



**Effie's Homemade
Meals & Treats**

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Kitchen safety tips

Some obvious and not so obvious kitchen safety tips!

Kitchen Fire

Most of the time a kitchen fire is grease or electric related. Thankfully most homes today have been updated with GFI outlets which will cut the electric or blow the breaker if a fire starts and sometimes before one begins. I have mentioned this in other articles and will mention it again. Every kitchen should have a fire extinguisher specifically for grease fires readily available. Baking soda will also put out a grease fire. Never use, flour (this will actually cause an explosion) water (this will spread the grease fire) or a blanket or cloth, this too will catch fire with soaked grease and cause serious injury.

Children and pets in the kitchen

This is a big no no for many reasons. Other than having a living being under your feet, animals can spread disease and that's not something you want in a food prep area. Dogs and cats tend to jump up on you and your counters. This can lead to burns and fires. Children are naturally curious and of course should be able to watch and help, but should be taught to always even when you are there, to stay away from the stove and oven. There is nothing more heart breaking that seeing a child who's skin has been burned off from boiling water. Nuff said?

Cooking apparel

I know on television shows it looks real sexy to be cooking in lingerie or in the nude or in flowing clothes, this is so dangerous! Men this goes for you cooking in your underwear as well. Flowing clothing catches fire fast, as does long hair (put it up) or hair treated with product, yes it's flammable! Shoes should always be worn! Socks, pantyhose, flip flops, are all dangerous and not good on a slippery surface. Drop a knife once while you are in the kitchen and cut your foot, you'll never do it again. As far as the cooking in the nude, cook bacon once in the nude, you'll be surprised how much more that grease spatter hurts on your private areas than it does on your arm.

Caution with spicy foods

When preparing spicy foods, cutting jalapeños, habanero peppers, garlic, anything you might consider difficult on your tongue. We'll make it simple with that rule. Wear latex gloves! Some of you might be laughing at me now but hear me out. The oils from certain foods won't necessarily bother your fingers, however if you rub your eyes, or have the need to relieve your body, or perhaps have an afternoon interlude with your partner, those oils are unforgiving! Water will not stop the burning. The only way to ease this pain is with whole milk, rinse your eyes, soak your Johnson, you get the idea. Halt the issue before it happens, or make that embarrassing call to the ER.

Electrical devices

Unplug all electrical devices after use. Of course you can't do this with the stove, refrigerator, or microwave but you can with other devices (even the coffee pot). Not only do these devices continue to draw electricity even when they are off, if there is a power surge it will kill the device or worse cause a fire. Also they are a curiosity for children and animals to pull on, avoid the accident before it happens.

Knives

A dull knife is more dangerous than a sharp one! Keep your knives sharpened, purchase a sharpening rod and give the knife a few passes before and after every use. Store knives in a safe area at all times (the dishwasher is not a safe area).

Silly common sense stuff

Throw out old pot holders and keep healthy ones, when in doubt throw it out.

A rag or towel is not a pot holder, the frayed edges can cause a fire.

Do not lick the beaters while they are still in the mixer, even if it's unplugged.

Keep a first aid kit in the kitchen and keep it handy. Keep the floor swept, if you drop something clean it up immediately, this avoids a slip hazard. Electric start gas stoves will still expel gas if they haven't lit. If you turn the knob off real fast when gas is on it will cause the top of your stove to explode! (I learned this twice, once from a dog, once from a child).

Your Kitchen Supplies

Pans and Utensils

Now, I don't cook on an electric stove, I never have and don't think I would know how without burning something to bits. I cook on gas or an open pit fire. This being said, I firmly believe that every good cook should own a full set of cast iron pans. When used correctly they are nonstick, they are inexpensive, they add 50% more iron to your food, which is healthier for you and they are a dream to clean up. You cannot use cast iron on a glass top stove! And again I don't know how they would do on electric. I do not believe in expensive Teflon pans, and I don't think they are healthy either. But that's your call. When it comes to everyday cooking Utensils, Spatula, Tongs, Serving Spoons. Purchase Metal not plastic (except for one rubber spatula to scrape bowls with) and purchase wooden. Go to the Dollar store! A \$20 spatula is not going to last longer because it cost more. Besides sooner or later someone will raid your utensil drawer and use those items for gardening and you will never see them again. When spending money in the kitchen, spend where it matters (a good meat thermometer, candy thermometer, and electric mixer!).

When purchasing your mixing bowls and your cookware I strongly suggest a decent set of glassware, not plastic or metal. Glass mixing bowls and cookware not only keep temperatures even they also clean easier. Metal mixing bowls are okay for some things but make some items difficult to create (yeast breads for instance) You should own some metal cookie sheets (non teflon) and a couple of resin cutting boards.

NOTE on Cast Iron: All new (not old cast iron cookware) cast iron pans and skillets have a protective coating on them, which must be removed. American companies use a special food-safe wax; imports are covered with a water-soluble shellac. In either case, scrub the item with a stainless steel scouring pads (steel wool), using soap and the hottest tap water you can stand.

Cooking Tips and Ways to Cheat

These are not tips on a healthy heart or a healthy diet! These are cooking tips that will help save you stress and time. Yes some of them are cheating, but only you know what happens in your kitchen so it's no one's business which tips you use! Hope these help! Enjoy!

Fancy Gravies

I worked with a chef at one time who would come up with these incredible fancy gravies to pour over special dishes, of course the restaurant would charge more for a steak with a whiskey sauce hinted with cranberry topped with onion crisps. Sounds fancy doesn't it. The chef was adding these sauces all the time and yes they were very good and sounded so difficult. I bribed him with beer one night (he was a terrible lush). The big secret to his fancy sauces was a can of brown gravy! He would keep a pot of brown gravy warmed and when a sauce was needed he would put the booze in a hot skillet, add a dash of juice (depending on the sauce) and then whip in brown gravy and cook till thick. Sometimes he would throw pepper corns, fresh fruit, or just parsley in for fun. Now you too can cook like a head chef! Note: if cooking with alcohol it is flammable so be aware!

Chicken Breasts

For those of you that can never quite get that chicken breast as tender as they do in the restaurants well here's the trick, Beat the loving snot out of it! Literally, we would get cases of chicken in and spend hours just pounding the daylights out of them. They cook faster and stay tender this way.

