

HOLY TRINITY ORTHODOX CHURCH



ST. EUPHROSYNOS THE COOK

Cookbook

Contents

Breakfast5

A Different Omelette	6
Lottie Hope's Cottage Pancakes.....	7

Breads8

Apology Bread.....	9
Bill's Fried Bread	10
Carrot Bread – Lenten.....	11
Easy St. Phanourios Bread	12
Healthy Lentil Bread	13
Irish Oaten Soda Bread	14
Khachapuri.....	15
Kulich or Pascha Bread	16
Lagana – Clean Monday Bread.....	17
Lenten Banana Bread	19
Oat Pan Rolls	21
Paximathia Recipe.....	22
Sirnaya Paska.....	23
Sweet Braided Easter Bread.....	24
Traditional Easter Paska.....	25

Soups27

African Peanut Stew	28
Black Bean Soup	29
Bologna or Hot Dog Stew.....	30
Butternut Squash Soup.....	31
Chaqapuli	32
Cheeseburger Chowder.....	33
Clam Chowder – Lenten.....	34
Gazpacho	35
Good Basic Chili	36
Grandma's Christmas Eve Soup.....	37
Jeanne's Vegan Chili	38
Lenten Vegetable Soup.....	40
Lentil Soup with Beef.....	41
Minestrone Soup	42
Mushroom Barley Soup.....	43
Pea Soup.....	44
Sonia's Chicken Soup	45
Red Lentil and Vegetable Soup	46
Vegetarian Moroccan Stew	47
White Chicken Chili.....	48

Salads49

6 Bean Salad	50
Fresh Corn Salad	51
Pink Potato Salad.....	52
Russian Salad – Vinigret	53
Salad with Carrot & Ginger Dressing	54
Seven-Layer Salad	55
Steamed Kale with Blackeyed Peas.....	56
Tabouli.....	57

Sides58

Baba Ghanooj – Eggplant Dip	59
Black Bean Salsa.....	60
Bread & Butter Pickles.....	61
Brown Sauerkraut.....	62
Hrudka - Easter Egg Cheese.....	63
Hummus bi Tahini	64

Indian Lentils.....	65
Kutya	66
Marinated Carrots	67
Mushrooms and Rice.....	68
Pickled Beets	69
Syrian Rice (Roz).....	70
Tata Dorothy's Thanksgiving Turkey Stuffing	71
Tomatoes Stuffed with Artichokes and Pancetta.....	73
Try This Peanut Butter Spread.....	74
Yiayia's Greek Green Beans	75

Main Dishes.....76

All Things Salmon.....	77
Aunt Dorothy's Hashwa.....	78
Baba Lyzak's Macaroni (Russian Spaghetti)	79
Beefteki Grape Leaf Rolls (dolmates).....	80
Bill's Halushki.....	81
Chicken Paprika	82
Chickpea Meatballs	83
Corn Casserole.....	84
Crab Quiche.....	85
Halupki in the Round	86
Halupki Meatballs.....	87
Haluski - Wayne Babyack's Recipe	88
Helen's Chafing Dish Meatballs	89
Honey Dijon Glazed Salmon	90
Impossible Pie.....	91
Italian Meatballs.....	92
Italian Zucchini Sauce.....	93
Kielbasa Supper	94
Kielbasa with Sauerkraut and Apples	95
Kolbasa with Sauerkraut.....	96
Lamb Shanks With Mint	97
Lazy Cook's Broken Pierogi	98
"Lazy" Halupki.....	99
Melt-In-Your-Mouth Barbecued Ribs.....	100
Mock Pierogi.....	101
Mother's Cooked Cabbage	102
Moussaka.....	103
Bill's Version of Mutter Paneer	104
Nappa Cabbage Halupki.....	105
Nonna's Meat Sauce	106
Oven Fried Chicken with Honey Butter Sauce.....	107
Pastichio.....	108
Pirogi with Cheese Filling	109
Potato Dumplings with Cabbage	110
Potato Pierogis	111
Quick Paella	112
Quick Pieroghi	113
Rozy Kozy's Tomato Sauce	114
Sausage and Peppers.....	115
Spanakopita	116
Spinach Pie - Spanakopita.....	117
Spinach with Bulgar Wheat - Mishooshi	118
Tuscan Crostini	119
Tomato Clam Chowder.....	120
Vegetarian Chili.....	121
Zucchini Quiche	122

