar

½ cup flaked coconut

1. In a large bowl, beat the eggs, sugar and vanilla until fluffy. Combine the flour, baking soda, baking powder and salt; add to the egg mixture alternately with pineapple. Stir in the walnuts.

2. Pour into a greased 13x9-in. baking pan. Bake at 350° for 35-40 minutes or until a toothpick inserted near the center comes out clean. Cool on a wire rack.

3. In a small bowl, beat cream cheese, butter and confectioners’ sugar until smooth. Frost cake. Sprinkle with the coconut. Store in the refrigerator.

Portland Cream Doughnuts

If you don’t live near Portland, Oregon, you can create your own version of that city’s famous doughnut at home. The fresh homemade doughnuts with a touch of nutmeg, creamy filling and a smooth-as-silk chocolate frosting will disappear in minutes.

—TASTE OF HOME TEST KITCHEN

PREP: 50 MIN. + RISING **COOK:** 5 MIN./BATCH **MAKES:** 1 DOZEN

3 packages (¼ ounce each) active dry yeast

¾ cup warm water (110° to 115°)

¾ cup 2% milk

1 egg

1 egg yolk

6 tablespoons butter, softened

½ cup sugar

1½ teaspoons salt

¾ teaspoon ground nutmeg

4¾ to 5¼ cups all-purpose flour

FILLING

1 package (3 ounces) cook-and-serve vanilla pudding mix

¼ cup heavy whipping cream

ASSEMBLY

Oil for deep-fat frying

⅔ cup semisweet chocolate chips

2 tablespoons butter

1¼ cups confectioners' sugar

3 tablespoons hot water

Vanilla frosting of your choice, optional

1. In a small bowl, dissolve yeast in warm water. In a large bowl, combine milk, egg, egg yolk, butter, sugar, salt, nutmeg, yeast mixture and 2 cups flour; beat on medium speed until smooth. Stir in enough remaining flour to form a soft dough (dough will be sticky).

2. Turn dough onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease the top. Cover with plastic wrap and let rise in a warm place until doubled, about 1 hour.

3. Meanwhile, for filling, prepare pudding mix according to the package directions. Press plastic wrap onto surface of pudding; refrigerate until cold.

4. Punch down dough. Turn onto a lightly floured surface; roll to ¾-in. thickness. Cut with a floured 3-in. biscuit cutter. Place 2 in. apart on greased baking sheets. Cover with plastic wrap; let rise in a warm place until nearly doubled, about 25 minutes.

5. In a small bowl, beat cream until stiff peaks form. Fold into pudding. Refrigerate, covered, while frying doughnuts.

6. In an electric skillet or deep fryer, heat oil to 350°. Fry doughnuts, a few at a time, for 1-2 minutes on each side or until golden brown. Drain on paper towels. Cool slightly.

7. Cut a small hole in the tip of a pastry bag or in a corner of a food-safe plastic bag; insert a small tip. Fill bag with filling. With a small knife, pierce a hole into the side of each doughnut; pipe filling into hole, allowing some of filling to spill out for a tongue.

8. In a microwave, melt chocolate chips and butter; stir until smooth. Whisk in confectioners' sugar and hot water.

9. Spread tops of doughnuts with glaze; let stand until set. If desired, pipe two small dots of vanilla frosting near the tongue for eyes. Refrigerate leftovers.

dishing about food

The offerings at Voodoo Doughnut in Portland, Oregon, run the gamut from basic glazed to doughnuts topped with bacon, Froot Loops and other unusual additions. The tongue-in-cheek Voodoo Doll is “blood”-filled with raspberry jelly and stuck with a pretzel rod. The Portland Cream doughnut has a Bavarian cream center with eyes that represent the vision of this great city.



PORTLAND, OR

Portlanders and Oregonians have gone nuts for Voodoo Doughnut. Couples even serve these unique treats to their wedding guests! The company has expanded into three locations: two in Portland and one in Eugene.

Pistachio Cranberry Bark

This bark makes a lovely holiday gift from the kitchen. Fill a plate or cup with the candy, then gather up clear cellophane around it and tie with red and green ribbons.

—**SUSAN WACEK** PLEASANTON, CALIFORNIA

PREP: 20 MIN. + CHILLING **MAKES:** ABOUT 1 POUND

2 cups (12 ounces) semisweet chocolate chips

5 ounces white candy coating, chopped

1 cup chopped pistachios, toasted, divided

¾ cup dried cranberries, divided

1. In a microwave-safe bowl, melt semisweet chips; stir until smooth. Repeat with white candy coating.
2. Stir ¾ cup pistachios and half of the cranberries into semisweet chocolate. Thinly spread onto a waxed paper-lined baking sheet. Drizzle with candy coating.
3. Cut through with a knife to swirl. Sprinkle with remaining pistachios and cranberries. Chill until firm. Break into pieces. Store in an airtight container in the refrigerator.



Best Date Bars

These wholesome bar cookies freeze well. Simply cool them in the pan, cut into squares, and then store them in freezer containers or wrap in plastic wrap.

—**DOROTHY DELESKE** SCOTTSDALE, ARIZONA

PREP: 25 MIN. **BAKE:** 35 MIN. **MAKES:** 40 BARS

2½ cups pitted dates, cut up

¼ cup sugar

1½ cups water

⅓ cup coarsely chopped walnuts, optional

1¼ cups all-purpose flour

1 teaspoon salt

½ teaspoon baking soda

1½ cups quick-cooking oats

1 cup packed brown sugar

½ cup butter, softened

1 tablespoon water

1. In a saucepan, combine dates, sugar and water. Cook, stirring frequently, until very thick. Stir in walnuts; cool.
2. Sift the flour, salt and baking soda together in a large bowl; add oats and brown sugar. Cut in butter until mixture is crumbly. Sprinkle water over mixture; stir lightly.
3. Pat half into a greased 13x9-in. baking pan. Spread with date mixture; cover with remaining oat mixture and pat lightly.
4. Bake at 350° for 35-40 minutes or until lightly browned. Cool in pan on a wire rack. Cut into bars.

dishing about food

California leads the nation in the commercial production of dates. Arizona is another big date producer, with a portion of its production gathered from local home gardens.



CALIFORNIA

People have known that the Golden State's fertile soil was a valuable resource since missionaries began working the land in the 1500s. Today, California produces more than 400 commodities, and almost half of the fruits, vegetables and nuts grown in the U.S.!



Oatmeal Raisin Cookies

A friend gave me this recipe years ago, and the cookies are just as delicious as the ones Mom used to make. The secret is to measure the ingredients exactly (no guessing on the amounts!) and to not overbake.

—**WENDY COALWELL** ABBEVILLE, GEORGIA

PREP/TOTAL TIME: 30 MIN. **MAKES:** ABOUT 3½ DOZEN

1 cup shortening

1 cup sugar

1 cup packed light brown sugar

3 eggs

1 teaspoon vanilla extract

2½ cups all-purpose flour

2 teaspoons baking soda

1 teaspoon salt

1 teaspoon ground cinnamon

2 cups old-fashioned oats

1 cup raisins

1 cup coarsely chopped pecans, optional

1. In a large bowl, cream the shortening and sugars until light and fluffy. Beat in eggs, one at a time, beating well after each addition. Beat in vanilla. Combine the flour, baking soda, salt and cinnamon. Add to creamed mixture, just until combined. Stir in the oats, raisins and pecans if desired.

2. Shape into 1-in. balls. Place 2 in. apart on ungreased baking sheets. Flatten with a greased glass bottom.

3. Bake at 350° for 10-11 minutes or until golden brown. Do not overbake. Remove to a wire rack to cool.

dishing about food

Oatmeal cookies date back to 1,000 B.C., when the Scots used their oat harvest to make oat cakes. The first published recipe for oatmeal cookies may have been the one that appeared in The Fannie Farmer Cookbook in 1896. Quaker Oats soon began printing a recipe on its package, but we don't know who gets the credit for adding raisins. America's production of raisins, combined with Turkey's, accounts for about 80 percent of the world's supply.



SAN JOAQUIN VALLEY, CA

The California raisin industry is centered in San Joaquin Valley, where Scottish farmer William Thompson began cultivating seedless grapes in 1876.



Golden Apple Bundles

This recipe is an interesting way to use apples. I usually make them on Fridays, so when family and friends drop in on the weekend, I have a nice dessert to serve. They bake up flaky and golden brown outside and moist inside.

—**LILA ELLER** EVERETT, WASHINGTON

PREP: 20 MIN. **BAKE:** 25 MIN. **MAKES:** 10-12 SERVINGS

2 cups chopped peeled apples

⅓ cup chopped walnuts

¼ cup packed brown sugar

¼ cup raisins

1 tablespoon all-purpose flour

½ teaspoon lemon peel

½ teaspoon ground cinnamon

Pastry for double-crust pie

Milk

Sugar

1. In a large bowl, combine apples, walnuts, brown sugar, raisins, flour, lemon peel and cinnamon; set aside.
2. Roll pastry to ⅛-in. thickness. Cut into 5-in. circles. Spoon about ¼ cup apple mixture into center of each circle. Moisten edges of the pastry with water. Fold over and seal edges with a fork.
3. Place on a greased baking sheet. Bake at 450° for 10 minutes. Reduce heat to 400°; bake 10 minutes longer. Brush each with milk and sprinkle with the sugar. Return to oven; bake 5 minutes longer.



Date Shake

Here's a cooling shake with a mild hint of dates. Use Medjool dates for the best flavor.

—TASTE OF HOME TEST KITCHEN

PREP/TOTAL TIME: 10 MIN. **MAKES:** 4 SERVINGS

⅔ cup chopped dates

¼ cup water

3 cups vanilla ice cream

1 cup 2% milk

1. In a microwave-safe dish, combine dates and water; microwave, covered, on high for 30-45 seconds or until dates are softened. Cool completely.
2. Place date mixture in a blender; cover and pulse until pureed. Add ice cream and milk; cover and process until blended. Serve immediately.

dishing about food

A rest stop along Interstate 8 in Dateland, Arizona, sells its “World Famous Date Shakes” made with Medjools dates—considered to be the sweetest type. Palm Springs also has a great climate for date trees, and California produces about 99 percent of the date crop in the U.S. The “Original Date Shake” is sold at the Palm Springs Fudge & Chocolate shop, but other people swear by Hadley’s Fruit Orchard in Cabazon.



Danish Puff

I still remember Mom making this cream puff variation for special occasions.

—**SUSAN GAROUTTE** GEORGETOWN, TEXAS

PREP: 25 MIN. **BAKE:** 1 HOUR + COOLING **MAKES:** 16 SERVINGS

½ cup cold butter, cubed

1 cup all-purpose flour

1 to 2 tablespoons cold water

FILLING

1 cup water

½ cup butter

1 cup all-purpose flour

¼ teaspoon salt

3 eggs

½ teaspoon almond extract

TOPPING

1½ cups confectioners' sugar

2 tablespoons butter, softened

1 to 2 tablespoons water

1½ teaspoons vanilla extract

½ cup sliced almonds, toasted

1. In a small bowl, cut butter into the flour until crumbly. Sprinkle with water; toss with a fork until moist enough to shape into a ball. Divide in half. On a floured surface, roll each portion into a 12x3-in. rectangle. Place on greased baking sheets.

2. In a large saucepan, bring water and butter to a boil. Add flour and salt all at once; stir until a smooth ball forms. Remove from the heat; let stand 5 minutes. Add the eggs, one at a time, beating well after each. Add extract; beat until smooth. Spread over dough.

3. Bake at 350° for 1 hour or until puffed and golden brown. Cool on pans for 10 minutes. Combine the sugar, butter, water and vanilla until smooth; spread over the warm puffs. Sprinkle with almonds. Refrigerate leftovers.



Caramel-Pecan Apple Pie

You'll love the aroma in your kitchen—and the smiles on everybody's faces—when you make this scrumptious pie that's drizzled with caramel sauce! It always takes me back home to Virginia and being at my granny's table.

—JEAN CASTRO SANTA ROSA, CALIFORNIA

PREP: 45 MIN. **BAKE:** 55 MIN. + COOLING **MAKES:** 8 SERVINGS

7 cups sliced peeled tart apples

1 teaspoon lemon juice

1 teaspoon vanilla extract

$\frac{3}{4}$ cup chopped pecans

$\frac{1}{3}$ cup packed brown sugar

3 tablespoons sugar

$4\frac{1}{2}$ teaspoons ground cinnamon

1 tablespoon cornstarch

$\frac{1}{4}$ cup caramel ice cream topping, room temperature

1 unbaked pastry shell (9 inches)

3 tablespoons butter, melted

STREUSEL TOPPING

$\frac{3}{4}$ cup all-purpose flour

$\frac{2}{3}$ cup chopped pecans

$\frac{1}{4}$ cup sugar

6 tablespoons cold butter

$\frac{1}{4}$ cup caramel ice cream topping, room temperature

1. In a large bowl, toss apples with lemon juice and vanilla. Combine the pecans, sugars, cinnamon and cornstarch; add to the apple mixture and toss to coat. Pour caramel topping over bottom of pastry shell; top with the apple mixture (shell will be full). Drizzle with butter.

2. In a small bowl, combine the flour, pecans and sugar. Cut in the butter until mixture resembles coarse crumbs. Sprinkle over filling.

3. Bake at 350° for 55-65 minutes or until filling is bubbly and topping is browned. Immediately drizzle with caramel topping. Cool on a wire rack.

dishing about food

Apples are grown in many areas of the country. The state of Washington leads the way with the largest crop. Almost 100 apple varieties are grown commercially in the U.S., but America's favorite, based on sales, is the Red Delicious.



Cherry Chocolate Cake

Heads will turn when you bring this divine cake to the table. A luscious almond-cherry filling is sandwiched between four layers of rich, tender chocolate cake. The finishing touch is a creamy chocolate frosting. There won't be a crumb left on anyone's plate!

—**VICTORIA FAULLING** METHUEN, MASSACHUSETTS

PREP: 35 MIN. **BAKE:** 25 MIN. + COOLING **MAKES:** 12 SERVINGS

1 cup butter, softened

1¼ cups sugar

¾ cup packed brown sugar

3 eggs

2 teaspoons vanilla extract

2 cups all-purpose flour

1 cup baking cocoa

1½ teaspoons baking soda

½ teaspoon baking powder

¼ teaspoon salt

1½ cups buttermilk

FILLING

1 package (8 ounces) cream cheese, softened

6 tablespoons butter, softened

1 teaspoon almond extract

3 cups confectioners' sugar

1 tablespoon maraschino cherry juice

⅔ cup finely chopped pecans

⅔ cup chopped maraschino cherries

FROSTING

3 cups confectioners' sugar

½ cup baking cocoa

½ cup butter, softened

⅓ cup half-and-half cream

1 teaspoon vanilla extract

Chocolate curls and maraschino cherry, optional

1. In a large bowl, cream the butter, sugar and brown sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Beat in vanilla. Combine the flour, cocoa, baking soda, baking powder and salt; add to the creamed mixture alternately with buttermilk, beating well after each addition.

2. Transfer to two greased and floured 9-in. round baking pans. Bake at 350° for 25-30 minutes or until a toothpick inserted near center comes out clean. Cool for 10 minutes before removing from pans to wire racks to cool completely.

3. In a large bowl, beat the cream cheese, butter and extract until smooth. Add the confectioners' sugar and cherry juice; beat until smooth. Stir in the pecans and cherries. In another bowl, combine frosting ingredients; beat until smooth.

4. Cut each cake horizontally into two layers. Place one cake layer on a serving plate; spread with 1 cup filling. Repeat layers twice. Top with remaining cake layer. Spread the frosting over top and sides of cake. Garnish with chocolate curls and a maraschino cherry if desired. Store in the refrigerator.

dishing about food

More than half of the U.S.-grown maraschino cherries now come from Oregon—but it wasn't always that way. In the early 1900s, maraschinos were imported from Italy and packed in alcohol. At the same time, Oregon farmers were looking for a way to preserve Royal Ann and Rainier cherries, which have a short shelf life. Ernest Wiegand, a horticulture professor at Oregon State University, saved the day by developing a preservation process that used no alcohol. His process is still used today.



BRIDAL VEIL, OR

One of the country's tallest waterfalls that flows year-round, Multnomah Falls is a whopping 620 feet high.



Portuguese Doughnuts

Fresh warm doughnuts—*felozes* (fell-o-ses)—are a Portuguese tradition, especially during the Easter season. Some people like to roll these doughnuts without holes in sugar. Others prefer eating them with maple syrup. Either way, they're wonderful! My mother and father came from Portugal and brought some old family recipes with them. When I was growing up, we'd always invite friends and relatives over the night we made felozes. Mother would have the dough rising and then drop pieces into hot oil to fry. We'd eat them as fast as she could make them!

—**ISABELLA CASTRO** GUSTINE, CALIFORNIA

PREP: 25 MIN. + RISING **COOK:** 30 MIN. **MAKES:** ABOUT 4½ DOZEN

2 packages (¼ ounce each) active dry yeast

½ cup warm water (110° to 115°)

1½ cups warm milk (110° to 115°)

5 eggs, lightly beaten

5 tablespoons sugar

¼ cup butter, softened

½ teaspoon salt

5 to 5½ cups all-purpose flour

Oil for deep-fat frying

Granulated sugar or maple syrup

1. In a large bowl, dissolve yeast in warm water. Add the milk, eggs, sugar, butter and salt; beat until smooth. Stir in enough flour to form a soft dough (do not knead). Place in a greased bowl turning once to grease the top. Cover and let rise in a warm place until doubled, about 1 hour.

2. In an electric skillet, heat oil to 375°. Drop tablespoonfuls of dough, a few at a time, into hot oil. Fry for 1½ to 2 minutes on each side or until deep golden brown. Drain on paper towels. Roll warm doughnuts in sugar or serve with syrup.

dishing about food

When Portuguese from Madeira came to Hawaii to work on plantations, they brought with them their tradition of making doughnuts the day before Ash Wednesday. Like other cultures' Fat Tuesday treats, this practice was designed to use up the household stores of butter and sugar before Lent.

Surfer Split

Try a California take on the banana split. We predict it will become a favorite at your house—even if you're not a surfer!

—**TASTE OF HOME TEST KITCHEN**

PREP/TOTAL TIME: 10 MIN. **MAKES:** 1 SERVING

½ cup blueberry preserves

1 tablespoon water

½ cup whipped cream

1 medium banana, halved lengthwise

1½ cups chocolate ice cream

2 tablespoons flaked coconut

3 maraschino cherries

1. In a small bowl, mix preserves and water until blended. Spoon whipped cream onto bottom of a dessert dish. Arrange banana halves and three scoops of ice cream over whipped cream. Sprinkle with coconut; drizzle with blueberry mixture. Top with cherries; serve immediately.

dishing about food

The California Milk Advisory Board created this sundae to celebrate National Ice Cream Month and Southern California's surfing heritage. The blueberry jam represents the ocean, the whipped cream peaks are the whitecaps, and the bananas, of course, are the surfboards.



SANTA CRUZ, CA

Nearly smack-dab in the center of California's coast, Santa Cruz is named among the world's best surfing spots time and again.



Monster Caramel Apples

I dressed up this delicious recipe for caramel apples to create special Halloween treats.

—KAREN ANN BLAND GOVE, KANSAS

PREP: 40 MIN. **COOK:** 30 MIN. + COOLING **MAKES:** 8-10 SERVINGS

8 to 10 medium apples

8 to 10 wooden sticks

32 Oreo cookies, coarsely chopped

1 cup butter, cubed

2 cups packed brown sugar

1 can (14 ounces) sweetened condensed milk

1 cup light corn syrup

1 teaspoon vanilla extract

8 squares (1 ounce each) white candy coating, coarsely chopped

½ cup orange and brown sprinkles

1. Wash and thoroughly dry apples; insert a wooden stick into each. Place on a waxed paper-lined baking sheet; chill. Place cookie crumbs in a shallow dish; set aside.

2. In a heavy 3-qt. saucepan, combine butter, brown sugar, milk and corn syrup; bring to a boil over medium-high heat. Cook and stir until mixture reaches 248° (firm-ball stage) on a candy thermometer, about 30-40 minutes. Remove from the heat; stir in vanilla.

3. Dip each apple into hot caramel mixture to completely coat, then dip the bottom in cookie crumbs, pressing lightly to adhere. Return to baking sheet to cool.

4. In a microwave, melt candy coating; stir until smooth. Transfer to a small plastic bag; cut a small hole in a corner of bag. Drizzle coating over apples. Decorate with sprinkles.

Monster Caramel Pears: *Substitute pears for the apples.*

Editor's Note: *We recommend that you test your candy thermometer before each use by bringing water to a boil; the thermometer should read 212°. Adjust your recipe temperature up or down based on your test.*



Pine Nut Caramel Shortbread

I simply love pine nuts and decided to use them in place of pecans in a friend's caramel bar recipe. I hope you'll like the end result as well as my family does!

—**DARA MICHALSKI** SANDY, UTAH

PREP: 30 MIN. **BAKE:** 20 MIN. + COOLING **MAKES:** 4 DOZEN

1 cup plus 2 tablespoons butter, softened

¾ cup packed brown sugar

3 cups all-purpose flour

½ teaspoon salt

FILLING

¾ cup butter, cubed

¾ cup packed brown sugar

½ cup honey

¼ cup sugar

3 tablespoons heavy whipping cream

½ teaspoon salt

2 cups pine nuts

¾ teaspoon vanilla extract

Coarse salt, optional

1. In a large bowl, cream the butter and sugar until light and fluffy. Combine the flour and salt; gradually add to the creamed mixture and mix well. Pat onto the bottom of a greased 15x10x1-in. baking pan. Prick dough thoroughly with a fork.

2. Bake at 375° for 15-18 minutes or until golden brown. Cool on a wire rack. Reduce temperature to 325°.

3. In a large saucepan, combine the butter, brown sugar, honey, sugar, cream and salt. Cook, stirring occasionally, until a candy thermometer reads 234° (soft-ball stage). Remove from the heat; stir in pine nuts and vanilla. Spread evenly over crust.

4. Bake for 20-25 minutes or until bubbly. Place pan on a wire rack. Sprinkle the top with coarse salt if desired. Cool completely. Cut into bars. Store in an airtight container.

Editor's Note: *We recommend that you test your candy thermometer before each use by bringing water to a boil; the thermometer should read 212°. Adjust your recipe temperature up or down based on your test.*

dishing about food

Pine nuts are used in Chinese, Italian and Native American foods. In the West's Great Basin, Native Americans gathered pine cones in fall and harvested the nuts, also known as pinons, to ensure a high-protein food source during the cold winter months.



MEDFORD, OR

Botanists believe the world's tallest pine tree grows in the Rogue River-Siskiyou National Forest. Discovered in 2011, the ponderosa pine measures 268.35 feet tall.

Simple Apricot Tart

Apricots and pumpkin pie spices really complement each other in this truly special tart. Cold vanilla ice cream makes a perfect finishing touch to the soft, warm apricots.

—TASTE OF HOME TEST KITCHEN

PREP: 15 MIN. **BAKE:** 35 MIN. + COOLING **MAKES:** 6 SERVINGS

¼ cup plus 1 teaspoon sugar, divided

2 tablespoons cornstarch

½ teaspoon pumpkin pie spice

3 cans (15 ounces each) reduced-sugar apricot halves, drained

Pastry for single-crust pie (9 inches)

1 egg white, beaten

2 tablespoons sliced almonds

1 tablespoon fat-free milk

1. In a large bowl, mix $\frac{1}{4}$ cup sugar, cornstarch and pumpkin pie spice. Add the apricots and toss to coat.

2. Place pastry on a parchment paper-lined 12-in. pizza pan. Brush with egg white to within $1\frac{1}{2}$ in. of edges. Spoon apricot mixture over egg white; sprinkle with almonds. Fold up edges of pastry over filling, leaving center uncovered. Brush folded pastry with milk; sprinkle with remaining sugar.

3. Bake at 375° for 35-40 minutes or until crust is golden and filling is bubbly. Use parchment paper to slide tart onto a wire rack to cool.



Glazed Blackberry Pie

Every year, I use the first ripe berries of the season to make this wonderful pie.

—**MONICA GROSS** DOWNEY, CALIFORNIA

PREP: 25 MIN. + CHILLING **MAKES:** 6-8 SERVINGS

5 cups fresh blackberries, divided

1 pastry shell (9 inches), baked

1 cup water, divided

$\frac{3}{4}$ cup sugar

3 tablespoons cornstarch

Red food coloring, optional

Whipped topping

1. Place 2 cups blackberries in pastry shell; set aside. In a saucepan, crush 1 cup berries. Add $\frac{3}{4}$ cup water. Bring to a boil over medium heat, stirring constantly. Cook and stir for 2 minutes. Press berries through a sieve. Set juice aside and discard pulp.

2. In a saucepan, combine the sugar and cornstarch. Stir in remaining water and reserved juice until smooth. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from the heat; stir in food coloring if desired. Pour half of the glaze over berries in pastry shell. Stir remaining berries into remaining glaze; carefully spoon over filling.