Keeping that Steak Tender

This is a simple thing that drives me nuts actually. Don't trim the fat off the meat, don't have the butcher trim the fat off the meat, don't pay extra for low fat hamburger. I'm not saying you want 2 inches of fat on your meat but some is good. The fat will keep the steak, pork chop, roast, etc... Moist and tender, you can cut it off after it's cooked or drain the fat from the chopped beef. You realize of course you pay more for low fat meats.



Cooking Vegetables


This is plain and simple, don't over cook them. Steaming takes time and if you are having an array of fresh steamed vegetables sometimes you'll end up with soggy this or that. Put a pot of boiling water on the stove and use a colander with a handle, place your vegetable in this, dip into the water for about 1 minute and serve. Vegetable is hot and not mushy!

Soup Vegetables

Personally I swear you can make soup out of anything and make it taste good. See the story: "Rock Soup". Always keep some stock or bouillon in the house. Always start your soup base with onions, from there you can go anywhere. When it comes to your soup vegetables, they of course should be in good shape (not watery and rotting) but they can be on the edge and still be great for soup. Don't throw something out just because you didn't use it this week, cook it, freeze it, eat it. I'm not saying make a new dish out of rotten veggies, i'm saying use up that limp celery and those carrots instead of wasting them.

Custards

Well I am a cream puff junkie! There is nothing I like better than a cream puff stuffed with fresh custard. Except maybe a custard pie, or a cake filled with custard. Oh I guess i'm a custard junkie! I don't always have the time to make custard from scratch so I do the next best thing. Pudding... Yep I'm caught. If you are using pudding to replace custard cut the milk in half (if the box says 2 cups of milk, use 1 cup) I also add a tsp of almond flavoring no matter the pudding. If you want to get tricky you can use alcohol (minimal amount or your pudding wont set right) or carob chips, your friends will never be the wiser!



PINEAPPLE – SALSA CHICKEN BREASTS

A nice healthy change to the same old chicken with a delicious blend of both spicy and sweet flavors. This recipe is guaranteed favorite. Please take the time to beat your chicken with a kitchen mallet before cooking, this will keep the chicken tender enough to slice with a spoon.

- 4 boneless, skinless chicken breast halves, lightly salted
- 2 tbsp canola oil
- 1 1/2 cups diced red bell pepper
- 1 1/2 cups diced green bell pepper
- 1 can (8-oz) pineapple chunks in own juice
- 1/2 cup your favorite picante sauce
- 1 tbsp chopped fresh parsley
- 1 tbsp chopped fresh cilantro
- 3/4 tsp ground ginger



In a large skillet, heat oil over medium-high heat. Add the chicken breasts and cook over medium heat about 5 minutes or until cooked through. Turn breasts once during cooking. Remove chicken from the skillet and set aside.

Add bell peppers, pineapple-with juice, picante sauce, parsley, cilantro, and ground ginger to the skillet you cooked the chicken in. Cook the mixture, stirring frequently, for 5 to 8 minutes until the peppers are tender. Return the chicken to the skillet and cook until the chicken is hot throughout.

I like to serve this dish with a nice cucumber salad and some brown rice.

Bean & Sausage Soup

I will start off this recipe by saying what I do with all recipes, be creative, you really can't go wrong. I have had this soup made many different ways and the recipe below is the one I prefer. However some chose to add chicken to this dish along with the sausage. Some also chose to add pasta to this dish. You may be as creative as you like!

In a large soup pan add:

1 large can of crushed tomatoes

3 cans of water (using the tomato can)

Chop finely the following and add to the tomatoes

1 large white onion

5 carrots

6 stalks of celery

Bring the above items to a boil.



In the food processor grind up 5-6 uncooked sweet sausage links

slowly pinch the sausage into the boiling water (it will be in a big clump, do not drop the clump into the pot or you will end up with something that looks like a cooked head.)

Add the following spices to taste:

Oregano, Basil, Pepper, 2 heaping spoonfuls of beef bouillon or 12 cubes

Bring to a boil once more and add:

2 cans of your preferred beans (I like white beans)

1 very large handful of fresh spinach

Put the pot on low and place a lid over the top. Remember to stir on occasion. Let this continue for a good 15 minutes. Once the froth from the tomatoes has dissipated then the soup is ready. I allow to sit for another 10 minutes before serving with fresh bread.

This is one of my favorites on a cool evening, of course it's also great in the summertime if you plan on eating nothing else, as it is very filling. You can make this with dried beans if you like, just prepare the beans overnight so they are ready for cooking.

Black Bean Soup

1 tablespoon extra-virgin olive oil

1 large onion, finely chopped

3 or 4 cloves garlic, finely chopped

In a large saucepan mix the above ingredients and cook lightly, or until the onions have just softened but are not brown.

Add the following continuing to cook slow.

4 1-pound cans black beans, drained and rinsed

1/2 cup of chicken stock

1/2 teaspoon salt

1/4 cup fresh finely chopped cilantro

2 tablespoons finely chopped parsley

Freshly-ground black pepper, to taste

2 cups water

Sherry to taste



Continue cooking until the soup reaches a thick consistency (unless you like it thin) serve in a large bowl with tortilla chips. You may garnish the top with the following Fresh Chopped Tomato, Purple Onion, Cucumber, Sour Cream, Shredded Cheddar Cheese.

Sugar Buns

Ingredients

- 2 pkg of active dry yeast
- 1 yellow box cake mix (without the pudding)
- 5 cups of flour
- 2 1/2 cups of 120 degree water



In large bowl add water and yeast, allow yeast to activate (get cloudy and smelly). Then add the box cake and mix well. Continue by adding the flour kneading well until the dough forms a workable ball. Cover with a damp kitchen towel and let rise for two hours. Punch down dough and roll out to roughly a 15x18 sheet keeping the edges slightly thicker than the inside. Now you may add your filling, If using jam or preserves spread well but not to thick as this will expand when cooking. If you prefer the cinnamon filling the recipe is below.

Roll your dough into a log keeping the seam at the bottom once you have finished. Keep this a fairly tight roll so it does not fall apart on you during the cutting process. Using either a sharp or serrated knife (or cutting string) cut log into 1/2 inch pieces and place into well greased baking dish. Bake 20-30 minutes at 350 degrees. This recipe should make about 2 dozen buns.

Cinnamon Filling

- 3/4 cup of brown sugar
 - 2 tbsp cinnamon
 - 1 stick of butter
- Mix ingredients well and spread on dough

Frosting for the top is a mix of powdered sugar, milk and a little butter. I've always done it by eye but I'm sure you can get the recipe off the internet. In my older years I have gotten lazy and just take a can of frosting and spread it over the top, if you chose the dribble method you may warm the frosting up in a microwave safe mixing cup and just drip of the top of the buns.

