



# BURNT OFFERINGS

*A Cookbook with Altitude!*

Telluride Christ Presbyterian Church  
Spring 2023

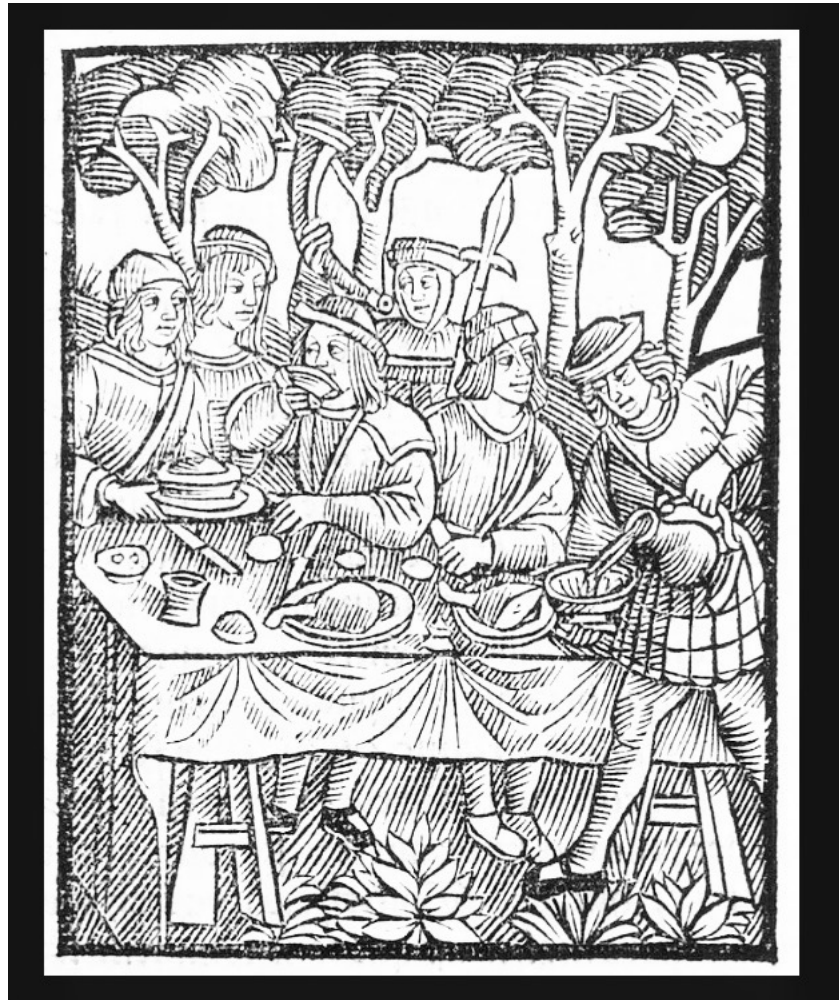
“Since the beginning of time, people who trust one another, care for one another, and are deeply connected to one another have shared food as a sign of and a reaffirmation of their relationship.

When attention is paid to this sharing, it takes on a ritual character. The nurturing of the body becomes a metaphor of the mutual nurturing of lives. Every time we hold hands and say a blessing before meals, every time we lift a glass and say fine words to one another, every time we eat in peace and grace together we have celebrated the covenants that bind us together.”

-Robert Fulghum, in From Beginning to End

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It is our hope that you will try these wonderful recipes and then share your experiences with the cooks who submitted them, thus increasing your circle of friends here in Telluride and in the Christ Church community.



*This collection of recipes is in honor and memory of all those people in our lives who have blessed us with their gift of food and the fellowship of their table.*

**G**od of pilgrims,  
give us always a table to stop at  
where we can tell our  
story and sing  
our song ♦♦♦♦

**F**ather John Giuliani,  
The Benedictine Grange,  
West Redding, Connecticut



# Recipe for a Good Life

Source: Janet Elrod

This recipe has been passed down to Janet from her mother Louise "Mimi" Williams

## **INGREDIENTS**

- 1 cup of good thoughts
- 1 cup of kind deeds
- 1 cup of considerations
- 2 cups of sacrifice
- 3 cups of forgiveness
- 2 cups of well-beaten faults

## **DIRECTIONS**

Mix these thoroughly and add tears of joy, sorrow, and sympathy for others.

Fold in 4 cups of prayer and faith to lighten the other ingredients and raise the texture to greater heights of Christian living.

After pouring all of these contents into your daily life, bake well with the heat of kindness.

Serve with a smile.



# Appetizers

# Artichoke Dip

Servings: 6-7 people

Source: Ginny Fraser

## INGREDIENTS

**2** small jars of marinated chokes, drained. (a little more flavorful than the canned ones in water)

**1** cup mayo (this is a lot of mayo, I use less) like 1/2 to 3/4 cup

**1** cup Kraft Parmesan cheese (same here...I use about 3/4 cup)

**1/2** cup mozzarella cheese, shredded.

**1** teaspoon garlic salt (or powder)- (I use less...I don't like the garlic to overpower)

**1** small can of Ortega diced mild green chilies (the secret ingredient)

Paprika (sprinkled on top before it goes in the oven.)

## DIRECTIONS

\* Cut up choke hearts into small pieces. In a bowl, mix them with mayo, cheeses, chilies and garlic.

\* Spread in 9 x 12-inch oiled baking dish. Sprinkle top with paprika.

\* Bake at 350 for 30 minutes.

\* Serve hot with crackers

Enjoy!

# Roasted Pecans

Source: Bee Reichel

## INGREDIENTS

2 tbsp butter, melted  
2 pinches cayenne pepper  
1/2 tsp sugar  
1 tbsp dry sherry  
2 cups shelled pecan halves  
1/4 tsp flaked salt

## DIRECTIONS

Preheat oven to 325°.

Combine the melted butter, cayenne pepper and sugar in a small pan. Remove from heat and stir in the sherry.

Toss in the pecans and stir until they are fully covered with the butter mixture.

Transfer the nuts to a baking sheet and spread out in a single layer and sprinkle the nuts with the salt.

Bake, stirring once or twice, until toasted, about 15 minutes. Don't over-brown!

Remove from the oven and sprinkle again with more salt if you like.

Serve warm or at room temperature.

# Spicy Lamb Meatballs with Raisin Pesto

Servings: 4 servings  
Source: Kelley Jemison

## INGREDIENTS

1 large egg  
½ cup panko (Japanese breadcrumbs)  
½ tsp. ground cumin  
¼ tsp. crushed red pepper flakes  
¼ tsp. ground turmeric  
¼ cup finely chopped parsley, plus 1 cup parsley leaves with tender stems  
2 Tbsp. plus ½ cup extra-virgin olive oil  
1½ tsp. kosher salt, plus more  
2 garlic cloves, divided  
1 lb. ground lamb  
2 cups mint leaves  
3 Tbsp. golden raisins  
Plain whole-milk Greek yogurt (for serving)

## DIRECTIONS

Place a rack in upper third of oven; preheat to 425°. Combine egg, panko, cumin, red pepper flakes, turmeric, finely chopped parsley, 2 Tbsp. oil, and 1½ tsp. salt in a large bowl. Finely grate 1 garlic clove into bowl. Add lamb and mix with your hands until evenly distributed.

Gently roll lamb mixture into 1½"-diameter balls (about the size of a golf ball; you should have about 20). Place on a rimmed baking sheet, spacing evenly apart. Bake meatballs until browned and cooked through, 8-10 minutes.

Meanwhile, purée mint, raisins, parsley leaves with tender stems, remaining garlic clove, remaining ½ cup oil, and a big pinch of salt in a blender until smooth. Taste pesto; season with more salt if needed.

Spread yogurt over plates and divide pesto and meatballs on top.

Do Ahead: Pesto can be made 2 days ahead; cover and chill. Meatballs can be formed 2 months ahead; freeze on baking sheet until firm, about 2 hours, then transfer to a freezer bag and keep frozen.

# Mexican Cheese Dip

Source: Claire Bennett

## INGREDIENTS

- 1 small onion, chopped fine
- 2 tbsp vinegar
- 2 tsp sugar
- 1/2 tsp salt
- 1 tbsp Tabasco sauce
- 1/2 tsp paprika
- 1 1/2 pounds Velvet
- 1 14oz can tomatoes, drained and chopped
- 1 small can green chilies

## DIRECTIONS

Melt the cheese and add the tomatoes and green chilies and stir until blended and warm. Add the remaining ingredients, and combine until well blended. Serve with chips or use to make nachos.





# Beverages

# Chai Tea Mix

Servings: 36 servings  
Source: Kelley Jemison

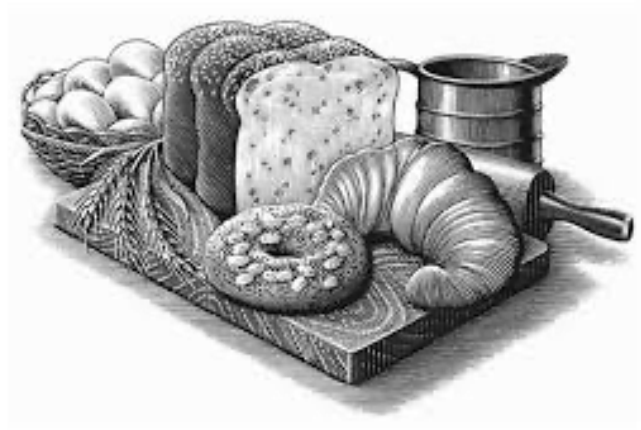
## INGREDIENTS

- 1 cup nonfat dry milk powder
- 1 cup powdered non-dairy creamer
- 1 cup French vanilla flavored powdered non-dairy creamer
- 1 1/2 cups unsweetened instant tea
- 2 teaspoons ground ginger
- 2 teaspoons ground cinnamon
- 1 teaspoon ground cloves
- 1 teaspoon ground cardamom
- ½ cup malted milk powder
- ½ cup Ovaltine

## DIRECTIONS

In a blender, combine milk powder, ginger, cardamom, and instant tea. Blend until fully mixed and a fine powder. Pour into a large mixing bowl and whisk together with the remaining ingredients.