3. Refrigerate for 3 hours or until set. Garnish with whipped topping. Refrigerate leftovers.

Test Kitchen Tip: *Wild blackberries (bramble berries) work nicely as a substitution.*

dishing about food

Oregon is the nation's leading producer of blackberries worldwide, growing millions of pounds every year.



OREGON

With some crossbreeding and lots of patience, scientists have developed many berry varieties which now grow in Oregon, from Silvan blackberries (shown here) to loganberries.

General Indexes

ALMONDS

[Almond Chicken Casserole](#)

[Chocolate-Almond Sacher Torte](#)

[Country Captain Chicken](#)

[Holiday Almonds](#)

[Horchata](#)

[Marshmallow-Almond Key Lime Pie](#)

[Nuts and Seeds Trail Mix](#)

[Sunflower-Cherry Granola Bars](#)

[Traditional Stollen](#)

[Wild Rice Chicken Dinner](#)

AMARETTO

[Chocolate-Almond Sacher Torte](#)

[Mai Tai](#)

APPETIZERS (*also see [Dips & Spreads](#); [Snack Mixes](#); [Snacks](#)*)

Cold Appetizers

[Apple & Blue Cheese on Endive](#)

[California Sushi Rolls](#)

[German-Style Pickled Eggs](#)

[Pickled Eggs with Beets](#)

Hot Appetizers

[Armadillo Eggs](#)

[Bacon-Wrapped Cajun Jalapenos](#)

[Baked Oysters with Tasso Cream](#)

[Buffalo Chicken Wings](#)

[Calico Clams Casino](#)

[Chickpea Fritters with Sweet-Spicy Sauce](#)

[Chipotle Sliders](#)

[Crab Puffs](#)

[Crispy Oven-Fried Oysters](#)

[Crumb-Topped Clams](#)

[Gorgonzola Figs with Balsamic Glaze](#)

[Hanky Pankies](#)

[Korean Wontons](#)

[Latkes with Lox](#)

[Louisiana Shrimp](#)

[Mini Chicken Empanadas](#)

[Orange-Pecan Hot Wings](#)

[Pepperoni Rolls](#)

[Soft Pretzels](#)

[Sopes](#)

[Taylor's Jalapeno Poppers](#)

[Toasted Cheese Ravioli](#)

APPLES

Beverages

[Cranberry Apple Cider](#)

[Fruity Rum Punch](#)

[Hot Apple Cider](#)

Cakes

[Crumble-Top Coffee Cake](#)

[Golden Apple Snack Cake](#)

[Grandma's Applesauce Cake](#)

[Old-Fashioned Stack Cakes](#)

[Ozark Pudding Cake](#)

Condiment

[All-Day Apple Butter](#)

Desserts

[Apple Betty with Almond Cream](#)

[Apple Jelly Candy](#)

[Apple Rhubarb Crumble](#)

[Golden Apple Bundles](#)

Main Dishes

[Crown Roast with Plum-Apple Stuffing](#)

[Warm 'n' Fruity Breakfast Cereal](#)

Pies & Tarts

[Apple Pear Pie](#)

[Candy Apple Pie](#)

[Caramel-Pecan Apple Pie](#)

[Delightful Apple Pie](#)

[Five-Fruit Pie](#)

[Maple-Cream Apple Pie](#)

Quick Bread

[New York State Apple Muffins](#)

Salads

[Apple & Blue Cheese on Endive](#)

[Waldorf Salad](#)

Side Dishes

[Cinnamon Apples](#)

[Glazed Cinnamon Apples](#)

[Holiday Fruit Soup](#)

Snacks

[Fruity Cereal Bars](#)

[Monster Caramel Apples](#)

Yeast Breads

[Apple Cider Cinnamon Rolls](#)

[Russian Krendl Bread](#)

APRICOTS

[Apricot Bars](#)

[Chocolate-Almond Sacher Torte](#)

[Hazelnut Apricot Strudel](#)

[Nuts and Seeds Trail Mix](#)

[Russian Krendl Bread](#)

[Simple Apricot Tart](#)

[Warm 'n' Fruity Breakfast Cereal](#)

ARTICHOKES

[Antipasto Sub](#)

[Artichoke Chicken](#)

[Artichoke Shrimp Linguine](#)

[Artichoke Stuffing](#)

[Chili Artichoke Dip](#)

[Company Swordfish](#)

[Elegant Artichokes](#)

[Herbed Artichoke Cheese Tortellini](#)

[Viva Panzanella](#)

ASPARAGUS

[Asparagus Salmon Pie](#)

[Mushroom Asparagus Quiche](#)

[Saucy Chicken and Asparagus](#)

[Stir-Fried Asparagus](#)

AVOCADOS

[Arkansas Travelers](#)

[Avocado Malibu Salad](#)

[Baja Chicken Taco Pizza](#)

[California Sushi Rolls](#)

[Cobb Salad](#)

[Corn Soup with Pico de Gallo](#)

[Crab-Stuffed Avocados](#)

[Fish Tacos with Avocado Sauce](#)

[Guacamole](#)

[Salsa Verde](#)

[Southwestern Barley Salad](#)

BACON & PANCETTA

[Aloha Burgers](#)

[Amish Breakfast Casserole](#)

[Arkansas Travelers](#)

[Bacon Collard Greens](#)

[Bacon-Wrapped Cajun Jalapenos](#)

[Bacon-Wrapped Meat Loaf](#)

[Black-and-Blue Pizzas](#)

[Blue Cheese Clubs](#)

[Campfire Trout Dinner for Two](#)

[Classic Corn Chowder](#)

[Cowboy Baked Beans](#)

[Creamed Corn with Bacon](#)

[Double-Cheese Eggs Benedict](#)

[German Potato Salad](#)

[German Potato Salad with Sausage](#)

[Hot Brown Sandwiches](#)

[Navy Bean Soup](#)

[New Haven Clam Pizza](#)

[Penne alla Vodka Sauce](#)

[Vermont Baked Beans](#)

[Warm Blue Cheese, Bacon & Garlic Dip](#)

[Wilted Greens Over Potatoes](#)

BANANAS

[Banana Pudding](#)

[Bananas Foster](#)

[Creamy Banana Pecan Pie](#)

[Favorite Banana Chip Muffins](#)

[Hummingbird Cake](#)

[Super Banana Splits](#)

[Toasted PB & Banana Sandwiches](#)

BARBECUE

[Barbecued Beef Brisket](#)

[Barbecued Beef Short Ribs](#)

[Beef Brisket with Mop Sauce](#)

[Chipotle BBQ Pork Sandwiches](#)

[Country-Style Grilled Ribs](#)

[Favorite Barbecued Chicken](#)

[Kentucky Grilled Chicken](#)

[Molasses-Glazed Baby Back Ribs](#)

[Shredded Barbecue Chicken over Grits](#)

[South Carolina-Style Ribs](#)

[Southern Barbecued Brisket](#)

[Southern Barbecued Chicken](#)

[Sweet 'n' Smoky Kansas City Ribs](#)

[Tangy Beef Brisket](#)

[Whiskey Barbecue Pork](#)

BARBECUE SAUCE

[Alabama White BBQ Sauce](#)

[Barbecue Sauce with Mustard](#)

[Dr Pepper BBQ Sauce](#)

BARLEY

[Italian Sausage Bean Soup](#)

[Scotch Broth](#)

[Southwestern Barley Salad](#)

BARS (*also see* [Cookies](#))

[Apricot Bars](#)

[Best Date Bars](#)

[Hermits](#)

[Lebkuchen](#)

[Pine Nut Caramel Shortbread](#)

BEANS, GREEN

[Wild Rice Chicken Dinner](#)

BEANS, LEGUMES (*also see* [Black-Eyed Peas](#); [Lentils](#); [Split Peas](#); [Tofu](#))

Appetizers

[Chickpea Fritters with Sweet-Spicy Sauce](#)

[Lick-the-Bowl-Clean Hummus](#)

[Prairie Fire Dip](#)

[Sopes](#)

Main Dishes

[Black Beans with Brown Rice](#)

[Chicken Tortilla Bake](#)

[Chicken with Black Bean Salsa](#)

[Chuck Wagon Chow](#)

[Chuck Wagon Tortilla Stack](#)

[Grilled Chiles Rellenos](#)

[Louisiana Red Beans and Rice](#)

[Mexican Pork Stew](#)

[South-of-the-Border Meat Loaf](#)

[Southwest Frito Pie](#)

[Southwestern Potpie with Cornmeal Biscuits](#)

[Tacos](#)

Salads

[Corn Bread Layered Salad](#)

[Southwestern Barley Salad](#)

[Three-Bean Salad](#)

[Viva Panzanella](#)

Side Dishes

[Cheesy Beans and Rice](#)

[Cowboy Baked Beans](#)

[Home-Style Refried Beans](#)

[Vermont Baked Beans](#)

Soups & Chili

[Black Bean 'n' Pumpkin Chili](#)

[Colorado Lamb Chili](#)

[Italian Sausage Bean Soup](#)

[Montana Wildfire Chili](#)

[Navy Bean Soup](#)

[Pinto Bean Chili](#)

[U.S. Senate Bean Soup](#)

BEEF (*also see [Brisket](#); [Corned Beef](#); [Ground Beef](#); [Veal](#))*

Chili

[Award-Winning Chuck Wagon Chili](#)

Main Dishes

Cooked Beef

[Chimichangas](#)

[Creamed Beef on Toast](#)

Ribs

[Barbecued Beef Short Ribs](#)

Roasts

[Coffee Beef Pot Roast](#)

[Howard's Sauerbraten](#)

[Perfect Prime Rib Roast](#)

[Red-Eye Beef Roast](#)

[Rosemary-Garlic Roast Beef](#)

[Sirloin Roast with Gravy](#)

[Yankee Pot Roast](#)

Steaks

[Chicken-Fried Steaks](#)

[Creole Steaks](#)

[Dan's Peppery London Broil](#)

[Flank Steak Santa Fe](#)

[Hungarian Goulash](#)

[Lobster-Stuffed Beef Wellington](#)

[Marinated Ribeyes](#)

[Pat's King of Steaks Philly Cheese Steak](#)

[Ribeyes with Chili Butter](#)

[Sizzling Tex-Mex Fajitas](#)

[Special Strip Steaks](#)

[Whiskey Sirloin Steak](#)

Sausage

[Jersey-Style Hot Dogs](#)

Stew Meat

[Beef Stew with Sesame Seed Biscuits](#)

Sandwiches

[Beef Gyros](#)

[Chicago-Style Beef Sandwiches](#)

[Cornish Pasties](#)

[Southwestern Beef Burritos](#)

[Steak Burritos](#)

[Tex-Mex Beef Sandwiches](#)

[Ultimate Pastrami Sandwiches](#)

Snack

[Teriyaki Beef Jerky](#)

Stew

[Chuck Wagon Chow](#)

BEER

[Award-Winning Chuck Wagon Chili](#)

[Beer Margaritas](#)

[Brats in Beer](#)

[Butternut Squash Risotto](#)

[Chocolate Guinness Cake](#)

[Horseshoe Sandwiches](#)

[Low Country Boil](#)

BEETS

[Pickled Beets](#)

[Pickled Eggs with Beets](#)

[Red Flannel Hash](#)

BEVERAGES

[Coffee Milk](#)

[Cranberry Apple Cider](#)

[Date Shake](#)

[Fruit Slush](#)

[Horchata](#)

[Hot Apple Cider](#)

[Iced Coffee Latte](#)

[Mexican Hot Chocolate](#)

[Mulled Dr Pepper](#)

[Orange Julius](#)

[Sweet Tea Concentrate](#)

[Thick Chocolate Shake](#)

[Watermelon Spritzer](#)

BEVERAGES, ALCHOLIC

[Apple Martini](#)

[Beer Margaritas](#)

[Bloody Mary](#)

[Brandy Old-Fashioned Sweet](#)

[Cape Codder](#)

[Champagne Cocktail](#)

[Chocolate Martini](#)

[Daiquiris](#)

[Fireside Glogg](#)

[Fresh Lime Margaritas](#)

[Frozen Lime Margaritas](#)

[Frozen Strawberry Margaritas](#)

[Fruity Rum Punch](#)

[Guava Coconut Rum Cocktail](#)

[Irish Coffee](#)

[Long Island Iced Tea](#)

[Mai Tai](#)

[Martini](#)

[Mint Juleps](#)

[Passion Fruit Hurricanes](#)

[Peach Wine Coolers](#)

[Tequila Sunrise](#)

[Texas Tea](#)

BISCUITS

[Beef Stew with Sesame Seed Biscuits](#)

[Berry Shortcake](#)

[Ham on Biscuits](#)

[Mixed Fruit Shortcake](#)

[Southern Buttermilk Biscuits](#)

[Southern Eggs and Biscuits](#)

[Southwestern Potpie with Cornmeal Biscuits](#)

[Strawberry Biscuit Shortcake](#)

BLACK-EYED PEAS

[Black-Eyed Pea Corn Salad](#)

[Black-Eyed Pea Salad](#)

[Corn Bread with Black-Eyed Peas](#)

[Hoppin' John](#)

[Texas Caviar](#)

[West African Chicken Stew](#)

[Zesty Tacos](#)

BLACKBERRIES

[Blackberry Chicken](#)

[Blackberry Cobbler](#)

[Cedar Plank Salmon with Blackberry Sauce](#)

[Crumb-Coated Chicken & Blackberry Salsa](#)

[Glazed Blackberry Pie](#)

[Grandma's Blackberry Cake](#)

[Old-Fashioned Jam Cake](#)

[Oregon's Best Marionberry Pie](#)

BLUEBERRIES

[Baked Blueberry & Peach Oatmeal](#)

[Berry Shortcake](#)

[Blueberry Buckle](#)

[Blueberry French Toast Cobbler](#)

[Blueberry-Orange Onion Salad](#)

[Blueberry Slump](#)

[Blueberry Tea Bread](#)

[Chicken with Blueberry Sauce](#)

[Cinnamon Blueberry Jam](#)

[Five-Fruit Pie](#)

[Huckleberry Cheese Pie](#)

[Ozark Mountain Berry Pie](#)

[Surfer Split](#)

[Very Berry Crisp](#)

[Wild Blueberry Muffins](#)

BOURBON

[Bourbon Baked Ham](#)

[Bourbon Chocolate Pecan Pie](#)

[Bourbon Pecan Pralines](#)

[Mint Juleps](#)

[Pork Chops with Mushroom Bourbon Sauce](#)

[Southern Lane Cake](#)

BRANDY

[Brandy Old-Fashioned Sweet](#)

[Brandy Snap Cannoli](#)

[Champagne Cocktail](#)

[German Black Forest Cake](#)

[Lady Baltimore Cake](#)

[New Orleans Bread Pudding](#)

[Peach Wine Coolers](#)

BREADS see [Corn Bread](#); [Quick Breads](#); [Yeast Breads](#)

BREAKFAST

[Amish Breakfast Casserole](#)

[Apple Cider Cinnamon Rolls](#)

[Baked Blueberry & Peach Oatmeal](#)

[Blueberry French Toast Cobbler](#)

[Cornmeal Scrapple](#)

[Double-Cheese Eggs Benedict](#)

[Flaxseed Oatmeal Pancakes](#)

[Home-Style Sausage Gravy and Biscuits](#)

[Huevos Rancheros with Tomatillo Sauce](#)

[Maple Pancakes](#)

[Migas, My Way](#)

[Rabanadas \(Portuguese French Toast\)](#)

[Southern Eggs and Biscuits](#)

[Stuffed Breakfast Burritos](#)

[Swedish Pancakes](#)

[Sweet Potato Pancakes with Caramel Sauce](#)

[Warm 'n' Fruity Breakfast Cereal](#)

BRISKET

[Barbecued Beef Brisket](#)

[Beef Brisket with Mop Sauce](#)

[Beef Flautas](#)

[Southern Barbecued Brisket](#)

[Tangy Beef Brisket](#)

BROCCOLI

[Cashew Chicken](#)

[Corn and Broccoli in Cheese Sauce](#)

[Wild Rice Pilaf](#)

BROILED RECIPES

[Aloha Burgers](#)

[Bayou Burgers with Spicy Remoulade](#)

[Broiled Cod](#)

[Chicken Tostadas with Mango Salsa](#)

[Chicken with Black Bean Salsa](#)

[Company Onion Soup](#)

[Crumb-Topped Clams](#)

[Dan's Peppery London Broil](#)

[Fish Tacos with Avocado Sauce](#)

[Honey-Glazed Lamb Chops](#)

[Hot Brown Sandwiches](#)

[Lobster Newburg](#)

[Toasty Deli Hoagie](#)

[Whiskey Sirloin Steak](#)

BUFFALO

[Buffalo Steak Salad](#)

BULGUR

[Lamb Kabobs with Bulgur Pilaf](#)

[Tabbouleh](#)

BURGERS (*also see [Sandwiches & Wraps](#)*)

[Aloha Burgers](#)

[Bayou Burgers with Spicy Remoulade](#)

[Cajun Beef Burgers](#)

[Chili Rellenos Burgers](#)

[Sweet Onion BBQ Burgers](#)

BURRITOS

[Chimichangas](#)

[Southwestern Beef Burritos](#)

[Steak Burritos](#)

[Stuffed Breakfast Burritos](#)

BUTTERMILK

[Authentic Boston Brown Bread](#)

[Buttermilk Corn Bread](#)

[Buttermilk Pound Cake](#)

[Caraway Irish Soda Bread](#)

[Crumble-Top Coffee Cake](#)

[Grandma's Blackberry Cake](#)

[Grandma's Red Velvet Cake](#)

[Irish Soda Bread](#)

[Lady Baltimore Cake](#)

[Maine Mud Cookies](#)

[Old-Fashioned Stack Cakes](#)

[Old-Time Buttermilk Pie](#)

[Persimmon Pudding](#)

[Southern Buttermilk Biscuits](#)

[Southern Eggs and Biscuits](#)

[Utah Buttermilk Scones](#)

BUTTERSCOTCH

[Butterscotch Peach Pie](#)

[Potato Chip Cookies](#)

CABBAGE (*also see* [Sauerkraut](#))

[Colcannon Potatoes](#)

[Corned Beef and Cabbage](#)

[Korean Wontons](#)

[New England Boiled Dinner](#)

[Runza](#)

[Summer Kimchi](#)

[Vietnamese Crunchy Chicken Salad](#)

CACTUS

[Fried Cactus Strips](#)

CAKE MIXES

[Boston Cream Pie](#)

[Chocolate-Almond Sacher Torte](#)

[Chocolate Dream Whoopie Pies](#)

[Dr Pepper Cake](#)

[Golden Pound Cake](#)

[Oklahoma Coconut Poke Cake](#)

[Watergate Cake](#)

CAKES (*also see* [Cheesecakes](#))

[Brooklyn Blackout Cake](#)

[Buttermilk Pound Cake](#)

[Caramel-Frosted Potato Cake](#)

[Cherry Chocolate Cake](#)

[Chocolate-Almond Sacher Torte](#)

[Chocolate Guinness Cake](#)

[Chocolate Hazelnut Gateau](#)

[Chocolate Pecan Torte](#)

[Chocolate Texas Sheet Cake](#)

[Chunky Fresh Mango Cake](#)

[Coconut Chocolate Cake](#)

[Coconut Pineapple Cake](#)

[Coke Cake](#)

[Cranberry-Carrot Layer Cake](#)

[Crumble-Top Coffee Cake](#)

[Devil's Food Cake with Chocolate Fudge Frosting](#)

[Dr Pepper Cake](#)

[Espresso Cream Cake](#)

[German Black Forest Cake](#)

[German Chocolate Cake](#)

[Golden Apple Snack Cake](#)

[Golden Pound Cake](#)

[Grandma's Applesauce Cake](#)

[Grandma's Blackberry Cake](#)

[Grandma's Red Velvet Cake](#)

[Grandma's Tandy Kake](#)

[Hot Milk Cake](#)

[Hummingbird Cake](#)

[Lady Baltimore Cake](#)

[Lemon-Filled Coconut Cake](#)

[Maple Sugar Cake](#)

[Mississippi Mud Cake](#)

[Oklahoma Coconut Poke Cake](#)

[Old-Fashioned Jam Cake](#)

[Old-Fashioned Stack Cakes](#)

[Sad Cake](#)

[Southern Lane Cake](#)

[Traditional New Orleans King Cake](#)

[Tres Leches Cake](#)

[Watergate Cake](#)

CANDIES

[Apple Jelly Candy](#)

[Bourbon Pecan Pralines](#)

[Candied Pecans](#)

[Chocolate-Covered Buckeyes](#)

[Maine Potato Candy](#)

[Mamie Eisenhower's Fudge](#)

CARAMEL

[Candy Apple Pie](#)

[Caramel Flan](#)

[Caramel-Frosted Potato Cake](#)

[Caramel-Pecan Apple Pie](#)

[Monster Caramel Apples](#)

[Monster Caramel Pears](#)

[Old-Fashioned Jam Cake](#)

[Pine Nut Caramel Shortbread](#)

[Sweet Potato Pancakes with Caramel Sauce](#)

CARNITAS

[Mexican Carnitas](#)

CARROTS

[Campfire Trout Dinner for Two](#)

[Comed Beef and Cabbage](#)

[Cranberry-Carrot Layer Cake](#)

[New England Boiled Dinner](#)

[Roasted Root Veggies](#)

[Spicy Peanut Soup](#)

[Sunday Pot Roast](#)

[Wild Rice Pilaf](#)

CASHEWS

[Cashew Chicken](#)

[Cashew Chicken Casserole](#)

[Cherry Wild Rice Salad](#)

[Sweet Potato Pancakes with Caramel Sauce](#)

CASSEROLES

Main Dishes

[Almond Chicken Casserole](#)

[Artichoke Chicken](#)

[Beef Stew with Sesame Seed Biscuits](#)

[Cashew Chicken](#)

[Cashew Chicken Casserole](#)

[Chicken Tortilla Bake](#)

[Church Supper Hot Dish](#)

[Cobre Valley Casserole](#)

[Corn Bread with Black-Eyed Peas](#)

[Comed Beef 'n' Sauerkraut Bake](#)

[German Potato Salad with Sausage](#)

[Ham 'n' Noodle Hot Dish](#)

[Hot Chicken Salad](#)

[King Ranch Casserole](#)

[Lobster Newburg](#)

[Lori's Marzetti Bake](#)

[Mushroom-Swiss Mac & Cheese](#)

[Pineapple Ham Casserole](#)

[Pizza Tot Casserole](#)

[Southwestern Potpie with Cornmeal Biscuits](#)

[Wild Rice Chicken Dinner](#)

Side Dishes

[Bistro Mac & Cheese](#)

[Cheesy Beans and Rice](#)

[Corn Bread with Black-Eyed Peas](#)

[Crumb-Topped Bistro Mac](#)

[Kentucky Spoon Bread](#)

[Nacho Mac 'n' Cheese](#)

[Shredded Potato Casserole](#)

[Turnip Casserole](#)

[Vidalia Onion Bake](#)

[Wild Rice Pilaf](#)

CHEESE (*also see [Cream Cheese](#)*)

Appetizers

[Apple & Blue Cheese on Endive](#)

[Armadillo Eggs](#)

[Calico Clams Casino](#)

[Chili Artichoke Dip](#)

[Chili con Queso](#)

[Chipotle Sliders](#)

[Crab Puffs](#)

[Gorgonzola Figs with Balsamic Glaze](#)

[Microwave Texas Nachos](#)

[Mini Chicken Empanadas](#)

[Pimiento Cheese Spread](#)

[Prairie Fire Dip](#)

[Taylor's Jalapeno Poppers](#)

[Toasted Cheese Ravioli](#)

[Warm Blue Cheese, Bacon & Garlic Dip](#)

Breakfast

[Amish Breakfast Casserole](#)

[Huevos Rancheros with Tomatillo Sauce](#)

[Southern Eggs and Biscuits](#)

[Stuffed Breakfast Burritos](#)

[Breakfast Mess](#)

Casseroles

[Almond Chicken Casserole](#)

[Amish Breakfast Casserole](#)

[Breakfast Mess](#)

[Cashew Chicken Casserole](#)

[Church Supper Hot Dish](#)

[Cobre Valley Casserole](#)

[Corned Beef 'n' Sauerkraut Bake](#)

[Ham 'n' Noodle Hot Dish](#)

[King Ranch Casserole](#)

[Lori's Marzetti Bake](#)

Condiment

[Buffalo Burger Topping](#)

Dessert

[Espresso Cream Cake](#)

Main Dishes

[Artichoke Chicken](#)

[Baja Chicken Taco Pizza](#)

[Beef Gyros](#)

[Black-and-Blue Pizzas](#)

[Black Bean Veggie Enchiladas](#)

[Breaded Eggplant Sandwiches](#)

[Cajun Shrimp Lasagna Roll-Ups](#)

[Cheese-Topped Swordfish](#)

[Chicago Deep-Dish Pizza](#)

[Chicken Mole Ole](#)

[Chicken Pesto Pizza](#)

[Chicken Tortilla Bake](#)

[Chuck Wagon Tortilla Stack](#)

[Corn Bread with Black-Eyed Peas](#)

[Crawfish Fettuccine](#)

