

*Tasty Traditions
Family Recipes*

Family Fun Day
November 15, 2013

BAKED APPLES

Tart apples
Brown sugar
Cinnamon
Apple Cider

Cut the apples in half and core them. Stuff with brown sugar and sprinkle with cinnamon. Put the apples in a cider bath in the oven until tender.

Baked Apples
Tart Apples
Brown sugar
Cinnamon
Apple Cider
Cut the Apples in half
and core them stuff
with brown sugar
and sprinkle with cinnamon
Put the Apples in a cider
bath in the oven until
tender.



Recipe for: Chicken Tortellini Soup

4 carrots - diced

5 cups low sodium chicken broth

8 oz tortellini

1 1/2 cups chicken (shredded or ^{cooked} diced)

Garlic powder, Italian seasoning to taste

- Simmer carrots and broth until tender about 12 minutes.
- Add tortellini and simmer 4 minutes.
- Add chicken cook until heated.

Oven Temp: _____ Time: 30 min Serves: 4



Cobbler

3 c. fruit (fresh peaches, apricots or blackberries)

¼ c. brown sugar

1 Tbsp cornstarch

½ c. cold water

1 Tbsp butter

1 Tbsp lemon juice

Topping:

1 c. flour

½ c. sugar

1 ½ tsp. baking powder

½ tsp salt

½ c. milk

¼ c. soft butter

Mix fruit, sugar, cornstarch and water. Cook until it thickens. Add butter and lemon juice.

For topping: Mix dry ingredients. Add milk and butter. Beat until smooth.

Put fruit mixture in 8 x 8 inch baking pan. Pour batter over fruit. Sprinkle with 2 Tbsp sugar and ½ tsp. nutmeg.

Bake at 350 for 30 minutes

From Meagan Thomasson

HASH BROWN BAKE

- Super easy -
2 bags fresh shredded hashbrowns
4 cups shredded cheese
3/4 of a tall heavy cream (lrg)
S & P

Mix dry ingredients & pat in Pyrex pan. Pour
heavy cream. Bake 1 hr @ 350.

Hashbrown Bake

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Bake 1 hr @ 350.

From *Cowboys in the Kitchen* by John Hart (Lone Ranger)

Lone Ranger's Texas Ranger Stew
(serves 4-6)

1 ½ lbs trimmed out stew beef
½ lb. calf heart
½ lb. beef kidney
1 c. chopped onion
3 T oil
1 tsp. seasoned salt
¾ tsp. pepper
2 beef bouillon cubes
1 – 16 oz. can tomato sauce
1 15 ½ oz. can kidney beans
1 potato – large
2-3 carrots – medium to large
3 c. water
1 tsp. oregano
1 tsp. savory
1 T. Worcestershire sauce

Cube meat into 1” squares; add to oil in Dutch oven and brown – turning meat often. Add chopped onion. Peel and cut up potato and carrots. Dissolve bouillon cubes in ½ cup boiling water. When onion is transparent, add everything else except kidney beans. Bring almost to a boil, stir and reduce heat to a simmer. Simmer for about 1 ½ hours, then stir in beans. Taste for seasoning and simmer ½ hour longer.

From *Cowboys in the Kitchen* by John Hart (Lone Ranger)

Jay Silverheels' (Tonto) Indian Hominy Soup

1 lb. pork cut in small pieces

1 small onion

2 T butter

1 large can hominy (or corn)

1 small can kidney beans

Salt and Pepper

Sauté onions in butter, add pork and brown lightly. Add hominy and liquid in can. Add enough water to cover if needed. Simmer until pork is tender, about 1 ½ hours. Salt and pepper to taste. Add drained kidney beans and heat through. Serve with old fashioned biscuits. (The soup should be thick – add more water if needed).



PUMPKIN BARS

Wet:

2 c. sugar
4 eggs

2 c. pumpkin
 $\frac{2}{3}$ c. oil

Dry:

2 c. flour
2 tsp. baking powder
1 tsp. soda

1 tsp. cinnamon
 $\frac{1}{2}$ tsp. salt

Blend dry ingredients into wet ingredients. Bake at 325° for 20-25 minutes. Cool, then spread with frosting.

Frosting:

3 oz. cream cheese
 $\frac{1}{4}$ - $\frac{1}{2}$ c. butter/margarine

1 tsp. vanilla
3 c. powdered sugar

Cream together the butter and cream cheese. Mix in the vanilla and powdered sugar until smooth. Spread over the top of the cooled pumpkin bars.

① Sourdough choc. Cakes.

1 cup sourdough starter

2 eggs

1 cup sugar

2 tsp. vanilla

1/2 tsp salt

1 tsp baking powder

1/2 cup oil

3 sq. unsweetend choc.

② 1 cup flour.

1 cup milk

~~1 tsp baking soda~~
pre heat 350°

combine Sourdough

Sugar, eggs, milk, vanilla

& oil. melt choc in

dbl. boiler. add oil

other ingredients

except soda.

③ do not over mix.

add soda (mix w/ touch
bake at 350° of heat

for 25-30 min.

(its delicious)

Venison in Guinness

3 lbs. stewing venison
oil for cooking
1 ½ onions, sliced
2 Tbsp. brown sugar
bouquet garni (tied bunch of fresh herbs: parsley, thyme, rosemary and bay leaf)
3 cloves garlic, chopped
salt and pepper
1 ¼ c beef stock
1 pt. Guinness

Marinate venison in wine for a day or two before preparing. Brown the venison in hot oil. Remove the meat and stir in onions. Add salt, pepper and garlic. Heat stock and pour over venison and onions. Add Guinness to cover and simmer slowly for 2-3 hours. Boil rapidly at the end to reduce to liquid by two-thirds. Serve with mashed potatoes.

From Meagan Thomasson

Blue Cheese Stuffed Elk Roast

1 Elk roast

Stuffing:

4 slices bacon, chopped

2 cloves garlic, minced

1 onion, chopped

8 oz. cream cheese

¼ c. half and half

4-6 oz. blue cheese, crumbled

2 Tbsp. chopped fresh chives

1 bunch spinach

Cook bacon. Add garlic and onion at the end to saute. Combine cream cheese, half and half, blue cheese and chives in food processor. Add bacon, garlic and onion, stir until mixed through. Saute spinach for about 2 minutes in a touch of bacon grease. (The spinach can also be placed in the roast raw if desired.)

Slice elk roast lengthwise within an inch of the edge and lay open. Spread with blue cheese mixture and top with spinach. Roll roast and place in a Dutch oven seam side down. Cover and roast at 350 for 45 - 60 minutes or until roast is cooked to desired doneness.

From Meagan Thomasson