To serve: Stir 1 heaping tablespoons Chai tea mixture into a cup of hot water. Sweeten to taste.



Breads

# Super Simple Beer Muffins with Bisquick

Source: Sandy Wickham

Sandy adjusted this recipe for high altitude Beer Muffins using Bisquick that is super simple, hence quick and easy!

## INGREDIENTS

3 cups Bisquick

12 oz beer, room temp (can be regular or non-alcoholic)

1 Tbsp sugar

1/2 tsp salt (optional)...I like to substitute 1 tsp dried dill weed

## DIRECTIONS

Mix all ingredients together.

Spoon into muffin pans. Bake at 425 for 15 to 20 minutes

I like to use a muffin tin that is for large size muffins

## NOTES

Chili jelly is great as an accompaniment for beer bread or muffins and a good one can be found at Sawpit Mercantile.

# Colorado Beer Bread

Servings: 1 loaf

Source: Sandy Wickham

This recipe is adapted for around 7000' elevation

## INGREDIENTS

**3** cups flour (it is nice with up to 1/3 of the flour substituted with whole wheat flour)

**1/3** cup sugar

**4** tsp baking powder

**1** tsp salt (optional)

**12** oz beer, room temp (can be regular or non-alcoholic)

**2** Tbsp butter or margarine

## DIRECTIONS

1. Mix flour, sugar, baking powder, salt and beer with a fork until moistened.
2. Pour into greased 9 X 5 X 3 inch loaf pan and bake at 350 degrees F.
3. Brush top with butter or margarine. Cool before slicing.

## NOTES

Chili jelly is great as an accompaniment for beer bread or muffins and a good one can be found at Sawpit Mercantile.

# Pandemic Panna

Servings: 2 loaves  
Source: Virginia Drew

## INGREDIENTS

1 tbsp yeast  
1 tbs salt  
2 tbsp sugar  
2 cups warm water  
5 1/2 - 6 cups white flour

## DIRECTIONS

Dissolve the yeast, salt, and sugar in the warm water.

Add the flour and knead for 5 minutes.

Place the dough in a large oiled bowl, turn it over to coat the whole dough ball in oil, cover and let sit for 1-2 hours or until doubled in size.

Put pizza stone in oven and preheat oven to 450.

Punch down the dough and turn it out onto a lightly floured surface. Knead for a minute and then divide the dough into half and shape into 2 round loaves.

Sprinkle the pizza stone with cornmeal and put bread domes/rounds onto the heated stone.

Bake until the loaves are golden and sound hollow when tapped.

Cool on a rack - enjoy!



# Butter Zopf - a Swiss Braided Bread

**Servings: 1 loaf**

**Source:** Lukas Scheibler

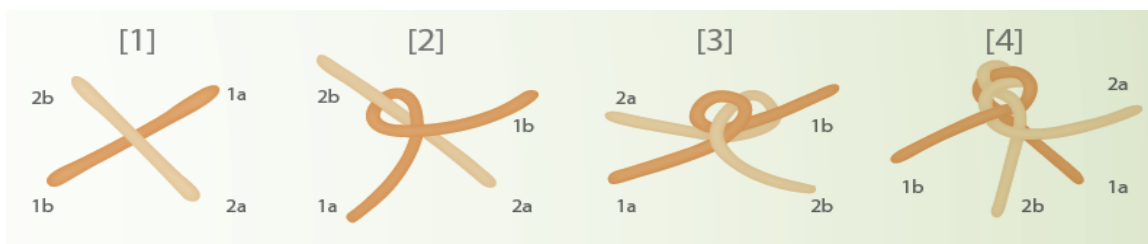
## Ingredients:

- 3 cups (500g) of white unbleached all-purpose flour
- ½ tablespoon (10g) of salt
- 1 tablespoon of dried yeast
- 2/3 cup (~3 oz or 80g) of butter
- 10 oz (3 dl) of whole milk
- 1 egg

## Preparation

Mix the flour with the salt and dried yeast. Melt the butter in warm milk and add to the flour, salt & yeast. Crack the egg into a cup and swirl it with a fork until homogeneous. Add 2/3 of the egg to the dough and keep the rest for later. Start kneading the dough by hand or with a machine until smooth and homogeneous. Fold the kneaded dough over multiple times before letting rise covered at a warm place for about 2-3 hours. (The dough should feel similar to regular bread dough, add some milk if too dry).

Once risen, cut the dough into two equally large pieces and form two long roles, each about 1-2 inches thick. You now have to fold the two strands to form the typical shape of the bread according to the image below.



You can also find instructions on how to fold it here: <https://youtu.be/GlfYuxBG0uQ>

Put the folded dough on baking paper and let rise another 15-20min before brushing the remaining egg on its surface. Bake for 35-40 min (Telluride altitude, shorter at lower altitudes) at 390F.

Enjoy – with butter and honey or jam, a soft-boiled or poached egg or our kids favorite with a hearty layer of Nutella.

# Banana Cherry Coconut Bread

Servings: 2 loaves

Source: Kim Risner-Tindall

**INGREDIENTS** Use organic products whenever possible.

|                                            |                            |
|--------------------------------------------|----------------------------|
| 5-6 large very ripe bananas, smashed       | 3/4 cup rolled oats        |
| 2/3 cup melted butter                      | 3 cups all purpose flour   |
| 1/2 cup sweet cherries, pitted and chopped | 1/2 cup walnuts (optional) |
| 1/2 cup coconut flakes                     |                            |
| 2 cups sugar or 1 cup agave nectar         | Optional topping:          |
| 2 eggs, beaten                             | 1/4 cup rolled oats        |
| 1/4 cup vanilla yogurt                     | 1 tbsp light brown sugar   |
| 2 tsp vanilla                              | 1/8 tsp cinnamon           |
| 2 tsp baking soda                          | 1 tbsp melted butte        |
| Pinch of salt                              |                            |

## **DIRECTIONS**

Preheat oven to 350°.

In a large mixing bowl, and with a wooden spoon, mix the bananas with the butter. Add the cherries and coconut and mix well. Add in the sugar, eggs, yogurt, and vanilla and mix well to combine.

Sprinkle the baking soda and salt over the mixture and blend in. Add the oats (and nuts) and blend well. Add the flour last, slowly, and mix until all ingredients are moist and blended.

Divide the batter between two buttered and floured 4x8" bread pans.

Bake for 1 hour and test with a toothpick (times may vary).

Cool on a rack until cool to the touch and then remove the loaves from the pan. Serve warm or at room temperature.

Optional topping:

Mix topping ingredients in a small bowl.

After the bread has baked for 5-10 minutes, divide the topping between the loaves and sprinkle on top of each loaf.

Continue to bake the loaves for the remaining 50-55 minutes.

# Danish Crowns

Source: Davine Pera

## INGREDIENTS

4 tsp yeast dissolved in 1/4 cup warm water

1 cup milk

1 tsp salt

3/4 cup sugar

1/4 cup melted shortening

1 well beaten egg

4 cups flour

Cinnamon/sugar mixture:

1 cup sugar

2 tbsp cinnamon

## DIRECTIONS

Scald the milk and then add sugar and salt and cool to lukewarm.

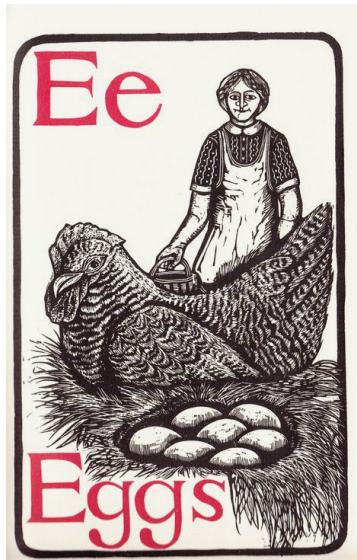
Add the yeast softened in warm water, the beaten egg, and the flour.

Beat until smooth. Knead on a floured surface until smooth and not sticky.

Cover and let rise until double in size. Punch down, and let rise again.

Make into balls the size of a small egg. Dip in beaten egg, then in a mixture of cinnamon and sugar. Let rise until almost double in size.

Place in a greased pan and bake at 350° for 20 minutes or until browned.



Breakfast

# Oven Apple Oats

Servings: 4-8

Source: Maureen Reese

Use Irish oats/steel-cut oats, available at most grocery stores in the bulk section or from Bob's Redmill.

Baking this dish results in a very creamy and fluffy oatmeal. It is made with milk which is a longstanding Celtic tradition.

## INGREDIENTS

**3 1/2** cups 2% or whole milk

**1** cup of Irish/steel cut oats

**2** TSP pure maple syrup

**1/2** TSP freshly grated nutmeg (I just use ground nutmeg.)

**1 to 1 1/2** cups peeled and diced apples

**2/3** cup currants or raisins, or less to taste (I like the currants.)

**1/2** TSP salt

## DIRECTIONS

PREHEAT OVEN TO 375

In a saucepan, heat the milk on medium heat until very hot but not quite boiling; stir occasionally to prevent scorching. Stir in the oats, maple syrup, nutmeg, and diced apples and continue to cook for several minutes, just until the mixture returns to a boil. Remove from the heat, add the currants or raisins and the salt, and mix well.

Spoon the oatmeal mixture into a 1 1/2 -quart casserole dish, cover, and bake for 25 to 30 minutes, until all of the liquid is absorbed and the oatmeal is creamy. The oatmeal "casserole" will puff up slightly when finished.

Stir well just before dishing it up, and eat while piping hot.

I love these oats any time of the day! I fill a bowl with frozen blueberries, pile on some of these oats, pop it in the microwave for about 1 1/2 to 2 minutes, and they are ready to gobble down. Healthy and so comforting.