[Double-Cheese Eggs Benedict](#)

[Fiesta Smothered Chicken](#)

[Grilled Chiles Rellenos](#)

[Homemade Pizza](#)

[Mom's Tamale Pie](#)

[Morel Mushroom Ravioli](#)

[New Haven Clam Pizza](#)

[Pecan Chicken with Blue Cheese Sauce](#)

[Pizza Tot Casserole](#)

[Prosciutto-Stuffed Meat Loaf](#)

[Saucy Chicken and Asparagus](#)

[Southern Shrimp & Grits](#)

[Southwest Frito Pie](#)

[Tofu Manicotti](#)

[Venison Parmigiana](#)

Salads & Salad Dressing

[Chunky Blue Cheese Dressing](#)

[Cobb Salad](#)

[Colorful Tomato 'n' Mozzarella Salad](#)

[Hazelnut and Pear Salad](#)

[Persimmon Salad with Honey Spiced Vinaigrette](#)

[Romaine Caesar Salad](#)

Sandwiches

[Aloha Burgers](#)

[Antipasto Sub](#)

[Arkansas Travelers](#)

[Bayou Burgers with Spicy Remoulade](#)

[Blue Cheese Clubs](#)

[Chili Chicken Sandwiches](#)

[Chili Rellenos Burgers](#)

[Country Ham Sandwiches](#)

[Cuban Roasted Pork Sandwiches](#)

[Deluxe Muffuletta](#)

[Fry Bread Sandwiches](#)

[Horseshoe Sandwiches](#)

[Hot Brown Sandwiches](#)

[Pat's King of Steaks Philly Cheese Steak](#)

[Tacoritos](#)

[Toasty Deli Hoagie](#)

[Ultimate Pastrami Sandwiches](#)

[Zesty Tacos](#)

Side Dishes & Sauces

[Bistro Mac & Cheese](#)

[Cheddar Rice Casserole](#)

[Cheese 'n' Grits Casserole](#)

[Cheesy Beans and Rice](#)

[Chili 'n' Cheese Grits](#)

[Classic Pesto](#)

[Corn and Broccoli in Cheese Sauce](#)

[Crumb-Topped Bistro Mac](#)

[Delmonico Potatoes](#)

[Elegant Scalloped Potatoes](#)

[Four-Cheese Macaroni](#)

[Homey Mac & Cheese](#)

[Mushroom-Swiss Mac & Cheese](#)

[Nacho Mac 'n' Cheese](#)

[Poutine](#)

[Shredded Potato Casserole](#)

[South Coast Hominy](#)

[Vidalia Onion Bake](#)

Soups

[Baked Potato Cheddar Soup](#)

[Cheese Soup](#)

[Chorizo Sausage Corn Chowder](#)

[Company Onion Soup](#)

Yeast Breads

[Arizona Corn Bread](#)

[Khachapuri](#)

CHEESECAKES

[Lime Coconut Cheesecake](#)

[New York-Style Cheesecake](#)

CERRIES

[Brandy Old-Fashioned Sweet](#)

[Cherry Chocolate Cake](#)

[Cherry-Cream Crumble Pie](#)

[Cherry Pie Chimis](#)

[Cherry Wild Rice Salad](#)

[Deep-Fried Cherry Pies](#)

[Fresh Cherry Pie](#)

[German Black Forest Cake](#)

[New York-Style Cheesecake](#)

[Over-the-Top Cherry Jam](#)

[Ozark Mountain Berry Pie](#)

[Pork Chops with Cherry Sauce](#)

[Sunflower-Cherry Granola Bars](#)

CHESTNUTS, SWEET

[Chestnut Dressing](#)

[Chestnut Sausage Stuffing](#)

CHICKEN

Appetizers

[Buffalo Chicken Wings](#)

[Mini Chicken Empanadas](#)

[Orange-Pecan Hot Wings](#)

[Sopes](#)

Casseroles

[Almond Chicken Casserole](#)

[Cashew Chicken Casserole](#)

[King Ranch Casserole](#)

Main Dishes

[Arizona Chicken](#)

[Aromatic Fennel Chicken](#)

[Arroz con Pollo](#)

[Artichoke Chicken](#)

[Asian Chicken Thighs](#)

[Baja Chicken Taco Pizza](#)

[Black-and-Blue Pizzas](#)

[Blackberry Chicken](#)

[Blackened Chicken](#)

[Brunswick Stew](#)

[Cashew Chicken](#)

[Chicken and Okra Gumbo](#)

[Chicken Long Rice](#)

[Chicken Mole Ole](#)

[Chicken Pesto Pizza](#)

[Chicken Tamales](#)

[Chicken Tortilla Bake](#)

[Chicken with Black Bean Salsa](#)

[Chicken with Blueberry Sauce](#)

[Chicken with Slippery Dumplings](#)

[Citrus Chicken Fajitas](#)

[Citrus Veggie Chicken Fajitas](#)

[Classic Fried Chicken](#)

[Coconut Curry Chicken](#)

[Country Captain Chicken](#)

[Creole Chicken](#)

[Crumb-Coated Chicken & Blackberry Salsa](#)

[Favorite Barbecued Chicken](#)

[Fiesta Smothered Chicken](#)

[Garlic-Roasted Chicken and Potatoes](#)

[Greek Chicken Dinner](#)

[Grilled Huli Huli Chicken](#)

[Hot Chicken Salad](#)

[Hungarian Chicken Paprikash](#)

[Kentucky Grilled Chicken](#)

[Moroccan Vegetable Chicken Tagine](#)

[Nutty Oven-Fried Chicken](#)

[Peanutty Chicken](#)

[Pecan Chicken with Blue Cheese Sauce](#)

[Saucy Chicken and Asparagus](#)

[Shredded Barbecue Chicken over Grits](#)

[Southern Barbecued Chicken](#)

[Southern Fried Chicken](#)

[Wild Rice Chicken Dinner](#)

Salads

[Avocado Malibu Salad](#)

[Cobb Salad](#)

[Mango-Chutney Chicken Salad](#)

[Pineapple Chicken Salad](#)

[Vietnamese Crunchy Chicken Salad](#)

Sandwiches

[Chicken Tostadas with Mango Salsa](#)

[Chili Chicken Sandwiches](#)

[Lime Chicken Tacos](#)

[Plum Chicken Wraps](#)

[Dirty Rice](#)

Soups

[Chicken Corn Soup with Rivals](#)

[Matzo Ball Soup](#)

[Tortilla-Vegetable Chicken Soup](#)

Stew

[West African Chicken Stew](#)

CHILI

[Bachelor Chili](#)

[Black Bean 'n' Pumpkin Chili](#)

[Cincinnati Chili](#)

[Colorado Lamb Chili](#)

[Hearty Chili Mac](#)

[Montana Wildfire Chili](#)

[Pinto Bean Chili](#)

CHILI PEPPERS

[Armadillo Eggs](#)

[Award-Winning Chuck Wagon Chili](#)

[Bacon-Wrapped Cajun Jalapenos](#)

[Cedar Plank Salmon with Blackberry Sauce](#)

[Chicken Mole Ole](#)

[Chili 'n' Cheese Grits](#)

[Chili Artichoke Dip](#)

[Chili Chicken Sandwiches](#)

[Chili con Queso](#)

[Chili Rellenos Burgers](#)

[Chimichangas](#)

[Chipotle Pomegranate Pulled Pork](#)

[Chipotle Sliders](#)

[Chipotle-Sparked Mustard Salmon](#)

[Chorizo-Stuffed Turkey Breast with Mexican Grits](#)

[Chuck Wagon Tortilla Stack](#)

[Cobre Valley Casserole](#)

[Corn Soup with Pico de Gallo](#)

[Fire-Roasted Tomato Salsa](#)

[Fry Bread Sandwiches](#)

[Green Chili Pork Stew](#)

[Grilled Chiles Rellenos](#)

[Guacamole](#)

[Huevos Rancheros with Tomatillo Sauce](#)

[Land of Enchantment Posole](#)

[Mango Salsa](#)

[Mayan Chocolate Biscotti](#)

[Mexican Fried Corn](#)

[Mexican Pork Stew](#)

[Microwave Texas Nachos](#)

[Montana Wildfire Chili](#)

[Pork Ribs and Chilies](#)

[Salsa Verde](#)

[Scampi Adobo](#)

[Southwestern Potpie with Cornmeal Biscuits](#)

[Taylor's Jalapeno Poppers](#)

[Texas Jalapeno Jelly](#)

[Tropical Turkey Meat Loaf](#)

[Vietnamese Pork Lettuce Wraps](#)

CHOCOLATE

Beverages

[Iced Coffee Latte](#)

[Mexican Hot Chocolate](#)

[Thick Chocolate Shake](#)

Cakes & Frostings

[Brooklyn Blackout Cake](#)

[Cherry Chocolate Cake](#)

[Chocolate-Almond Sacher Torte](#)

[Chocolate Guinness Cake](#)

[Chocolate Hazelnut Gateau](#)

[Chocolate Pecan Torte](#)

[Chocolate Texas Sheet Cake](#)

[Coconut Chocolate Cake](#)

[Coke Cake](#)

[Devil's Food Cake with Chocolate Fudge Frosting](#)

[Dr Pepper Cake](#)

[German Black Forest Cake](#)

[German Chocolate Cake](#)

[Grandma's Red Velvet Cake](#)

[Grandma's Tandy Kake](#)

[Mississippi Mud Cake](#)

Candies

[Chocolate-Covered Buckeyes](#)

[Maine Potato Candy](#)

[Mamie Eisenhower's Fudge](#)

[Pistachio Cranberry Bark](#)

Cookies

[Big & Buttery Chocolate Chip Cookies](#)

[Chocolate Hazelnut Tassies](#)

[Chocolate Mexican Wedding Cakes](#)

[Maine Mud Cookies](#)

[Mayan Chocolate Biscotti](#)

[Oregon's Hazelnut Chocolate Chip Cookie](#)

[Wyoming Cowboy Cookies](#)

Desserts

[Chocolate Dream Whoopie Pies](#)

[Chocolate Glaze for Cream Puffs](#)

[Chocolate Moon Pies](#)

[Chocolate Velvet Dessert](#)

[Croissant Pudding with Chocolate Kahlua Sauce](#)

[It's It Ice Cream Sandwiches](#)

Pies & Tarts

[Boston Cream Pie](#)

[Bourbon Chocolate Pecan Pie](#)

Sandwich

[Chocolate Fluffernutter Sandwiches](#)

Snack Mixes

[Nuts and Seeds Trail Mix](#)

[Nutty Berry Trail Mix](#)

Yeast Bread

[Portland Cream Doughnuts](#)

CITRUS FRUIT see [Grapefruit](#); [Lemons](#); [Limes](#); [Oranges](#)

CLAMS

[Calico Clams Casino](#)

[Crumb-Topped Clams](#)

[Fried Clams](#)

[Grilled Clam Bake](#)

[Manhattan Clam Chowder](#)

[New Haven Clam Pizza](#)

COBBLERS, CRISPS, CRUMBLE & SLUMP

[Apple Rhubarb Crumble](#)

[Blackberry Cobbler](#)

[Blueberry Slump](#)

[Plum Crisp](#)

[South Carolina Cobbler](#)

[Very Berry Crisp](#)

COCONUT (see *also* [Coconut Milk](#); [Cream of Coconut](#))

[Ambrosia Fruit Salad](#)

[Coconut Chocolate Cake](#)

[Coconut Curry Chicken](#)

[Coconut Pineapple Cake](#)

[Crisp Sunflower Cookies](#)

[Double Nut Baklava](#)

[German Chocolate Cake](#)

[Lebkuchen](#)

[Lemon-Filled Coconut Cake](#)

[Lime Coconut Cheesecake](#)

[Maine Potato Candy](#)

[Oklahoma Coconut Poke Cake](#)

[Old-Fashioned Coconut Pie](#)

[Sad Cake](#)

[Southern Lane Cake](#)

[Sunflower-Cherry Granola Bars](#)

[Surfer Split](#)

[Thai Curry with Shrimp & Coconut](#)

[Wyoming Cowboy Cookies](#)

COCONUT MILK

[Coconut Curry Chicken](#)

[Curried Tofu with Rice](#)

[Mango-Chutney Chicken Salad](#)

[Thai Curry with Shrimp & Coconut](#)

COFFEE

[Coffee Milk](#)

[Espresso Cream Cake](#)

[Iced Coffee Latte](#)

[Irish Coffee](#)

COFFEE CAKES

[Danish Puff](#)

[Fruit Kuchen](#)

[Julekage](#)

[Poteca Nut Roll](#)

[Russian Krendl Bread](#)

[Sugar Plum Kringles](#)

[Swedish Tea Rings](#)

[Traditional Stollen](#)

COFFEE LIQUEUR

[Croissant Pudding with Chocolate Kahlua Sauce](#)

[Espresso Cream Cake](#)

[Mayan Chocolate Biscotti](#)

COLESLAW MIX

[Asian Veggie Glass Noodles](#)

[Chicken Tostadas with Mango Salsa](#)

[Chipotle BBQ Pork Sandwiches](#)

[Spicy Sesame Shrimp & Noodle Salad](#)

COLLARD GREENS

[Bacon Collard Greens](#)

CONDIMENTS (*also see [Sauces](#)*)

[All-Day Apple Butter](#)

[Buffalo Burger Topping](#)

[Cranberry Honey Butter](#)

[Fry Sauce](#)

[Peach Chutney](#)

[Standish House Cranberry Relish](#)

[Summer Kimchi](#)

[Tomatillo Relish](#)

[Yellow Summer Squash Relish](#)

[Zesty Lemon Curd](#)

COOKIES (*also see [Bars](#)*)

[Amish Sugar Cookies](#)

[Anise Butter Cookies](#)

[Benne Wafers](#)

[Berliner Kranz Cookies](#)

[Big & Buttery Chocolate Chip Cookies](#)

[Black Walnut Butter Cookies](#)

[Cardamom Cookies](#)

[Chocolate Hazelnut Tassies](#)

[Chocolate Mexican Wedding Cakes](#)

[Crisp Sunflower Cookies](#)

[Crispy Norwegian Bows](#)

[Glazed Peppernut](#)

[Italian Pignoli Cookies](#)

[It's It Ice Cream Sandwiches](#)

[Joe Froggers](#)

[Mayan Chocolate Biscotti](#)

[Oatmeal Raisin Cookies](#)

[Oregon's Hazelnut Chocolate Chip Cookie](#)

[Pizzelle](#)

[Potato Chip Cookies](#)

[Sandbakkelse \(Sand Tarts\)](#)

[Snickerdoodles](#)

[Sorghum Cookies](#)

[Swedish Butter Cookies](#)

[Swedish Spice Cutouts](#)

[Wyoming Cowboy Cookies](#)

CORN

[Black-Eyed Pea Corn Salad](#)

[Chicken Corn Soup with Rivals](#)

[Chicken Tortilla Bake](#)

[Chorizo Sausage Corn Chowder](#)

[Classic Corn Chowder](#)

[Corn and Broccoli in Cheese Sauce](#)

[Corn Soup with Pico de Gallo](#)

[Country Fish Chowder](#)

[Creamed Corn](#)

[Creamed Corn with Bacon](#)

[Frogmore Stew](#)

[Grilled Clam Bake](#)

[Low Country Boil](#)

[Mexican Fried Corn](#)

[Northwest Salmon Chowder](#)

[Smoky Grilled Corn](#)

[South Coast Hominy](#)

[Southwestern Barley Salad](#)

[Southwestern Potpie with Cornmeal Biscuits](#)

CORN BREAD

[Arizona Corn Bread](#)

[Buttermilk Corn Bread](#)

[Calico Corn Bread Dressing](#)

[Corn Bread Layered Salad](#)

[Corn Bread with Black-Eyed Peas](#)

[Maple Syrup Corn Bread](#)

[Tortilla Dressing](#)

CORNED BEEF

[Corned Beef and Cabbage](#)

[Corned Beef 'n' Sauerkraut Bake](#)

[Red Flannel Hash](#)

[Toasted Reubens](#)

CORNMEAL (*also see* [Grits](#))

[Anadama Bread](#)

[Arizona Corn Bread](#)

[Authentic Boston Brown Bread](#)

[Braised Pork with Tomatillos](#)

[Buttermilk Corn Bread](#)

[Calico Corn Bread Dressing](#)

[Corn Bread with Black-Eyed Peas](#)

[Corn Dogs](#)

[Cornmeal Scrapple](#)

[Down-Home Hush Puppies](#)

[Four-Grain Bread](#)

[Indian Pudding](#)

[Kentucky Spoon Bread](#)

[Maple Syrup Corn Bread](#)

[Southwestern Potpie with Cornmeal Biscuits](#)

CRAB

[Avocado Malibu Salad](#)

[California Sushi Rolls](#)

[Catfish Spread](#)

[Chesapeake Crab Dip](#)

[Crab Cakes with Chesapeake Bay Mayo](#)

[Crab Egg Foo Yung](#)

[Crab Puffs](#)

[Crab-Stuffed Avocados](#)

CRANBERRIES

[Cape Codder](#)

[Cranberry-Carrot Layer Cake](#)

[Cranberry Honey Butter](#)

[Cranberry Pork Medallions](#)

[Fruity Rum Punch](#)

[Nutty Berry Trail Mix](#)

[Pistachio Cranberry Bark](#)

[Standish House Cranberry Relish](#)

[Warm 'n' Fruity Breakfast Cereal](#)

CRAWFISH

[Crawfish Etouffee](#)

[Crawfish Fettuccine](#)

[Low Country Boil](#)

CREAM CHEESE

[Bacon-Wrapped Cajun Jalapenos](#)

[Blue Cheese Clubs](#)

[Catfish Spread](#)

[Cherry Chocolate Cake](#)

[Chesapeake Crab Dip](#)

[Chili Chicken Sandwiches](#)

[Chocolate Guinness Cake](#)

[Chocolate Hazelnut Tassies](#)

[Coconut Pineapple Cake](#)

[Cranberry-Carrot Layer Cake](#)

[Creamed Corn](#)

[Creamy Banana Pecan Pie](#)

[Huckleberry Cheese Pie](#)

[Lemonade Icebox Pie](#)

[Lime Coconut Cheesecake](#)

[Maple-Cream Apple Pie](#)

[Marshmallow-Almond Key Lime Pie](#)

[Mini Chicken Empanadas](#)

[Morel Mushroom Ravioli](#)

[New York State Apple Muffins](#)

[New York-Style Cheesecake](#)

[Pineapple Ham Casserole](#)

[Pineapple Lime Gelatin](#)

[Rhubarb Custard Bars](#)

[Sauerkraut Meatballs](#)

[Smoked Salmon Appetizer](#)

[Southern Pan-Fried Quail with Cream Cheese Grits](#)

[Warm Blue Cheese, Bacon & Garlic Dip](#)

CREAM OF COCONUT

[Oklahoma Coconut Poke Cake](#)

[Thai Curry with Shrimp & Coconut](#)

CRISPS see [Cobblers, Crisps, Crumble & Slump](#)

CUCUMBERS

[California Sushi Rolls](#)

[Easy Gazpacho](#)

[Watermelon Salsa](#)

CURRY

[Coconut Curry Chicken](#)

[Country Captain Chicken](#)

[Curried Tofu with Rice](#)

[Mango-Chutney Chicken Salad](#)

[Moroccan Vegetable Chicken Tagine](#)

DATES

[Best Date Bars](#)

[Date Shake](#)

[Lebkuchen](#)

[Warm 'n' Fruity Breakfast Cereal](#)

DEEP-FAT FRYER RECIPES

[Beef Flautas](#)

[Buffalo Chicken Wings](#)

[Cherry Pie Chimis](#)

[Chickpea Fritters with Sweet-Spicy Sauce](#)

[Chimichangas](#)

[Corn Dogs](#)

[Crispy Norwegian Bows](#)

[Deep-Fried Cherry Pies](#)

[Down-Home Hush Puppies](#)

[First-Prize Doughnuts](#)

[Fried Cactus Strips](#)

[Fried Clams](#)

[Fried Green Tomatoes](#)

[Fried Onion Rings](#)

[Fried Pickle Coins](#)

[Fry Bread Sandwiches](#)

[Funnel Cakes](#)

[Latkes](#)

[Navajo Fry Bread](#)

[New Orleans Beignets](#)

[Orange-Glazed Crullers](#)

[Portland Cream Doughnuts](#)

[Doughnuts](#)

[Rabanadas \(Portuguese French Toast\)](#)

[Rosettes](#)

[Salmon Croquettes](#)

[Shrimp Po-Boys](#)

[Southern Fried Okra](#)

[Tonkatsu](#)

[Utah Buttermilk Scones](#)

DELIMEAT

[Antipasto Sub](#)

[Creamed Beef on Toast](#)

[Deluxe Muffuletta](#)

[Toasted Reubens](#)

[Toasty Deli Hoagie](#)

[Ultimate Pastrami Sandwiches](#)

DESSERTS *(also see [Bars](#); [Cakes](#); [Candies](#); [Cheesecakes](#); [Cobblers, Crisps, Crumble & Slump](#); [Cookies](#); [Ice Cream & Frozen Desserts](#); [Pies & Tarts](#); [Puddings & Custards](#); [Shortcakes](#))*

[Apple Betty with Almond Cream](#)

[Bananas Foster](#)

[Blueberry Buckle](#)

[Brandy Snap Cannoli](#)

[Cherry Pie Chimis](#)

[Chocolate Dream Whoopie Pies](#)

[Chocolate Glaze for Cream Puffs](#)

[Chocolate Moon Pies](#)

[Chocolate Velvet Dessert](#)

[Double Nut Baklava](#)

[Fruit Kuchen](#)

[Funnel Cakes](#)

[Golden Apple Bundles](#)

[Hazelnut Apricot Strudel](#)

[Rhubarb Custard Bars](#)

[Rhubarb Icebox Dessert](#)

[Rosettes](#)

DIPS & SPREADS

[Catfish Spread](#)

[Chesapeake Crab Dip](#)

[Chili Artichoke Dip](#)

[Chili con Queso](#)

[Guacamole](#)

[Lick-the-Bowl-Clean Hummus](#)

[Pimiento Cheese Spread](#)

[Prairie Fire Dip](#)

[Ranch Dressing and Dip Mix](#)

[Smoked Salmon Appetizer](#)

[Texas Caviar](#)

[Warm Blue Cheese, Bacon & Garlic Dip](#)

DOUGHNUTS

[First-Prize Doughnuts](#)

[New Orleans Beignets](#)

[Orange-Glazed Crullers](#)

[Portland Cream Doughnuts](#)

[Portuguese Doughnuts](#)

[Sopaipillas](#)

[Utah Buttermilk Scones](#)

DRESSINGS & STUFFINGS

[Artichoke Stuffing](#)

[Calico Corn Bread Dressing](#)

[Chestnut Dressing](#)

[Chestnut Sausage Stuffing](#)

[Crown Roast with Plum-Apple Stuffing](#)

[Oyster Stuffing](#)

[Rice Dressing](#)

[Tortilla Dressing](#)

DUMPLINGS & SPAETZLE

[Chicken Corn Soup with Rivals](#)

[Chicken with Slippery Dumplings](#)

[Grandma's Potato Dumplings](#)

[Homemade Pierogies](#)

[Spaetzle Dumplings](#)

[Venison Dumpling Stew](#)

EGGPLANT

[Breaded Eggplant Sandwiches](#)

EGGS

[Amish Breakfast Casserole](#)

[Breakfast Mess](#)

[Cobb Salad](#)

[Crab Egg Foo Yung](#)

[Double-Cheese Eggs Benedict](#)

[German-Style Pickled Eggs](#)

[Huevos Rancheros with Tomatillo Sauce](#)

[Migas, My Way](#)

[Mushroom Asparagus Quiche](#)

[Pickled Eggs with Beets](#)

[Southern Eggs and Biscuits](#)

[Stuffed Breakfast Burritos](#)

ENCHILADAS

[Black Bean Veggie Enchiladas](#)

FAJITAS

[Citrus Chicken Fajitas](#)

[Citrus Veggie Chicken Fajitas](#)

[Sizzling Tex-Mex Fajitas](#)

FENNEL

[Aromatic Fennel Chicken](#)

[Fish with Fennel](#)

[Herbed Fennel and Onion](#)

FIDDLEHEAD FERNS

[Fiddlehead Shrimp Salad](#)

FIGS

[Gorgonzola Figs with Balsamic Glaze](#)

[Lady Baltimore Cake](#)

[Rack of Lamb with Figs](#)

FISH (*also see [Seafood](#)*)

[Asparagus Salmon Pie](#)

[Baked Halibut](#)

[Broiled Cod](#)

[Cajun Catfish Sandwiches](#)

[Campfire Trout Dinner for Two](#)

[Catfish Spread](#)

[Cedar Plank Salmon with Blackberry Sauce](#)

[Cheese-Topped Swordfish](#)

[Chipotle-Sparked Mustard Salmon](#)

[Company Swordfish](#)

[Country Fish Chowder](#)

[Crunchy-Coated Walleye](#)

[Fish Fillets with Stuffing](#)

[Fish Tacos with Avocado Sauce](#)