Contents (cont'd)

Desserts 123

Apple Mincemeat.....	124
Aunt Gloria's Bread Pudding.....	125
Basic Dump Cake.....	126
Butter Horns.....	127
Carrot Cake (with oil).....	128
Cheese Cake.....	129
Cheese Paskha.....	130
Chocolate Cake.....	131
Chrusciki.....	132
Dairy-Free Chocolate Cake.....	133
Date and Nut Candy Roll.....	134
Grandpop's Jewish Apple Cake.....	135
Great Depression Cake.....	136
Healthy Apple Oatmeal Muffins.....	137
Italian Easter Ricotta Pie.....	138
Kitchen Cake.....	139
Kolyva.....	140
Lekvar Cake.....	142
Nut Roll.....	143
Paschal Lesson Cookies.....	144
Peach and Raspberry Parfaits.....	146
Phanouropita.....	147
Pineapple Sheet Cake.....	148
Rice Cake.....	149
Rosettes.....	150
Russian Tea Cakes (Snowballs).....	151
Serbian Nut Horns.....	152
Seven Layer Bites.....	153
Shell Tassies.....	154
Sort-of Girl Scout Cookies with Cranberries.....	155
Sour Cream Coffee Cake.....	156
Speedy Cheesecake Pie.....	157
Saint Phanourios's Cake Recipe.....	158
Strawberry Cake.....	160
Sweet Nut Roll.....	161
Vasilopita ("St Basil Cake").....	162
Viennese Crescent Cookies.....	164
Walnut Cake.....	165

Lenten Recipes

Breads.....8

Bill's Fried Bread	10
Carrot Bread – Lenten	11
Easy St. Phanourios Bread	12
Healthy Lentil Bread	13
Lagana – Clean Monday Bread	17
Lenten Banana Bread	19
Paximathia Recipe.....	22

Soups27

African Peanut Stew	28
Black Bean Soup	29
Butternut Squash Soup	31
Clam Chowder – Lenten.....	34
Gazpacho	35
Grandma's Christmas Eve Soup.....	37
Jeanne's Vegan Chili	38
Lenten Vegetable Soup	40
Minestrone Soup	42
Mushroom Barley Soup.....	43
Red Lentil and Vegetable Soup	46

Salads49

6 Bean Salad	50
Fresh Corn Salad	51
Russian Salad – Vinigret	53
Salad with Carrot & Ginger Dressing	54
Steamed Kale with Blackeyed Peas.....	56
Tabouli.....	57

Sides58

Baba Ghanooj – Eggplant Dip	59
Black Bean Salsa.....	60
Bread & Butter Pickles.....	61
Brown Sauerkraut.....	62
Hummus bi Tahini	64
Indian Lentils.....	65
Kutya	66
Marinated Carrots	67
Mushrooms and Rice.....	68
Pickled Beets	69
Try This Peanut Butter Spread.....	74
Yiayia's Greek Green Beans	75

Main Dishes.....76

Bill's Halushki.....	81
Chickpea Meatballs	83
Potato Pierogis	111
Vegetarian Chili.....	121

Desserts..... 123

Apple Mincemeat.....	124
Carrot Cake (with oil).....	128
Chocolate Cake	131
Dairy-Free Chocolate Cake.....	133
Great Depression Cake	136
Kolyva	140
Phanouropita	147
Saint Phanourios's Cake Recipe.....	158

Breakfast

A Different Omelette

An art form and poetry to the palate

George Theokritoff

History: I learned to make omelettes during the war, using powdered eggs. It must have been an excellent apprenticeship because when I was visiting a cousin in Paris in 1959, I made an omelette for her using real eggs. She still sings its praises.