## NOTES

FROM MOOSEWOOD RESTAURANT NEW CLASSICS

# Glenwood Springs Eggs

Servings: 1 - 2 people  
Source: Lawry DeBivort

## INGREDIENTS

1. Shrimp mix:
  - Half-dozen large shrimp, cooked, de-tailed, and chopped
  - A half-dozen small chopped cherry tomatoes
  - Mayonnaise to taste (lots!)
  - Italian tomato paste to taste
2. Three eggs (organic if possible)
3. Frozen peas, half-cup
4. Naan or Afghani bread
5. Butter
6. Mix of melting cheeses (e.g. mozzarella, Fontina, Monterey jack)

## DIRECTIONS

Mix the Shrimp Mix ingredients in a bowl and let sit for 15 minutes. A small amount of finely chopped onion may be added.

Melt a generous amount of unsalted butter in a skillet, over a low to medium flame

Add frozen peas to the skillet

Add a tablespoon of water to the skillet

Add the eggs to the skillet once the water is starting to boil

Salt and pepper to taste

Add the Shrimp mix to the skillet, and slowly, gently mix everything together.

Add the melting cheeses to the skillet, let them melt into the mixture-all on low to medium flame. Cook enough to absorb the water, melt the cheese, integrate the peas-but no more.

Keep stirring to a bare minimum.

Toast the bread at the last minute, butter when done.

Keeping the egg mixture rough-this is a scrambled dish- serve onto a pre-heated dish.

This serves one or two people, depending on how hungry you are.

I didn't have any, but I think a small amount of black caviar would go superbly with this.

Glass of white burgundy if possible



# Breakfast Deviled Eggs

Servings: 8-10  
Source: Maureen Reese

## INGREDIENTS

8 boiled eggs peeled  
4 slices bacon cooked crisp and diced  
1/2 cup shredded hash browns cooked and chopped  
2 tbsp green onions diced  
4 oz cream cheese softened  
2 tbsp mayo  
1 tsp yellow mustard  
salt/pepper to taste

## DIRECTIONS

1. Halve eggs and gently scoop out the yolks into a bowl.
2. Place egg white halves on a serving plate.
3. Add 1/2 of the bacon, green onions, cream cheese, mayo, mustard, and seasoning to the bowl with the yolks.
4. Mix well with a fork, mashing all the ingredients together.
5. Scoop the filling into each egg white half, mounding on top.
6. Garnish eggs with remaining bacon and one or two pieces of crispy hash browns on each.
7. Chill until ready to serve.

## NOTES

For 10 eggs:  
5 slices of bacon  
5/8 C. hash browns  
8 tsp green onions  
5oz cream cheese  
8 tsp mayo mayo  
1 1/4 tsp yellow mustard.

# Spiritsrest French Toast

Servings: 4

Source: Kelley Jemison

## INGREDIENTS

2 eggs

½ cup all-purpose flour

1 cup milk

1½ teaspoons baking powder

½ teaspoon salt

1 teaspoon each ground cinnamon and vanilla

8 to 10 slices hearty cranberry/walnut bread (or any fruit/nut bread)

About 6 tablespoons butter or margarine

About 3 tablespoons salad oil

Powdered sugar

Apricot jam

## DIRECTIONS

In a blender or food processor, whirl eggs until blended; add flour, milk, baking powder, salt, cinnamon, and vanilla, and whirl until smooth. Pour mixture into a shallow baking dish.

Cut bread slices in half diagonally to form triangles. Lay in egg mixture, turning to soak both sides well (pressing down lightly to remove air bubbles from bread).

Heat 2 tablespoons of the butter and 1 tablespoon of the oil in a wide frying pan over medium-high heat. Drain bread slices briefly and fry, a few pieces at a time, until golden brown on both sides; add remaining butter and oil as needed. Arrange toast on a serving platter and keep warm in a 150° oven until all are cooked.

To serve, dust with powdered sugar; pass apricot jam to spoon on top. Makes 4 or 5 servings.

## NOTE

Baked in Telluride's Pleasant Bread is perfect for this recipe!



Condiments:  
That Extra Touch  
of Yummy

# Exceptional Marinade for Elk

Source: Pat Drew, Scott Bennett, Jim Mahoney

This marinade was concocted by three Telluriders. Born and raised here, they hunted elk and learned how to grill choice steaks and roasts from their fathers, friends, and by dubious trial and error.

## INGREDIENTS

1/2 cup soy sauce

1/2 cup red wine vinegar or 1/2 cup red wine

1/4 cup olive oil

2 tbsp maple syrup

4-6 cloves garlic, minced

Salt and fresh ground pepper

Optionals:

Red pepper flakes

Chipotle peppers

## DIRECTIONS

Combine all ingredients in a ziplock bag and add meat (steak or roast).

Put the whole shebang in the fridge for 2 hours or on the morning of the dinner.

Grill.

# Scott Bennet's Green Peppercorn Sauce aka "Heart Clogger"

Servings: 2 cups

Source: Scott Bennett

## INGREDIENTS

1 cube of butter

3 cloves garlic, chopped

2 oz Cognac

1 pint heavy whipping cream

1 1/2 cubes Knorr beef bouillon

1 1/2 tbsp Dijon mustard

3 tbsp Green peppercorns (not dried)

## DIRECTIONS

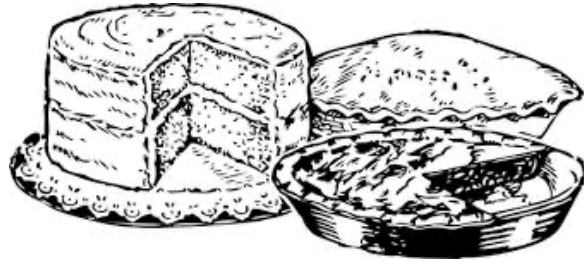
Melt the butter in a skillet and brown the garlic over medium heat.

Remove from heat and add the Cognac. Light the mixture on fire and let it flame until the alcohol burns off.

Return the skillet to the heat and add the heavy whipping cream and bouillon. Stir until everything is melted and well blended.

Stir in the mustard and green peppers and simmer until well blended.

Great served on elk or beef!!



# Desserts



# Key Lime Pie

Servings: 6-8

Source: Don Pashayan

## INGREDIENTS

Graham Cracker Crust:

1 cup graham cracker crumbs

2 tbsp powdered sugar

4 tbsp butter, melted

Filling:

1/2 cup fresh lime juice

1 pkg unflavored gelatin

3 eggs, separated

One 14 oz can sweetened condensed milk

Whipped Cream:

1 pint heavy whipping cream

4 heaping tbsp powdered sugar

1 tbsp vanilla extract

## DIRECTIONS

Crust:

Combine all crust ingredients in a small bowl and mix well.

Press mixture into a 9" pie pan covering the bottom and sides.

Refrigerate.

Filling:

In a small saucepan, heat the lime juice and add the gelatin, stirring to dissolve.

Separate the eggs, and in a large bowl, beat the egg yolks for 10 minutes, or until light and fluffy. Add the gelatin mixture and sweetened condensed milk and stir well.

In a clean bowl, beat the egg whites until stiff. Fold them into the lime juice mixture.

Pour the filling into the prepared pie rust and refrigerate for 1 hour.

Whipped cream:

In a large bowl, whip all ingredients until thick and creamy.

Serve the cold pie with whipped cream.

# Cranberry Frappe

**Source:** Claire Bennett

This is easy to make and a Bennett family favorite. Serve as a palate cleaner between courses or as a dessert at the end of the meal.

## INGREDIENTS

2 packages fresh cranberries, rinsed

2 cups sugar

Juice of 2 lemons

Water

## DESCRIPTION

### DIRECTIONS

Put cranberries in a large pan and add water to cover (start with 2 cups water).

Cook the cranberries until they pop or can be mashed. Sometimes more water is needed to achieve the right consistency.

Strain the cranberries through a sieve or colander, and return the strained juice to the pan. Add the sugar and lemon juice, and bring to a boil and cook, stirring, until the sugar has dissolved.

Cool and pour into seasonal molds or a rectangular pan. Freeze until ready to serve on small plates.



# Dinner and a Movie Recipes

# Bloody Mary Dip

(From Danny Deck Chair Dinner and a Movie)

Servings: 2 cups

Source: Deb Bailey

## Ingredients:

1 1/2 tbsp oil  
1/2 cup finely chopped purple onion  
1 small jalapeño pepper, finely chopped  
2 cloves garlic, crushed  
7 sun-dried tomatoes, chopped  
  
1/2 cup sour cream  
1 cup plain yogurt  
1 tbsp horseradish  
Dash Worcestershire sauce  
2 whole green onions, chopped  
1/4 cup finely chopped celery  
Salt and pepper to taste

## Directions:

Over medium heat, cook the purple onion, jalapeño pepper, garlic and tomatoes in the oil for 3 minutes. Cool completely.

Add the remaining ingredients, blend well, and refrigerate until well chilled.

Serve as a dip with crackers, veggies, etc.

Also great for grilled shrimp or steak bites!

# Mock Turtle Soup

## (From Babette's Feast Dinner and a Movie)

Servings: 8-10

Source: Deb Bailey

### INGREDIENTS

|                            |                                      |
|----------------------------|--------------------------------------|
| 1 large onion, chopped     | 3 cups beef or chicken stock         |
| 1 Tbsp butter              | 1 15-oz can tomato puree             |
| 2 tbsp olive oil           | 1/2 cup Worcestershire sauce         |
| 2 # lean beef, small cubed | 1 cup chopped tomatoes               |
| 1 clove garlic, mashed     | 1 cup chopped carrots                |
| 3 whole cloves             | 1 cup lemon juice                    |
| 1/4 tsp allspice           | Salt and pepper                      |
| 1/4 tsp thyme              | Chopped fresh parsley                |
| 1 bay leaf                 | 1 lemon, sliced                      |
| 2 tbsp flour               | 2 hard boiled eggs, coarsely chopped |
| 3 cups hot water           | Sherry                               |

### DIRECTIONS

In a large stock pot, heat the butter and olive oil over medium heat. Sauté onion until tender, 5-7 minutes.