[Fish with Fennel](#)

[Honey-Fried Walleye](#)

[Latkes with Lox](#)

[Macadamia-Crusted Mahi Mahi](#)

[New England Fish Bake](#)

[New England Salmon Pie](#)

[Northwest Salmon Chowder](#)

[Northwest Salmon Salad](#)

[Pacific Rim Salmon](#)

[Salmon Croquettes](#)

[Scrumptious California Salmon](#)

[Simple Pan-Fried Trout](#)

[Smoked Salmon Appetizer](#)

[Stuffed Mountain Trout](#)

FLAUTAS

[Beef Flautas](#)

FRENCH TOAST

[Blueberry French Toast Cobbler](#)

[Rabanadas \(Portuguese French Toast\)](#)

FRUIT *(also see specific kinds)*

[Ambrosia Fruit Salad](#)

[Classic Fruit Kolaches](#)

[Fruit Kuchen](#)

[Fruit Slush](#)

[Gooseberry Meringue Pie](#)

[Holiday Fruit Soup](#)

[Lebkuchen](#)

[Mixed Fruit Shortcake](#)

[Moroccan Vegetable Chicken Tagine](#)

[Traditional Stollen](#)

GARLIC

[Creamy Garlic Dressing](#)

[Garlic-Roasted Chicken and Potatoes](#)

[Greek Chicken Dinner](#)

[Rosemary-Garlic Roast Beef](#)

[Warm Blue Cheese, Bacon & Garlic Dip](#)

GRAINS (see [Barley](#); [Bulgur](#); [Cornmeal](#); [Grits](#); [Oats](#); [Rice](#))

[Flaxseed Oatmeal Pancakes](#)

[Honey Whole Wheat Bread](#)

[Warm 'n' Fruity Breakfast Cereal](#)

GRAPEFRUIT

[Mixed Citrus Marmalade](#)

GRAPES

[Concord Grape Pie](#)

GREENS see [Salads](#)

GRILLED RECIPES

[Aloha Burgers](#)

[Barbecued Beef Brisket](#)

[Blackened Chicken](#)

[Brats in Beer](#)

[Buffalo Steak Salad](#)

[Cajun Beef Burgers](#)

[Campfire Trout Dinner for Two](#)

[Carolina Marinated Pork Tenderloin](#)

[Cedar Plank Salmon with Blackberry Sauce](#)

[Chicken with Black Bean Salsa](#)

[Chipotle BBQ Pork Sandwiches](#)

[Chipotle Sliders](#)

[Cool-Kitchen Meat Loaf](#)

[Corn Soup with Pico de Gallo](#)

[Country-Style Grilled Ribs](#)

[Dan's Peppery London Broil](#)

[Favorite Barbecued Chicken](#)

[Fire-Roasted Tomato Salsa](#)

[Grilled Chiles Rellenos](#)

[Grilled Clam Bake](#)

[Grilled Huli Huli Chicken](#)

[Grilled Lobster Tail](#)

[Grilled Sweet Potato and Red Pepper Salad](#)

[Jersey-Style Hot Dogs](#)

[Kentucky Grilled Chicken](#)

[Lamb Kabobs with Bulgur Pilaf](#)

[Marinated Ribeyes](#)

[Molasses-Glazed Baby Back Ribs](#)

[Pacific Rim Salmon](#)

[Pineapple Chicken Salad](#)

[Portobello Lamb Chops](#)

[Ribeyes with Chili Butter](#)

[Sizzling Tex-Mex Fajitas](#)

[Smoky Grilled Corn](#)

[South Carolina-Style Ribs](#)

[Southern Barbecued Chicken](#)

[Spicy Shrimp Skewers](#)

[Spiedis](#)

[Sweet 'n' Smoky Kansas City Ribs](#)

[Sweet Onion BBQ Burgers](#)

GRITS

[Cheese 'n' Grits Casserole](#)

[Chili 'n' Cheese Grits](#)

[Chorizo-Stuffed Turkey Breast with Mexican Grits](#)

[Mom's Tamale Pie](#)

[Shredded Barbecue Chicken over Grits](#)

[Southern Pan-Fried Quail with Cream Cheese Grits](#)

[Southern Shrimp & Grits](#)

GROUND BEEF

[Aloha Burgers](#)

[Bacon-Wrapped Meat Loaf](#)

[Cajun Beef Burgers](#)

[Chili Rellenos Burgers](#)

[Chipotle Sliders](#)

[Chuck Wagon Tortilla Stack](#)

[Church Supper Hot Dish](#)

[Cincinnati Chili](#)

[Cobre Valley Casserole](#)

[Cool-Kitchen Meat Loaf](#)

[Corn Bread with Black-Eyed Peas](#)

[Cowboy Baked Beans](#)

[Easy Cuban Picadillo](#)

[German Meatballs and Gravy](#)

[Hanky Pankies](#)

[Homemade Pizza](#)

[Lakes Burgoo](#)

[Lori's Marzetti Bake](#)

[Mom's Dynamite Sandwiches](#)

[Mom's Tamale Pie](#)

[Montana Wildfire Chili](#)

[Nacho Mac 'n' Cheese](#)

[Onion Loose Meat Sandwiches](#)

[Pizza Tot Casserole](#)

[Prosciutto-Stuffed Meat Loaf](#)

[Runza](#)

[Salisbury Steak with Gravy](#)

[Salisbury Steak with Onion Gravy](#)

[South-of-the-Border Meat Loaf](#)

[Southwest Frito Pie](#)

[Swedish Meatballs](#)

[Sweet Onion BBQ Burgers](#)

[Tacoritos](#)

[Teriyaki Meatballs](#)

[Tourtieres](#)

[Zesty Tacos](#)

GUAVA

[Guava Coconut Rum Cocktail](#)

HAM & PROSCIUTTO

[Baked Oysters with Tasso Cream](#)

[Bourbon Baked Ham](#)

[Breakfast Mess](#)

[Country Ham Sandwiches](#)

[Creole Jambalaya](#)

[Fry Bread Sandwiches](#)

[Gorgonzola Figs with Balsamic Glaze](#)

[Ham 'n' Noodle Hot Dish](#)

[Ham on Biscuits](#)

[Horseshoe Sandwiches](#)

[Pineapple Ham Casserole](#)

[Prosciutto-Stuffed Meat Loaf](#)

[Toasty Deli Hoagie](#)

[U.S. Senate Bean Soup](#)

HAZELNUTS

[Apple & Blue Cheese on Endive](#)

[Chocolate Hazelnut Gateau](#)

[Chocolate Hazelnut Tassies](#)

[Hazelnut and Pear Salad](#)

[Hazelnut Apricot Strudel](#)

[Oregon's Hazelnut Chocolate Chip Cookie](#)

HOMINY

[South Coast Hominy](#)

HONEY

[Cranberry Honey Butter](#)

[Four-Grain Bread](#)

[Honey-Fried Walleye](#)

[Honey-Glazed Lamb Chops](#)

[Honey Whole Wheat Bread](#)

[Peach Wine Coolers](#)

[Persimmon Salad with Honey Spiced Vinaigrette](#)

[Teriyaki Meatballs](#)

[Utah Buttermilk Scones](#)

ICE CREAM & FROZEN DESSERTS

[Date Shake](#)

[Georgia Peach Ice Cream](#)

[It's It Ice Cream Sandwiches](#)

[Mexican Ice Cream](#)

[Old-Time Custard Ice Cream](#)

[Raspberry Ice Cream](#)

[Super Banana Splits](#)

[Surfer Split](#)

JAMS & JELLIES

[Cinnamon Blueberry Jam](#)

[Mixed Citrus Marmalade](#)

[Over-the-Top Cherry Jam](#)

[Pomegranate Jelly](#)

[Texas Jalapeno Jelly](#)

JICAMA

[Jicama Slaw with Peanuts](#)

[Southwestern Watermelon Salad](#)

[Tex-Mex Spinach Salad](#)

LAMB

[Burgundy Lamb Shanks](#)

[Colorado Lamb Chili](#)

[Honey-Glazed Lamb Chops](#)

[Irish Stew](#)

[Lamb Kabobs with Bulgur Pilaf](#)

[Lemon-Herb Leg of Lamb](#)

[Portobello Lamb Chops](#)

[Rack of Lamb with Figs](#)

[Schreiner's Baked Lamb Shanks](#)

[Scotch Broth](#)

LEMON

[Citrus Chicken Fajitas](#)

[Citrus Veggie Chicken Fajitas](#)

[Lemon Chess Pie](#)

[Lemon-Filled Coconut Cake](#)

[Lemon-Herb Leg of Lamb](#)

[Lemonade Icebox Pie](#)

[Mai Tai](#)

[Mexican Carnitas](#)

[Mixed Citrus Marmalade](#)

[Shortbread Lemon Tart](#)

[Zesty Lemon Curd](#)

LENTILS

[Lentil-Tomato Soup](#)

[Lentil Vegetable Soup](#)

LIMES

[Beer Margaritas](#)

[Citrus Chicken Fajitas](#)

[Citrus Veggie Chicken Fajitas](#)

[Cuban Chimichurri](#)

[Cuban Pork Roast](#)

[Fresh Lime Margaritas](#)

[Frozen Lime Margaritas](#)

[Lime Chicken Tacos](#)

[Lime Coconut Cheesecake](#)

[Mai Tai](#)

[Marshmallow-Almond Key Lime Pie](#)

[Watermelon Salsa](#)

LOBSTER

[Grilled Lobster Tail](#)

[Lobster Newburg](#)

[Lobster Rolls](#)

[Lobster-Stuffed Beef Wellington](#)

MACADAMIA NUTS

[Double Nut Baklava](#)

[Macadamia-Crusted Mahi Mahi](#)

MANGO

[Chicken Tostadas with Mango Salsa](#)

[Chunky Fresh Mango Cake](#)

[Mango-Chutney Chicken Salad](#)

[Mango Salsa](#)

[Southwestern Watermelon Salad](#)

MAPLE

[Deep-Fried Cherry Pies](#)

[Garlic-Roasted Chicken and Potatoes](#)

[Maple-Cream Apple Pie](#)

[Maple Pancakes](#)

[Maple Sugar Cake](#)

[Maple Syrup Corn Bread](#)

[Maple Syrup Pudding](#)

[Vermont Baked Beans](#)

MARSHMALLOW CREME

[Chocolate Moon Pies](#)

[Mamie Eisenhower's Fudge](#)

[Mississippi Mud Cake](#)

MARSHMALLOWS

[Ambrosia Fruit Salad](#)

[Coconut Chocolate Cake](#)

[Coke Cake](#)

[Fruity Cereal Bars](#)

[Marshmallow-Almond Key Lime Pie](#)

[Pineapple Lime Gelatin](#)

[Popcorn Delight](#)

[Rhubarb Icebox Dessert](#)

[Watergate Salad](#)

MEAT LOAVES

[Bacon-Wrapped Meat Loaf](#)

[Cool-Kitchen Meat Loaf](#)

[South-of-the-Border Meat Loaf](#)

[Tropical Turkey Meat Loaf](#)

MEAT PIES

[Asparagus Salmon Pie](#)

[Mom's Tamale Pie](#)

[New England Salmon Pie](#)

[Southwestern Potpie with Cornmeal Biscuits](#)

[Tourtieres](#)

MEATBALLS

[German Meatballs and Gravy](#)

[Sauerkraut Meatballs](#)

[Split Pea Soup with Meatballs](#)

[Swedish Meatballs](#)

[Teriyaki Meatballs](#)

MICROWAVE RECIPES

[Chili con Queso](#)

[Elegant Scalloped Potatoes](#)

[Fish Fillets with Stuffing](#)

[Maple Syrup Pudding](#)

[Microwave Texas Nachos](#)

MIDWEST

Main Dishes

[Bachelor Chili](#)

[Bacon-Wrapped Meat Loaf](#)

[Beef Gyros](#)

[Black Bean 'n' Pumpkin Chili](#)

[Blue Cheese Clubs](#)

[Blueberry French Toast Cobbler](#)

[Brats in Beer](#)

[Breakfast Mess](#)

[Cashew Chicken](#)

[Chicago Deep-Dish Pizza](#)

[Chicago-Style Beef Sandwiches](#)

[Chili Coney Dogs](#)

[Church Supper Hot Dish](#)

[Cincinnati Chili](#)

[Coffee Beef Pot Roast](#)

[Corned Beef 'n' Sauerkraut Bake](#)

[Crown Roast with Plum-Apple Stuffing](#)

[Crunchy-Coated Walleye](#)

[Flaxseed Oatmeal Pancakes](#)

[German Meatballs and Gravy](#)

[German Potato Salad with Sausage](#)

[Greek Chicken Dinner](#)

[Ham 'n' Noodle Hot Dish](#)

[Herb-Roasted Turkey](#)

[Honey-Fried Walleye](#)

[Horseshoe Sandwiches](#)

[Howard's Sauerbraten](#)

[Hungarian Chicken Paprikash](#)

[Hungarian Goulash](#)

[Hungarian Hot Dogs](#)

[Lori's Marzetti Bake](#)

[Marinated Ribeyes](#)

[Morel Mushroom Ravioli](#)

[Onion Loose Meat Sandwiches](#)

[Pecan Chicken with Blue Cheese Sauce](#)

[Perfect Prime Rib Roast](#)

[Pheasant in Mustard Sauce](#)

[Pizza Tot Casserole](#)

[Pork Chops with Cherry Sauce](#)

[Pork Chops with Sauerkraut](#)

[Portobello Lamb Chops](#)

[Runza](#)

[Salisbury Steak with Gravy](#)

[Sauerkraut Meatballs](#)

[Sausage and Pumpkin Pasta](#)

[Schreiner's Baked Lamb Shanks](#)

[Slow Cooker Goetta](#)

[Special Strip Steaks](#)

[Sunday Pot Roast](#)

[Swedish Meatballs](#)

[Swedish Pancakes](#)

[Sweet 'n' Smoky Kansas City Ribs](#)

[Venison Parmigiana](#)

[Wild Rice Chicken Dinner](#)

Sides & More

[Beer Margaritas](#)

[Brandy Old-Fashioned Sweet](#)

[Cheese Soup](#)

[Cherry Wild Rice Salad](#)

[Chestnut Sausage Stuffing](#)

[Chunky Blue Cheese Dressing](#)

[Corn and Broccoli in Cheese Sauce](#)

[Creamed Corn](#)

[Creamed Corn with Bacon](#)

[Elegant Scalloped Potatoes](#)

[Fireside Glogg](#)

[Four-Cheese Macaroni](#)

[Four-Grain Bread](#)

[Fried Squash Blossoms Snack](#)

[Fruit Slush](#)

[German Potato Salad](#)

[German-Style Pickled Eggs](#)

[Grandma's Dill Pickles](#)

[Grandma's Potato Dumplings](#)

[Hanky Pankies](#)

[Hearty Chili Mac](#)

[Holiday Fruit Soup](#)

[Homemade Pierogies](#)

[Honey Whole Wheat Bread](#)

[Hot Apple Cider](#)

[Italian Sausage Bean Soup](#)

[Kansas Whole Wheat Bread](#)

[Khachapuri](#)

[Latkes](#)

[Liberty Sauerkraut Salad](#)

[Mashed Potatoes with a Kick](#)

[Navy Bean Soup](#)

[Old-World Rye Bread](#)

[Over-the-Top Cherry Jam](#)

[Pumpkin Dinner Rolls](#)

[Roasted Root Veggies](#)

[Spaetzle Dumplings](#)

[Spicy Peanut Soup](#)

[Spicy Pumpkin Seeds](#)

[Split Pea Soup with Meatballs](#)

[Standish House Cranberry Relish](#)

[Swedish Cardamom Braids](#)

[Tabbouleh](#)

[Thick Chocolate Shake](#)

[Three-Bean Salad](#)

[Toasted Cheese Ravioli](#)

[Triple Mash with Horseradish Bread Crumbs](#)

[Warm Blue Cheese, Bacon & Garlic Dip](#)

[Wild Rice Pilaf](#)

Sweets

[Berliner Kranz Cookies](#)

[Black Walnut Butter Cookies](#)

[Blueberry Slump](#)

[Cardamom Cookies](#)

[Chocolate-Covered Buckeyes](#)

[Chocolate Glaze for Cream Puffs](#)

[Cranberry-Carrot Layer Cake](#)

[Crisp Sunflower Cookies](#)

[Crispy Norwegian Bows](#)

[Delightful Apple Pie](#)

[Fresh Cherry Pie](#)

[Fruit Kuchen](#)

[Fruity Cereal Bars](#)

[German Black Forest Cake](#)

[Ginger-Pear Upside-Down Pie](#)

[Glazed Pfeffernuesse](#)

[Golden Apple Snack Cake](#)

[Gooseberry Meringue Pie](#)

[Grandma's Applesauce Cake](#)

[Hazelnut Apricot Strudel](#)

[Hot Milk Cake](#)

[Julekage](#)

[Lebkuchen](#)

[Old-Time Custard Ice Cream](#)

[Ozark Mountain Berry Pie](#)

[Persimmon Pudding](#)

[Popcorn Delight](#)

[Poteca Nut Roll](#)

[Rhubarb Custard Bars](#)

[Rhubarb Icebox Dessert](#)

[Rosettes](#)

[Russian Krendl Bread](#)

[Sandbakkelse \(Sand Tarts\)](#)

[State Fair Cream Puffs](#)

[Strawberry Cream Puffs](#)

[Streusel Pumpkin Pie](#)

[Sugar Cream Pie](#)

[Sugar Plum Kringles](#)

[Sunflower-Cherry Granola Bars](#)

[Super Banana Splits](#)

[Swedish Butter Cookies](#)

[Swedish Christmas Rice Pudding](#)

[Swedish Spice Cutouts](#)

[Swedish Tea Rings](#)

[Traditional Popcorn Balls](#)

[Traditional Stollen](#)

[Vanilla Cream Puffs](#)

[Vinegar Pie](#)

[Whipped Cream Krumkake](#)

MINCEMEAT

[Walnut Mincemeat Pie](#)

MINT

[Mint Juleps](#)

MOLASSES

[Anadama Bread](#)

[Authentic Boston Brown Bread](#)

[Bourbon Baked Ham](#)

[Brandy Snap Cannoli](#)

[Carolina Marinated Pork Tenderloin](#)

[Glazed Pfeffernuesse](#)

[Hermits](#)

[Indian Pudding](#)

[Joe Froggers](#)

[Kansas Whole Wheat Bread](#)

[Lebkuchen](#)

[Molasses-Glazed Baby Back Ribs](#)

[Old-Fashioned Stack Cakes](#)

[Old-World Rye Bread](#)

[Shoofly Pie](#)

[Swedish Spice Cutouts](#)

MUFFINS

[Favorite Banana Chip Muffins](#)

[New York State Apple Muffins](#)

[Sweet Potato Muffins](#)

[Wild Blueberry Muffins](#)

MUSHROOMS

[Arizona Chicken](#)

[Asian Veggie Glass Noodles](#)

[Black-and-Blue Pizzas](#)

[Chicago Deep-Dish Pizza](#)

[Chicken Long Rice](#)

[Fiesta Smothered Chicken](#)

[Grilled Chiles Rellenos](#)

[Miso Soup with Tofu and Enoki](#)

[Morel Mushroom Ravioli](#)

[Mushroom Asparagus Quiche](#)

[Mushroom-Swiss Mac & Cheese](#)

[Pat's King of Steaks Philly Cheese Steak](#)

[Pork Chops with Mushroom Bourbon Sauce](#)

[Portobello Lamb Chops](#)

MUSSELS

[Cream of Mussel Soup](#)

[Fresh and Spicy Cioppino](#)

MUSTARD

[Barbecue Sauce with Mustard](#)

[Barbecued Beef Brisket](#)

[Carolina Marinated Pork Tenderloin](#)

[Pheasant in Mustard Sauce](#)

[South Carolina-Style Ribs](#)

[Tonkatsu](#)

NOODLES

[Asian Veggie Glass Noodles](#)

[Chicken Long Rice](#)

[Ham 'n' Noodle Hot Dish](#)

[Lori's Marzetti Bake](#)

[Pineapple Ham Casserole](#)

NORTHEAST

Main Dishes

[Amish Breakfast Casserole](#)

[Antipasto Sub](#)

[Baked Blueberry & Peach Oatmeal](#)

[Beef Stew with Sesame Seed Biscuits](#)

[Breaded Eggplant Sandwiches](#)

[Broiled Cod](#)

[Burgundy Lamb Shanks](#)

[Chicken with Blueberry Sauce](#)

[Chicken with Slippery Dumplings](#)

[Chocolate Fluffernutter Sandwiches](#)

[Chorizo Sausage Corn Chowder](#)

[Classic Fried Chicken](#)

[Coquilles St. Jacques](#)

[Corned Beef and Cabbage](#)

[Cornmeal Scrapple](#)

[Cranberry Pork Medallions](#)

[Creamed Beef on Toast](#)

[Crumb-Coated Chicken & Blackberry Salsa](#)

[Double-Cheese Eggs Benedict](#)

[Fiddlehead Shrimp Salad](#)

[Fish Fillets with Stuffing](#)

[Fish with Fennel](#)

[Fried Clams](#)

[Grilled Clam Bake](#)

[Grilled Lobster Tail](#)

[Homemade Pizza](#)

[Irish Stew](#)

[Jersey-Style Hot Dogs](#)

[Lamb Kabobs with Bulgur Pilaf](#)

[Lobster Newburg](#)

[Lobster Rolls](#)

[Lobster-Stuffed Beef Wellington](#)

[Maple Pancakes](#)

[Mock Chicken Legs](#)

[Mom's Dynamite Sandwiches](#)

[Moroccan Vegetable Chicken Tagine](#)

[New England Boiled Dinner](#)

[New England Fish Bake](#)

[New England Salmon Pie](#)

[New Haven Clam Pizza](#)

[Pat's King of Steaks Philly Cheese Steak](#)

[Penne alla Vodka Sauce](#)

[Pennsylvania Dutch Pork Chops](#)

[Pesto Scallops Vermicelli](#)

[Portuguese Pork Tenderloin](#)

[Prosciutto-Stuffed Meat Loaf](#)

[Red Flannel Hash](#)

[Salisbury Steak with Onion Gravy](#)

[Shredded Venison Sandwiches](#)

[Simple Pan-Fried Trout](#)

[Spicy Slow-Cooked Portuguese Cacoila](#)

[Spiedis](#)

[Toasted Reubens](#)

[Toasty Deli Hoagie](#)

[Tourtieres](#)

[Ultimate Pastrami Sandwiches](#)

[Venison Dumpling Stew](#)

[Yankee Pot Roast](#)

Sides & More

[Amish Potato Bread](#)

[Anadama Bread](#)

[Apple Cider Cinnamon Rolls](#)

[Apple Martini](#)

[Authentic Boston Brown Bread](#)

[Bloody Mary](#)

[Blueberry Tea Bread](#)

[Buffalo Chicken Wings](#)

[Butternut Squash Risotto](#)

[Calico Clams Casino](#)

[Cape Codder](#)

[Caraway Irish Soda Bread](#)

[Chesapeake Crab Dip](#)

[Chestnut Dressing](#)

[Chicken Corn Soup with Rivals](#)

[Chickpea Fritters with Sweet-Spicy Sauce](#)

[Chocolate Martini](#)

[Cinnamon Apples](#)

[Cinnamon Blueberry Jam](#)

[Classic Corn Chowder](#)

[Coffee Milk](#)

[Colcannon Potatoes](#)

[Country Fish Chowder](#)

[Crab Puffs](#)

[Cranberry Apple Cider](#)

[Cream of Mussel Soup](#)

[Crispy Oven-Fried Oysters](#)

[Crumb-Topped Clams](#)

[Daiquiris](#)

[Delmonico Potatoes](#)

[From-Scratch Bagels](#)

[Glazed Cinnamon Apples](#)

[Gnocchi with Thyme Butter](#)

[Irish Soda Bread](#)

[Korean Wontons](#)

[Latkes with Lox](#)

[Long Island Iced Tea](#)

[Manhattan Clam Chowder](#)

[Maple Syrup Corn Bread](#)

[Martini](#)

[Matzo Ball Soup](#)

[Mushroom-Swiss Mac & Cheese](#)

[Orange Julius](#)

[Parker House Dinner Rolls](#)

[Pickled Eggs with Beets](#)

[Poutine](#)

[Scotch Broth](#)

[Smoked Salmon Appetizer](#)

[Soft Pretzels](#)

[Thousand Island Dressing](#)

[Turnip Casserole](#)

[Turtle Soup](#)

[U.S. Senate Bean Soup](#)

[Vermont Baked Beans](#)

[Waldorf Salad](#)

[Watergate Salad](#)

[Wild Blueberry Muffins](#)

[Wilted Greens Over Potatoes](#)

Sweets

[Amish Sugar Cookies](#)

[Apple Betty with Almond Cream](#)

[Apple Rhubarb Crumble](#)

[Big & Buttery Chocolate Chip Cookies](#)

[Blueberry Buckle](#)

[Boston Cream Pie](#)

[Brandy Snap Cannoli](#)