Ingredients:

- To serve two, take 4 free-range eggs (preferably brown)
- A couple of garlic cloves, thinly sliced
- About a quarter ounce of butter (not oleo)
- About a half ounce of cheese (if desired), coarsely grated,
- 2 tsp. herbs (1 tsp. if dried) such as oregano, parsley, chives and
- a pinch of salt, a pinch of black pepper and anything else ad lib

Directions:

1. Take 4 eggs out of the refrigerator and allow them to warm up to room temperature for a couple of hours. Break eggs into bowl and mix yolks and whites until homogeneous. Add herbs and garlic. Mix well. My recipe definitely does not call for milk.
2. Warm skillet. The optimum temperature for cooking the omelette is critical (see explanation in NB below). Place butter in skillet. AS SOON AS THE BUTTER BEGINS TO TURN BROWN, pour all the egg mixture into the skillet immediately. The mixture should cover the whole of the skillet bottom. Turn off heat. Using a fork, spatula, or other heat-proof utensil, pull back the omelette from the edges of the skillet towards the center as it cooks. This allows the remaining liquid to come in contact with the skillet and, in turn, get cooked. As soon as only a little liquid remains on top of the omelette, add cheese or other ingredients as desired. Fold omelette. Praise the Lord, and enjoy without delay.
3. NB: The skillet cools when the egg is added. But a cast-iron skillet stores enough heat to complete the cooking at or very close to optimum temperature.
4. If the egg mixture is added to the skillet before the butter begins to brown, it would cook too slowly, and if you wait too long, it would be burnt on the bottom and no longer satisfyingly nuanced in flavour.

Lottie Hope's Cottage Pancakes

Deanne Kietrys

History: My mother discovered this recipe which has become a family traditional breakfast. When my husband makes the pancakes for our grandchildren it brings her to mind for all of us. The name Lottie was given along with her actual name to this recipe as a remembrance to what her sisters and brothers called her when she was younger.

Ingredients:

- ⦿ 1 and ¼ c. all purpose flour
- ⦿ ⅓ c. sugar (or slightly less)
- ⦿ 1 tsp baking soda
- ⦿ ½ tsp baking powder
- ⦿ ½ tsp salt
- ⦿ 1 c. sour cream
- ⦿ 1 c. cottage cheese (with pineapple if desired)
- ⦿ 2 eggs
- ⦿ 1 tsp vanilla blueberries

Directions:

1. Mix ingredients and allow to “rest” for 10 minutes. Blueberries can be added to batter in the mixing bowl or placed on top of batter in the skillet. A stainless steel electric skillet works best, however, a conventional frying pan can be used. Skillet needs to be buttered or oiled with olive oil.
2. *Note:* a single batch serves 2 people, for a double batch use 16 oz (1- lb) containers of sour cream and cottage cheese rather than measuring by the cup. Because you will slightly less than 2 c. cottage cheese and sour cream, reduce the amount of flour to about 2 or 2 ¼ c. otherwise the pancakes will be too dry (or you could add a little milk to the batter). If you can afford the time, an hour or two “rest” time will produce the best pancake you have ever eaten ! Refrigerate the batter if “rested” for more than 1 hour.

Breads

Apology Bread

Marian Babiak

History: I once borrowed an item from a friend and forgot I had it. So when my friend asked if I were finished with it, I clapped my hand to my forehead and said, “Oh, no! Do I still have it?” I promptly returned the item along with a loaf of bread as an apology.