Yummy Caramel Popcorn

This is a fairly simple recipe you can throw together quickly. I just made some myself and can't wait to dig in! If you are a person with a insatiable sweet tooth you can pour some melted chocolate over the top of this!

Make about 3 quarts of popcorn and set aside in a large mixing bowl.

Pre-heat your oven to 350 degrees

In a sauce pan cook over low heat:

1 cup firmly packed brown sugar

1/2 cup of clear corn syrup

1 stick of butter

dash of salt

stir this constantly until it begins to boil,

allow to cook without stirring for about 5 minutes



Remove from heat and quickly stir in

1 tsp vanilla (this will bubble up so don't get burnt)

1/2 tsp baking soda (stir quickly as mixture will double in size)

Pour over popcorn and quickly stir coating all the popcorn. Transfer this to a large cookie sheet and bake for about 5 minutes. Remove, let cool and break apart. If you like your caramel corn to taste more like Cracker Jacks then bake it longer.

Garbage Cookies

I think the nicest thing about these cookies is you can put into them whatever it is you want to. Everyone has different tastes, Personally I don't care much for Brazil Nuts so with this recipe I don't have to use them. Below is a basic example, you should stick with the basic cookie recipe though, then the rest is up to you! This is a great recipe to cook with children, because they get to taste what they create. Have fun with this one!

Mix Together:

- 1/2 cup of shortening
- 1/2 cup of butter
- 1 1/2 cups of brown sugar
- 1 tsp baking soda
- 1 tbsp vanilla flavoring
- 2 eggs
- 2 3/4 cup of flour



Mix these together until you have a nice well mixed dough. Then add the following or a variation thereof:

- 1/2 cup shredded coconut
- 6 oz bag of caramel chips
- 6 oz bag of chocolate chips
- 6 oz bag of peanut butter chips
- 1/2 cup crushed nuts
- 1/2 cup pretzel pieces

Plop onto greased cookie sheet by the spoonful and bake at 350 degrees for 10-15 minutes. I like to put chocolate icing on mine when they are cooled.

7 Layer Cookies

In a glass 9×9 baking dish layer the following:

Melt 1 stick of butter (bottom of pan)

Top with 1 1/2 cups of graham cracker crumbs

Layer 6 ounces of chocolate chips

6 ounces of butterscotch chips

1 cup of shredded coconut

1 can of condensed sweetened milk

1 cup of chopped nuts

Bake at 350 degrees for 20-25 minutes

These come out very sweet! So you might want to cut the sweetness with some ice cream or some whipped cream. Definitely a sugar high!



Butter Mints

I really do enjoy these little suckers, they can be somewhat time consuming to make if you are using candy molds, but well worth it when presenting them to guests or as a gift. If you feel the need to be creative you can change out the flavorings, and of course do anything you want with the colors!

- 1 stick of butter
- 2 cups of powdered sugar
- 6 tbsp heavy cream
- 2 tsp peppermint flavoring
- 1 tsp vanilla flavoring
- 1 tsp butter flavoring

Mix all ingredients well until you get the consistency of pie crust. keep covered with a damp towel while working with the dough. You may either place the dough into a pastry bag and squeeze out your mints, roll into balls and work with a candy mold, or if you are in a rush roll into a long thin log and cut 1/4-1/2 inch pieces. You may use decorators sugar to top the mints while they are still damp. Allow to dry for at least an hour before serving.



Strawberry Short-Crust

This was a house staple at my Grandparents. It was sometimes lunch, sometimes a late night snack. If there weren't fresh strawberries, we would get a fresh bag from the freezer that Grandma and Grandpa had put up earlier in the season. If you grow strawberries then you know, when you get a good season you have to freeze a majority, make jam out of some, eat fresh and bake the rest. Well here is the recipe. It's a simple one!

I will point out that often we got our strawberries served on pie crust rather than butter crust. Both are just as wonderful (I suck at making pie crust).

Mix together:

2 sticks of butter

2 cups of flour

Roll or smooth out onto a cookie sheet and bake until crisp



Take your gallon (or what ever you have) of strawberries, remove the green top and any bruising, mold areas or garden pests and rinse them thoroughly. Then slice them into halves and quarters dropping them into a bowl. Once your strawberries are prepared add 1-2 cups of sugar and let sit on the top. Place this covered in the refrigerator for a few hours. The sugar will help create the strawberry juice! After a few hours mix the strawberries with the juice and mash a little with a pasty knife.

In the bottom of a dish place a few slices of crust and top with strawberries and juice. You of course can fancy this up with whipped cream, ice cream, and a mint leaf!

These are my all time favorite *Grandma* cookies! I asked once for Christmas for a batch of these cookies, and even though we lived far apart at the time, she made me a batch and sent it via *US Postal Service*. There were a few surviving cookies in that package, and allot of cookie dust. So what's a guy to do. I added milk and had cookie dust for breakfast. Now that's a *Grandma* who has allot of love!

Nutmeg Cookies

You will need the following:

- 3 cups of flour
- 1 cup of sugar
- 1 tsp baking soda
- 2 tsp baking powder
- 1 tsp nutmeg
- 1 cup of shortening
- 2 eggs
- 4 tbsp milk
- 1 tsp vanilla



Mix all the wet ingredients together first and then add the sugar. Mix this well and then continue with the other dry ingredients. When mixed, cover with wax paper and refrigerate for an hour. Roll dough out on a flat surface and cut into shapes. Bake at 350 degrees for about 10 minutes or until lightly browned. You may decorate with sugar sprinkles before baking. Other wise decorate after cooling. Also you may add a drop or two of food coloring for some added fun!

Salmon Patties

I have had these made poorly and some made very well. This recipe is my favorite one and has been added to and removed from to make it what it is today. One important thing to remember when making Salmon Patties is to Not overcook them, or burn them. You end up with Salmon pucks! This will ruin any good recipe!

1 1lb can of salmon (drained) Reserving the liquid

1/4 cup of butter

1/2 cup chopped onion

1/3 cup bread crumbs

2 eggs beaten

1 tsp. dry mustard

1 tsp salt

1/2 cup finely ground bread crumbs

Bacon fat or lard for frying



Melt butter in a pan and lightly cook onions. Remove from heat and allow to cool. Mix together all ingredients including the butter and onions. Shape into 6 patties. Roll the patties in the finely ground bread crumbs and cook in the bacon grease or lard.