[Brooklyn Blackout Cake](#)

[Chocolate-Almond Sacher Torte](#)

[Chocolate Dream Whoopie Pies](#)

[Chocolate Guinness Cake](#)

[Concord Grape Pie](#)

[Crumble-Top Coffee Cake](#)

[First-Prize Doughnuts](#)

[Five-Fruit Pie](#)

[Funnel Cakes](#)

[Grandma's Red Velvet Cake](#)

[Grandma's Tandy Kake](#)

[Hermits](#)

[Indian Pudding](#)

[Italian Pignoli Cookies](#)

[Joe Froggers](#)

[Kettle Corn](#)

[Maine Mud Cookies](#)

[Maine Potato Candy](#)

[Mamie Eisenhower's Fudge](#)

[Maple-Cream Apple Pie](#)

[Maple Sugar Cake](#)

[Maple Syrup Pudding](#)

[Mock Apple Pie](#)

[New York State Apple Muffins](#)

[New York-Style Cheesecake](#)

[Orange-Glazed Crullers](#)

[Pizzelle](#)

[Potato Chip Cookies](#)

[Pumpkin Patch Pie](#)

[Raspberry Ice Cream](#)

[Shoofly Pie](#)

[Snickerdoodles](#)

[Special Raisin Pie](#)

[Walnut Mincemeat Pie](#)

[Watergate Cake](#)

NUTS (*also see* [Almonds](#); [Cashews](#); [Hazelnuts](#); [Macadamia Nuts](#); [Peanuts](#); [Pecans](#); [Pistachios](#); [Walnuts](#))

[Ginger-Pear Upside-Down Pie](#)

[Nutty Berry Trail Mix](#)

[Waldorf Salad](#)

OATS

[Baked Blueberry & Peach Oatmeal](#)

[Best Date Bars](#)

[Flaxseed Oatmeal Pancakes](#)

[Four-Grain Bread](#)

[It's It Ice Cream Sandwiches](#)

[Kansas Whole Wheat Bread](#)

[Oatmeal Raisin Cookies](#)

[Slow Cooker Goetta](#)

[Sunflower-Cherry Granola Bars](#)

[Wyoming Cowboy Cookies](#)

OKRA

[Chicken and Okra Gumbo](#)

[Southern Fried Okra](#)

OLIVES

[Antipasto Sub](#)

[Black-and-Blue Pizzas](#)

[Chicken Tamales](#)

[Deluxe Muffuletta](#)

[Easy Cuban Picadillo](#)

[Herbed Artichoke Cheese Tortellini](#)

[Tomatillo Relish](#)

ONIONS

[Blueberry-Orange Onion Salad](#)

[Caramelized-Onion Pork](#)

[Company Onion Soup](#)

[Fried Onion Rings](#)

[Herbed Fennel and Onion](#)

[Sweet Onion BBQ Burgers](#)

[Vidalia Onion Bake](#)

ORANGE

[Blueberry-Orange Onion Salad](#)

[Cuban Pork Roast](#)

[Fruity Rum Punch](#)

[Mexican Carnitas](#)

[Mixed Citrus Marmalade](#)

[Orange-Glazed Crullers](#)

[Orange Julius](#)

[Orange Meringue Pie](#)

[Orange Natilla Custard Pie](#)

[Orange-Pecan Hot Wings](#)

[Tequila Sunrise](#)

OYSTERS

[Baked Oysters with Tasso Cream](#)

[Crispy Oven-Fried Oysters](#)

[Oyster Stuffing](#)

PANCAKES

[Flaxseed Oatmeal Pancakes](#)

[Latkes with Lox](#)

[Maple Pancakes](#)

[Swedish Pancakes](#)

[Sweet Potato Pancakes with Caramel Sauce](#)

PARSNIPS

[Roasted Root Veggies](#)

[Triple Mash with Horseradish Bread Crumbs](#)

PASTA (*also see* [Noodles](#))

Appetizer

[Toasted Cheese Ravioli](#)

Main Dishes

[Artichoke Shrimp Linguine](#)

[Cajun Shrimp Lasagna Roll-Ups](#)

[Crawfish Fettuccine](#)

[Fiddlehead Shrimp Salad](#)

[Hearty Chili Mac](#)

[Herbed Artichoke Cheese Tortellini](#)

[Morel Mushroom Ravioli](#)

[Penne alla Vodka Sauce](#)

[Pesto Scallops Vermicelli](#)

[Sausage and Pumpkin Pasta](#)

[Spicy Sesame Shrimp & Noodle Salad](#)

[Tofu Manicotti](#)

[Vegetable Pad Thai](#)

Side Dishes

[Bistro Mac & Cheese](#)

[Crumb-Topped Bistro Mac](#)

[Four-Cheese Macaroni](#)

[Homey Mac & Cheese](#)

[Lamb Kabobs with Bulgur Pilaf](#)

[Mushroom-Swiss Mac & Cheese](#)

[Nacho Mac 'n' Cheese](#)

PEACHES

[Baked Blueberry & Peach Oatmeal](#)

[Butterscotch Peach Pie](#)

[Georgia Peach Ice Cream](#)

[Peach and Raspberry Clafouti](#)

[Peach Chutney](#)

[Peach Wine Coolers](#)

[South Carolina Cobbler](#)

PEANUT BUTTER

[Chocolate-Covered Buckeyes](#)

[Chocolate Fluffernutter Sandwiches](#)

[Grandma's Tandy Kake](#)

[Popcorn Delight](#)

[Spicy Peanut Soup](#)

[Sunflower-Cherry Granola Bars](#)

[Toasted PB & Banana Sandwiches](#)

PEANUTS

[Georgia Peanut Salsa](#)

[Jicama Slaw with Peanuts](#)

[Peanutty Chicken](#)

[Popcorn Delight](#)

[Spicy Peanut Soup](#)

PEARS

[Apple Pear Pie](#)

[Ginger-Pear Upside-Down Pie](#)

[Hazelnut and Pear Salad](#)

[Monster Caramel Pears](#)

PEAS *see* [Black-Eyed Peas](#); [Split Peas](#)

PECANS

[Bourbon Chocolate Pecan Pie](#)

[Bourbon Pecan Pralines](#)

[Candied Pecans](#)

[Caramel-Pecan Apple Pie](#)

[Chocolate Mexican Wedding Cakes](#)

[Chocolate Pecan Torte](#)

[Creamy Banana Pecan Pie](#)

[Double Nut Baklava](#)

[German Chocolate Cake](#)

[Lady Baltimore Cake](#)

[Mayan Chocolate Biscotti](#)

[Nutty Oven-Fried Chicken](#)

[Old-Fashioned Jam Cake](#)

[Orange-Pecan Hot Wings](#)

[Pecan Chicken with Blue Cheese Sauce](#)

[Pineapple Lime Gelatin](#)

[Sad Cake](#)

[Southern Lane Cake](#)

[Texas Pecan Pie](#)

PEPPERS, SWEET (*also see* [Chili Peppers](#))

[Antipasto Sub](#)

[Black Beans with Brown Rice](#)

[Chicken Pesto Pizza](#)

[Citrus Chicken Fajitas](#)

[Citrus Veggie Chicken Fajitas](#)

[Country Captain Chicken](#)

[Easy Gazpacho](#)

[Grilled Sweet Potato and Red Pepper Salad](#)

[Hoppin' John](#)

[Jersey-Style Hot Dogs](#)

[Montana Wildfire Chili](#)

[Nacho Mac 'n' Cheese](#)

[Pat's King of Steaks Philly Cheese Steak](#)

[Rosemary-Garlic Roast Beef](#)

[Teriyaki Meatballs](#)

[Texas Caviar](#)

[Tomatillo Relish](#)

[Viva Panzanella](#)

PERSIMMONS

[Persimmon Pudding](#)

[Persimmon Salad with Honey Spiced Vinaigrette](#)

PICKLES & PICKLED

[Fried Pickle Coins](#)

[German-Style Pickled Eggs](#)

[Grandma's Dill Pickles](#)

[Kool-Aid Pickles](#)

[Pickled Beets](#)

[Pickled Eggs with Beets](#)

[Watermelon Rind Pickles](#)

PIES & TARTS

[Apple Pear Pie](#)

[Bourbon Chocolate Pecan Pie](#)

[Butterscotch Peach Pie](#)

[Candy Apple Pie](#)

[Caramel-Pecan Apple Pie](#)

[Cherry-Cream Crumble Pie](#)

[Concord Grape Pie](#)

[Creamy Banana Pecan Pie](#)

[Deep-Fried Cherry Pies](#)

[Delightful Apple Pie](#)

[Five-Fruit Pie](#)

[Fresh Cherry Pie](#)

[Ginger-Pear Upside-Down Pie](#)

[Glazed Blackberry Pie](#)

[Gooseberry Meringue Pie](#)

[Huckleberry Cheese Pie](#)

[Lemon Chess Pie](#)

[Lemonade Icebox Pie](#)

[Maple-Cream Apple Pie](#)

[Marshmallow-Almond Key Lime Pie](#)

[Mock Apple Pie](#)

[Old-Fashioned Coconut Pie](#)

[Old-Time Buttermilk Pie](#)

[Orange Meringue Pie](#)

[Orange Natilla Custard Pie](#)

[Oregon's Best Marionberry Pie](#)

[Ozark Mountain Berry Pie](#)

[Pumpkin Patch Pie](#)

[Shoofly Pie](#)

[Shortbread Lemon Tart](#)

[Simple Apricot Tart](#)

[Southern Sweet Potato Pie](#)

[Special Raisin Pie](#)

[Strawberry Rhubarb Pie](#)

[Streusel Pumpkin Pie](#)

[Sugar Cream Pie](#)

[Texas Pecan Pie](#)

[Vinegar Pie](#)

[Walnut Mincemeat Pie](#)

PINE NUTS

[Classic Pesto](#)

[Italian Pignoli Cookies](#)

[Pine Nut Caramel Shortbread](#)

PINEAPPLE

[Aloha Burgers](#)

[Chicken with Black Bean Salsa](#)

[Coconut Pineapple Cake](#)

[Fruity Rum Punch](#)

[Hummingbird Cake](#)

[Nutty Berry Trail Mix](#)

[Old-Fashioned Jam Cake](#)

[Pineapple Chicken Salad](#)

[Pineapple Ham Casserole](#)

[Pineapple Salsa](#)

[Plum Chicken Wraps](#)

[Teriyaki Meatballs](#)

[Tropical Turkey Meat Loaf](#)

[Watergate Salad](#)

PISTACHIOS

[Pistachio Cranberry Bark](#)

[Watergate Salad](#)

PIZZAS

[Baja Chicken Taco Pizza](#)

[Black-and-Blue Pizzas](#)

[Chicago Deep-Dish Pizza](#)

[Chicken Pesto Pizza](#)

[Homemade Pizza](#)

[New Haven Clam Pizza](#)

PLUMS

[Crown Roast with Plum-Apple Stuffing](#)

[Plum Chicken Wraps](#)

[Plum Crisp](#)

[Russian Krendl Bread](#)

[Sugar Plum Kringles](#)

POMEGRANATES

[Pomegranate Jelly](#)

[Chipotle Pomegranate Pulled Pork](#)

POPCORN

[Kettle Corn](#)

[Popcorn Delight](#)

[Traditional Popcorn Balls](#)

PORK (*also see [Bacon & Pancetta](#); [Ham & Prosciutto](#); [Sausage](#)*)

Appetizer

[Taylor's Jalapeno Poppers](#)

Main Dishes

Boneless Pork

[Southwestern Potpie with Cornmeal Biscuits](#)

[Spiedis](#)

Chops

[Balsamic-Glazed Pork Chops](#)

[Pennsylvania Dutch Pork Chops](#)

[Pork Chops with Cherry Sauce](#)

[Pork Chops with Mushroom Bourbon Sauce](#)

[Pork Chops with Sauerkraut](#)

[Soda Pop Chops with Smashed Potatoes](#)

[Tonkatsu](#)

Ground Pork

[Bacon-Wrapped Meat Loaf](#)

[Cincinnati Chili](#)

[Mock Chicken Legs](#)

[Split Pea Soup with Meatballs](#)

[Swedish Meatballs](#)

[Tourtieres](#)

[Vietnamese Pork Lettuce Wraps](#)

Ribs

[Country-Style Grilled Ribs](#)

[Molasses-Glazed Baby Back Ribs](#)

[Pork Ribs and Chilies](#)

[South Carolina-Style Ribs](#)

[Sweet 'n' Smoky Kansas City Ribs](#)

Roasts

[Braised Pork with Tomatillos](#)

[Carne de Cerdo Sopas](#)

[Crown Roast with Plum-Apple Stuffing](#)

[Cuban Pork Roast](#)

[Mexican Carnitas](#)

[New England Boiled Dinner](#)

[Slow-Cooked Lechon with Mojito Sauce](#)

[Spicy Slow-Cooked Portuguese Cacoila](#)

[Sunday Pot Roast](#)

Tenderloins

[Caramelized-Onion Pork](#)

[Carolina Marinated Pork Tenderloin](#)

[Chipotle BBQ Pork Sandwiches](#)

[Cranberry Pork Medallions](#)

[Portuguese Pork Tenderloin](#)

Sandwiches

[Chipotle BBQ Pork Sandwiches](#)

[Chipotle Pomegranate Pulled Pork](#)

[Cuban Roasted Pork Sandwiches](#)

[Spicy Pork Tostadas](#)

[Vietnamese Pork Lettuce Wraps](#)

[Whiskey Barbecue Pork](#)

Soups

[Land of Enchantment Posole](#)

[Split Pea Soup with Meatballs](#)

Stew

[Green Chili Pork Stew](#)

[Mexican Pork Stew](#)

POT ROASTS

[Coffee Beef Pot Roast](#)

[Country-Style Pot Roast](#)

[Sunday Pot Roast](#)

[Yankee Pot Roast](#)

POTATOES

Appetizer

[Latkes with Lox](#)

Breads

[Amish Potato Bread](#)

[Potato Casserole Bread](#)

Breakfast

[Amish Breakfast Casserole](#)

[Breakfast Mess](#)

Desserts

[Caramel-Frosted Potato Cake](#)

[Maine Potato Candy](#)

[Potato Chip Cookies](#)

Main Dishes

[Coconut Curry Chicken](#)

[Cornish Pasties](#)

[Frogmore Stew](#)

[Garlic-Roasted Chicken and Potatoes](#)

[German Potato Salad with Sausage](#)

[Greek Chicken Dinner](#)

[Grilled Clam Bake](#)

[Horseshoe Sandwiches](#)

[Irish Stew](#)

[Jersey-Style Hot Dogs](#)

[Low Country Boil](#)

[New England Boiled Dinner](#)

[New England Fish Bake](#)

[New England Salmon Pie](#)

[Pizza Tot Casserole](#)

[Red Flannel Hash](#)

[Rosemary-Garlic Roast Beef](#)

[Soda Pop Chops with Smashed Potatoes](#)

[Sunday Pot Roast](#)

Salad

[German Potato Salad](#)

Side Dishes

[Colcannon Potatoes](#)

[Delmonico Potatoes](#)

[Elegant Scalloped Potatoes](#)

[Gnocchi with Thyme Butter](#)

[Grandma's Potato Dumplings](#)

[Homemade Pierogies](#)

[Latkes](#)

[Mashed Potatoes with a Kick](#)

[Poutine](#)

[Roasted Root Veggies](#)

[Shredded Potato Casserole](#)

[Triple Mash with Horseradish Bread Crumbs](#)

[Wilted Greens Over Potatoes](#)

Soups

[Baked Potato Cheddar Soup](#)

[Classic Corn Chowder](#)

[Country Fish Chowder](#)

[Northwest Salmon Chowder](#)

POULTRY (see [Chicken](#); [Turkey](#))

[Pheasant in Mustard Sauce](#)

[Southern Pan-Fried Quail with Cream Cheese Grits](#)

PRESERVING

[All-Day Apple Butter](#)

[Cinnamon Blueberry Jam](#)

[Grandma's Dill Pickles](#)

[Mixed Citrus Marmalade](#)

[Over-the-Top Cherry Jam](#)

[Peach Chutney](#)

[Pomegranate Jelly](#)

[Texas Jalapeno Jelly](#)

[Tomatillo Relish](#)

[Watermelon Rind Pickles](#)

[Yellow Summer Squash Relish](#)

PUDDINGS & CUSTARDS

[Arroz con Leche \(Rice Pudding\)](#)

[Banana Pudding](#)

[Caramel Flan](#)

[Croissant Pudding with Chocolate Kahlua Sauce](#)

[Indian Pudding](#)

[Maple Syrup Pudding](#)

[New Orleans Bread Pudding](#)

[Ozark Pudding Cake](#)

[Peach and Raspberry Clafouti](#)

[Persimmon Pudding](#)

[Swedish Christmas Rice Pudding](#)

[Watergate Salad](#)

PUFF PASTRY

[Lobster-Stuffed Beef Wellington](#)

PUMPKIN

[Black Bean 'n' Pumpkin Chili](#)

[Pumpkin Dinner Rolls](#)

[Pumpkin Patch Pie](#)

[Sausage and Pumpkin Pasta](#)

[Streusel Pumpkin Pie](#)

PUMPKIN SEEDS & PEPITAS

[Cilantro-Pepita Pesto](#)

[Nuts and Seeds Trail Mix](#)

[Spicy Pumpkin Seeds](#)

QUICK BREADS (*also see [Biscuits](#); [Corn Bread](#); [Coffee Cakes](#); [Muffins](#); [Pancakes](#)*)

[Authentic Boston Brown Bread](#)

[Blueberry Tea Bread](#)

[Caraway Irish Soda Bread](#)

[Fry Bread Sandwiches](#)

[Homemade Tortillas](#)

[Irish Soda Bread](#)

[Kentucky Spoon Bread](#)

[Navajo Fry Bread](#)

[Sopaipillas](#)

RAISINS

[Arroz con Leche \(Rice Pudding\)](#)

[Caraway Irish Soda Bread](#)

[Country Captain Chicken](#)

[Easy Cuban Picadillo](#)

[Grandma's Applesauce Cake](#)

[Hermits](#)

[Irish Soda Bread](#)

[Lady Baltimore Cake](#)

[New Orleans Bread Pudding](#)

[Nutty Berry Trail Mix](#)

[Oatmeal Raisin Cookies](#)

[Old-Fashioned Jam Cake](#)

[Southern Lane Cake](#)

[Special Raisin Pie](#)

[Standish House Cranberry Relish](#)

[Traditional Stollen](#)

[Warm 'n' Fruity Breakfast Cereal](#)

RASPBERRIES

[Five-Fruit Pie](#)

[Ozark Mountain Berry Pie](#)

[Peach and Raspberry Clafouti](#)

[Raspberry Ice Cream](#)

[Very Berry Crisp](#)

RHUBARB

[Apple Rhubarb Crumble](#)

[Five-Fruit Pie](#)

[Rhubarb Custard Bars](#)

[Rhubarb Icebox Dessert](#)

[Strawberry Rhubarb Pie](#)

RIBS

[Barbecued Beef Short Ribs](#)

[Country-Style Grilled Ribs](#)

[Molasses-Glazed Baby Back Ribs](#)

[Pork Ribs and Chilies](#)

[South Carolina-Style Ribs](#)

[Sweet 'n' Smoky Kansas City Ribs](#)

RICE & WILD RICE

Appetizer

[California Sushi Rolls](#)

Beverage

[Horchata](#)

Desserts

[Arroz con Leche \(Rice Pudding\)](#)

[Swedish Christmas Rice Pudding](#)

Main Dishes

[Arroz con Pollo](#)

[Black Beans with Brown Rice](#)

[Chimichurri Shrimp Skillet](#)

[Coconut Curry Chicken](#)

[Creole Jambalaya](#)

[Curried Tofu with Rice](#)

[Louisiana Red Beans and Rice](#)

[Wild Rice Chicken Dinner](#)

Salad

[Cherry Wild Rice Salad](#)

Side Dishes

[Authentic Spanish Rice](#)

[Butternut Squash Risotto](#)

[Cheddar Rice Casserole](#)

[Cheesy Beans and Rice](#)

[Dirty Rice](#)

[Rice Dressing](#)

[Wild Rice Pilaf](#)

Soup

[Lentil Vegetable Soup](#)

ROASTS

[Award-Winning Chuck Wagon Chili](#)

[Braised Pork with Tomatillos](#)

[Carne de Cerdo Sopas](#)

[Carolina Marinated Pork Tenderloin](#)

[Chicago-Style Beef Sandwiches](#)

[Chipotle Pomegranate Pulled Pork](#)

[Crown Roast with Plum-Apple Stuffing](#)

[Cuban Pork Roast](#)

[Cuban Roasted Pork Sandwiches](#)

[Howard's Sauerbraten](#)

[Mexican Carnitas](#)

[Perfect Prime Rib Roast](#)

[Rosemary-Garlic Roast Beef](#)

[Sirloin Roast with Gravy](#)

[Slow-Cooked Lechon with Mojito Sauce](#)

[Southwestern Potpie with Cornmeal Biscuits](#)

[Spicy Pork Tostadas](#)

[Tex-Mex Beef Sandwiches](#)

[Whiskey Barbecue Pork](#)

ROLLS see [Yeast Breads](#)

RUM

[Bananas Foster](#)

[Daiquiris](#)

[Guava Coconut Rum Cocktail](#)

[Joe Froggers](#)

[Long Island Iced Tea](#)

[Mai Tai](#)

[Passion Fruit Hurricanes](#)

[Texas Tea](#)

[Tres Leches Cake](#)

RUTABAGA

[New England Boiled Dinner](#)

[Roasted Root Veggies](#)

[Triple Mash with Horseradish Bread Crumbs](#)

RYE FLOUR

[Authentic Boston Brown Bread](#)

[Old-World Rye Bread](#)

SALAD DRESSINGS

[Chunky Blue Cheese Dressing](#)

[Creamy Garlic Dressing](#)

[Green Goddess Salad Dressing](#)

[Ranch Dressing and Dip Mix](#)

[Thousand Island Dressing](#)

SALADS

Bean & Grain Salads

[Black-Eyed Pea Corn Salad](#)

[Black-Eyed Pea Salad](#)

[Corn Bread Layered Salad](#)

[Southwestern Barley Salad](#)

[Tabbouleh](#)

[Three-Bean Salad](#)

Coleslaw

[Jicama Slaw with Peanuts](#)

Fruit Salads

[Ambrosia Fruit Salad](#)

[Southwestern Watermelon Salad](#)

[Waldorf Salad](#)

[Watergate Salad](#)

Gelatin Salad

[Pineapple Lime Gelatin](#)

Green Salads

[Avocado Malibu Salad](#)

[Blueberry-Orange Onion Salad](#)

[Hazelnut and Pear Salad](#)

[Persimmon Salad with Honey Spiced Vinaigrette](#)

[Romaine Caesar Salad](#)

[Tex-Mex Spinach Salad](#)

[Viva Panzanella](#)

Main-Dish Salads

[Buffalo Steak Salad](#)

[Cobb Salad](#)

[Fiddlehead Shrimp Salad](#)

[Lobster Rolls](#)

[Mango-Chutney Chicken Salad](#)

[Northwest Salmon Salad](#)

[Pineapple Chicken Salad](#)

[Spicy Sesame Shrimp & Noodle Salad](#)

[Vietnamese Crunchy Chicken Salad](#)

Potato Salads

[German Potato Salad](#)

[Grilled Sweet Potato and Red Pepper Salad](#)

Rice Salad

[Cherry Wild Rice Salad](#)

Vegetable Salads

[Colorful Tomato 'n' Mozzarella Salad](#)

[Liberty Sauerkraut Salad](#)

[Marinated Tomatoes](#)

SALSAS

[Fire-Roasted Tomato Salsa](#)

[Georgia Peanut Salsa](#)

[Mango Salsa](#)

[Pineapple Salsa](#)

[Salsa Verde](#)

[Watermelon Salsa](#)

SANDWICHES & WRAPS (*also see [Burgers](#)*)

Cold Sandwiches

[Antipasto Sub](#)

[Blue Cheese Clubs](#)

[Chocolate Fluffernutter Sandwiches](#)

[Deluxe Muffuletta](#)

[Fry Bread Sandwiches](#)

[Ham on Biscuits](#)

[Lobster Rolls](#)

[Toasted PB & Banana Sandwiches](#)

[Tomato Sandwiches](#)

[Ultimate Pastrami Sandwiches](#)

Hot Sandwiches

[Arkansas Travelers](#)

[Beef Gyros](#)

[Brats in Beer](#)

[Breaded Eggplant Sandwiches](#)

[Cajun Catfish Sandwiches](#)

[Chicago-Style Beef Sandwiches](#)

[Chicken Tostadas with Mango Salsa](#)

[Chili Chicken Sandwiches](#)

[Chili Coney Dogs](#)

[Chipotle BBQ Pork Sandwiches](#)

[Chipotle Pomegranate Pulled Pork](#)

[Cornish Pasties](#)

[Country Ham Sandwiches](#)

[Cuban Roasted Pork Sandwiches](#)

[Hot Brown Sandwiches](#)

[Hungarian Hot Dogs](#)