Ingredients:

- 1 envelope dry yeast (~1 tbsp)
- 1 tbsp. sugar
- ½ c. 100° water
- 1 beaten egg
- ½ c. melted butter, lard, or shortening (or mixture)
- 2 c. lukewarm water (or milk/water mixture)
- 1 ½ tsp. salt
- 1 tsp. mahlepi (optional)
- ½ c. sugar
- 8 c. all-purpose or bread flour

Directions:

1. Dissolve yeast in water. Mix in 1 tbsp. sugar, salt, mahlepi, water/milk mixture, and 2 c. flour. Let rise till bubbly.
2. Add remaining ingredients. When stirring with a wooden spoon becomes too difficult, mix by hand. Dough should be a little sticky. Allow mixture to rest on a floured board for 10 minutes to “proof”. Knead 10 minutes, then allow mixture to rise in greased, covered pot till about double in bulk. Punch down and turn onto floured board. Let rest 10 minutes, then divide in half, kneading each half just a few minutes. Shape and put into greased pans (or pans lined with baking parchment) and let rise till almost double in bulk.
3. Bake at 350° for about 40 minutes till golden brown. Remove from pans, tap bottom and listen for a hollow sound, which indicates the bread is thoroughly baked. Cool on wire rack.

Bill's Fried Bread

Bill Kraftician

History: Whenever my grandmother would bake bread, she would save some of the dough to make fried bread for my lunch. When I would come home from school for lunch, my grandmother would serve one or two pieces of fried bread with a glass of freshly made orange juice. (I've added the spice seasonings to my version of the fried bread.)

Ingredients

- 4 c. all purpose flour
- 1 package of rapid rising dried yeast
- 1 tsp salt
- 1 tsp ground cinnamon and or ground cardamon
- 2 tbs sugar
- Granulated sugar or brown granulated sugar
- Water to make the dough.

Directions:

1. Make this in your food processor.
2. Put the dough in a large bowl that has been oiled. Cover with plastic film.
3. After the first rise, punch down the dough. Put the dough in the refrigerator for about an hour. Punch down the dough and wrap in plastic film. Let the dough rest. Roll the dough and cut the dough in two inch slices. Roll the dough into a ball. Flatten the ball with your fingers or roll out with rolling pin.
4. Heat oil in a pot. If a small ball of the dough turns brown when you drop the dough in the oil, you are ready to fry the dough. Place the prepared dough into the hot oil. Turn the dough over to fry on both sides. Remove cooked bread and drain the fried bread on paper towels. Shake regular or brown sugar on the hot bread. Serve with a cold glass of orange juice or orange drink.

Carrot Bread – Lenten

Fr. George Hasenecz

Ingredients:

- ⦿ 1 ⅓ c. sugar
- ⦿ 1 ½ c. water
- ⦿ 1 c. raisins (or candied fruit)
- ⦿ 1 Tbsp margarine
- ⦿ 2 large, finely grated carrots
- ⦿ 1 tsp cloves
- ⦿ 1 tsp cinnamon
- ⦿ 1 tsp nutmeg

Then add:

- ⦿ 1 c. chopped walnuts
- ⦿ 2 ½ c. flour
- ⦿ ½ tsp salt
- ⦿ 1 tsp baking soda
- ⦿ 2 tsp baking powder

Directions:

1. Bring the above (left) ingredients to a boil, then simmer for 5 minutes. Cover and let sit for 12 hours or overnight.
2. Then add the ingredients on the right.
3. Bake in 2 loaf pans or one tube pan at 275°F for 2 hours.

Note: the carrots completely disappear: this is moist, delicious bread

Easy St. Phanourios Bread

Marilyn Rouvelas

Ingredients:

- ⦿ 1 c. sugar
- ⦿ 1 c. oil
- ⦿ 2 c. orange juice
- ⦿ ¾ c. raisins
- ⦿ ¾ c. chopped walnuts
- ⦿ 1 tsp. baking soda
- ⦿ 4 c. flour

- Mix oil and sugar, and beat until it's a creamy yellow.
- This may take a long time.

Directions:

1. Put the baking soda IN the orange juice, and stir until dissolved. Add the flour, then the raisins and nuts.
2. Pour the batter into an ungreased 9"×13" pan and bake at 350° F. for 45 minutes (or until a clean toothpick dipped in the cake emerges clean.)
3. I use a bundt pan instead of one 9"× 13", and my kids prefer this with chocolate chips in the place of the raisins and nuts. It doesn't really need a frosting, but if you wanted to drizzle a stiff glaze made out of, say, powdered sugar and lemon juice and a little water over it, that would be okay, too.
4. If you wanted to put spices in the batter, I'd go with a tiny amount (¼ tsp. or less) of ground cloves.

