

# Keepin' it Green Pesto

From the Kitchen of Jeff Dey

Servings: Depends on how you use it!

Prep Time: 1 1/2 hours (harvesting/picking leaves - 1 hour; Prepping other ingredients -- 20 minutes; processing -- 10 minutes)

Ingredients:

- 2 cups basil leaves (packed, see directions)
- 1/3 cup pine nuts (toasted if desired)
- 2 peeled cloves garlic
- 1/2 cup grated parmesan cheese
- 1/3 cup olive oil
- salt/pepper to taste

Directions: 1) Prepare basil by collecting leaves (avoid stems and flowers), wash and dry the leaves on towels and pack them into a measuring cup to make two cups.

2) Chop garlic with metal blade of food processor.

3) Add basil leaves and top with grated parmesan, pine nuts, olive oil and salt and pepper to taste in the work bowl.

4) While pulsing, slowly pour the olive oil into the feed tube. Pulse until the mixture is finely chopped and blended.

5) Use immediately or pack into jars or ice cube trays and freeze. If using ice cube trays, unmold cubes once frozen and pack into zip top bags for freezing.

Additional Notes: Use pesto by 1) mixing with hot radiatore or rotini pasta (add a little extra olive oil) and top with more fresh grated parmesan; 2) tossing a cube into a pot of soup; 3) stuffing a homemade challah; 4) making pinwheels from leftover pie dough; and many more!

### My Personal Story About This Recipe

We started growing basil years ago and have an annual pesto party where we make up to 5 quadruple batches of this recipe. We freeze it in small jars and ice cube trays (bag the cubes after they are frozen) and bring summer back all year round! Either the pesto or anything made with it makes a great gift.

# Aunt Stella Mae's Blackberry Cake

From the Kitchen of Barb Childers

Servings: 8-12

Prep Time: 1 hour, 10 minutes

Ingredients:

- 2 cups of sugar
- 1 cup butter
- 4 eggs
- 3 cups flour
- 6 T. buttermilk
- 2 tsp. Cinnamon
- 2 cups fresh or frozen blackberries

Directions: Cream butter and sugar in large bowl. Add beaten eggs. In 2nd bowl, whisk flour with soda and spices and add to mix. Add buttermilk. Fold in blackberries. Pour batter into greased bundt pan, 9"x12" sheet cake, or 9" cake pans. Bake at 350 degrees for 50-60 minutes (ovens vary - check with cake tester, toothpick, straw). Cool. Remove from pan. Frost with Pink Icing.

Additional Notes: Pink Icing (modified from the Quick White Icing in Joy of Cooking): 2 cups confectioners sugar creamed with 1/4 cup soft butter. Add 1/4 tsp. salt, 1 tsp vanilla, 3-4 T. milk. Add red food coloring or use juice from maraschino cherries if you must, but blackberry juice is the BEST coloring for pink icing.

Simple Caramel Frosting (from We Make You Kindly Welcome cookbook at Shaker Village, Kentucky)

- ¾ cup butter
- 1 ½ cup brown sugar
- ¼ cup plus 2 tablespoons milk
- 3 cups powdered sugar
- 1 teaspoon vanilla
- + pink food coloring / blackberry juice
- + blackberry leaf on top

Melt butter and add brown sugar. Add milk and bring to a boil. Take off stove and let cool. Add powdered sugar and vanilla. Add blackberry juice for pink color. Beat until creamy and smooth. Spread frosting on cooled cake.

### My Personal Story About This Recipe

This is Russ Childers' favorite cake for any occasion from family visits to our July 23 anniversary to his December 31 birthday. My Joy of Cooking cookbook (at the Rombauer Jam Cake page) has a slip of paper inserted titled "Blackberry Cake." In 1987 Russ Childers wrote out his maternal aunt Stella Mae Reid Roseberry's recipe for Blackberry Cake while she dictated it to him in her kitchen. She always had a piece of her homemade blackberry cake stashed away in the freezer for him when he visited. She made a layer cake with this recipe. I usually make a Bundt cake or sheet cake from her recipe. NOTE: The frosting MUST BE PINK, according to family tradition! The simple quick white icing recipe I have included from Joy of Cooking approximates the one used by Stella Mae who never really measured anything. For those who insist on a caramel topping, I once made the one for a Shawnee jam cake in We Make You Kindly Welcome, a Shaker cookbook from Pleasant Hill, Kentucky. But although delicious, the disapproval of something NOT PINK just isn't worth it, so in our family at least, PINK icing it is.