Dressing: whip 3/4 cup of mayonnaise with 1 Tbsp fresh horseradish and a dash of dry mustard, this is delicious.

If you have to serve these with ketchup then you overcooked them! Enjoy!

Grilled Pork Chops



See the butcher at the market and purchase yourself the best cut of pork loin steak you can get. Tell the butcher you plan on grilling it and you would like it at least 2 inches thick. He or She will know exactly what to cut for you.

Since you will be cooking inside take out your grilling skillet. (the cast iron one with the ridges on the inside) lightly grease the ridges and place on a High flame. Remove your meat from the packaging and lightly salt and pepper each side. Once pan is hot place your meat in the pan. You will sear one side for 3 minutes and then the other. Now turn flame to low and flip meat back on the side you started with.

Slice yourself off a few onion slices and some mushrooms, place in the same pan next to your pork chop. Make sure that flame is on low! You don't want to burn any of this!

Prepare your plate with an array of baby spring greens, some feta cheese and black olives. (side note: Black olives are good for virility). This of course will be your salad so chose your dressing. I opted for steamed broccoli as a side and a nice slice of homemade bread with butter and honey.

Your pork chop should be ready to be flipped again by now and by the time you boil your water and get your broccoli steamed it should be ready to eat. Place your chop on your serving plate (you may slice the middle and make sure it is cooked if you are uncertain. It should be juicy but white and the liquid should run clear. place the onions and mushrooms on top of your chop. Pour a little bit of pork gravy (from a can) into your skillet and add a dash of Jack Daniels. Turn the flame on high for maybe 2 minutes. Pour this directly over your chop with the onions and mushrooms.

Asian Coleslaw

Is Coleslaw, just coleslaw? Nope, there are so many recipes for this dish it's almost overwhelming, just like pasta salads and potato salads. Coleslaw is a staple in many countries. Personally I try to avoid salads made with mayonnaise, not for any other reason than I just find it boring. Too many wonderful flavors in this world to settle on a staple, but that's me. This is my version of Asian Coleslaw. It's my Sisters favorite. The thing that makes this Coleslaw different from the rest is it's nutty flavor. Enjoy!

Shred the following into a bowl: The use of a mandolin is very helpful here!

- 1 small head of green cabbage
- 1 small head of red cabbage
- 1 medium onion
- 2 carrots
- 2 celery stalks
- 1 tbsp fresh ginger

Add the following:

- 1/4 cup of honey
- 1 tsp salt
- 1 tsp black pepper
- sprinkle with 1/4 cup of sesame oil
- 1/3 cup of rice vinegar
- 1 tsp peanut butter (if desired)



Mix this well and allow to sit overnight. When serving add sunflower seeds.

This dish is light and beautiful to serve. Guaranteed to be talked about in a positive way by your guests. (make certain no one has peanut allergies) Enjoy!!

Oriental Style Chicken Soup

This is a simple and delightfully flavorful soup. All of my soup recipes have been perfected and served in restaurants. Hope you enjoy!

In a large pot bring 8 cups of water to boil adding 1 tablespoon chicken bouillon or 5 bouillon cubes. Cut two or three large chicken breasts into cubes and add to boiling water, lower to a simmer.

Prepare the following and place to the side

- 1 block of thick tofu cubed
- 6-10 fresh mushrooms sliced (chose your favorite)
- 1 bunch of scallions sliced
- 4-6 carrots sliced thin
- 4-8 celery stalks sliced (including the celery leaves)
- 1 large handful fresh spinach leaves
- 1 heaping tablespoon of fresh garlic



Add these ingredients to your broth, you may need to add an additional 2 cups of water at this time. Bring broth to a simmer once again. Add 1 cup of soy sauce to the broth and 1 package or large handful of fresh sprouts. When soup simmers, turn off heat and serve. Enjoy!

NOTE: This soup can also be made with small meatballs or sliced pork.

Cream Puffs

Cream Puffs are one of my downfalls, meaning when I make them I eat most of them before they get served. When I first learned to make this batter I was in a rush and ruined two batches. As with most desserts you have the option to be as creative as you desire. Sometimes I like these simple with custard or pudding in the center, other times with a fresh fruit stuffing or a compote, then there are days they make a wonderful ice cream treat. You may scoop this dough with a teaspoon or tablespoon, however if you are getting fancy I strongly suggest you purchase yourself a pastry bag. The yield on this recipe also varies, I have gotten as many as 75 mini pastries and 18 regular sized ones. There really isn't too much to a cream puff, it's what's inside that counts.

It is also important to note that the mini's make for great hors d'oeuvres. You can stuff them with mock crab, shrimp salad, tuna, have fun!

In a 2 quart saucepan combine 1/2 cup of butter, 1 cup of water, and 1/8 teaspoon of salt and 1 teaspoon of sugar. Bring this to a boil and remove from heat. Vigorously stir in 1 cup of flour with a wooden spoon, until mixture forms a ball. Return the mixture to medium heat, cook and stir until the dough leaves the sides of the pan. Remove from heat and allow to cool (this is the most important thing) give the dough roughly 10 minutes for cooling. Beat in 4 eggs with wooden spoon one at a time! Continue to beat until all eggs are added and thoroughly mixed. The dough should be smooth and glossy.

If you are using a pastry bag, fill it up and roll from the top placing dough roughly 2 inches apart on cookie sheet for mini's (more distance is needed for larger puffs). Same rules apply for those using a teaspoon or tablespoon. Cook pastry at 425 degrees for 15 to 20 minutes. Puffs should be golden brown and the dough should not be gooey when done. Allow puffs to cool, you can either separate with a fork to stuff or re-use your pastry bag with your desired filling.

Remember, be creative! Not very many people make these from scratch anymore.



Cup-A Cup-A Cup-A

No matter how you throw this together it is simply delicious! Below are two different recipes (one from Grandma, one from an Aunt) these recipes are similar wherever you look. I'm sure since it's difficult to forget the name is the recipe. Give them a try and see which one you prefer. Enjoy!!

Grandma's cup-a cup-a cup-a

1 cup of self rising flour

1 cup of sugar (brown or white)

1 cup of fruit cocktail (with the juice) this is a 15oz can

Mix all together and bake in a square casserole dish for 30 minutes at 350 degrees or until bubbly and golden. This mixture will double in size as it's baking. Top with whipped cream or Ice cream to cut the sweetness.