Add beef and cook until no longer pink.

Add spices, herbs, and flour and cook until it bubbles, adding butter or oil if needed.

Pour in hot water and stock and bring to a boil, stirring often.

(Mock Turtle Soup, continued)

Reduce heat and add remaining ingredients except eggs, lemon juice, parsley and sherry.

Simmer for 2 hours, covered.

To serve, add the eggs to the soup and ladle into bowls. Stir in 1 tsp sherry and top with parsley and lemon slice.

# Easy Peasy Paella

## (From Four Last Songs Dinner and a Movie)

Servings: 4-6

Source: Deb Bailey

### INGREDIENTS

2-3 tbsp olive oil  
1 cup sliced onion  
1 1/2 cups mixed bell peppers, sliced into strips  
1-2 cloves garlic, chopped  
3-3 1/2 cups chicken or veggie broth  
5 oz package Mahatma Saffron Yellow Rice Mix  
1 can tomatoes, undrained  
1 cup frozen English peas  
Salt and pepper to taste  
Fresh parsley  
Lemon wedges

### DIRECTIONS

Start with a large paella pan with lid. Heat oil over medium heat, and add onions and peppers and cook until tender, 5-7 minutes. (If using chicken or sausage, add it now to brown).

Add garlic and cook for 1 minute.

Add rice mix and cook for 2-3 minutes, adding a little oil if needed.

Add 2 cups broth and tomatoes. (If using seafood, add fish and clams at this point).

Bring to a boil, reduce heat and simmer, covered, for 20-25 minutes. Stir occasionally and add additional broth as needed to keep moist and prevent sticking . (If using additional fresh veggies, add them now).

After 20-25 minutes, add the English peas (and Mussels, shrimp and crabmeat ). Cook, covered, for additional 5-7 minutes until rice is tender.

Serve warm, sprinkle with fresh parsley, and add lemon wedges.

Serve with green salad and crusty bread.

### Note

For vegetarian version, add more sliced veggies.

For omnivore version, add seafood and/or meat.

# Turkish Chicken Skewers with Tzatziki Sauce (From August Rush Dinner and a Movie)

Source: Deb Bailey

## INGREDIENTS

Chicken skewers:

3# boneless skinless chicken in bite size pieces

2 tsp red pepper powder

2 tsp paprika

1 cup plain yogurt

3 tbsp olive oil

2 tbsp vinegar

2 tbsp tomato paste

2 tsp salt

1 tsp pepper

6 cloves garlic, chopped or sliced

2 lemons, sliced

Tzatziki Sauce:

16 oz plain Greek Style Yogurt, drained

1 cup grated cucumber

1/4 cup grated onion

8 oz sour cream

1 clove garlic, minced

1 tbsp parsley, chopped

1 tbsp mint, chopped

1 tbsp lemon juice

Salt and pepper to taste

## DIRECTIONS

Chicken Skewers:

Mix the red pepper and paprika with 2 tbsp warm water to make a paste.

Add the remaining ingredients and combine well to make the marinade.

Coat the chicken pieces in the marinade and put into a zip-lock bag and refrigerate overnight.

Soak 20-24 wooden skewers in water to prevent them from burning.

To cook the chicken, remove the chicken pieces from the marinade, removing the excess marinade. Skewer the chicken pieces, dividing them among the skewers.

Place the skewers on a broiling pan and cook under the broiler for 10-14 minutes, turning them over after 5-7 minutes. Or you can cook them on the grill, turning over the skewers halfway through the cooking time. Serve with tzatziki sauce.

Tzatziki Sauce:

Drain the Greek style yogurt overnight in a colander lined with cheese cloth.

Drain the grated cucumber and onion on a paper towel for 1 hour before mixing with the other sauce ingredients.

One hour before eating, mix all the sauce ingredients together and refrigerate until chilled (minimum 1 hour).

# Lip Smackin' Smothered Chicken

(from Waking Ned Devine Dinner and a Movie)

Servings: 6

Source: Deb Bailey

## INGREDIENTS

2 tablespoons vegetable oil  
1 cut-up whole chicken (3 to 3 1/2 pounds)  
1 1/2 teaspoons salt  
3/4 teaspoon black pepper  
1/2 medium yellow onion, thinly sliced  
3 green onions, cut into 1-inch pieces  
1 1/2 cups Gold Medal™ all-purpose flour  
2/3 cup soy sauce  
7 cups hot water  
2 teaspoons onion powder

## DIRECTIONS

Heat oil in deep 12-inch skillet over low heat 5 minutes. Sprinkle chicken with salt and 1/2 teaspoon of the black pepper; place in hot skillet. Cover chicken with yellow and green onions.

Cook chicken over medium heat 10 minutes; turn chicken. Cook 10 minutes longer or until golden. Reduce heat to low; cook 5 minutes longer. Turn; cook 5 minutes. Remove chicken from skillet. Place in large pot (Dutch oven); set aside.

Continue heating skillet over low heat. Stir together flour, 1/3 cup of the soy sauce and 4 cups of the hot water in medium bowl with wire whisk or fork until smooth.

Cook flour mixture in hot skillet over medium heat, stirring constantly with wire whisk or fork, until mixture boils and thickens. Stir in remaining water, 1 cup at a time, stirring after each addition, until smooth.

Stir in remaining 1/3 cup soy sauce, the onion powder and remaining 1/4 teaspoon black pepper. Pour gravy over chicken in large pot. Reduce heat to low. Cover and simmer 1 hour, stirring occasionally. (Gravy may stick to pot.)



# Bread Pudding

## (From Lars and the Real Girl Dinner and a Movie)

Servings: 8 to 10 servings

Source: Deb Bailey

### INGREDIENTS

For the bread pudding:

1 cup raisins

1 loaf French bread, at least a day old, cut into 1-inch cubes (about 6-7 cups)

4 cups milk

3 large eggs

2 cups sugar

2 tablespoons vanilla extract

1/4 cup bourbon whiskey

1/4 teaspoon allspice

1/4 to 1/2 teaspoon cinnamon

3 tablespoons butter, melted

For the Bourbon Sauce:

1/2 cup (1 stick) butter, melted

1 cup sugar

1 large egg

1/2 cup bourbon whiskey (less or more to taste)

### DIRECTIONS

Soak the raisins:

In a small bowl, combine the raisins with 1/4 cup bourbon. Cover and soak for 1 to 2 hours. The raisins should soak up most of the bourbon in this time (there may be some bourbon left in the bowl when they're done soaking).

Preheat the oven:

Preheat the oven to 350°F.

Soak the bread in milk:

Place milk in a large mixing bowl and add the cubed bread. Press the bread into the milk with your hands until the bread is completely saturated (the bread may not absorb all the milk).

Add the egg mixture:

In a separate bowl, whisk the eggs, then whisk in the sugar, vanilla, allspice, and cinnamon. Pour over the bread and milk mixture. Add the bourbon-soaked raisins. Stir gently to combine.

Transfer to the pan and bake:

Pour the melted butter into the bottom of a 9x13 baking pan. Coat the bottom and the sides of the pan well with the butter. Pour the bread milk and egg mixture into the baking pan.

Bake at 350°F for 35 to 45 minutes, until the liquid has set. The pudding is done when the edges start getting a bit brown and pull away from the edge of the pan.

(Bread Pudding, continued)

Make the bourbon sauce:

While the bread pudding is cooking make the bourbon sauce. Melt the butter in a medium saucepan on low heat. Add the sugar and egg and whisk to blend well. Slowly cook over low heat, stirring constantly, until the mixture thickens enough to coat the back of a spoon, then remove from heat. Do not allow the mixture to simmer or the sauce will curdle. (By the way, if your sauce curdles, just take it off the heat and blend it smooth in a blender.)

Whisk in bourbon to taste. Whisk again before serving. The sauce should be soft, creamy, and smooth.

Serve the bread pudding with bourbon sauce on the side; pour on to taste.

Bread pudding is best served right away after it's finished baking. However, leftovers can be kept for up to 5 days refrigerated and can be reheated in the microwave.

To reheat, warm individual portions in 1-minute bursts in the microwave until warmed through. The sauce can be drizzled over top and reheated along with the individual slice.

We do not recommend freezing bread pudding.

# Kulfi

(from The Best Exotic Marigold Hotel  
Dinner and a Movie)

Servings: 6-8

Source: Deb Bailey

## INGREDIENTS

1 14-oz can evaporated milk  
1 14-oz can sweetened condensed milk  
16 oz whipped topping  
6 slices white bread  
3/4 tsp cardamom  
1/2 cup chopped pistachios

## DIRECTIONS

Mix all ingredients in a blender or mixer. Pour into a 9X13" dish and sprinkle with additional cardamom.

Cover and place in freezer overnight.

Thaw slightly to serve. Top with additional pistachios.



Good Recipes  
Inspired by  
THE  
Good Book!

# Nutty Fig and Honey Flatbread

Source: Kelley Jemison

This recipe combines figs, honey, nuts, and olive oil—all ingredients referenced in the Bible (Deuteronomy 8:8, Genesis 8:11) - connecting you to ancient biblical flavors.

## INGREDIENTS

For the Flatbread:

2 cups all-purpose flour (1 Kings 4:22)

1/2 teaspoon salt

3/4 cup water

2 tablespoons olive oil (Genesis 8:11)

For the Topping:

1/2 cup dried figs, chopped (Nahum 3:12)

1/4 cup chopped walnuts or almonds (Song of Songs 6:11)

2 tablespoons honey (Exodus 3:8)

A pinch of cinnamon (optional)

## DIRECTIONS

Prepare the Flatbread Dough:

In a bowl, mix the flour and salt. Gradually add water and olive oil, kneading until a smooth dough forms. Cover the dough and let it rest for about 30 minutes.