# Banana Bread with Locally Sourced Black Walnuts

From the Kitchen of Elissa Pogue/Mike Henson

Servings: 6

Prep Time: 30 minutes

Ingredients:

- Three very ripe bananas
- juice of one lemon
- 1/3 c oil or butter
- 1/2 brown sugar
- 1 1/2 ww flour
- 1/2 tsp salt
- 1/2 tsp baking powder
- 1/2 baking soda
- 1/2 c wheat germ or flax meal
- 1 c chopped dates or 1 c toasted black walnuts

Directions: Preheat oven to 375 degrees

Mash bananas and mix them with lemon juice until smooth. Cream butter or oil with the sugar together and add the banana mix, stirring well.

Sift together flour, salt, baking powder, and baking soda. Mix in wheat germ. Add to the banana mix and stir in the dates if desired.

The dough will be very stiff. Turn it into a greased cast iron pan or 4x8 loaf pan, and bake for about 45 minutes. Test with a knife into the loaf. If it comes out clean, the bread is done.

Additional Notes: Mike is totally against the dates. Lissa loves them.

### My Personal Story About This Recipe

Mike will describe how he shells the walnuts. it's a process. our basement floor is now a speckled walnut pattern. As are his hands!

# Refrigerator Soup

From the Kitchen of Pauletta Hansel

Servings: It depends

Prep Time: Not long

Ingredients:

- Leftovers
- Chicken, beef or veggie stock (stock is better than broth)
- Other stuff as needed and available.

Directions: What's in your fridge? A roast (beef or chicken) and its surrounding veggies and juices is usually my beginning point. From there, see what else you have. Spaghetti sauce, other veggies, noodles, leftover taters.... Sniff it first. Don't forget to look in the freezer! If you have halfrunner beans and ham frozen from the summer, don't you dare put them in the soup, just eat them because those things are GOOD! How about that pesto you made this summer? Or was it last summer? Put all that in the crock pot, or better yet, instant pot, or in a pot on the stove top if you have to (though really, you should get an instant pot), and add the stock to make it soupy. If your leftovers did not include tomatoes or sauce, you might add some in.

If you have potatoes in there, you don't need noodles, but if you want noodles and they aren't leftover, sorry, but you will need to cook them separately and add them later. How late? Just so they don't get all mushy, but are hot enough. If you don't have enough leftover veggies you can add frozen or canned or even cut up fresh ones, but that's more work, so next time, remember to add extra veggies to your roast so you don't have to chop raw vegetables, for heaven's sake, who's got time for all that! You are going to want to have onions in that roast, because if you don't you may have to do a little chopping of those bad boys. Herbs and spices? Maybe, it sort of depends on what you put in there. Once your pot is full, turn it on. If

I'm using the instant pot, I like to bring it to a boil and then change the setting to slow cook for anywhere from a couple of hours to whatever. Taste, adjust, eat. Cornbread is good with it. You can use Mike and Jeff's cornbread recipe, but I like to add plain yogurt to my cornbread as it makes it moister. Mom taught me that. But whatever you do about the yogurt or not, use white cornmeal and no sugar. Promise? If you're gonna do the whole Jiffy sweet so-called cornbread thing just skip it and eat crackers. Enjoy!

Additional Notes: Oh, and if you have leftovers, put them in the freezer and you can add them to your next batch of soup!

### My Personal Story About This Recipe

This is how my mom made soup. She didn't call it refrigerator soup, but that's what my husband and I call it. He's the main cook in the family (except for cornbread and beans) but I make the soup. He says I can make soup out of anything he cooks, except pizza. I haven't figured out how to make soup out of pizza, but I will let you know if I do. Sorry, I don't have a photo, but he didn't make a roast this week.