Aunt Suzie's cup-a cup-a cup-a

1 c Sugar (plus 1/4 c for sprinkling over the top)

1 c Self Rising Flour

1 c Milk

1 stick of butter

2 c Blackberries (use any fresh or thawed frozen fruit you like)

Mix Sugar, Flour, Milk, and Melted Butter together and pour into a baking dish. Rinse your frozen or fresh fruits and scatter on top of the batter, sprinkle 1/4 cup of sugar over the top and place into pre-heated 350 degree oven. Bake for about 45 minutes. Serve with whipped cream or ice cream.



Over the years it has come to my attention that this recipe is a derivative of a Southern Cobbler. A Mid-western cobbler is similar to a fruit pie with chunks of sweet crumbles on the top. Either way they are both good!

Grandma's Old Fashioned Chocolate Fudge

Now I have tried many different fudge recipes and keep going back to this one my grandmother made. Sometimes in a pinch she would whip together the kind made with marshmallows but this one here is still the best in my book. In searching on the internet I have found that Grandma's Recipe is damn near the same as the Hershey's Cocoa recipe. So here's to Grandma and here's to Hershey's for making a great team. And for keeping a boy happy!

2/3 c. cocoa
3 c. sugar
1/8 tsp. salt
1 c. evaporated milk
1/2 c. water
1/4 c. butter
1 tsp. vanilla



Combine cocoa, sugar and salt in large saucepan. Add milk gradually. Mix very good. Bring to a 'Bubbly' boil on high heat, stirring continuously. Reduce without stirring until temperature reaches a temperature a 232 degrees on candy thermometer. Remove from heat, add vanilla and butter. Do not stir. Cool until 110 degrees at room temperature. Beat until it loses some of the gloss. Pour in greased pan or dish.

The cool down of this recipe is very important, if you don't have the time, don't start this one! Patience is a virtue here!

Holy Divinty!

I don't care what time of year it is, this candy is simple to make and is a wonderful and often very welcome gift!

Ingredients:

3 cups granulated sugar

1/2 cup light corn syrup

2/3 cup warm water

2 egg whites

1 tsp vanilla extract (or other flavor of your choice)

1 cup chopped nuts of your choice (optional)



1. Prepare a cookie sheet by lining it with aluminum foil and spraying the foil with nonstick cooking spray.
2. Combine the sugar, corn syrup and water in a large heavy-bottomed saucepan over medium heat. Cook, stirring constantly, until the sugar dissolves. Continue cooking without stirring until the mixture reaches 250 degrees, firm-ball stage.
3. Beat the egg whites in the bowl of a large standing mixture until stiff peaks form. Slowly pour about half of the sugar syrup into the egg whites, beating constantly.
4. Continue to cook the remaining syrup until it reaches 270 degrees, soft-crack stage.
5. Stream the remaining syrup mixture into the egg whites while the mixer is running. Continue to beat until the candy is thick, shiny and holds its shape. The candy is ready to work with when it loses its shine.
6. Mix in extract and nuts until fully incorporated.
7. Drop by the teaspoonful onto cookie sheet, and let cool until full set.

Variation: Divinity can be poured into a 9-inch square pan, cooled, and cut into small squares instead of being dropped from a spoon.

Snack Bars

I made these bars one year in a pinch. I had to bring something to a party, had forgotten to go shopping and had very little time. I phoned a friend and this is what she told me to throw together. They actually were pretty good, but over the years the recipe has changed a bit. This is another one of those recipes that has been changed so many times no one even is sure where it came from, so keep the creativity flowing! You know what you like and what your family enjoys. Put that knowledge to good use. Here is my favorite version of this treat!

3/4 cup of softened butter
1 cup brown sugar, firmly packed as always
1 1/2 cups of flour (I use white, but you don't have to)
1/4 cup of granola
1 tsp salt
1/2 tsp baking soda
1 1/2 cup of oatmeal (not the instant crap)
1 jar of jam (your preference in flavor)
1/2 cup of dehydrated fruit



Cream butter and sugar, add flour, salt, and soda.

Slice this together with a pastry blender or butter knife for the old school

Stir in Oatmeal. Separate mixture into halves. One half set aside for topping.

In the other half mix in granola, and dehydrated fruit (strawberries).

Spread this onto a 9×13 cake pan. Top this with your jar of jam (strawberry), spreading well.

Sprinkle the remaining half of the oatmeal mixture on top, you may sprinkle a bit of nutmeg or white sugar on this for additional flavor.

Bake in oven at 375 degrees for about 45 minutes or until the jam bubbles consistently.

Peanut Brittle

Peanut Brittle is kind of a funny thing, it's either good or bad. You can either chip off a little and savor the flavor or you can chew on it until your fillings are gone. I will guarantee you if it comes out chewy you didn't let it cook long enough! I cannot stress enough the importance of using a candy thermometer when making this candy. All in all this recipe is very simple and not very time consuming. It does make a wonderful holiday gift and you can be creative with the container you chose to give it in. something preferably that can be used everyday or is a collectible item for the person you are giving the candy too. This recipe was given to me by a dear friend about fifteen years ago. I've used it ever since.

In a 3 quart sauce pan heat and stir
2 Cups of white Sugar
1 Cup of light corn syrup
1 cup of cold water

When sugar dissolves add 1/2 tsp of salt
Cook over medium heat to soft ball stage (234 degrees)
Add 2 cups of Spanish peanuts (or nuts of your choice)
Cook to hard crack stage (290 Degrees) stirring often.
Remove from heat



Quickly stir in 2 Tbsp of butter and 2 tsp of baking soda. Beat to a froth for a few seconds. Note that this stuff will almost double in size so don't be scared. pour at once onto 2 well buttered 13×18 inch pans, spreading with a spatula or a fork to stretch thin (it has been my experience that this stuff once poured will find it's own thickness no matter what you do). Allow to cool and break into pieces. Makes about 1-2 pounds of Brittle. Enjoy!

Ham & Egg Caserole

This recipe is great for a brunch. Filling yet lite!

1/2 cup of mayonnaise

1/4 cup of flour

1/2 tsp. salt

Dash of pepper

Blend the above ingredients and add:

2 cups of milk or light cream

Cook and stir until thickened and then add:

1/4 lb American Cheese (Velveeta)

1/4 cup sliced scallions

1/4 cup chopped pimento

1/4 cup green peppers

Heat until cheese melts, then add:

1 1/2 cups of chopped ham (small cubes)

4 chopped hard boiled eggs

Mix all together and serve over hot homemade biscuits. Guaranteed no leftovers ever!! Enjoy!