Cook the Flatbread:

Divide the dough into small balls and roll each into a thin circle. Heat a skillet over medium heat and cook each flatbread for about 2 minutes on each side until golden spots appear.

Prepare the Topping:

In a small saucepan, gently warm the honey to make it easier to drizzle. Combine the chopped figs and nuts in a bowl.

Assemble the Dish:

Spread the fig and nut mixture over each flatbread. Drizzle with warm honey and sprinkle with cinnamon if desired. Serve Warm

# Lamb and Honey Couscous

Source: Kelley Jemison

This dish incorporates ingredients mentioned in the Bible, such as lamb, honey, olive oil, and herbs, reflecting the culinary traditions of ancient times.

## INGREDIENTS

2 lbs lamb, trimmed and cubed (Genesis 18:7)  
1 large package couscous (Deuteronomy 8:8 mentions wheat)  
3/4 cup boiling water  
4 tbsp honey (Exodus 3:8)  
2 cups fresh chives, diced  
4 cloves garlic, crushed  
1 tsp turmeric (Song of Solomon 4:14 mentions spices)  
1 tsp allspice  
1/2 tsp ground cloves  
1/2 tsp salt (Leviticus 2:13)  
1/2 cup dried cranberries or raisins (1 Samuel 25:18)  
Juice and rind of 1 lemon  
Olive oil for cooking (Judges 9:9)  
Small bunch of parsley, chopped

## INSTRUCTIONS

**Prepare Couscous:** Place couscous in a bowl and pour boiling water over it. Cover and let it sit for 5 minutes. Fluff with a fork.

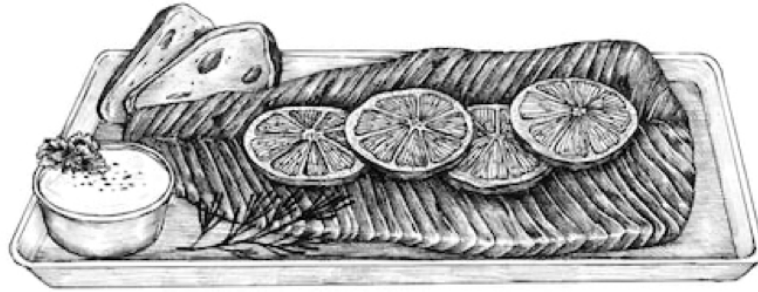
**Cook Lamb:** Heat olive oil in a pan. Add lamb cubes and sear until browned on all sides.

**Season:** Stir in turmeric, allspice, ground cloves, salt, garlic, and chives. Cook for another 5 minutes to blend flavors.

**Add Sweetness:** Drizzle honey over the lamb mixture and toss in dried cranberries or raisins.

**Finish with Lemon:** Add lemon juice and zest for a bright flavor.

**Combine:** Serve the lamb mixture over the prepared couscous. Garnish with parsley.



## Main Dishes

# My Favorite Mushroom Lasagna with prepared red sauce

Servings: 6

Source: Josie Preston

## INGREDIENTS

1 tablespoon butter  
2 tablespoons olive oil  
1 1/4 cups chopped shallots  
1 (4-oz) package presliced exotic mushroom blend. (Clark's has this)  
2 (8-oz) packages presliced Cremini mushrooms  
1 teaspoon salt divided  
1/2 teaspoon black pepper divided  
6 cloves minced garlic  
1/2 cup white wine  
3 ounce cream cheese  
9 sheets no boil lasagna noodles  
cheat with bottled sauce (I like Classico roasted red pepper)  
grated Parmigiano-Reggiano cheese

## DIRECTIONS

Preheat oven to 350°. Combine 1 cup boiling water and mushroom blend. Let stand for 30 minutes. Strain mushrooms, reserving liquid for sauce and mushrooms for filling.

Melt butter and 1 tablespoon of olive oil in a pan. Add shallots and sauté for 3 minutes. Add cremini, exotic mushrooms with 1/2 teaspoon salt and 1/4 teaspoon pepper. sauté gently about ten minutes until mushrooms are lightly brown and have released their juices. Add garlic and sauté one minute. Add wine and bring to boil. Cook one minute to de glaze pan. Remove from heat and add cream cheese.

Add mushroom liquid to the bottle of prepared sauce. Spoon 1/2 cup sauce into lightly oiled 11x7-inch baking dish. Alternate 3 noodles with mushroom mixture and repeat, ending with the remaining sauce on top. Sprinkle cheese over top. Bake at 350 for 45 minutes. Enjoy.



# Chicken Tetrazzini

Servings: 6  
Source: Janet Elrod

## INGREDIENTS

|                         |                           |
|-------------------------|---------------------------|
| 4# Chicken              | 1 cup Half and half       |
| 1 Onion                 | 1 cup Chicken broth       |
| 1 Bay leaf              | 1 tbsp Lemon juice        |
| 1/2 cup celery tops     | 2 tbsp White wine         |
| 1 Pinch Tarragon        | 1/2 tsp Tarragon          |
| 2 Cloves garlic, minced | 2 tbsp Butter             |
| 1 bunch green onions    | 2 tbsp Flour              |
| 1/2 Cup celery, minced  | 1 7-oz Package vermicelli |
| 1/4 Cup parsley, minced | 3/4 cup Parmesan cheese   |
| 1/2 Cup butter          | Salt and pepper to taste  |

## DIRECTIONS

Preheat oven to 350 degrees, and butter a shallow casserole dish.

Boil chicken in a pot of water with onion, bay leaf, celery tops, salt and pepper and tarragon.

Remove the chicken from the pot. Strain the broth and set aside one cup. Cool, debone chicken and cut into small pieces, and set aside.

In a large pan, sauté all remaining vegetables and minced garlic in the butter until soft.

Add the chicken, half and half, saved broth, lemon juice, tarragon, wine, and season to taste. Cook over low heat until thoroughly heated.

Make a paste of the remaining 2 tbsp butter and 2 tbsp flour and blend into the chicken mixture until thoroughly thickened and smooth.

Cook vermicelli, drain and spread on the bottom of the prepared casserole dish.

Spread the chicken mixture evenly over the vermicelli and top with the Parmesan Cheese. Bake for 20 minutes at 350°.

Freezes well. When baking the frozen casserole, increase the baking time an additional 10-15 minutes.

# Don Pashayan's Chicken

Source: Angela Pashayan

Pre-vegetarian, Don Pashayan would prepare this special dish to welcome his wife, Angela, home from her far-away travels.

## INGREDIENTS

1 whole chicken (7-8#)  
Dried herb and parsley seasonings

1 red apple  
1 stick of butter  
1/4 cup honey  
4 heaping tbsp curry  
1 onion  
Carrots  
Brussels sprouts

## DIRECTIONS

Preheat the oven to 350°.

Slice the onion into 4 pieces and spread across the bottom of a 4" high roasting pan.  
Rinse the chicken well, dry it and place it in the pan on top of the onion.

In a small saucepan, melt the butter, add the honey and curry powder, and mix ingredients together.

Brush the inside cavity and skin of the chicken with the sauce.  
Sprinkle the surface of the chicken with the dried seasoning.  
Core and dice the apple and stuff it inside the cavity of the chicken.

Cover the pan tightly with foil or a tight fitting lid. Bake at 350° for 90 minutes, basting often with the pan juices.

Remove from oven and place the carrots and Brussels sprouts around the chicken, cover it again, and bake for another 45 minutes at 395°.

Raise the temperature again to 435° and bake uncovered for 15-20 minutes until chicken is golden brown.

Serve with rice, using the veggies and juices for gravy.

# Kraut Runza

Servings: Servings 12

Source: Davine Pera

## INGREDIENTS

Dough:

4 1/2 cups All-Purpose Flour

1/4 cup Sugar

2 pkgs (1/4 oz) Yeast

1 tsp Salt

3/4 cup Milk

1/2 cup Water

1/2 cup Butter

2 Eggs, beaten

Filling:

2 lbs Ground Beef

1 Small Onion, diced

4 cups Cabbage, chopped

2 tsp Seasoned Salt

1 tsp Pepper

Note:

You can use the refrigerated rolls of pizza dough in place of making your own dough.

## DIRECTIONS

Dough

Start by placing 1 1/2 cups flour, sugar, yeast, and salt into a large mixing bowl.

Either in a small saucepan over medium heat or a microwave safe bowl, heat the milk, water, and butter to 120-130 degrees F.

Pour heated wet ingredients into flour mixture. Stir slightly before adding beaten eggs.

Continue by adding the remaining flour, one cup at a time, until when kneaded the dough comes together and is smooth and elastic.

Place dough in a greased bowl, cover and let rise in a warm place for about 1 hour.

Filling

While dough is rising, cook beef and onion over medium-high heat until meat is no longer pink. Drain.

Stir in the chopped cabbage, seasoned salt, and pepper. Stir gently until cabbage is cooked and filling combined. Cook the mixture until all the liquid has evaporated.

(Kraut Runza, continued)

#### Assembly

Punch dough down, and divide into 12 equal portions.

Working with one piece of dough, roll into a rectangle (approx 6 inches x 8 inches in size).

Place a heaping 1/2 cup of filling into the center of each dough piece.

Fold dough over filling. Seal and tuck edges.

Place onto a greased baking sheet (edges can touch).

Bake at 350 degrees F for 18-20 minutes or until golden brown.

#### NOTES

These freeze well. Make multiple batches (through the baking process) and freeze any cooked extras. When ready to use, thaw and either bake or microwave until heated.

Can use 2 (8oz) cans of sauerkraut in place of cabbage.

Add a half slice of cheddar cheese to each Runza before sealing pouch for a Cheese Runza version.

For a shortcut, use thawed frozen bread dough in place of making the dough from scratch.