[Jersey-Style Hot Dogs](#)

[Mom's Dynamite Sandwiches](#)

[Onion Loose Meat Sandwiches](#)

[Pat's King of Steaks Philly Cheese Steak](#)

[Plum Chicken Wraps](#)

[Runza](#)

[Shredded Venison Sandwiches](#)

[Shrimp Po-Boys](#)

[Spicy Slow-Cooked Portuguese Cacoila](#)

[Tex-Mex Beef Sandwiches](#)

[Toasted Reubens](#)

[Toasty Deli Hoagie](#)

[Vietnamese Pork Lettuce Wraps](#)

[Whiskey Barbecue Pork](#)

SAUCES (*also see [Condiments](#); [Jams & Jellies](#)*)

[Cilantro-Pepita Pesto](#)

[Classic Pesto](#)

[Cuban Chimichurri](#)

SAUERKRAUT

[Corned Beef 'n' Sauerkraut Bake](#)

[German Potato Salad with Sausage](#)

[Liberty Sauerkraut Salad](#)

[Pork Chops with Sauerkraut](#)

[Sauerkraut Meatballs](#)

[Toasted Reubens](#)

SAUSAGE

Appetizers

[Armadillo Eggs](#)

[Hanky Pankies](#)

[Microwave Texas Nachos](#)

Main Dishes

[Cajun Shrimp Lasagna Roll-Ups](#)

[Chicago Deep-Dish Pizza](#)

[Chorizo-Stuffed Turkey Breast with Mexican Grits](#)

[Cornmeal Scrapple](#)

[Flank Steak Santa Fe](#)

[Frogmore Stew](#)

[German Potato Salad with Sausage](#)

[Home-Style Sausage Gravy and Biscuits](#)

[Louisiana Red Beans and Rice](#)

[Low Country Boil](#)

[Pepperoni Rolls](#)

[Prosciutto-Stuffed Meat Loaf](#)

[Sauerkraut Meatballs](#)

[Sausage and Pumpkin Pasta](#)

[Slow Cooker Goetta](#)

[Stuffed Breakfast Burritos](#)

[Tacoritos](#)

Sandwiches

[Bayou Burgers with Spicy Remoulade](#)

[Brats in Beer](#)

[Chili Coney Dogs](#)

[Corn Dogs](#)

[Hungarian Hot Dogs](#)

[Jersey-Style Hot Dogs](#)

Side Dishes

[Calico Corn Bread Dressing](#)

[Chestnut Sausage Stuffing](#)

[Dirty Rice](#)

Soups

[Andouille-Shrimp Cream Soup](#)

[Chorizo Sausage Corn Chowder](#)

[Italian Sausage Bean Soup](#)

SCALLOPS

[Coquilles St. Jacques](#)

[Fresh and Spicy Cioppino](#)

[Pesto Scallops Vermicelli](#)

SEAFOOD see [Clams](#); [Crab](#); [Crawfish](#); [Fish](#); [Lobster](#); [Mussels](#); [Oysters](#); [Scallops](#); [Shrimp](#)

SHORTCAKES

[Berry Shortcake](#)

[Mixed Fruit Shortcake](#)

[Strawberry Biscuit Shortcake](#)

[Strawberry Shortcake](#)

SHRIMP

[Andouille-Shrimp Cream Soup](#)

[Artichoke Shrimp Linguine](#)

[Cajun Shrimp Lasagna Roll-Ups](#)

[Catfish Spread](#)

[Chimichurri Shrimp Skillet](#)

[Creole Jambalaya](#)

[Fiddlehead Shrimp Salad](#)

[Fresh and Spicy Cioppino](#)

[Frogmore Stew](#)

[Garlicky Herbed Shrimp](#)

[Louisiana Shrimp](#)

[Low Country Boil](#)

[Scampi Adobo](#)

[Shrimp Po-Boys](#)

[Southern Shrimp & Grits](#)

[Spicy Sesame Shrimp & Noodle Salad](#)

[Spicy Shrimp Skewers](#)

[Thai Curry with Shrimp & Coconut](#)

SIDE DISHES (*also see [Condiments](#); [Dressings & Stuffings](#); [Salads](#))*

Beans & Grains

[Calico Corn Bread Dressing](#)

[Cheese 'n' Grits Casserole](#)

[Chili 'n' Cheese Grits](#)

[Cowboy Baked Beans](#)

[Down-Home Hush Puppies](#)

[Vermont Baked Beans](#)

Dumplings

[Grandma's Potato Dumplings](#)

[Homemade Pierogies](#)

[Spaetzle Dumplings](#)

Fruit

[Cinnamon Apples](#)

[Glazed Cinnamon Apples](#)

Pasta

[Bistro Mac & Cheese](#)

[Crumb-Topped Bistro Mac](#)

[Four-Cheese Macaroni](#)

[Gnocchi with Thyme Butter](#)

[Homey Mac & Cheese](#)

[Mushroom-Swiss Mac & Cheese](#)

[Nacho Mac 'n' Cheese](#)

Rice

[Authentic Spanish Rice](#)

[Butternut Squash Risotto](#)

[Cheddar Rice Casserole](#)

[Cheesy Beans and Rice](#)

[Dirty Rice](#)

[Rice Dressing](#)

[Wild Rice Pilaf](#)

Vegetables

[Bacon Collard Greens](#)

[Candied Sweet Potatoes](#)

[Colcannon Potatoes](#)

[Corn and Broccoli in Cheese Sauce](#)

[Creamed Corn with Bacon](#)

[Creamy Succotash](#)

[Delmonico Potatoes](#)

[Elegant Scalloped Potatoes](#)

[Fried Cactus Strips](#)

[Fried Green Tomatoes](#)

[Fried Onion Rings](#)

[Fried Pickle Coins](#)

[Fried Squash Blossoms Snack](#)

[Herbed Fennel and Onion](#)

[Hoppin' John](#)

[Latkes](#)

[Mashed Potatoes with a Kick](#)

[Mexican Fried Corn](#)

[Pickled Beets](#)

[Poutine](#)

[Roasted Root Veggies](#)

[Shredded Potato Casserole](#)

[Smoky Grilled Corn](#)

[South Coast Hominy](#)

[Southern Fried Okra](#)

[Stir-Fried Asparagus](#)

[Sweet Potato Fries](#)

[Triple Mash with Horseradish Bread Crumbs](#)

[Turnip Casserole](#)

[Vidalia Onion Bake](#)

[Wilted Greens Over Potatoes](#)

SLOW COOKER RECIPES

[All-Day Apple Butter](#)

[Apple Betty with Almond Cream](#)

[Black Bean 'n' Pumpkin Chili](#)

[Burgundy Lamb Shanks](#)

[Chicago-Style Beef Sandwiches](#)

[Chicken Mole Ole](#)

[Chili Coney Dogs](#)

[Chipotle Pomegranate Pulled Pork](#)

[Coconut Curry Chicken](#)

[Coffee Beef Pot Roast](#)

[Corn and Broccoli in Cheese Sauce](#)

[Cranberry Apple Cider](#)

[Creamed Corn](#)

[German Potato Salad with Sausage](#)

[Glazed Cinnamon Apples](#)

[Greek Chicken Dinner](#)

[Hungarian Goulash](#)

[Lime Chicken Tacos](#)

[Louisiana Red Beans and Rice](#)

[Montana Wildfire Chili](#)

[Moroccan Vegetable Chicken Tagine](#)

[Mulled Dr Pepper](#)

[Shredded Venison Sandwiches](#)

[Sirloin Roast with Gravy](#)

[Slow-Cooked Lechon with Mojito Sauce](#)

[Slow Cooker Goetta](#)

[Spicy Slow-Cooked Portuguese Cacoila](#)

[Sunday Pot Roast](#)

[Tex-Mex Beef Sandwiches](#)

[Warm 'n' Fruity Breakfast Cereal](#)

[Whiskey Barbecue Pork](#)

SNACK MIXES

[Nuts and Seeds Trail Mix](#)

[Nutty Berry Trail Mix](#)

[Popcorn Delight](#)

SNACKS

[Fruity Cereal Bars](#)

[Holiday Almonds](#)

[Microwave Texas Nachos](#)

[Monster Caramel Apples](#)

[Monster Caramel Pears](#)

[Spicy Pumpkin Seeds](#)

[Sunflower-Cherry Granola Bars](#)

[Teriyaki Beef Jerky](#)

[Traditional Popcorn Balls](#)

SODA

[Brandy Old-Fashioned Sweet](#)

[Coke Cake](#)

[Dr Pepper BBQ Sauce](#)

[Dr Pepper Cake](#)

[Fruit Slush](#)

[Golden Pound Cake](#)

[Long Island Iced Tea](#)

[Molasses-Glazed Baby Back Ribs](#)

[Mulled Dr Pepper](#)

[Soda Pop Chops with Smashed Potatoes](#)

[Texas Tea](#)

[Watergate Cake](#)

SOUPS (*also see [Chili](#)*)

[Andouille-Shrimp Cream Soup](#)

[Baked Potato Cheddar Soup](#)

[Cheese Soup](#)

[Chicken Corn Soup with Rivals](#)

[Chorizo Sausage Corn Chowder](#)

[Classic Corn Chowder](#)

[Company Onion Soup](#)

[Corn Soup with Pico de Gallo](#)

[Country Fish Chowder](#)

[Cream of Mussel Soup](#)

[Easy Gazpacho](#)

[Holiday Fruit Soup](#)

[Italian Sausage Bean Soup](#)

[Land of Enchantment Posole](#)

[Lentil-Tomato Soup](#)

[Lentil Vegetable Soup](#)

[Manhattan Clam Chowder](#)

[Matzo Ball Soup](#)

[Miso Soup with Tofu and Enoki](#)

[Navy Bean Soup](#)

[Northwest Salmon Chowder](#)

[Scotch Broth](#)

[Spicy Peanut Soup](#)

[Split Pea Soup with Meatballs](#)

[Tortilla-Vegetable Chicken Soup](#)

[Turtle Soup](#)

[U.S. Senate Bean Soup](#)

SOUTH

Main Dishes

[Arkansas Travelers](#)

[Bayou Burgers with Spicy Remoulade](#)

[Beef Brisket with Mop Sauce](#)

[Black-and-Blue Pizzas](#)

[Blackened Chicken](#)

[Bourbon Baked Ham](#)

[Brunswick Stew](#)

[Cajun Beef Burgers](#)

[Cajun Catfish Sandwiches](#)

[Cajun Shrimp Lasagna Roll-Ups](#)

[Carolina Marinated Pork Tenderloin](#)

[Chicken and Okra Gumbo](#)

[Cool-Kitchen Meat Loaf](#)

[Country Captain Chicken](#)

[Country Ham Sandwiches](#)

[Crab Cakes with Chesapeake Bay Mayo](#)

[Crawfish Etouffee](#)

[Crawfish Fettuccine](#)

[Creole Chicken](#)

[Creole Jambalaya](#)

[Creole Steaks](#)

[Cuban Pork Roast](#)

[Cuban Roasted Pork Sandwiches](#)

[Deluxe Muffuletta](#)

[Easy Cuban Picadillo](#)

[Frogmore Stew](#)

[Ham on Biscuits](#)

[Home-Style Sausage Gravy and Biscuits](#)

[Hot Brown Sandwiches](#)

[Hot Chicken Salad](#)

[Kentucky Grilled Chicken](#)

[Lakes Burgoo](#)

[Louisiana Red Beans and Rice](#)

[Low Country Boil](#)

[Molasses-Glazed Baby Back Ribs](#)

[Nutty Oven-Fried Chicken](#)

[Peanutty Chicken](#)

[Pepperoni Rolls](#)

[Pork Chops with Mushroom Bourbon Sauce](#)

[Red-Eye Beef Roast](#)

[Salmon Croquettes](#)

[Shredded Barbecue Chicken over Grits](#)

[Shrimp Po-Boys](#)

[Slow-Cooked Lechon with Mojito Sauce](#)

[Soda Pop Chops with Smashed Potatoes](#)

[South Carolina-Style Ribs](#)

[Southern Barbecued Brisket](#)

[Southern Barbecued Chicken](#)

[Southern Eggs and Biscuits](#)

[Southern Fried Chicken](#)

[Southern Pan-Fried Quail with Cream Cheese Grits](#)

[Southern Shrimp & Grits](#)

[Sweet Potato Pancakes with Caramel Sauce](#)

[Toasted PB & Banana Sandwiches](#)

[Tomato Sandwiches](#)

[Whiskey Barbecue Pork](#)

[Whiskey Sirloin Steak](#)

Sides & More

[Alabama White BBQ Sauce](#)

[Ambrosia Fruit Salad](#)

[Andouille-Shrimp Cream Soup](#)

[Bacon Collard Greens](#)

[Baked Oysters with Tasso Cream](#)

[Barbecue Sauce with Mustard](#)

[Black-Eyed Pea Salad](#)

[Buttermilk Corn Bread](#)

[Candied Sweet Potatoes](#)

[Catfish Spread](#)

[Cheddar Rice Casserole](#)

[Cheese 'n' Grits Casserole](#)

[Corn Bread Layered Salad](#)

[Creamy Succotash](#)

[Dirty Rice](#)

[Down-Home Hush Puppies](#)

[Fried Green Tomatoes](#)

[Fried Onion Rings](#)

[Fried Pickle Coins](#)

[Georgia Peanut Salsa](#)

[Homey Mac & Cheese](#)

[Hoppin' John](#)

[Kentucky Spoon Bread](#)

[Kool-Aid Pickles](#)

[Louisiana Shrimp](#)

[Marinated Tomatoes](#)

[Mint Juleps](#)

[Mixed Citrus Marmalade](#)

[Orange-Pecan Hot Wings](#)

[Oyster Stuffing](#)

[Passion Fruit Hurricanes](#)

[Peach Chutney](#)

[Persimmon Salad with Honey Spiced Vinaigrette](#)

[Pickled Beets](#)

[Pimiento Cheese Spread](#)

[Rice Dressing](#)

[Sally Lunn Batter Bread](#)

[South Coast Hominy](#)

[Southern Buttermilk Biscuits](#)

[Southern Fried Okra](#)

[Sweet Potato Fries](#)

[Sweet Potato Muffins](#)

[Sweet Tea Concentrate](#)

[Taylor's Jalapeno Poppers](#)

[Texas Tea](#)

[Vidalia Onion Bake](#)

[Watermelon Rind Pickles](#)

[Watermelon Spritzer](#)

[Yellow Summer Squash Relish](#)

Sweets

[Apple Pear Pie](#)

[Banana Pudding](#)

[Bananas Foster](#)

[Benne Wafers](#)

[Berry Shortcake](#)

[Blackberry Cobbler](#)

[Bourbon Chocolate Pecan Pie](#)

[Bourbon Pecan Pralines](#)

[Buttermilk Pound Cake](#)

[Butterscotch Peach Pie](#)

[Candied Pecans](#)

[Chocolate Hazelnut Tassies](#)

[Chocolate Moon Pies](#)

[Chocolate Pecan Torte](#)

[Chunky Fresh Mango Cake](#)

[Coke Cake](#)

[Deep-Fried Cherry Pies](#)

[Devil's Food Cake with Chocolate Fudge Frosting](#)

[Favorite Banana Chip Muffins](#)

[Georgia Peach Ice Cream](#)

[Golden Pound Cake](#)

[Grandma's Blackberry Cake](#)

[Hummingbird Cake](#)

[Lady Baltimore Cake](#)

[Lemon Chess Pie](#)

[Lemon-Filled Coconut Cake](#)

[Lemonade Icebox Pie](#)

[Marshmallow-Almond Key Lime Pie](#)

[Mississippi Mud Cake](#)

[Mixed Fruit Shortcake](#)

[New Orleans Beignets](#)

[New Orleans Bread Pudding](#)

[Old-Fashioned Coconut Pie](#)

[Old-Fashioned Jam Cake](#)

[Old-Fashioned Stack Cakes](#)

[Old-Time Buttermilk Pie](#)

[Orange Meringue Pie](#)

[Orange Natilla Custard Pie](#)

[Ozark Pudding Cake](#)

[Sad Cake](#)

[Shortbread Lemon Tart](#)

[Sorghum Cookies](#)

[South Carolina Cobbler](#)

[Southern Lane Cake](#)

[Southern Sweet Potato Pie](#)

[Strawberry Biscuit Shortcake](#)

[Strawberry Rhubarb Pie](#)

[Traditional New Orleans King Cake](#)

SOUTHWEST

Main Dishes

[Arizona Chicken](#)

[Arroz con Pollo](#)

[Award-Winning Chuck Wagon Chili](#)

[Baja Chicken Taco Pizza](#)

[Barbecued Beef Brisket](#)

[Barbecued Beef Short Ribs](#)

[Beef Flautas](#)

[Black Bean Veggie Enchiladas](#)

[Black Beans with Brown Rice](#)

[Braised Pork with Tomatillos](#)

[Carne de Cerdo Sopas](#)

[Chicken-Fried Steaks](#)

[Chicken Mole Ole](#)

[Chicken Tamales](#)

[Chicken Tortilla Bake](#)

[Chicken Tostadas with Mango Salsa](#)

[Chicken with Black Bean Salsa](#)

[Chili Chicken Sandwiches](#)

[Chili Rellenos Burgers](#)

[Chimichangas](#)

[Chimichurri Shrimp Skillet](#)

[Chipotle BBQ Pork Sandwiches](#)

[Chorizo-Stuffed Turkey Breast with Mexican Grits](#)

[Chuck Wagon Tortilla Stack](#)

[Citrus Chicken Fajitas](#)

[Citrus Veggie Chicken Fajitas](#)

[Cobre Valley Casserole](#)

[Corn Bread with Black-Eyed Peas](#)

[Corn Dogs](#)

[Country-Style Grilled Ribs](#)

[Favorite Barbecued Chicken](#)

[Fiesta Smothered Chicken](#)

[Flank Steak Santa Fe](#)

[Fry Bread Sandwiches](#)

[Green Chili Pork Stew](#)

[Grilled Chiles Rellenos](#)

[Huevos Rancheros with Tomatillo Sauce](#)

[King Ranch Casserole](#)

[Land of Enchantment Posole](#)

[Lime Chicken Tacos](#)

[Mexican Carnitas](#)

[Mexican Pork Stew](#)

[Migas, My Way](#)

[Mom's Tamale Pie](#)

[Pinto Bean Chili](#)

[Pork Ribs and Chilies](#)

[Ribeyes with Chili Butter](#)

[Scampi Adobo](#)

[Sizzling Tex-Mex Fajitas](#)

[South-of-the-Border Meat Loaf](#)

[Southwest Frito Pie](#)

[Southwestern Beef Burritos](#)

[Southwestern Potpie with Cornmeal Biscuits](#)

[Spicy Pork Tostadas](#)

[Spicy Shrimp Skewers](#)

[Steak Burritos](#)

[Stuffed Breakfast Burritos](#)

[Tacoritos](#)

[Tex-Mex Beef Sandwiches](#)

[Zesty Tacos](#)

Sides & More

[Arizona Corn Bread](#)

[Armadillo Eggs](#)

[Authentic Spanish Rice](#)

[Bacon-Wrapped Cajun Jalapenos](#)

[Calico Corn Bread Dressing](#)

[Cheesy Beans and Rice](#)

[Chili 'n' Cheese Grits](#)

[Chili con Queso](#)

[Chipotle Sliders](#)

[Cilantro-Pepita Pesto](#)

[Corn Soup with Pico de Gallo](#)

[Cuban Chimichurri](#)

[Dr Pepper BBQ Sauce](#)

[Easy Gazpacho](#)

[Fire-Roasted Tomato Salsa](#)

[Fresh Lime Margaritas](#)

[Fried Cactus Strips](#)

[Frozen Lime Margaritas](#)

[Frozen Strawberry Margaritas](#)

[Grilled Sweet Potato and Red Pepper Salad](#)

[Guacamole](#)

[Home-Style Refried Beans](#)

[Homemade Tortillas](#)

[Horchata](#)

[Jicama Slaw with Peanuts](#)

[Mexican Fried Corn](#)

[Mexican Hot Chocolate](#)

[Microwave Texas Nachos](#)

[Mini Chicken Empanadas](#)

[Mulled Dr Pepper](#)

[Nacho Mac 'n' Cheese](#)

[Navajo Fry Bread](#)

[Nuts and Seeds Trail Mix](#)

[Prairie Fire Dip](#)

[Salsa Verde](#)

[Smoky Grilled Corn](#)

[Sopes](#)

[Southwestern Watermelon Salad](#)

[Tequila Sunrise](#)

[Tex-Mex Spinach Salad](#)

[Texas Caviar](#)

[Texas Jalapeno Jelly](#)

[Tomatillo Relish](#)

[Tortilla Dressing](#)

[Tortilla-Vegetable Chicken Soup](#)

[Watermelon Salsa](#)

Sweets

[Anise Butter Cookies](#)

[Arroz con Leche \(Rice Pudding\)](#)

[Candy Apple Pie](#)

[Caramel Flan](#)

[Cherry Pie Chimis](#)

[Chocolate Mexican Wedding Cakes](#)

[Chocolate Texas Sheet Cake](#)

[Chocolate Velvet Dessert](#)

[Classic Fruit Kolaches](#)

[Coconut Chocolate Cake](#)

[Croissant Pudding with Chocolate Kahlua Sauce](#)

[Dr Pepper Cake](#)

[Espresso Cream Cake](#)

[German Chocolate Cake](#)

[Lime Coconut Cheesecake](#)

[Mayan Chocolate Biscotti](#)

[Mexican Ice Cream](#)

[Oklahoma Coconut Poke Cake](#)

[Sopaipillas](#)

[Strawberry Shortcake](#)

[Texas Pecan Pie](#)

[Tres Leches Cake](#)

SPAETZLE *see* [Dumplings & Spaetzle](#)

SPINACH

[Cilantro-Pepita Pesto](#)

[Fresh and Spicy Cioppino](#)

[Tex-Mex Spinach Salad](#)

SPLIT PEAS

[Split Pea Soup with Meatballs](#)

SQUASH, SUMMER

[Citrus Veggie Chicken Fajitas](#)

[Fried Squash Blossoms Snack](#)

[Grilled Chiles Rellenos](#)

[Yellow Summer Squash Relish](#)

SQUASH, WINTER

[Butternut Squash Risotto](#)

[Moroccan Vegetable Chicken Tagine](#)

STEAKS

[Beef Gyros](#)

[Buffalo Steak Salad](#)

[Chicken-Fried Steaks](#)

[Chuck Wagon Chow](#)

[Cornish Pasties](#)

[Creole Steaks](#)

[Dan's Peppery London Broil](#)

[Flank Steak Santa Fe](#)

[Hungarian Goulash](#)

[Marinated Ribeyes](#)

[Pan-Fried Venison Steak](#)

[Ribeyes with Chili Butter](#)

[Sizzling Tex-Mex Fajitas](#)

[Southwestern Beef Burritos](#)

[Special Strip Steaks](#)

[Steak Burritos](#)

[Teriyaki Beef Jerky](#)

[Whiskey Sirloin Steak](#)

STEWs

[Beef Stew with Sesame Seed Biscuits](#)

[Brunswick Stew](#)

[Chicken and Okra Gumbo](#)

[Chicken with Slippery Dumplings](#)

[Chuck Wagon Chow](#)

[Creole Jambalaya](#)

[Fresh and Spicy Cioppino](#)

[Frogmore Stew](#)

[Green Chili Pork Stew](#)

[Irish Stew](#)

[Lakes Burgoo](#)

[Low Country Boil](#)

[Mexican Pork Stew](#)

[Venison Dumpling Stew](#)

[West African Chicken Stew](#)

STIR-FRIES

[Asian Veggie Glass Noodles](#)

[Chicken Long Rice](#)

[Citrus Chicken Fajitas](#)

[Citrus Veggie Chicken Fajitas](#)

[Cranberry Pork Medallions](#)

[Curried Tofu with Rice](#)

[Spicy Sesame Shrimp & Noodle Salad](#)

[Stir-Fried Asparagus](#)

[Thai Curry with Shrimp & Coconut](#)

[Vegetable Pad Thai](#)

STRAWBERRIES

[Five-Fruit Pie](#)

[Frozen Strawberry Margaritas](#)

[Ozark Mountain Berry Pie](#)

[Strawberry Biscuit Shortcake](#)

[Strawberry Cream Puffs](#)

[Strawberry Rhubarb Pie](#)

[Strawberry Shortcake](#)

[Very Berry Crisp](#)

SUNFLOWER KERNELS

[Crisp Sunflower Cookies](#)

[Nuts and Seeds Trail Mix](#)

[Nutty Berry Trail Mix](#)

[Sunflower-Cherry Granola Bars](#)

SWEET POTATOES

[Candied Sweet Potatoes](#)

[Grilled Sweet Potato and Red Pepper Salad](#)

[Southern Sweet Potato Pie](#)

[Spicy Peanut Soup](#)

[Sweet Potato Fries](#)

[Sweet Potato Muffins](#)

[Sweet Potato Pancakes with Caramel Sauce](#)

[West African Chicken Stew](#)

SWEET ROLLS see [Yeast Breads](#)