Beef Stew

There are so many variations on stew I suppose you would have to find the one closest to what you grew up on for it to be your "Favorite". This has been my standard stew recipe for at least 20 years.

1 large chuck roast cubed

1 Tbsp Oil (do not use Olive Oil) coat the beef cubes with flour and braise in a large saucepan making sure to brown all sides, when cooked set beef aside.

Add to the sauce pan: 2 cups of pearl onions & 2 cups sliced mushrooms of your choice, Cook until onions are tender.

Add the beef back to the sauce pan and add the following:

1 can of tomato paste

12 oz of Guinness beer

6 beef bouillon cubes

2 cups of water

4 potatoes cubed

6 carrots chopped

6 celery stalks chopped

1 Tbsp minced garlic

2 bay leaves

Cover and simmer for about an hour



Mix together 1 tbsp corn starch and 2 tbsp water, add this mixture slowly to the stew and allow to simmer, stew will thicken. Add 1 tsp Black Pepper and 1 tsp Parsley at the same time stew is thickening. Enjoy!

German Coleslaw

This recipe is my personal favorite for coleslaw. The flavors blend well and it is refreshing, it also holds up well at outdoor events without the over concern for refrigeration. Not to say it should sit in the sun all day. I hope you Enjoy!!

In a large mixing bowl shred the following: A mandolin is very handy here.

- 1 large head of red cabbage
- 1 large Spanish onion
- 2 carrots
- 1 Red Bell Pepper
- 1 Green Bell Pepper

Add the following spices:

- 1/4 cup of sugar
- 1 tbsp salt
- 1 tbsp black pepper
- 1/3 cup of white wine vinegar



Mix the above well and allow to sit overnight in the refrigerator. Stir well before serving. Enjoy!

Split Pea Soup

This is a nice hearty soup, I love it on autumn evenings. This soup also freezes nicely. Enjoy!

In a large sauce pan bring to a boil:

6 cups of water

8 Chicken Bouillon cubes

1 Bag of split peas (rinsed)

Allow this to cook while you are prepping the rest of the ingredients, remember to stir occasionally. Please keep covered during cooking time (you may lower the heat but keep the boil).

Prep the following:

4 or 5 cups of cubed ham (a ham bone is okay as well)

2 large white (Spanish) onions minced (food processor)

4 large carrots minced (food processor)

1 Tbsp minced garlic

6 stalks of celery minced (food processor)

add these items to your broth and stir. Cover until the broth is once again at a low boil. You may need to add an additional cup of water at this time, use your judgement.

Add the following spices:

4-6 bay leaves

1 Tsp black pepper (I like extra)

1 Tbsp Oregano

Continue to cook soup until the peas fall apart and are smooth and creamy. Make sure to stir this soup often during the cooking period so it blends together and does not clump to your pot. As the soup cools you might see some separation, this is normal, just stir and heat. This is a delicious soup (and I don't care for split pea). Enjoy



Soft Homemade Pretzles

I just love a good hot, doughy, Pretzell! Smothered in Butter! Or Cinnamon, or Mustard, With extra Big Salt, maybe some Chocolate with Nuts on it too.... Well i'll give you the basics and you can be creative in your own ways.

You can double this recipe if you like, I just do a simple batch or i'll eat them all and spend the day running the dogs to fend off the belly.

Preheat oven to 375

In a large glass bowl, dissolve 1 package of yeast into 1 1/2 cups of warm water (115-120 degrees). Add one tablespoon of honey and about 3 1/2 cups of flour (a little more a little less) to make a nice soft dough. Knead for about 6-8 minutes.

Depending on the size of the pretzels you are making, pinch off enough dough to get the size you feel is right for you. I use about a large golf ball's worth. Roll into a tube shape and then make your pretzel. Place on greased cookie sheet, go onto the next one. When they are all done brush your dough with egg and sprinkle granulated salt on top.

Bake for about 20 minutes and then cool on rack. Or cool some of them and dip a hot one in some melted butter. Enjoy!!



Easy Coconut Salad

This is a very simple and delicious light dessert, you may substitute fruits to your liking or to the season. I like to sprinkle various nuts on top of mine. You can really be creative with this one!

Mix 1 bag of shredded coconut with 1 large container sour creme and 1/2 cup of sugar. Set aside.

Drain one can of Mandarin Oranges or your favorite canned fruit (I never had much luck with peaches).

Dice two bananas or fresh fruit of your choice.

1/2 bag of miniature marshmallows

fold the fruits and the marshmallows into the coconut mixture and chill overnight.

Serve in a bowl with fresh fruit and nuts with additional coconut for decoration. Be creative when adding your fruits, nuts, even carob, or granola. This is a sweet treat but a good one just the same! Enjoy!



Macaroni Salad

Cook 2 pound of your favorite salad pasta (skip the tri-color on this one, that recipe is different) Rinse pasta and set aside to cool.

Hard boil 8 eggs and remove the yolks (set aside) Chop egg whites into small cubes.

1 large purple onion diced small

5 celery stalks sliced thin

4 carrots minced

1 red pepper diced

1 green pepper diced

1 can sliced black olives

Mix the above items together in a large bowl

In a separate bowl whip together

Cooked Egg Yolks

1/4 cup spicy mustard

1 large Tbsp horseradish

1/2 cup olive oil

1 1/4 cup mayonnaise



Add pasta to vegetables and fold in dressing coating everything evenly. Add the following spices to taste; 1 tbsp black pepper, 1 tbsp garlic powder, 1 tbsp salt again fold the spices into your salad.

Allow to chill overnight for the best flavor, taste and add additional spices (beginning with salt). When serving garnish with scallions (not cut) and halved cherry tomatoes! This will be a big hit! Enjoy!

Chili

I could actually write a whole book just about chili and different recipes to make it. The important thing when you are creating chili is to have a good base and to add flavors that compliment one another. This is my easy chili recipe, it does make quite a bit, but it also freezes well. Enjoy!

In a large skillet combine and cook 2-3 pound of chopped beef and one large finely diced onion. Cook until the beef is browned. Pour off some of the grease but not all of it, you don't want to lose all the flavor.

Add the following ingredients and simmer.

2 large cans of pinto beans (drained) You can also mix and match your beans for different flavors, colors, and textures. I like black beans, pink beans, white beans, chick peas (just in case you want to shy away from the basics)

1 small can of tomato paste

1 jar of thick hot salsa (this again is for the basic recipe, it saves time)

1 1/2 cups diced tomato (you can use canned if you like, but don't use the juice)

1/4 cup diced jalapeños

Chili powder to taste (I use a minimum of 1/4 cup and then add from there)

This will thicken and sometimes thicken too much, you can add a bit of water to get it to a better consistency.