# Oven Style Smoked Brisket

**Servings:** 8-12

**Source:** Sandy Wickham

Like most great cooks who can't leave well enough alone, Sandy tweaked this recipe until it was perfect for her! It became a staple for the many annual 4th of July picnic parties she and Roger hosted in the Telluride area.

## INGREDIENTS

4 1/2 - 5 1/2 pound lean beef brisket  
6-8 large onions, sliced 1/4 inch thick and separated  
1 cup tomato based chili sauce  
3-4 tbsp hickory liquid smoke  
1 tbsp regular yellow mustard  
1/2 tsp around pepper

## DIRECTIONS

Place the meat in a close-fitting greased pan , add 2 tbsp water, cover tightly with aluminum foil, and bake for 2 hours at 300°. Remove from oven and trim off all visible fat. Scrape the bottom of the pan to loosen all browned meat bits. Arrange half the onion rings evenly across the bottom of the pan and cover with the meat any any juices that have collected. Top with the remaining onion rings, chili sauce, pepper, and 1 tbsp of mustard mixed with 2 tbsp water. Cover tightly, and bake at 275° for 4-4 1/2 hours, checking occasionally, until meat is tender when pierced with a fork. Remove from oven and cool, then place the tightly covered pan with the meat in the refrigerator overnight.

On the day of the meal, lift the meat out of the pan and slice it across the grain into 1/4" slices. Skim off the congealed fat from the pan juices and discard. Spread the onion rings on the bottom of 1 or 2 shallow roasting pans or baking dishes. Overlap the meat slices on top of the onions and wedge the remaining onions around the edges of the pans. Drizzle the juices across the top of the meat.

Cover the pans tightly with a lid or aluminum foil and bake at 375° for 45-60 minutes until hot throughout.



Salads

# Cathy's Spinach Cranberry Salad

Source: Pal Gleason

## INGREDIENTS

Salad:

- 1 bag baby spinach leaves
- 1 cup bleu or feta cheese, crumbled
- 2 red apples, chopped
- 1 cup toasted pecans
- 3/4 cup Craisins (the orange ones are the best)

## Dressing:

- 1/2 cup canola oil
- 2 tbsp red wine vinegar
- 1 tbsp red onion, chopped
- 1 tsp salt
- 3-4 tbsp sugar
- Big pinch dry mustard

## DIRECTIONS

Toss the salad ingredients in a large salad bowl.

Place all the dressing ingredients into a cup and whisk until all ingredients are well blended.

Pour over the salad and toss just before serving.

## NOTES

In place of the sugar and dry mustard, use 1 heaping tsp prepared honey mustard dressing. This acts as an emulsifier and keeps the dressing from separating after it is whisked.

# Kale Salad with Garlicky Panko

Servings: Serves: 6  
Source: Kelley Jemison

## INGREDIENTS

1/2 cup plus 4 tablespoons extra-virgin olive oil  
1/4 cup seasoned rice vinegar  
2 shallots, thinly sliced  
1/2 cup panko  
Garlic salt  
Pepper  
1 bunch curly kale  
3 ounces feta cheese, crumbled  
a handful of Smokehouse Almonds, chopped  
Optional:  
Cannelloni beans  
Prepared Tabouli  
Sliced beets or dried cranberries  
Believe it or not, 1/4 - 1/2 cup General Mills Fiber One (65% Daily Fiber) cereal for a sweetish crunch!

## DIRECTIONS

In a large nonstick skillet, heat 2 tablespoons of the olive oil. Add the shallots and cook over moderate heat, stirring, until soft and translucent, 3-4 minutes. Remove from pan and set aside. Heat the other 2 tbsp olive oil and stir in the panko and cook, stirring, until golden and crisp, 3 minutes. Season with garlic salt and pepper and transfer to a plate to cool.

Cut the stems from the kale and tear the leaves into bite sized pieces. In a bowl, whisk the seasoned rice vinegar with the remaining 1/2 cup of oil and season with garlic salt and pepper. Add the kale; massage the kale with the dressing using your fingers until soft and dark green. Season with salt and pepper if necessary and toss. Transfer to a platter, top with the feta, browned panko, sliced beets or dried cranberries, diced Smokehouse Almonds, and other optional additions, and serve.

Serve with grilled kielbasa sausage to make a one dish meal.

This recipe was adapted from one given me by Patty Doerr.



# Tossed Salad with Mandarin Oranges

Servings: 4  
Source: Janet Monroe

## INGREDIENTS

1 head of lettuce or romaine  
1 c coarsely chopped celery  
2 – 4 green onions chopped  
¼ c toasted almond slivers (brown at 400 degrees for 10 minutes)  
1 T minced parsley  
1 can 11 oz mandarin oranges, drained

dressing

¼ c oil  
2 T. vinegar  
½ tsp. Salt  
¼ tsp. Tabasco  
2 T sugar

## DIRECTIONS

Mix dressing ingredients well. Dressing may be made ahead and chilled.

Break lettuce into pieces. Toss with other ingredients and dressing.

# Café Europa Green Salad a Le Leon

Servings: 4

Source: Janice Newberry

## INGREDIENTS

1-2 cloves garlic, minced or mashed

½ teaspoon salt

1 heaping teaspoon Dijon mustard

Juice of 2 lemons

Good quality olive oil

Broccoli – about 1 crown cut into bite-sized pieces

Avocado – 1 cubed

Edamame – about 1 cup – if frozen microwave about 3 minutes

Cucumber – ½ cubed

Parsley – 1/3 to ½ cup

Quinoa – 1 cup cooked

Feta Cheese – ¼-1/3 cup, or to taste

Sunflower Seeds – ¼ cup

## DIRECTIONS

Lemon/Oil Vinaigrette:

Combine the garlic and salt in ½ pint jar or jelly jar and leave for about an hour

Add the following:

Juice of 2 lemons– enough to fill 1/3 of the jar

Fill remaining space – about 2/3 of the jar – with good olive oil

Shake or stir. Allow to sit at room temperature for an hour or more for

Salad:

Combine the broccoli, avocado, edamame, cucumber, parsley, quinoa, feta cheese, and sunflower seeds and dress with Lemon/Oil dressing.

Stir until mixed well. Allow to sit at room temperature for an hour or more for all flavors to blend.

## NOTES

Janice adapted this recipe to her taste. She uses this formula for all vinaigrette by just changing the acid to balsamic, sherry, red wine, or other vinegars.

# Canlis Salad

Servings: 4 to 6 servings

Source: Bee Reichel

## INGREDIENTS

2 heads of romaine, outer leaves discarded, chopped  
8 bacon slices, chopped  
1 cup cubed fresh Italian bread  
1 egg  
1/4 cup freshly squeezed lemon juice  
1/2 cup olive oil  
Kosher salt and black pepper  
1/2 cup scallions, thinly sliced  
3/4 cup fresh mint, roughly chopped  
1 tablespoon fresh oregano leaves, roughly chopped  
12 cherry tomatoes, halved  
3/4 cup freshly grated Romano cheese

## DIRECTIONS

Wash the lettuce in cold water, dry thoroughly and put in the refrigerator to chill.

In a large pan set over medium-high heat, fry the bacon until it is nearly crisp, then remove to a bowl. Crumble the bacon when cool. Drain off all but one tablespoon of fat, then add the bread cubes to the pan and toss to coat. Bring heat to low and toast, tossing the bread occasionally with a spoon until it is crisp. Remove to another bowl.

Make the dressing. Place a whole egg in its shell into a coffee cup, then pour boiling water over the top. Allow the egg to cook for 60 seconds, then remove it. Rinse with water until cool. In a mixing bowl, whisk together the lemon juice and olive oil, then crack the coddled egg into the bowl and whisk again, vigorously, to emulsify. Add salt and pepper to taste, then set aside.

In a salad bowl, combine cold lettuce, scallions, mint, oregano and the reserved bacon. Toss with enough dressing to coat the lettuce, then top with the tomatoes, the croutons and a goodly shower of cheese.



# Soups

# White Bean-Chard Soup with Rosemary Croutons

Servings: 4-6

Source: Warner Paige

## INGREDIENTS

- 1 pound dried Great Northern beans
- 2 tablespoons olive oil
- 2 cups chopped onion
- 3/4 cup chopped carrot (about 2 medium)
- 6 garlic cloves, thinly sliced
- 1 cup dry white wine
- 1/2 teaspoon salt
- 1/2 teaspoon crushed red pepper
- 1 rosemary sprig
- 6 cups water
- 4 (14-ounce) cans fat-free, low-sodium chicken broth
- 6 cups coarsely chopped Swiss chard (about 2 bunches)
- **Croutons:**
  - 2 tablespoons olive oil
  - 4 ounces sourdough bread, cut into 1-inch cubes
  - 1 tablespoon chopped fresh rosemary
- **Remaining ingredient:**
  - 1/2 cup (2 ounces) grated fresh Parmesan cheese

## DIRECTIONS

Step 1: To prepare the soup, sort and wash the beans; place in a large Dutch oven. Cover with water to 2 inches above beans; cover and let stand 8 hours or overnight. Drain beans; set aside.

Step 2: Heat 2 tablespoons oil in Dutch oven over medium heat. Add onion and carrot; cook 8 minutes, stirring frequently. Add garlic; cook 1 minute, stirring frequently. Increase heat to medium-high. Add wine; cook until liquid is reduced to 1/2 cup (about 5 minutes). Add salt, pepper, and rosemary sprig; cook 30 seconds, stirring constantly. Stir in beans, 6 cups water, and broth; bring to a boil. Reduce heat; simmer 1 hour and 30 minutes or until beans are tender, stirring occasionally. Add chard; cook 15 minutes or until chard is tender. Discard rosemary sprig.

Step 3: Preheat oven to 400°. To prepare croutons, combine 2 tablespoons oil and bread; toss to coat. Add chopped rosemary; toss to combine. Arrange bread in a single layer on a baking sheet. Bake at 400° for 10 minutes or until golden, turning once.