TACOS

[Fish Tacos with Avocado Sauce](#)

[Lime Chicken Tacos](#)

[Tacositos](#)

[Zesty Tacos](#)

TAMALE

[Chicken Tamales](#)

TEA

[Sweet Tea Concentrate](#)

TEQUILA

[Fresh Lime Margaritas](#)

[Frozen Lime Margaritas](#)

[Frozen Strawberry Margaritas](#)

[Long Island Iced Tea](#)

[Tequila Sunrise](#)

[Texas Tea](#)

TOFU

[Curried Tofu with Rice](#)

[Miso Soup with Tofu and Enoki](#)

[Tofu Manicotti](#)

[Vegetable Pad Thai](#)

TOMATILLOS

[Braised Pork with Tomatillos](#)

[Chicken Mole Ole](#)

[Huevos Rancheros with Tomatillo Sauce](#)

[Salsa Verde](#)

[Tomatillo Relish](#)

TOMATOES

[Arizona Chicken](#)

[Authentic Spanish Rice](#)

[Black-and-Blue Pizzas](#)

[Bloody Mary](#)

[Brunswick Stew](#)

[Chicago Deep-Dish Pizza](#)

[Cobb Salad](#)

[Colorful Tomato 'n' Mozzarella Salad](#)

[Company Swordfish](#)

[Country Captain Chicken](#)

[Creole Chicken](#)

[Creole Jambalaya](#)

[Creole Steaks](#)

[Easy Gazpacho](#)

[Fire-Roasted Tomato Salsa](#)

[Fried Green Tomatoes](#)

[Guacamole](#)

[Herbed Artichoke Cheese Tortellini](#)

[Lentil-Tomato Soup](#)

[Lori's Marzetti Bake](#)

[Louisiana Red Beans and Rice](#)

[Manhattan Clam Chowder](#)

[Marinated Tomatoes](#)

[Penne alla Vodka Sauce](#)

[Pineapple Salsa](#)

[Southwestern Barley Salad](#)

[Tomato Sandwiches](#)

[Viva Panzanella](#)

TORTILLAS & TORTILLA CHIPS

[Beef Flautas](#)

[Black Bean Veggie Enchiladas](#)

[Cherry Pie Chimis](#)

[Chicken Tortilla Bake](#)

[Chicken Tostadas with Mango Salsa](#)

[Chimichangas](#)

[Chuck Wagon Tortilla Stack](#)

[Citrus Chicken Fajitas](#)

[Citrus Veggie Chicken Fajitas](#)

[Cobre Valley Casserole](#)

[Corn Soup with Pico de Gallo](#)

[Fish Tacos with Avocado Sauce](#)

[Green Chili Pork Stew](#)

[King Ranch Casserole](#)

[Land of Enchantment Posole](#)

[Lime Chicken Tacos](#)

[Mexican Carnitas](#)

[Microwave Texas Nachos](#)

[Migas, My Way](#)

[Nacho Mac 'n' Cheese](#)

[Pinto Bean Chili](#)

[Sizzling Tex-Mex Fajitas](#)

[Southwestern Beef Burritos](#)

[Spicy Pork Tostadas](#)

[Steak Burritos](#)

[Stuffed Breakfast Burritos](#)

[Tacoritos](#)

[Tortilla Dressing](#)

[Tortilla-Vegetable Chicken Soup](#)

TOSTADA

[Spicy Pork Tostadas](#)

TURKEY

[Black Bean 'n' Pumpkin Chili](#)

[Blue Cheese Clubs](#)

[Chorizo-Stuffed Turkey Breast with Mexican Grits](#)

[Herb-Roasted Turkey](#)

[Hot Brown Sandwiches](#)

[Toasty Deli Hoagie](#)

[Tropical Turkey Meat Loaf](#)

TURNIPS

[New England Boiled Dinner](#)

[Roasted Root Veggies](#)

[Turnip Casserole](#)

VEAL

[Bacon-Wrapped Meat Loaf](#)

[Mock Chicken Legs](#)

VEGETABLES *(also see specific kinds)*

[Beef Stew with Sesame Seed Biscuits](#)

[Brunswick Stew](#)

[Chicken and Okra Gumbo](#)

[Chuck Wagon Tortilla Stack](#)

[Church Supper Hot Dish](#)

[Corn Bread Layered Salad](#)

[Creamy Succotash](#)

[Georgia Peanut Salsa](#)

[Irish Stew](#)

[Korean Wontons](#)

[Lakes Burgoo](#)

[Lentil Vegetable Soup](#)

[Moroccan Vegetable Chicken Tagine](#)

[Scotch Broth](#)

[Tortilla-Vegetable Chicken Soup](#)

[Tourtieres](#)

[Vegetable Pad Thai](#)

[Venison Dumpling Stew](#)

[Wilted Greens Over Potatoes](#)

[Yankee Pot Roast](#)

VENISON

[Bachelor Chili](#)

[Country-Style Pot Roast](#)

[Pan-Fried Venison Steak](#)

[Shredded Venison Sandwiches](#)

[Venison Dumpling Stew](#)

[Venison Parmigiana](#)

VODKA

[Beer Margaritas](#)

[Bloody Mary](#)

[Cape Codder](#)

[Long Island Iced Tea](#)

[Martini](#)

[Penne alla Vodka Sauce](#)

[Texas Tea](#)

WALNUTS

[Big & Buttery Chocolate Chip Cookies](#)

[Black Walnut Butter Cookies](#)

[Hermits](#)

[Mamie Eisenhower's Fudge](#)

[Nuts and Seeds Trail Mix](#)

[Persimmon Salad with Honey Spiced Vinaigrette](#)

[Poteca Nut Roll](#)

[Waldorf Salad](#)

[Walnut Mincemeat Pie](#)

WATERMELON

[Southwestern Watermelon Salad](#)

[Watermelon Rind Pickles](#)

[Watermelon Salsa](#)

[Watermelon Spritzer](#)

WEST

Main Dishes

[Almond Chicken Casserole](#)

[Aloha Burgers](#)

[Aromatic Fennel Chicken](#)

[Artichoke Chicken](#)

[Artichoke Shrimp Linguine](#)

[Asian Chicken Thighs](#)

[Asian Veggie Glass Noodles](#)

[Asparagus Salmon Pie](#)

[Baked Halibut](#)

[Balsamic-Glazed Pork Chops](#)

[Blackberry Chicken](#)

[Buffalo Steak Salad](#)

[Campfire Trout Dinner for Two](#)

[Caramelized-Onion Pork](#)

[Cashew Chicken Casserole](#)

[Cedar Plank Salmon with Blackberry Sauce](#)

[Cheese-Topped Swordfish](#)

[Chicken Long Rice](#)

[Chicken Pesto Pizza](#)

[Chipotle Pomegranate Pulled Pork](#)

[Chipotle-Sparked Mustard Salmon](#)

[Chuck Wagon Chow](#)

[Cobb Salad](#)

[Coconut Curry Chicken](#)

[Colorado Lamb Chili](#)

[Company Swordfish](#)

[Cornish Pasties](#)

[Country-Style Pot Roast](#)

[Crab Egg Foo Yung](#)

[Crab-Stuffed Avocados](#)

[Curried Tofu with Rice](#)

[Dan's Peppery London Broil](#)

[Fish Tacos with Avocado Sauce](#)

[Fresh and Spicy Cioppino](#)

[Garlic-Roasted Chicken and Potatoes](#)

[Garlicky Herbed Shrimp](#)

[Grilled Huli Huli Chicken](#)

[Herbed Artichoke Cheese Tortellini](#)

[Honey-Glazed Lamb Chops](#)

[Lemon-Herb Leg of Lamb](#)

[Macadamia-Crusted Mahi Mahi](#)

[Mango-Chutney Chicken Salad](#)

[Montana Wildfire Chili](#)

[Mushroom Asparagus Quiche](#)

[Northwest Salmon Chowder](#)

[Northwest Salmon Salad](#)

[Pacific Rim Salmon](#)

[Pan-Fried Venison Steak](#)

[Pineapple Chicken Salad](#)

[Pineapple Ham Casserole](#)

[Plum Chicken Wraps](#)

[Rabanadas \(Portuguese French Toast\)](#)

[Rack of Lamb with Figs](#)

[Rosemary-Garlic Roast Beef](#)

[Saucy Chicken and Asparagus](#)

[Scrumptious California Salmon](#)

[Sirloin Roast with Gravy](#)

[Spicy Sesame Shrimp & Noodle Salad](#)

[Stuffed Mountain Trout](#)

[Sweet Onion BBQ Burgers](#)

[Teriyaki Meatballs](#)

[Thai Curry with Shrimp & Coconut](#)

[Tofu Manicotti](#)

[Tonkatsu](#)

[Tropical Turkey Meat Loaf](#)

[Vegetable Pad Thai](#)

[Vietnamese Crunchy Chicken Salad](#)

[Vietnamese Pork Lettuce Wraps](#)

[Warm 'n' Fruity Breakfast Cereal](#)

[West African Chicken Stew](#)

Sides & More

[All-Day Apple Butter](#)

[Apple & Blue Cheese on Endive](#)

[Artichoke Stuffing](#)

[Avocado Malibu Salad](#)

[Baked Potato Cheddar Soup](#)

[Bistro Mac & Cheese](#)

[Blueberry-Orange Onion Salad](#)

[Buffalo Burger Topping](#)

[California Sushi Rolls](#)

[Champagne Cocktail](#)

[Chili Artichoke Dip](#)

[Classic Pesto](#)

[Colorful Tomato 'n' Mozzarella Salad](#)

[Company Onion Soup](#)

[Cowboy Baked Beans](#)

[Cranberry Honey Butter](#)

[Creamy Garlic Dressing](#)

[Crumb-Topped Bistro Mac](#)

[Elegant Artichokes](#)

[Finnish Bread](#)

[Fruity Rum Punch](#)

[Fry Sauce](#)

[Gorgonzola Figs with Balsamic Glaze](#)

[Green Goddess Salad Dressing](#)

[Guava Coconut Rum Cocktail](#)

[Hawaiian Sweet Bread](#)

[Hazelnut and Pear Salad](#)

[Herbed Fennel and Onion](#)

[Holiday Almonds](#)

[Iced Coffee Latte](#)

[Irish Coffee](#)

[Lentil-Tomato Soup](#)

[Lentil Vegetable Soup](#)

[Lick-the-Bowl-Clean Hummus](#)

[Mai Tai](#)

[Mango Salsa](#)

[Miso Soup with Tofu and Enoki](#)

[Nutty Berry Trail Mix](#)

[Peach Wine Coolers](#)

[Pineapple Lime Gelatin](#)

[Pineapple Salsa](#)

[Pomegranate Jelly](#)

[Potato Casserole Bread](#)

[Ranch Dressing and Dip Mix](#)

[Romaine Caesar Salad](#)

[Shredded Potato Casserole](#)

[Sourdough French Bread](#)

[Sourdough Starter](#)

[Southwestern Barley Salad](#)

[Stir-Fried Asparagus](#)

[Summer Kimchi](#)

[Teriyaki Beef Jerky](#)

[Utah Buttermilk Scones](#)

[Viva Panzanella](#)

[Wheat Yeast rolls](#)

[Zesty Lemon Curd](#)

Sweets

[Apple Jelly Candy](#)

[Apricot Bars](#)

[Best Date Bars](#)

[Caramel-Frosted Potato Cake](#)

[Caramel-Pecan Apple Pie](#)

[Cherry Chocolate Cake](#)

[Cherry-Cream Crumble Pie](#)

[Chocolate Hazelnut Gateau](#)

[Coconut Pineapple Cake](#)

[Creamy Banana Pecan Pie](#)

[Danish Puff](#)

[Date Shake](#)

[Double Nut Baklava](#)

[Glazed Blackberry Pie](#)

[Golden Apple Bundles](#)

[Huckleberry Cheese Pie](#)

[It's It Ice Cream Sandwiches](#)

[Monster Caramel Apples](#)

[Monster Caramel Pears](#)

[Oatmeal Raisin Cookies](#)

[Oregon's Best Marionberry Pie](#)

[Oregon's Hazelnut Chocolate Chip Cookie](#)

[Peach and Raspberry Clafouti](#)

[Pine Nut Caramel Shortbread](#)

[Pistachio Cranberry Bark](#)

[Plum Crisp](#)

[Portland Cream Doughnuts](#)

[Portuguese Doughnuts](#)

[Simple Apricot Tart](#)

[Surfer Split](#)

[Very Berry Crisp](#)

[Wyoming Cowboy Cookies](#)

WHISKEY

[Irish Coffee](#)

[Whiskey Barbecue Pork](#)

[Whiskey Sirloin Steak](#)

WHITE CHOCOLATE

[Monster Caramel Apples](#)

[Monster Caramel Pears](#)

[Pistachio Cranberry Bark](#)

[Popcorn Delight](#)

WHOLE WHEAT FLOUR

[Amish Potato Bread](#)

[Authentic Boston Brown Bread](#)

[Finnish Bread](#)

[Flaxseed Oatmeal Pancakes](#)

[Four-Grain Bread](#)

[Honey Whole Wheat Bread](#)

[Kansas Whole Wheat Bread](#)

[Pumpkin Dinner Rolls](#)

[Wheat Yeast rolls](#)

WILD RICE (see [Rice & Wild Rice](#))

WINE

[Aromatic Fennel Chicken](#)

[Artichoke Shrimp Linguine](#)

[Beef Stew with Sesame Seed Biscuits](#)

[Braised Pork with Tomatillos](#)

[Burgundy Lamb Shanks](#)

[Cedar Plank Salmon with Blackberry Sauce](#)

[Chorizo Sausage Corn Chowder](#)

[Coquilles St. Jacques](#)

[Cream of Mussel Soup](#)

[Fireside Glogg](#)

[Fresh and Spicy Cioppino](#)

[Grilled Clam Bake](#)

[Grilled Huli Huli Chicken](#)

[Lobster Newburg](#)

[Martini](#)

[Peach and Raspberry Clafouti](#)

[Peach Wine Coolers](#)

[Pesto Scallops Vermicelli](#)

[Pork Chops with Cherry Sauce](#)

[Pork Chops with Mushroom Bourbon Sauce](#)

[Portuguese Pork Tenderloin](#)

[Rack of Lamb with Figs](#)

[Sausage and Pumpkin Pasta](#)

[Scampi Adobo](#)

[Special Strip Steaks](#)

[Spicy Slow-Cooked Portuguese Cacoila](#)

YEAST BREADS

Breads

[Amish Potato Bread](#)

[Anadama Bread](#)

[Arizona Corn Bread](#)

[Finnish Bread](#)

[Four-Grain Bread](#)

[Hawaiian Sweet Bread](#)

[Honey Whole Wheat Bread](#)

[Kansas Whole Wheat Bread](#)

[Khachapuri](#)

[Old-World Rye Bread](#)

[Sally Lunn Batter Bread](#)

[Sourdough French Bread](#)

[Sourdough Starter](#)

[Swedish Cardamom Braids](#)

Coffee Cakes

[Classic Fruit Kolaches](#)

[Julekage](#)

[Poteca Nut Roll](#)

[Russian Krendl Bread](#)

[Swedish Tea Rings](#)

[Traditional New Orleans King Cake](#)

[Traditional Stollen](#)

Pizzas & Pockets

[Chicago Deep-Dish Pizza](#)

[Chicken Pesto Pizza](#)

[Homemade Pizza](#)

[New Haven Clam Pizza](#)

[Runza](#)

Rolls & Buns

[From-Scratch Bagels](#)

[Parker House Dinner Rolls](#)

[Pumpkin Dinner Rolls](#)

[Soft Pretzels](#)

[Wheat Yeast Rolls](#)

Sweet Rolls

[Apple Cider Cinnamon Rolls](#)

[First-Prize Doughnuts](#)

[New Orleans Beignets](#)

[Orange-Glazed Crullers](#)

[Portland Cream Doughnuts](#)

[Portuguese Doughnuts](#)

[Utah Buttermilk Scones](#)

Alphabetical Indexes

A

[Alabama White BBQ Sauce](#)

[All-Day Apple Butter](#)

[Almond Chicken Casserole](#)

[Aloha Burgers](#)

[Ambrosia Fruit Salad](#)

[Amish Breakfast Casserole](#)

[Amish Potato Bread](#)

[Amish Sugar Cookies](#)

[Anadama Bread](#)

[Andouille-Shrimp Cream Soup](#)

[Anise Butter Cookies](#)

[Antipasto Sub](#)

[Apple & Blue Cheese on Endive](#)

[Apple Betty with Almond Cream](#)

[Apple Cider Cinnamon Rolls](#)

[Apple Jelly Candy](#)

[Apple Martini](#)

[Apple Pear Pie](#)

[Apple Rhubarb Crumble](#)

[Apricot Bars](#)

[Arizona Chicken](#)

[Arizona Corn Bread](#)

[Arkansas Travelers](#)

[Armadillo Eggs](#)

[Aromatic Fennel Chicken](#)

[Arroz con Leche \(Rice Pudding\)](#)

[Arroz con Pollo](#)

[Artichoke Chicken](#)

[Artichoke Shrimp Linguine](#)

[Artichoke Stuffing](#)

[Asian Chicken Thighs](#)

[Asian Veggie Glass Noodles](#)

[Asparagus Salmon Pie](#)

[Authentic Boston Brown Bread](#)

[Authentic Spanish Rice](#)

[Avocado Malibu Salad](#)

[Award-Winning Chuck Wagon Chili](#)

B

[Bachelor Chili](#)

[Bacon Collard Greens](#)

[Bacon-Wrapped Cajun Jalapenos](#)

[Bacon-Wrapped Meat Loaf](#)

[Baja Chicken Taco Pizza](#)

[Baked Blueberry & Peach Oatmeal](#)

[Baked Halibut](#)

[Baked Oysters with Tasso Cream](#)

[Baked Potato Cheddar Soup](#)

[Balsamic-Glazed Pork Chops](#)

[Banana Pudding](#)

[Bananas Foster](#)

[Barbecue Sauce with Mustard](#)

[Barbecued Beef Brisket](#)

[Barbecued Beef Short Ribs](#)

[Bayou Burgers with Spicy Remoulade](#)

[Beef Brisket with Mop Sauce](#)

[Beef Flautas](#)

[Beef Gyros](#)

[Beef Stew with Sesame Seed Biscuits](#)

[Beer Margaritas](#)

[Benne Wafers](#)

[Berliner Kranz Cookies](#)

[Berry Shortcake](#)

[Best Date Bars](#)

[Big & Buttery Chocolate Chip Cookies](#)

[Bistro Mac & Cheese](#)

[Black-and-Blue Pizzas](#)

[Black Bean 'n' Pumpkin Chili](#)

[Black Bean Veggie Enchiladas](#)

[Black Beans with Brown Rice](#)

[Black-Eyed Pea Corn Salad](#)

[Black-Eyed Pea Salad](#)

[Black Walnut Butter Cookies](#)

[Blackberry Chicken](#)

[Blackberry Cobbler](#)

[Blackened Chicken](#)

[Bloody Mary](#)

[Blue Cheese Clubs](#)

[Blueberry Buckle](#)

[Blueberry French Toast Cobbler](#)

[Blueberry-Orange Onion Salad](#)

[Blueberry Slump](#)

[Blueberry Tea Bread](#)

[Boston Cream Pie](#)

[Bourbon Baked Ham](#)

[Bourbon Chocolate Pecan Pie](#)

[Bourbon Pecan Pralines](#)

[Braised Pork with Tomatillos](#)

[Brandy Old-Fashioned Sweet](#)

[Brandy Snap Cannoli](#)

[Brats in Beer](#)

[Breaded Eggplant Sandwiches](#)

[Breakfast Mess](#)

[Broiled Cod](#)

[Brooklyn Blackout Cake](#)

[Brunswick Stew](#)

[Buffalo Burger Topping](#)

[Buffalo Chicken Wings](#)

[Buffalo Steak Salad](#)

[Burgundy Lamb Shanks](#)

[Buttermilk Corn Bread](#)

[Buttermilk Pound Cake](#)

[Butternut Squash Risotto](#)

[Butterscotch Peach Pie](#)

C

[Cajun Beef Burgers](#)

[Cajun Catfish Sandwiches](#)

[Cajun Shrimp Lasagna Roll-Ups](#)

[Calico Clams Casino](#)

[Calico Corn Bread Dressing](#)

[California Sushi Rolls](#)

[Campfire Trout Dinner for Two](#)

[Candied Pecans](#)

[Candied Sweet Potatoes](#)

[Candy Apple Pie](#)

[Cape Codder](#)

[Caramel Flan](#)

[Caramel-Frosted Potato Cake](#)

[Caramel-Pecan Apple Pie](#)

[Caramelized-Onion Pork](#)

[Caraway Irish Soda Bread](#)

[Cardamom Cookies](#)

[Carne de Cerdo Sopes](#)

[Carolina Marinated Pork Tenderloin](#)

[Cashew Chicken](#)

[Cashew Chicken Casserole](#)

[Catfish Spread](#)

[Cedar Plank Salmon with Blackberry Sauce](#)

[Champagne Cocktail](#)

[Cheddar Rice Casserole](#)

[Cheese 'n' Grits Casserole](#)

[Cheese Soup](#)

[Cheese-Topped Swordfish](#)

[Cheesy Beans and Rice](#)

[Cherry Chocolate Cake](#)

[Cherry-Cream Crumble Pie](#)

[Cherry Pie Chimis](#)

[Cherry Wild Rice Salad](#)

[Chesapeake Crab Dip](#)

[Chestnut Dressing](#)

[Chestnut Sausage Stuffing](#)

[Chicago Deep-Dish Pizza](#)

[Chicago-Style Beef Sandwiches](#)

[Chicken and Okra Gumbo](#)

[Chicken Corn Soup with Rivals](#)

[Chicken-Fried Steaks](#)

[Chicken Long Rice](#)

[Chicken Mole Ole](#)

[Chicken Pesto Pizza](#)

[Chicken Tamales](#)

[Chicken Tortilla Bake](#)

[Chicken Tostadas with Mango Salsa](#)

[Chicken with Black Bean Salsa](#)

[Chicken with Blueberry Sauce](#)

[Chicken with Slippery Dumplings](#)

[Chickpea Fritters with Sweet-Spicy Sauce](#)

[Chili 'n' Cheese Grits](#)

[Chili Artichoke Dip](#)

[Chili Chicken Sandwiches](#)

[Chili con Queso](#)

[Chili Coney Dogs](#)

[Chili Rellenos Burgers](#)

[Chimichangas](#)

[Chimichurri Shrimp Skillet](#)

[Chipotle BBQ Pork Sandwiches](#)

[Chipotle Pomegranate Pulled Pork](#)

[Chipotle Sliders](#)

[Chipotle-Sparked Mustard Salmon](#)

[Chocolate-Almond Sacher Torte](#)

[Chocolate-Covered Buckeyes](#)

[Chocolate Dream Whoopie Pies](#)

[Chocolate Fluffernutter Sandwiches](#)

[Chocolate Glaze for Cream Puffs](#)

[Chocolate Guinness Cake](#)

[Chocolate Hazelnut Gateau](#)

[Chocolate Hazelnut Tassies](#)

[Chocolate Martini](#)

[Chocolate Mexican Wedding Cakes](#)

[Chocolate Moon Pies](#)

[Chocolate Pecan Torte](#)

[Chocolate Texas Sheet Cake](#)

[Chocolate Velvet Dessert](#)

[Chorizo Sausage Corn Chowder](#)

[Chorizo-Stuffed Turkey Breast with Mexican Grits](#)

[Chuck Wagon Chow](#)

[Chuck Wagon Tortilla Stack](#)

[Chunky Blue Cheese Dressing](#)

[Chunky Fresh Mango Cake](#)

[Church Supper Hot Dish](#)

[Cilantro-Pepita Pesto](#)

[Cincinnati Chili](#)

[Cinnamon Apples](#)

[Cinnamon Blueberry Jam](#)

[Citrus Chicken Fajitas](#)

[Citrus Veggie Chicken Fajitas](#)

[Classic Corn Chowder](#)

[Classic Fried Chicken](#)

[Classic Fruit Kolaches](#)

[Classic Pesto](#)

[Cobb Salad](#)

[Cobre Valley Casserole](#)

[Coconut Chocolate Cake](#)

[Coconut Curry Chicken](#)

[Coconut Pineapple Cake](#)

[Coffee Beef Pot Roast](#)

[Coffee Milk](#)

[Coke Cake](#)

[Colcannon Potatoes](#)

[Colorado Lamb Chili](#)

[Colorful Tomato 'n' Mozzarella Salad](#)

[Company Onion Soup](#)

[Company Swordfish](#)

[Concord Grape Pie](#)

[Cool-Kitchen Meat Loaf](#)

[Coquilles St. Jacques](#)

[Corn and Broccoli in Cheese Sauce](#)

[Corn Bread Layered Salad](#)

[Corn Bread with Black-Eyed Peas](#)

[Corn Dogs](#)

[Corn Soup with Pico de Gallo](#)

[Corned Beef and Cabbage](#)

[Corned Beef 'n' Sauerkraut Bake](#)