# Beans with Cornbread & Fried Taters

From the Kitchen of Melissa Baker

Ingredients:

- 1/2 bag of beans
- 1 cup of cut up ham
- 1 package of Jiffy Cornbread Mix
- 1 egg
- 3/4 cup milk
- 1 tbsp sugar
- 5-6 Russet potatoes

Directions: Beans: Wash half a bag of beans. Pick out the bad ones and put 2 cups into an Instant Pot with 3 cups of water and add 1 cup of chopped ham. Pressure cook for 30 minutes.

Cornbread: Put Jiffy mix in a bowl and add one egg, 3/4 cup of milk, 1 tbsp sugar. Pour into lined muffin tin and cook in oven at 350 degrees for 12-15 minutes.

Potatoes: Wash 5-6 large Russet potatoes - peeled or unpeeled (your choice). Cut into round pieces. Put oil in your skillet and cook your potatoes until brown and tender.

# Vegan Cinnamon Rolls

From the Kitchen of Erinn Sweet

Servings: ~8

Prep Time: ~2 hours

Ingredients:

- Rolls:
  - 1 cup of almond milk at room temperature
  - 1/4 cup of vegan butter/margarine (melted)
  - 1/8 cup of sugar
  - 1 packet of active dry yeast
  - 2 3/4 cups of all purpose flour
  - 1/2 tsp salt
- Filling:
  - 3/4 cup of vegan butter/margarine
  - 3/4 cup of light brown sugar
  - 2 tbsp ground cinnamon
- Icing:
  - Opt. 1: 1/4 container of Pillsbury (Yes, it's vegan but definitely not any healthier)
  - Opt. 2: 1 cup of powdered sugar, 2 tbsp of almond milk, 1/2 tsp vanilla extract



Directions:

Roll Dough:

-Pour almond milk into small cup or bowl and bring it to room temperature. You may set it out for a few hours or you can microwave it for 30 seconds or so to warm it up. You want it to be no hotter than 100° F or else your yeast will not proof correctly.

-Whisk sugar into almond milk together and sprinkle yeast over mixture and let it sit for 5 minutes.

-In a large bowl, whisk almond milk, sugar, and yeast mixture with melted butter.

-Gradually sift flour and salt into the bowl and mix with a wooden spoon until just combined.

-Cover bowl with a clean dishcloth (or eco friendly beeswax wraps if you have them in your kitchen) and let it dough proof at room temperature for 1-2 hours or until it has nearly doubled in size.

-After dough has proofed, mix the dough into a ball, adding 1/4-1/2 additional cup of sifted flour until dough ball is smooth and "springy" to the touch. I use my Kitchen Aid mixer with a dough hook to mix the dough ball but you can easily knead the dough with your hands on a flat, clean, floured surface.

-Shape the dough into a rectangle (about 1/2 inch thick) and evenly spread your butter, brown sugar and cinnamon mixture onto the dough

-Roll dough into a log (I place my dough on parchment paper help me roll the dough) and refrigerate for 30 minutes.

-Preheat oven to 350°

-Take log out of refrigerator and slice ends off (you can save these end pieces and bake these end pieces into cinnamon knots!). Cut the log into 8 even slices.

-Place slices in a greased pie pan or seasoned cast iron skillet. Arrange pieces in a circle with one slice in the middle. Pieces should be touching.

-Bake 25-30 minutes or until slightly golden brown.

Icing:

-Opt. 1 with a flat spatula, smooth 1/4 can of Pillsbury Cream Cheese Frosting onto cinnamon rolls about 3-5 minutes after you take them out of the oven.

-Opt 2: Pour powdered sugar, almond milk and vanilla mixture onto cinnamon rolls about 3-5 minutes after you take them out of the oven.

Additional Notes: Sometimes I have leftover dough from this recipe. You can refrigerate the dough in an air-tight container for up to 5 days. These

are best served warm. You can store leftovers in air-tight container at room temperature.