Ladle about 1 1/2 cups soup into each of 8 bowls. Divide croutons evenly among bowls. Sprinkle each serving with 1 tablespoon cheese.

# Sue's Southwest Corn Chowder

Servings: 4  
Source: Deb Bailey

## INGREDIENTS

**2-3** Tablespoons oil  
**1** onion chopped  
**2** carrots chopped  
**1** potato chopped  
**1/2** bell pepper chopped  
**16** oz Jar chunky salsa  
**15** oz Can chicken or vegetable broth  
**16** oz Bag frozen corn  
**12** oz Can cooked chicken (optional)  
**1** cup milk  
**8** oz cream cheese Cut into cubes

## DIRECTIONS

Heat oil on medium heat add chopped vegetables and cook until tender.

Add salsa, broth, corn, and chicken. Cook on low until potatoes are done, approximately 15-20 minutes.

Add milk, season with salt and pepper to taste. Heat thoroughly, remove from heat, and add cream cheese. Stir until cheese melts and is smooth.

# George's Turkey Soup

Source: Ginny Fraser

Ginny has fond memories of her Dad making this soup after a turkey feast.

## INGREDIENTS

### Stock:

2 quarts water  
1/2 cup onion, chopped  
1 stalk celery, chopped  
2 carrots, chopped  
1 bay leaf  
3 sprigs parsley  
1 tsp salt  
1/4 tsp pepper  
A turkey carcass

### Soup:

1 1/2 quarts stock  
1/2 cup diced carrots  
1/2 cup celery sliced thin  
1/2 cup onion, diced  
1 cup tomato, diced  
1/3 cup barley  
2 tbsp sherry  
1-2 cups diced turkey meat  
2 tbsp lemon juice  
1/2 tsp dill

## DIRECTIONS

Place the stock ingredients into a large pot, working the carcass until it is completely submerged in the water. Cook, covered, for 2 to 2 1/2 hours. Remove the bones and strain the liquid into a container. Return the stock to the pot.

Add the soup ingredients and simmer, covered, for 1 hour.

Ginny adds one can of Swanson's chicken broth and a couple of chicken bouillon cubes for more flavor.

# Don's Bison Beef Stew

Servings: 4-6

Source: Don Montgomery

## INGREDIENTS

1 bison roast 3 lb  
1 large onion, chopped into 2" pieces  
4 carrots, chopped into 2" pieces  
3 stalks celery, cut into 2" pieces  
1/2 lb small red new potatoes  
3 cloves of garlic, minced  
1 pint jar of bison bone broth  
water  
Wondra flour  
Paul Prudhomme's Meat Magic  
Paul Prudhomme's Vegetable Magic

## DIRECTIONS

In large stock pot add onion and garlic and sauté in olive oil and butter until translucent. Sprinkle with Vegetable magic.

Place cubed bison dusted with Wondra flour and Meat magic in a Ziplock bag and shake to coat. Then add the meat to the pot and sauté until browned, sprinkling again with Meat magic.

Add carrots, onion and celery and stir. Let cook 3 to 4 minutes.

Add 1 pint of bison bone broth. Cook for 5 minutes.

Then add 2 to 3 hatch peppers roasted and cut into 2" pieces.

Then add 2 pints of water and let it cook down.

Then add red new potatoes and slow cook for 2 to 3 hours. Add water if needed.

## NOTES

Paul Prudhomme's Magic mixes are a combo of spices and herbs. Your favorite mixed seasoning could be substituted.

Canned beef broth can be used in place of Bison bone broth.



# Don's Seafood Soup

Servings: 4-6

Source: Don Montgomery

## INGREDIENTS

**10-15** shrimp with shells on dusted with Paul Prudhomme's Seafood Magic

**3** medium filet of sole dusted with Seafood magic

Butter and olive oil

**3** carrots sliced

**1/2** large onion sliced

**3** small celery stalks sliced

corn cut from 2 corn cobs (save cobs)

**3-4** med cubed red new potatoes

**1/4** hatch pepper very small

**1/2 to 1** jar bison bone broth (North Star)

**1** can fish stock (Bar Harbor found at town store) or order on amazon

**2** cups water

Paul Prudhomme's Seafood Magic

Paul Prudhomme's Vegetable Magic

## DIRECTIONS

In a pot add equal parts olive oil and butter and heat. Add onion and cook till translucent.

Then add carrots and celery. Season with vegetable magic. Cook 3 to 4 minutes.

Add potatoes, bone broth, seafood stock, corn, corn cobs and small piece of hatch pepper and water and bring to boil. Reduce heat and simmer until the potatoes are tender.

Add shrimp and simmer for 5 min. Add the sole and simmer another 3 min or until cooked.

## NOTES

Paul Prudhomme's Magic mixes are a combo of spices and herbs. Your mixed seafood and vegetable seasoning could be substituted.

# Dad's Favorite Seafood Stew

Servings: 6

Source: Janet Wolinetz

## INGREDIENTS

- 1/3 cup extra virgin olive oil
- 4 crushed garlic cloves
- 6 peeled and seeded Roma tomatoes cut into thin strips
- 1 cup homemade fish stock, purchased seafood stock or clam juice
- 1/2 cup dry white wine
- 1 pound skinned saltwater fish filets (snapper, sole, halibut, cod) cut into 2 inch chunks
- 16 large peeled and deveined raw shrimp
- 16 sea scallops
- 1/2 cup finely shredded fresh basil leaves
- 1/2 cup chopped flat leaf parsley

## Directions

Heat the oil in a 4 to 6 quart Dutch oven or sauce pot. Add the crushed garlic and sauté on very low heat for about two minutes or until the garlic is fragrant but not browned.

Add the tomatoes, stock and wine and simmer for about 10 minutes. (At this point you can cool and refrigerate this if you want to prep a day ahead - just reheat before adding the seafood)

Add the fish and seafood and simmer for about 5 minutes until just done (Don't over cook!). Stir in the parsley and basil and serve immediately (with that crusty bread!!)



# Vegetables And Sides

# Easy Mediterranean Vegetables

Servings: 4 to 6  
Source: Janet Wolinetz

## INGREDIENTS

- 2 tablespoons + 2 teaspoons extra virgin olive oil, divided
- 2 medium zucchinis, cut in eighths lengthwise, then halved crosswise (about 3 inches long)
- 1 medium yellow onion, cut into 1/4-inch wide strips
- 1 small red bell pepper, cut into 1/4-inch wide strips
- 2 teaspoons Cavender's All Purpose Greek seasonings or your favorite vegetable seasoning
- 2 teaspoons balsamic vinegar
- 1/4 teaspoon garlic salt
- 1/4 teaspoon sugar

## DIRECTIONS

Add 2 tablespoons of olive oil to a large grill-safe skillet and place on hot grill (or stove-top over medium-high heat) until hot.

Add zucchini, onion and bell pepper; cook and stir 6 minutes or until browned on edges.

Meanwhile, in a small bowl, whisk together remaining 2 teaspoons olive oil plus remaining ingredients.

Remove skillet from heat. Add seasoning mixture to cooked vegetables; toss gently to coat.

# Couscous with Bell Peppers

Servings: 4-6

Source: Janice Newberry

## INGREDIENTS

2 tbsp vegetable or olive oil  
1/2 red pepper, cut into small squares  
1/2 yellow pepper, cut into small squares  
4 green onions, thinly sliced  
1/2 cup currents  
3 cups good chicken broth  
1/2 tsp turmeric  
2 cups couscous

## DIRECTIONS

Heat oil in a saucepan and add red and yellow peppers and green onions. Sauté for about 2 minutes. Stir in currents, chicken broth, and turmeric and bring to a boil. Add the couscous and stir until well blended. Cover the pan and turn off the heat. Let stand for about 10 minutes.

To serve, fluff with a fork.

# Chili Cheese Corn Strata

Servings: 8 to 12

Source: Judy Thompson

## INGREDIENTS

One 1-lb Loaf Pepperidge Farm White Sandwich Bread (preferred for its firm texture, but any nice white bread will do)

**8** ounces of shredded Sharp Cheddar Cheese

**8** ounces of shredded Monterey Jack or Pepper Jack

**1** small can of chopped Green Chilies (Mild) (you can also add some fresh and hotter chilies, finely chopped – we like Jalapenos – if you know you have the right audience)

**20**-ounce bag of frozen White Corn

**8** Eggs (or an equivalent amount of egg substitute, which is undetectable in this dish)

**3** cups Half-and-Half (if you're being careful you can substitute Whole, 2% or Skim for some or all of this)

**1** teaspoon Tabasco Sauce

Salt and freshly ground Black Pepper to taste

Garnish: Fresh herbs

## DIRECTIONS

1) Spray a 9" x 13" baking pan (oven to table) with cooking spray 2) Combine the cream or milk, beaten eggs, chilies and seasonings 3) Remove the crusts from the bread and use one-half loaf to line the bottom of the pan 4) Sprinkle with one-half of the corn, and one-half of the cheddar and Monterey Jack cheeses, Make a second layer of bread, corn, and cheeses 5) Carefully pour seasoned egg/cream/chili mixture over the bread, trying to pour it equally over the entire casserole. 6) It is best to refrigerate overnight or at least a couple of hours 7) Bake in preheated 350° F. oven for 45 minutes or until puffed and browned. Be careful not to let the bottom get too browned.

Serving: Sprinkle with some fresh chopped herbs before serving.

# Cauliflower with Caper Sauce

Servings: 6

Source: Maureen Reese

## INGREDIENTS

- 1 whole large cauliflower
- 1 tablespoon grated onion or chopped scallions
- 3 tablespoons butter
- 3 tablespoons lemon juice
- Salt to taste
- 1/4 - 1/2 teaspoon black pepper
- 1 teaspoon turmeric
  
- 1 tablespoon water and 1 tablespoon of cornstarch
  
- 2 tablespoons (I add probably 4 TBSP) capers

## DIRECTIONS

Place cauliflower in heavy saucepan in 2 inches of boiling salted water. Cover and cook until tender, about 20 minutes. (Fork or knife it to see if it's tender.) Remove it and place in serving dish. Keep warm in warm oven.