[Cornish Pasties](#)

[Corrmeal Scrapple](#)

[Country Captain Chicken](#)

[Country Fish Chowder](#)

[Country Ham Sandwiches](#)

[Country-Style Grilled Ribs](#)

[Country-Style Pot Roast](#)

[Cowboy Baked Beans](#)

[Crab Cakes with Chesapeake Bay Mayo](#)

[Crab Egg Foo Yung](#)

[Crab Puffs](#)

[Crab-Stuffed Avocados](#)

[Cranberry Apple Cider](#)

[Cranberry-Carrot Layer Cake](#)

[Cranberry Honey Butter](#)

[Cranberry Pork Medallions](#)

[Crawfish Etouffee](#)

[Crawfish Fettuccine](#)

[Cream of Mussel Soup](#)

[Creamed Beef on Toast](#)

[Creamed Corn](#)

[Creamed Corn with Bacon](#)

[Creamy Banana Pecan Pie](#)

[Creamy Garlic Dressing](#)

[Creamy Succotash](#)

[Creole Chicken](#)

[Creole Jambalaya](#)

[Creole Steaks](#)

[Crisp Sunflower Cookies](#)

[Crispy Norwegian Bows](#)

[Crispy Oven-Fried Oysters](#)

[Croissant Pudding with Chocolate Kahlua Sauce](#)

[Crown Roast with Plum-Apple Stuffing](#)

[Crumb-Coated Chicken & Blackberry Salsa](#)

[Crumb-Topped Bistro Mac](#)

[Crumb-Topped Clams](#)

[Crumble-Top Coffee Cake](#)

[Crunchy-Coated Walleye](#)

[Cuban Chimichurri](#)

[Cuban Pork Roast](#)

[Cuban Roasted Pork Sandwiches](#)

[Curried Tofu with Rice](#)

D

[Daiquiris](#)

[Danish Puff](#)

[Dan's Peppery London Broil](#)

[Date Shake](#)

[Deep-Fried Cherry Pies](#)

[Delightful Apple Pie](#)

[Delmonico Potatoes](#)

[Deluxe Muffuletta](#)

[Devil's Food Cake with Chocolate Fudge Frosting](#)

[Dirty Rice](#)

[Double-Cheese Eggs Benedict](#)

[Double Nut Baklava](#)

[Down-Home Hush Puppies](#)

[Dr Pepper BBQ Sauce](#)

[Dr Pepper Cake](#)

E

[Easy Cuban Picadillo](#)

[Easy Gazpacho](#)

[Elegant Artichokes](#)

[Elegant Scalloped Potatoes](#)

[Espresso Cream Cake](#)

F

[Favorite Banana Chip Muffins](#)

[Favorite Barbecued Chicken](#)

[Fiddlehead Shrimp Salad](#)

[Fiesta Smothered Chicken](#)

[Finnish Bread](#)

[Fire-Roasted Tomato Salsa](#)

[Fireside Glogg](#)

[First-Prize Doughnuts](#)

[Fish Fillets with Stuffing](#)

[Fish Tacos with Avocado Sauce](#)

[Fish with Fennel](#)

[Five-Fruit Pie](#)

[Flank Steak Santa Fe](#)

[Flaxseed Oatmeal Pancakes](#)

[Four-Cheese Macaroni](#)

[Four-Grain Bread](#)

[Fresh and Spicy Cioppino](#)

[Fresh Cherry Pie](#)

[Fresh Lime Margaritas](#)

[Fried Cactus Strips](#)

[Fried Clams](#)

[Fried Green Tomatoes](#)

[Fried Onion Rings](#)

[Fried Pickle Coins](#)

[Fried Squash Blossoms Snack](#)

[Frogmore Stew](#)

[From-Scratch Bagels](#)

[Frozen Lime Margaritas](#)

[Frozen Strawberry Margaritas](#)

[Fruit Kuchen](#)

[Fruit Slush](#)

[Fruity Cereal Bars](#)

[Fruity Rum Punch](#)

[Fry Bread Sandwiches](#)

[Fry Sauce](#)

[Funnel Cakes](#)

G

[Garlic-Roasted Chicken and Potatoes](#)

[Garlicky Herbed Shrimp](#)

[Georgia Peach Ice Cream](#)

[Georgia Peanut Salsa](#)

[German Black Forest Cake](#)

[German Chocolate Cake](#)

[German Meatballs and Gravy](#)

[German Potato Salad](#)

[German Potato Salad with Sausage](#)

[German-Style Pickled Eggs](#)

[Ginger-Pear Upside-Down Pie](#)

[Glazed Blackberry Pie](#)

[Glazed Cinnamon Apples](#)

[Glazed Pfeffernuesse](#)

[Gnocchi with Thyme Butter](#)

[Golden Apple Bundles](#)

[Golden Apple Snack Cake](#)

[Golden Pound Cake](#)

[Gooseberry Meringue Pie](#)

[Gorgonzola Figs with Balsamic Glaze](#)

[Grandma's Applesauce Cake](#)

[Grandma's Blackberry Cake](#)

[Grandma's Dill Pickles](#)

[Grandma's Potato Dumplings](#)

[Grandma's Red Velvet Cake](#)

[Grandma's Tandy Kake](#)

[Greek Chicken Dinner](#)

[Green Chili Pork Stew](#)

[Green Goddess Salad Dressing](#)

[Grilled Chiles Rellenos](#)

[Grilled Clam Bake](#)

[Grilled Huli Huli Chicken](#)

[Grilled Lobster Tail](#)

[Grilled Sweet Potato and Red Pepper Salad](#)

[Guacamole](#)

[Guava Coconut Rum Cocktail](#)

H

[Ham 'n' Noodle Hot Dish](#)

[Ham on Biscuits](#)

[Hanky Pankies](#)

[Hawaiian Sweet Bread](#)

[Hazelnut and Pear Salad](#)

[Hazelnut Apricot Strudel](#)

[Hearty Chili Mac](#)

[Herb-Roasted Turkey](#)

[Herbed Artichoke Cheese Tortellini](#)

[Herbed Fennel and Onion](#)

[Hermits](#)

[Holiday Almonds](#)

[Holiday Fruit Soup](#)

[Home-Style Refried Beans](#)

[Home-Style Sausage Gravy and Biscuits](#)

[Homemade Pierogies](#)

[Homemade Pizza](#)

[Homemade Tortillas](#)

[Homey Mac & Cheese](#)

[Honey-Fried Walleye](#)

[Honey-Glazed Lamb Chops](#)

[Honey Whole Wheat Bread](#)

[Hoppin' John](#)

[Horchata](#)

[Horseshoe Sandwiches](#)

[Hot Apple Cider](#)

[Hot Brown Sandwiches](#)

[Hot Chicken Salad](#)

[Hot Milk Cake](#)

[Howard's Sauerbraten](#)

[Huckleberry Cheese Pie](#)

[Huevos Rancheros with Tomatillo Sauce](#)

[Hummingbird Cake](#)

[Hungarian Chicken Paprikash](#)

[Hungarian Goulash](#)

[Hungarian Hot Dogs](#)

I

[Iced Coffee Latte](#)

[Indian Pudding](#)

[Irish Coffee](#)

[Irish Soda Bread](#)

[Irish Stew](#)

[Italian Pignoli Cookies](#)

[Italian Sausage Bean Soup](#)

[It's It Ice Cream Sandwiches](#)

J

[Jersey-Style Hot Dogs](#)

[Jicama Slaw with Peanuts](#)

[Joe Froggers](#)

[Julekage](#)

K

[Kansas Whole Wheat Bread](#)

[Kentucky Grilled Chicken](#)

[Kentucky Spoon Bread](#)

[Kettle Corn](#)

[Khachapuri](#)

[King Ranch Casserole](#)

[Kool-Aid Pickles](#)

[Korean Wontons](#)

L

[Lady Baltimore Cake](#)

[Lakes Burgoo](#)

[Lamb Kabobs with Bulgur Pilaf](#)

[Land of Enchantment Posole](#)

[Latkes](#)

[Latkes with Lox](#)

[Lebkuchen](#)

[Lemon Chess Pie](#)

[Lemon-Filled Coconut Cake](#)

[Lemon-Herb Leg of Lamb](#)

[Lemonade Icebox Pie](#)

[Lentil-Tomato Soup](#)

[Lentil Vegetable Soup](#)

[Liberty Sauerkraut Salad](#)

[Lick-the-Bowl-Clean Hummus](#)

[Lime Chicken Tacos](#)

[Lime Coconut Cheesecake](#)

[Lobster Newburg](#)

[Lobster Rolls](#)

[Lobster-Stuffed Beef Wellington](#)

[Long Island Iced Tea](#)

[Lori's Marzetti Bake](#)

[Louisiana Red Beans and Rice](#)

[Louisiana Shrimp](#)

[Low Country Boil](#)

M

[Macadamia-Crusted Mahi Mahi](#)

[Mai Tai](#)

[Maine Mud Cookies](#)

[Maine Potato Candy](#)

[Mamie Eisenhower's Fudge](#)

[Mango-Chutney Chicken Salad](#)

[Mango Salsa](#)

[Manhattan Clam Chowder](#)

[Maple-Cream Apple Pie](#)

[Maple Pancakes](#)

[Maple Sugar Cake](#)

[Maple Syrup Corn Bread](#)

[Maple Syrup Pudding](#)

[Marinated Ribeyes](#)

[Marinated Tomatoes](#)

[Marshmallow-Almond Key Lime Pie](#)

[Martini](#)

[Mashed Potatoes with a Kick](#)

[Matzo Ball Soup](#)

[Mayan Chocolate Biscotti](#)

[Mexican Carnitas](#)

[Mexican Fried Corn](#)

[Mexican Hot Chocolate](#)

[Mexican Ice Cream](#)

[Mexican Pork Stew](#)

[Microwave Texas Nachos](#)

[Migas, My Way](#)

[Mini Chicken Empanadas](#)

[Mint Juleps](#)

[Miso Soup with Tofu and Enoki](#)

[Mississippi Mud Cake](#)

[Mixed Citrus Marmalade](#)

[Mixed Fruit Shortcake](#)

[Mock Apple Pie](#)

[Mock Chicken Legs](#)

[Molasses-Glazed Baby Back Ribs](#)

[Mom's Dynamite Sandwiches](#)

[Mom's Tamale Pie](#)

[Monster Caramel Apples](#)

[Monster Caramel Pears](#)

[Montana Wildfire Chili](#)

[Morel Mushroom Ravioli](#)

[Moroccan Vegetable Chicken Tagine](#)

[Mulled Dr Pepper](#)

[Mushroom Asparagus Quiche](#)

[Mushroom-Swiss Mac & Cheese](#)

N

[Nacho Mac 'n' Cheese](#)

[Navajo Fry Bread](#)

[Navy Bean Soup](#)

[New England Boiled Dinner](#)

[New England Fish Bake](#)

[New England Salmon Pie](#)

[New Haven Clam Pizza](#)

[New Orleans Beignets](#)

[New Orleans Bread Pudding](#)

[New York State Apple Muffins](#)

[New York-Style Cheesecake](#)

[Northwest Salmon Chowder](#)

[Northwest Salmon Salad](#)

[Nuts and Seeds Trail Mix](#)

[Nutty Berry Trail Mix](#)

[Nutty Oven-Fried Chicken](#)

O

[Oatmeal Raisin Cookies](#)

[Oklahoma Coconut Poke Cake](#)

[Old-Fashioned Coconut Pie](#)

[Old-Fashioned Jam Cake](#)

[Old-Fashioned Stack Cakes](#)

[Old-Time Buttermilk Pie](#)

[Old-Time Custard Ice Cream](#)

[Old-World Rye Bread](#)

[Onion Loose Meat Sandwiches](#)

[Orange-Glazed Crullers](#)

[Orange Julius](#)

[Orange Meringue Pie](#)

[Orange Natilla Custard Pie](#)

[Orange-Pecan Hot Wings](#)

[Oregon's Best Marionberry Pie](#)

[Oregon's Hazelnut Chocolate Chip Cookie](#)

[Over-the-Top Cherry Jam](#)

[Oyster Stuffing](#)

[Ozark Mountain Berry Pie](#)

[Ozark Pudding Cake](#)

P

[Pacific Rim Salmon](#)

[Pan-Fried Venison Steak](#)

[Parker House Dinner Rolls](#)

[Passion Fruit Hurricanes](#)

[Pat's King of Steaks Philly Cheese Steak](#)

[Peach and Raspberry Clafouti](#)

[Peach Chutney](#)

[Peach Wine Coolers](#)

[Peanutty Chicken](#)

[Pecan Chicken with Blue Cheese Sauce](#)

[Penne alla Vodka Sauce](#)

[Pennsylvania Dutch Pork Chops](#)

[Pepperoni Rolls](#)

[Perfect Prime Rib Roast](#)

[Persimmon Pudding](#)

[Persimmon Salad with Honey Spiced Vinaigrette](#)

[Pesto Scallops Vermicelli](#)

[Pheasant in Mustard Sauce](#)

[Pickled Beets](#)

[Pickled Eggs with Beets](#)

[Pimiento Cheese Spread](#)

[Pine Nut Caramel Shortbread](#)

[Pineapple Chicken Salad](#)

[Pineapple Ham Casserole](#)

[Pineapple Lime Gelatin](#)

[Pineapple Salsa](#)

[Pinto Bean Chili](#)

[Pistachio Cranberry Bark](#)

[Pizza Tot Casserole](#)

[Pizzelle](#)

[Plum Chicken Wraps](#)

[Plum Crisp](#)

[Pomegranate Jelly](#)

[Popcorn Delight](#)

[Pork Chops with Cherry Sauce](#)

[Pork Chops with Mushroom Bourbon Sauce](#)

[Pork Chops with Sauerkraut](#)

[Pork Ribs and Chilies](#)

[Portland Cream Doughnuts](#)

[Portobello Lamb Chops](#)

[Portuguese Doughnuts](#)

[Portuguese Pork Tenderloin](#)

[Potato Casserole Bread](#)

[Potato Chip Cookies](#)

[Poteca Nut Roll](#)

[Poutine](#)

[Prairie Fire Dip](#)

[Prosciutto-Stuffed Meat Loaf](#)

[Pumpkin Dinner Rolls](#)

[Pumpkin Patch Pie](#)

R

[Rabanadas \(Portuguese French Toast\)](#)

[Rack of Lamb with Figs](#)

[Ranch Dressing and Dip Mix](#)

[Raspberry Ice Cream](#)

[Red-Eye Beef Roast](#)

[Red Flannel Hash](#)

[Rhubarb Custard Bars](#)

[Rhubarb Icebox Dessert](#)

[Ribeyes with Chili Butter](#)

[Rice Dressing](#)

[Roasted Root Veggies](#)

[Romaine Caesar Salad](#)

[Rosemary-Garlic Roast Beef](#)

[Rosettes](#)

[Runza](#)

[Russian Krendl Bread](#)

S

[Sad Cake](#)

[Salisbury Steak with Gravy](#)

[Salisbury Steak with Onion Gravy](#)

[Sally Lunn Batter Bread](#)

[Salmon Croquettes](#)

[Salsa Verde](#)

[Sandbakkelse \(Sand Tarts\)](#)

[Saucy Chicken and Asparagus](#)

[Sauerkraut Meatballs](#)

[Sausage and Pumpkin Pasta](#)

[Scampi Adobo](#)

[Schreiner's Baked Lamb Shanks](#)

[Scotch Broth](#)

[Scrumptious California Salmon](#)

[Shoofly Pie](#)

[Shortbread Lemon Tart](#)

[Shredded Barbecue Chicken over Grits](#)

[Shredded Potato Casserole](#)

[Shredded Venison Sandwiches](#)

[Shrimp Po-Boys](#)

[Simple Apricot Tart](#)

[Simple Pan-Fried Trout](#)

[Sirloin Roast with Gravy](#)

[Sizzling Tex-Mex Fajitas](#)

[Slow-Cooked Lechon with Mojito Sauce](#)

[Slow Cooker Goetta](#)

[Smoked Salmon Appetizer](#)

[Smoky Grilled Corn](#)

[Snickerdoodles](#)

[Soda Pop Chops with Smashed Potatoes](#)

[Soft Pretzels](#)

[Sopaipillas](#)

[Sopes](#)

[Sorghum Cookies](#)

[Sourdough French Bread](#)

[Sourdough Starter](#)

[South Carolina Cobbler](#)

[South Carolina-Style Ribs](#)

[South Coast Hominy](#)

[South-of-the-Border Meat Loaf](#)

[Southern Barbecued Brisket](#)

[Southern Barbecued Chicken](#)

[Southern Buttermilk Biscuits](#)

[Southern Eggs and Biscuits](#)

[Southern Fried Chicken](#)

[Southern Fried Okra](#)

[Southern Lane Cake](#)

[Southern Pan-Fried Quail with Cream Cheese Grits](#)

[Southern Shrimp & Grits](#)

[Southern Sweet Potato Pie](#)

[Southwest Frito Pie](#)

[Southwestern Barley Salad](#)

[Southwestern Beef Burritos](#)

[Southwestern Potpie with Cornmeal Biscuits](#)

[Southwestern Watermelon Salad](#)

[Spaetzle Dumplings](#)

[Special Raisin Pie](#)

[Special Strip Steaks](#)

[Spicy Peanut Soup](#)

[Spicy Pork Tostadas](#)

[Spicy Pumpkin Seeds](#)

[Spicy Sesame Shrimp & Noodle Salad](#)

[Spicy Shrimp Skewers](#)

[Spicy Slow-Cooked Portuguese Cacoila](#)

[Spiedis](#)

[Split Pea Soup with Meatballs](#)

[Standish House Cranberry Relish](#)

[State Fair Cream Puffs](#)

[Steak Burritos](#)

[Stir-Fried Asparagus](#)

[Strawberry Biscuit Shortcake](#)

[Strawberry Cream Puffs](#)

[Strawberry Rhubarb Pie](#)

[Strawberry Shortcake](#)

[Streusel Pumpkin Pie](#)

[Stuffed Breakfast Burritos](#)

[Stuffed Mountain Trout](#)

[Sugar Cream Pie](#)

[Sugar Plum Kringles](#)

[Summer Kimchi](#)

[Sunday Pot Roast](#)

[Sunflower-Cherry Granola Bars](#)

[Super Banana Splits](#)

[Surfer Split](#)

[Swedish Butter Cookies](#)

[Swedish Cardamom Braids](#)

[Swedish Christmas Rice Pudding](#)

[Swedish Meatballs](#)

[Swedish Pancakes](#)

[Swedish Spice Cutouts](#)

[Swedish Tea Rings](#)

[Sweet 'n' Smoky Kansas City Ribs](#)

[Sweet Onion BBQ Burgers](#)

[Sweet Potato Fries](#)

[Sweet Potato Muffins](#)

[Sweet Potato Pancakes with Caramel Sauce](#)

[Sweet Tea Concentrate](#)

T

[Tabbouleh](#)

[Tacos](#)

[Tangy Beef Brisket](#)

[Taylor's Jalapeno Poppers](#)

[Tequila Sunrise](#)

[Teriyaki Beef Jerky](#)

[Teriyaki Meatballs](#)

[Tex-Mex Beef Sandwiches](#)

[Tex-Mex Spinach Salad](#)

[Texas Caviar](#)

[Texas Jalapeno Jelly](#)

[Texas Pecan Pie](#)

[Texas Tea](#)

[Thai Curry with Shrimp & Coconut](#)

[Thick Chocolate Shake](#)

[Thousand Island Dressing](#)

[Three-Bean Salad](#)

[Toasted Cheese Ravioli](#)

[Toasted PB & Banana Sandwiches](#)

[Toasted Reubens](#)

[Toasty Deli Hoagie](#)

[Tofu Manicotti](#)

[Tomatillo Relish](#)

[Tomato Sandwiches](#)

[Tonkatsu](#)

[Tortilla Dressing](#)

[Tortilla-Vegetable Chicken Soup](#)

[Tourtieres](#)

[Traditional New Orleans King Cake](#)

[Traditional Popcorn Balls](#)

[Traditional Stollen](#)

[Tres Leches Cake](#)

[Triple Mash with Horseradish Bread Crumbs](#)

[Tropical Turkey Meat Loaf](#)

[Turnip Casserole](#)

[Turtle Soup](#)

U

[Ultimate Pastrami Sandwiches](#)

[U.S. Senate Bean Soup](#)

[Utah Buttermilk Scones](#)

V

[Vanilla Cream Puffs](#)

[Vegetable Pad Thai](#)

[Venison Dumpling Stew](#)

[Venison Parmigiana](#)

[Vermont Baked Beans](#)

[Very Berry Crisp](#)

[Vidalia Onion Bake](#)

[Vietnamese Crunchy Chicken Salad](#)

[Vietnamese Pork Lettuce Wraps](#)

[Vinegar Pie](#)

[Viva Panzanella](#)

W

[Waldorf Salad](#)

[Walnut Mincemeat Pie](#)

[Warm 'n' Fruity Breakfast Cereal](#)

[Warm Blue Cheese, Bacon & Garlic Dip](#)

[Watergate Cake](#)

[Watergate Salad](#)

[Watermelon Rind Pickles](#)

[Watermelon Salsa](#)

[Watermelon Spritzer](#)

[West African Chicken Stew](#)

[Wheat Yeast Rolls](#)

[Whipped Cream Krumkake](#)

[Whiskey Barbecue Pork](#)

[Whiskey Sirloin Steak](#)

[Wild Blueberry Muffins](#)

[Wild Rice Chicken Dinner](#)

[Wild Rice Pilaf](#)

[Wilted Greens Over Potatoes](#)

[Wyoming Cowboy Cookies](#)

Y

[Yankee Pot Roast](#)

[Yellow Summer Squash Relish](#)

Z

[Zesty Lemon Curd](#)

[Zesty Tacos](#)

Photo Credits

Pat's King Of Steaks

Old Sturbridge Village

DiscoverLancasterPA.com

DiscoverLancasterPA.com / Terry Ross

Jim Bush / Visit Buffalo Niagara

Waldorf Astoria

Delmonico's NYC

Brand X Pictures / Punchstock

Mushroom Festival

D.G. Yuengling & Son, Inc.

Elvis image used by permission, Elvis Presley Enterprises, Inc.

Myrtle Beach Area Chamber of Commerce

Jack Daniel Distillery

North Carolina Sweet Potato Commission

Arkansas Department of Parks & Tourism

Florida Department of Citrus

Mississippi Development Authority

Tamika Moore

Kentucky Derby Museum

Brennan's Restaurant

Corbis / Punchstock

National Quilt Museum

Bell Buckle Chamber of Commerce

Garrison Convention & Visitors Bureau

Kelly Weber

Pizzeria Uno Corporation

Johnsonville Sausage

Hormel Foods

Corbis / Punchstock

Wisconsin State Fair

Noble Popcorn Farms

Lanesboro Area Chamber of Commerce

Brand X Pictures / Punchstock

State Fair of Texas

Robert Love

Chile Pepper Institute, NMSU

National Park Service

Arizona Biltmore

Dr Pepper Museum, Waco, TX

TCL Chinese Theatre

Kathy Stefani / Artichoke Festival

Trader Vic's

National Lentil Festival

Buena Vista Cafe

California Fig Advisory Board, Fresno, CA

Oregon Raspberry & Blackberry Commission

Rocko Billy

Shutterstock.com Photos

June Marie Sobrito

Teresa Levite

Kuttelvaserova Stuchelova

David Hughes

David W. Leindecker

rSnapshotPhotos

Liviu Toader

littleny

Douglas Litchfield

Brittany Courville

Dennis Donohue

Dave Newman

Rudy Balasko

Lone Wolf Photos

Wendy Kaveney Photography

Matty Symons

Wildnerdpix

Zack Frank

Anne Power

Brandon Alms

Michelle Donahue Hillison

Lawrence Roberg

Dana Ward

Phil Anthony

Jason Patrick Ross

spirit of america

Dave Newman

Jason Tench

Svetlana Larina

Joyfnp

Noam Wind

zhuda

Chicago, Andrey Bayda

Rudy Balasko

Stephane Bidouze

nikitsin.smugmug.com

Tom Reichner

unverdorben jr

cappi thompson

Henryk Sadura

Phantom Photos

miker

Action Sports Photography

Stefanie Mohr Photography

Lijuan Guo

Snehit

Tammy Venable

Robert J. Daveant

spirit of america

MBoe

Bryan Busovicki

lphoto

aceshot1

QueSeraSera

Photo Image

John Hoffman

pmphoto

gary yim

spirit of america

Brandon Seidel

Tricia Daniel

Daniel Gratton

GSPhotography

nito

Arto Hakola

Sumikophoto

Timothy OLeary

Viktoriya Field

Galyna Andrushko

littlesam

Don Fink

Lynn Watson

Andrey Bayda

Liem Bahneman

tusharkoley

Radoslaw Lecyk

bierchen

Rafael Ramirez Lee

Denton Rumsey

JoLin

Apollofoto

Kostiantyn Ablazov

guynamedjames

Jeffrey T. Kreulen

spirit of america

Wollertz

Christian Roberts-Olsen

Rick Lord