I like to serve this in a bowl with shredded pepper jack cheese, diced onions, sour creme and whole grain tortilla chips on the side. Great for cool or wet weather days! Enjoy! This is also great for large parties, just fill the crock pot up and you're all set!



Bride's Gelatin Salad

This is an interesting gelatin salad out of my Grandmother's cookbook to which she writes "Vary Good" We had many of these as children, mostly with fruit and marshmallows in them, but once in awhile there would be an interesting non-sweet one such as this one here. I asked once why it was called a "Bride's Salad" and was told that it was supposed to make the couple more Amorous. No one ever told me what that word meant back then, but I did learn that Ambrosia Salad did the same thing and I wasn't to ever eat it! Hope you enjoy this one!

- 1 3oz. pkg Lemon Gelatin
- 1 cup boiling water
- 1 cup ice water
- A dash of salt
- 1 Tbsp. vinegar
- 2 cups of finely chopped cabbage
- 1 cup finely chopped celery
- 1 cup of diced longhorn cheese
- 1 cup chopped sweet pickles
- 1 jar sliced green olives with pimentos
- 1 tsp. lemon flavoring



Dissolve lemon gelatin in hot water. Stir in cold water. Add remaining ingredients, stirring well to blend. Pour into a mold of your choice. Chill until firm. Can be served plain or with salad dressing. (salad dressing back then was usually mayonnaise). Enjoy!!

Tuscany Soup

There is nothing I love more than a good soup, especially if the flavors are well matched. A little sweet and a little spicy. This is one of my favorites. All of the soup recipes that I post here have been perfected in a restaurant serving hundreds of people per day.

Begin with 12 cups of water add a dash of salt and bring to a boil

Slice into cubes 4 good sized chicken breasts and add to water, also at this time add 2 heaping tablespoons of chicken bouillon or 10 cubes. Cover and allow to simmer while you continue on.

In a food processor or by hand finely chop 1 large white onion and 6 good sized carrots (you can cube the carrots if you wish) add these plus one block of frozen spinach to your simmering broth.

remove the casing from 8-12 sweet and hot Italian sausages and slowly pinch off small pieces into your broth. Note: if you just toss this in it will clump, it is also important to remember to remove the casing!

Allow this mixture to cook stirring occasionally. I like to add a dash of hot pepper spice while this is cooking. Once the broth has again come to a full simmer add the following, 1 quart of lite cream, 1 stick of butter, a dash of hot red peppers and 1 large can of pink or kidney beans.

Bring this to a boil stirring occasionally so the creme does not scald. Serve and Enjoy!

Homemade Bread

The most important thing about making bread from scratch is getting the water temperature correct. If you are new at this I suggest a candy thermometer (Do Not use a people thermometer, it will shatter). Also it helps if all ingredients are at room temperature.

In a Glass or Ceramic Bowl mix:

1 package of yeast

1/2 cup of sugar (or honey)

2 Cups water at 120 degrees

7 cups of flour

(keep 2 cups on the side, meaning put in 5)

1 tsp salt

Pre-Heat stove to 350



Mix this together using a wooden spoon or your hands (preferably your hands). As the dough gets gooey and sticky add the rest of your flour and work it in. When flour is worked together you will have a nice large ball of dough, remove this from your bowl and kneed for 6 minutes, shape into a ball and place back into your bowl, cover with a damp cloth and set in a warm area (near your preheated stove).

Within 15-20 minutes the dough should grow quite a bit in size and you should be able to smell the yeast (if not you messed up the water temperature, hope you like unleavened bread) remove the dough from the bowl and cut into three equal parts. Now beat the snot out of it again and shape into three loaves. You can use loaf pans if you want, I don't bother. On a cookie sheet spread about 2 tablespoons of corn meal and place your loaves equally apart (use two sheets if necessary) With a knife make 3 light slices on the top of each loaf, just breaking the top, not cutting through. Now either use oil or egg and brush it on the top of your loaves. Again cover with your damp cloth and set in a warm area. Once bread rises again place into oven and bake for 30 minutes.

Short Ribs

My mother made these when we were kids and the recipe has just stuck. I have had Short Ribs many ways but nothing has come close to these. Hope you enjoy!

5 Lbs Short Ribs
2 Medium Onions (diced)
1 Tsp Black Pepper
1/4 cup Sugar
1 Tsp Ground Allspice (or 1 Tbsp Whole Allspice)
4 Bay Leaves
10 Beef Bouillon cubes



Place all ingredients in a large pot or crock pot and add water to just cover the top. If cooking on the stove top simmer 3-5 hours covered or until meat is falling off the bone. If cooking in a crock pot for 6-8 hours covered.

When meat is ready boil one pound of egg noodles or whatever pasta you chose. Heat a medium pot of sweet peas, canned, frozen or fresh, your choice. Remove meat from broth and set aside.

Strain onions and whole allspice from broth and place in a pan for gravy. Mix together 1/4 cup of flour and 3/4 cup of milk, slowly add this to broth, stirring constantly and bring to boil. Gravy will thicken.

Place pasta in a large serving dish, add you layer of peas, place ribs on top, pour 1/4 of the gravy over the top of the dish and serve (serve the balance of the gravy on the side for those who like allot of it). Enjoy!

Fried Chicken

Nothing beats good fried chicken. This is a simple Mid-western style fried chicken that I grew up on, and some of the side dishes we love. Enjoy!

In a zip lock bag, mix together the following:

2 cups of flour

1 cup of mashed potato flakes (the fake ones)

1/4 cup of black pepper (I like allot of pepper)

1 Tsp salt

1 Tsp garlic powder



Please wash your chicken pieces thoroughly! Then soak in milk for about 30 minutes. In a skillet heat 1/2 cup of vegetable oil (do not use olive oil). Dip chicken into flour mixture 1-2 pieces at a time and place into skillet. Cook on medium heat turning occasionally so as not to burn. You may lower heat once the outside of the chicken is crisp to continue cooking. Do not cover chicken, this will make the crunchy part mushy. Continue till all your chicken is cooked.