Reserve 1 cup of the cooking liquid in the pot you cooked the cauliflower in. In a separate small bowl, soften cornstarch in the 1 TBSP of water. Add this to your reserved liquid and stir constantly. Immediately add butter, lemon juice, onion, salt, pepper, and turmeric - everything EXCEPT for the capers.

Cook, stirring, until sauce thickens. Remove from heat, stir in capers, and pour over cauliflower.

# Corn and Wild Rice Sauté

Servings: 6-8

Source: Janice Newberry

## INGREDIENTS

2 tbsp unsalted butter  
2 tbsp olive oil  
1 tbsp garlic, pressed or minced  
6 ears white corn or 3 cups frozen corn, thawed  
2 cups cooked wild rice  
3 tbsp sun-dried tomatoes in oil  
1/3 cup fresh minced cilantro or basil or a combination  
salt and pepper to taste

## DIRECTIONS

Melt butter and oil in a large, heavy saucepan. Add garlic and sauté for 30 seconds.

Cut the kernels from the corn cobs. Add the corn, rice, and sun-dried tomatoes to the saucepan. Sauté until the corn is heated through, about 4-8 minutes.

Stir in cilantro and season with salt and pepper.



# Saag Paneer (Indian Menu)

Servings: Serves 4

Source: Debbie Bailey

## INGREDIENTS

Paneer:

8 cups milk

1/4 cup fresh lemon juice

6 tbsp. ghee or canola oil

1 tsp turmeric

1/2 tsp cayenne pepper

Salt

4 tbsp light veggie oil

12 oz paneer

Saag (Spinach):

16 oz frozen spinach, thawed and drained

1 medium onion, chopped

1" ginger, minced

4 cloves garlic

2 tsp coriander

1/2 tsp garam masala

1 tsp cumin

1/2 cup plain yogurt

## DIRECTIONS

Make the Paneer cheese: Line a colander with 4 layers of cheesecloth, draping it over sides, and set in a sink. Bring milk to just under a boil in a 4-qt. saucepan over medium-high heat, stirring often with a wooden spoon to prevent it from scorching. Reduce heat to medium-low, add lemon juice, and gently stir until large curds form, about 30 seconds. Pour milk mixture into colander and gently rinse off under cold running water any foam and residual lemon juice from curds. Gather corners of cheesecloth together and gently squeeze out liquid. Tie opposite corners of cheesecloth together to make a sack, and hang it from a large kitchen spoon suspended over a deep bowl. Set aside at room temperature until excess liquid has thoroughly drained from cheese, about 1 1/2 hours. Transfer sack to a plate, untie cheesecloth, and loosely drape corners over cheese. Place a large heavy pot on top of cheese, then set aside for 30 minutes to compress cheese. Remove pot and unwrap cheese. Cut into 1/2" x 1" pieces.

Marinate the cheese in the oil flavored with the turmeric, cayenne pepper, and salt.

Heat ghee in a 12" nonstick skillet over medium heat. Working in batches, add cheese, and fry until golden brown, about 6 minutes. Using a slotted spoon, transfer cheese to a plate and set aside; reserve skillet with ghee.

Make the spinach: Cook the onion, ginger, and garlic in oil for about 15 minutes or until translucent. Add the coriander, masala, and cumin and cook 3-5 minutes, adding water as needed to keep the mixture moist.

Add the thawed spinach and cook 5 minutes. Turn down the heat and add the yogurt and cheese and cook until warmed.

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Facebook Page "High altitude baking and cooking"

## Traditional High Altitude baking tips

Thanks to Sandy Wickham!

TABLE 1—Adjustments to be Made on Sea-Level Cake Recipes  
in High Altitudes

| <i>INGREDIENTS</i>  | <i>5,000 ft.*</i>                                       | <i>7,000 ft.*</i>                                       | <i>10,000 ft.*<br/>(estimated)</i>                      |
|---------------------|---------------------------------------------------------|---------------------------------------------------------|---------------------------------------------------------|
| <b>Leavening**</b>  | decrease $\frac{1}{8}$ to $\frac{1}{2}$ of total amount | decrease $\frac{1}{4}$ to $\frac{3}{4}$ of total amount | decrease $\frac{1}{2}$ to $\frac{3}{4}$ of total amount |
| <b>Baking temp.</b> | increase 3°F. for each 1,000 ft.                        | increase 25°F.                                          | increase 35°F.                                          |
| <b>Pan size</b>     | no change                                               | use larger size****                                     | use larger size                                         |
| <b>Flour</b>        | add 0 to 2 T. per C.                                    | add 1 to 3 T. per C.                                    | add 2 to 4 T. per C.                                    |
| <b>Liquid</b>       | add 0 to 3 T. per C.                                    | add 1 to 4 T. per C.                                    | add 2 to 4 T. per C.                                    |
| <b>Eggs</b>         | no change                                               | use 1 more egg                                          | use 1 more egg                                          |
| <b>Sugar***</b>     | decrease 1 to 2 T. per C.                               | decrease 2 to 3 T. per C.                               | decrease 4 T. per C.                                    |
| <b>Fats***</b>      | decrease $\frac{1}{2}$ T. to 1 T. per $\frac{1}{2}$ C.  | decrease $\frac{1}{2}$ T. to 2 T. per $\frac{1}{2}$ C.  | decrease 2 T. per $\frac{1}{2}$ C.                      |

\*Adjustments can be used at elevations 1,000 ft. higher or lower than elevation given in Table 1. E.g., 5,000 ft. adjustments can be used for 4,000 to 6,000 ft. Use smaller adjustments for lower altitude and greater adjustment for higher altitude.

\*\*Use maximum of 1 tsp. double-action ( $1\frac{1}{2}$  tsp. quick-action) baking powder; or  $\frac{1}{2}$  tsp. soda per cup of flour at high altitudes.

\*\*\*In rich cakes only—those in which the proportion of sugar is more than 1 cup to each 2 cups of flour; and more fat than  $\frac{1}{2}$  cup to each cup of sugar.

\*\*\*\*Fill pans or cupcakes only half full; make cupcakes out of extra batter.



TABLE 2—A Guide for Checking the Altitude Adjustments for Baked Products

| <b>INGREDIENTS</b> | <i>If too much is used,<br/>cake is:</i>                                                                                                      | <i>If too little is used,<br/>cake is:</i>                                                  |
|--------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|
| <b>Leavening</b>   | <b>Very coarse and loose, sometimes slightly fallen, with bitter taste.<br/>Runs over top of pan.</b>                                         | <b>Small, compact, and heavy,<br/>Light in color.</b>                                       |
| <b>Flour</b>       | <b>Dry, with a peaked or cracked top; breadlike, compact, tough crust.</b>                                                                    | <b>May fall. Slightly heavy or soggy.</b>                                                   |
| <b>Sugar</b>       | <b>Tough, heavy, thick crust that is often cracked and sugary or sticky, coarse in texture, sometimes slightly fallen, and runs over pan.</b> | <b>May be dry and coarse, tough; does not brown readily.</b>                                |
| <b>Shortening</b>  | <b>Crisp, uneven edges, greasy and crumbly; heavy cake, falls.</b>                                                                            | <b>Coarse in texture with tough crust, dry cake, light color.</b>                           |
| <b>Liquid</b>      | <b>Tunnels, heavy streaks, and soggy.</b>                                                                                                     | <b>Coarse, breadlike, dry cracks on top.</b>                                                |
| <b>Temperature</b> | <b>Coarse, thick, tough crust, peaked and often cracked.</b>                                                                                  | <b>Undersized, heavy, close, crumbly texture, pale, sticky crust. Runs over top of pan.</b> |
| <b>Pan Size</b>    | <b>(Too large.) Undersized cake, light crust color.</b>                                                                                       | <b>(Too small.) Runs over top, falls in center.</b>                                         |

Rice, Emma, M.S. *High Altitude Baking and Cooking*, Foods and Nutrition, University of Wyoming, Jelm Mountain Publications, 1978, pages 10 & 11.

# Alternative High Altitude baking tips

From Mama Dawn Klein,  
the Facebook high altitude cooking guru who was based in Ridgway.

Mama Dawn's methods are completely unorthodox. They were learned by accident, before the days of internet. Here are 6 steps to guaranteed success at altitude, every time, all the time.

## SIX THINGS VITAL FOR MASTERING BAKING AT HIGH ALTITUDE.

1. Always use room temperature ingredients. The exception to this rule is if the recipe specifically calls for cold butter, like pie crusts, scones, biscuits, etc. Remove your eggs from the fridge when you start a recipe. Put them in a bowl and run hot water over them. By the time you're ready for them, they are warm.
2. Creaming is the most important thing at altitude. Take your room temperature butter and sugars (oil), place in mixing bowl, when you are sure they will not fly out of the bowl, crank the mixer up to 10 and (BTSOOI) beat the snot out of it. Add warm eggs and vanilla and continue to BTSOOI until it looks like whipped cream. DO NOT EVER USE A COLD EGG. IT WILL SEPARATE YOU NICELY CREAMED BUTTER AND SUGAR, leaving the sugar to stand alone and caramelize.
3. Always use a flour that has a protein count higher than 11.
4. Mix flour, reduce leavening (baking powder, baking soda) according to your altitude (3/4 the amount at 3000-5000, 1/2 the amount at 5000-9500 and 1/4 the amount at 9500 and above) and salt in a separate bowl. Mix these items gently into your creamed items.
5. Sugar is not part of the dry ingredients and must be creamed with butter and eggs, even if the recipe states otherwise.
6. When using yeast. please rise one more time. So that will be three rises. The second rise can be overnight in the refrigerator. The reason for three is that the speed of the rise at altitude is too fast to develop good taste and the gluten structure.