### My Personal Story About This Recipe

I've been vegan/vegetarian since 2017. I'm always looking for ways to turn my comfort foods into plant-based meals to fit my diet/lifestyle - although they aren't necessarily "healthy." :) My partner who is not vegan/vegetarian LOVES these! I make them about once a month and they are usually gone within two days. They are great with a cup of coffee or for dessert. I modified my recipe from this original recipe video: [The Best Ever Vegan Cinnamon Rolls #VeganWeek](#)

# Fried Cabbage

From the Kitchen of Nancy Laird

Ingredients:

- 6 slices Of bacon
- A large head cabbage, I removed the core and sliced it
- 2 minced cloves Of garlic
- 1 large diced onion
- 1 Tbsp. Of salt
- 1 Tsp. Of ground black pepper

Directions: Fry bacon. Set aside. Crumble. Use bacon grease to fry cabbage on med. as it gets going add onions and cook till soft. Add garlic, salt & pepper. cooh on low another 10 min. Put bacon on top & serve.

# Yorkshire Puddings

From the Kitchen of Matthew Smith

Servings: 6

Prep Time: ~1 hour

Ingredients:

- 3 large eggs
- $\frac{3}{4}$  cup flour
- $\frac{3}{4}$  cup milk
- Pinch of salt
- $\frac{1}{4}$  cup vegetable oil  
(beef drippings or lard works even better!)



Directions:

- 1) Preheat oven (400 degrees)
- 2) In mixing bowl, whisk together all ingredients except the oil. Don't overmix! Rest 30 minutes at room temperature.
- 3) Add teaspoon of fat to each cup of the 12-cup muffin tin (may help to spray with Pam to avoid sticking). Place tin in preheated oven about five minutes before adding batter.
- 4) Divide batter equally between muffin tin cups (should fill up about a third of each cup). Return to oven for around 12 minutes, or until Yorkshire Puddings are golden brown and risen.

## My Personal Story About This Recipe

“Yorkshire Puds” or “Yorkshires” were something I grew up in the north of England, before emigrating to Ohio. We’d have it for Sunday dinner with

roast beef, carrots, and potatoes. This recipe calls for a 12-cup muffin tin, so the end result is similar to popovers, but a single baking tin would be more traditional. The trick is to preheat the tin before putting it in the oven for a good rise. The end result tastes wonderfully luxurious for such simple ingredients, and goes well with some gravy!

# Mike Maloney's Buttermilk Cornbread

From the Kitchen of Mike Maloney

Servings: 8-12

Prep Time: 1 hour

Ingredients:

- 1 cup unbleached flour
- $\frac{3}{4}$  cup cornmeal
- $\frac{3}{4}$  tsp baking soda
- $\frac{1}{2}$  tsp salt
- $\frac{1}{2}$  tsp double acting baking powder
- 1  $\frac{1}{2}$  cups buttermilk
- 2 eggs
- 3-4 T cooking oil or melted butter (plus 1  $\frac{1}{2}$  T more for the skillet)



Directions:

Heat oven to 425.

Set out two bowls. In one bowl, mix flour, corn meal, baking soda, salt, double acting baking powder. Mix thoroughly. In the other bowl, mix buttermilk, eggs, 3-4 Tbsp vegetable oil or melted butter. If desired, add 1Tbsp jalapeno or spicy pepper chutney. Mix thoroughly. Put 1 $\frac{1}{2}$  Tbsp vegetable oil in iron skillet and heat in oven. Swirl hot oil around to coat bottom and sides of skillet. Mix dry and wet ingredients and pour into hot skillet.

Bake 25 minutes or until brown and separated from the sides of skillet. Flip skillet over a dinner plate. It should plop out. If it doesn't not fall out, gently loosen with knife or egg turner. Slice one piece immediately, cover with butter and eat it. Smile with satisfaction and give someone else a piece.



Additional Notes: If you like corn cakes, double the recipe, heat a skillet or griddle, smear with butter and use a large spoon to distribute the batter. Eat the first one and smile. Take another one and smear it with syrup, fried apples or sorghum.

### My Personal Story About This Recipe

When I was a kid, one of my favorite snacks was a piece of cornbread with a glass of buttermilk.