Fried Cabbage:

In a seperate sauce pan place one stick of butter. Dice one medium sized head of green cabbage (or 1/2 a head if its large) and place in sauce pan with butter. Heat and stir allowing the cabbage to lightly fry in the butter, add pepper and salt. You may cover this on low heat, remembering to stir. The cabbage will cook down so it's okay to overload the pot in the beginning.

Gravy:

Using the grease that the chicken was cooked in. Mix together 1/4 cup four and 3/4 cup milk. Slowly add this to the chicken grease and cook on simmer until thick. When gravy is added to bowl it will separate and you can pour off the excess grease.

Potato Leek Soup

This is an all time personal favorite of mine. It goes along way, stays well for a couple of days in the refrigerator and the taste is superb. There are many variations on this soup, but this is my tried and true! Enjoy!

In a large sauce pan bring to a boil 6-8 large potatoes cubed (you can leave the skin on or off, I like it on. Russet potatoes work the best for this recipe but any kind will do, except for the red, avoid those for this soup). When potatoes are cooked drain in colander and rinse.

Using the same sauce pan (rinsed out) bring to a boil:

1/2 gallon of milk

1 quart of heavy cream

2 large leeks sliced (about 1 long) make sure to rinse the leeks as they often come with field dirt.

6 stalks of celery shredded (run through the food processor)

3 carrots shredded (run through the food processor)

1 heaping Tbsp fresh garlic

1 stick of butter

Add the potatoes leaving out approximately 2 cups

once everything has come to a boil lower heat to a simmer and add the following spices:

1 Tbsp of each will do, and you can continue to add to taste

Parsley, Basil, Oregano, Pepper (again I like extra pepper)



Add a dash of milk to the 2 cups of potatoes and mash them good! Stir them into the soup making sure not to leave clumps. At this time you should taste your broth and adjust any spices. Please, before you add additional spices add a dash or two of salt, this will magnify the flavors so you don't over do it!

Homemade Noodles & Dumplings

You can make this batch as large or small as you like we will start with enough for a family of four.

2 large eggs

crack and drop into bowl saving one shell for measuring cup

In your 1/2 egg shell measure 1 part milk for 1 egg (so fill it twice and put the milk in the bowl)

Whip this mixture together adding just a pinch of salt

Here's where you make the decisions. In a large measuring cup put 2+ cups of all purpose flour, slowly add the flour into the egg mixture working the flour in to make a firm ball. Use a fork or your hands to do this, not an electric mixer. Depending on the size of your eggs you will need more or less flour that is why this is not an exact measurement. As the batter gets firm and difficult to work with it is ready to be rolled out! I strongly suggest the heaviest roller you can find, a marble on is the best. Roll your dough out flat (as thick or thin as you like, remember the thicker the longer to cook, as thin as possible if you are using the dough to stuff dumplings) keep flour handy so the dough does not stick to the rolling pin or your surface. When done coat the top with flour and roll the dough into a log. Now slice the log into 1/2 inch strips, unroll and either lay or hang to dry (I just lay mine out on a sheet). If you are making stuffed dumplings you will cut your dough into squares, stuff, fold, and seal with raw egg. Do this while the dough is still pliable, you may lay a damp towel over it to keep it from drying out in the process. You should not allow dumplings to dry as you would noodles, however you may store them for a short period of time in container in the refrigerator. Have fun with this one! Enjoy!



Understanding Oil

I would like for you to take, if anything from this article, information on the fastest way to put out a grease fire. I have seen many cooks use things that in retrospect could have gotten us all killed. Firstly you should always have a fire extinguisher specifically for grease available where you are cooking, if not make certain that you have handy a box of baking soda. This is your only other option. Turn the flame off at the stove if possible and use the fire extinguisher or baking soda. Do Not Ever use flour (highly flammable), a rag or towel (it will soak the grease up and catch fire, spreading it to you) or water (water will spread the fire as well) if it is a large grease fire in your home, do the best you can but call 911 immediatly or have someone else in the home do so. The same rules apply to pit fire cooking. This being said we will move on.

Each oil has a different smoke point, this is of course when the oil begins to burn. This is not only a dangerous time for possible fire, but can ruin your food, and does cause air pollution. Your unrefined oils (they are not very clear and have a strong odor) usually have a lower smoke point. Some but not all of your olive oils, corn, coconut, peanut, sesame and hemp oils can be purchased with a heavy bouquet and a lower smoke point of 320 degrees or less, these oils are known as unrefined. It is very common for a chef to use an unrefined oil for the flavor but to mix it with a refined oil when cooking. So if you have found this wonderful Hemp or Olive oil and want to transfer the flavor to your saute', mix it with a refined canola oil.

Your refined oils are usually clear and have no distinct flavor they are the most common on your grocers shelves, vegetable oil (soybean), canola, corn, have a smoke point of about 450 degrees (I cannot imagine what you would cook at that temperature though, most restaurants keep the deep fryer at about 375). These are perfect oils for popcorn, cakes, infused with other oils, or just general purpose, where you are not relying on the flavor of the oil for the meal.

Butter and lard have a smoke point of around 350 degrees, now you have an idea of how hot it is when that butter starts to burn! In the restaurant we often cooked with clarified butter, which is the oil of the butter after the fat has been removed. It does not burn as fast. This is easy to make if you need it for saute'. Warm up your butter until it is melted, set aside for a few moments. You will notice the butter separate into two liquids, you want the clear liquid.

Remember your unrefined oils will be frightfully expensive, and best used if combined with a refined

4 Layer Dessert

There are so many varieties of this dessert, some are simple and some are extravagant! Either way it's delicious no matter how it's made. The basic version of this recipe is done with either chocolate or vanilla pudding so you can take it from there. I'm into blueberries these days, they are tasty and good for you too! So again, be creative with your fillings! Enjoy!

Layer number 1

2 sticks of butter melted

1 cup of flour

1 cup of crushed Pecan Sandy Cookies

Mix together and smooch into the bottom of an 8×10 cake pan (I prefer glass)

Bake for 15 minutes or until golden brown at 350 degrees, then allow to cool

Layer number 2

Mix together

1 8oz block of cream cheese

1 cup of powdered sugar

1 cup of cool whip (do not use the canned aerosol kind it won't work)

Chill then spread on top of crust

Layer number 3

Mix together

1 box of vanilla pudding

1 cup of cold milk

Allow this to set up then add

1 can of blueberry pie mix, fold together well

Add this to the top of your previous layer



Layer number 4

Pile on the whipped cream! If you are good at it, whip up your own, you'll be the envy of everyone!

Garnish however you like. Mint leaves make a nice touch!