Healthy Lentil Bread

Patty Kaufman

Ingredients:

- 220 g lentils (red or green)
- 2 tbsp flax seeds
- 1 tsp ground coriander
- 1 tsp baking powder
- 1 tsp turmeric
- Salt, to taste
- 2 tbsp psyllium seeds (or psyllium husk)
- 350 ml water

- 30 ml olive oil
- 1 tbsp lemon juice

Toppings (Optional)

- Mixed seeds (sunflower, sesame, flax, or pumpkin)

Directions:

1. Rinse lentils and soak in water for 3–4 hours or overnight.
2. Preheat oven to 350°F (180°C). Line or lightly grease a loaf pan.
3. Drain lentils and blend with all remaining ingredients until smooth and thick.
4. Let batter sit for 10–15 minutes to thicken.
5. Pour into loaf pan, smooth the top, and add seeds if using.
6. Bake for 40–50 minutes, or until a toothpick inserted comes out clean.
7. Cool 10 minutes in the pan, then transfer to a rack to cool completely before slicing.

Storage Tips

1. Store in an airtight container at room temperature for up to 2 days.
2. Refrigerate for up to a week.
3. Freeze slices and toast when ready to eat.

Irish Oaten Soda Bread

.....
Elizabeth Theokritoff

Notes: this recipe comes from a cookery book from my childhood, which attributes it to a Miss Dowse of Co. Wicklow. I think I was making it before I ever tasted the real thing in Ireland. My husband first encountered soda bread while doing field work near Leenane in the west of Ireland, and usually refers to it as 'Leenane loaf'. An excellent recipe for using up bits of milk, yogurt etc. frozen during a fast!

.....
Ingredients

- 2 c. rolled oats
 - 2 c. sour milk/buttermilk/kefir
 - 2½ c. wholemeal pastry flour (or part white)
 - ½ - 1 tsp salt
 - 1 tsp baking soda
-

Directions:

1. Steep rolled oats in milk overnight.
2. Mix flour, salt and soda together in large bowl. Heat oven to 425° F; grease baking tray.
3. Stir oat mixture into flour and mix thoroughly to form a dough, soft but not too sticky - more milk or flour may be needed. Do NOT mix or knead more than necessary to incorporate flour.
4. Form dough into a rough ball and deposit on baking tray; flatten if necessary so that loaf is approx. 2 inches thick. Cut a deep cross into the top with sharp serrated knife, so that the loaf will rise evenly.
5. Bake for 25 minutes, turning heat down to 375° after 10-15 minutes. Test with toothpick - pick inserted in middle should come out clean.
6. Remove from oven and wrap in tea towel; cool on wire rack. Best eaten within one day.

Khachapuri

Nani Nikoleishvili

History: Khachapuri is a Georgian national dish.

Ingredients:

Dough:

- 4 c. flour
- 2 tbsp. light olive oil (not Extra Virgin)
- 1 tsp. salt
- 2 tsp. dry yeast 1 tsp. sugar
- about 1 c. skim milk or water or mixture of milk/ water, warmed (use just enough liquid to make dough soft)

Filling:

- 1 lb. mozzarella cheese
- 1 lb. ricotta cheese
- 1 lb. Feta cheese
- 1 egg

Directions for Dough:

1. Mix yeast with 1 tsp. sugar in separate cup.
2. Dissolve in ¼ c. very warm water (about 110°F.) Let stand till bubbly.
3. In a large bowl put all remaining ingredients, then mix with yeast mixture. Knead about 5 minutes.
4. Cover with a cloth and allow to rise until double in size.

Directions for Filling

1. Shred mozzarella and Feta, then mix with ricotta.
2. Add egg, mix well.
3. Divide into 5 or 6 equal portions.

Assembly:

On a floured board, shape risen dough into a long shape. Cut into 5 or 6 equal pieces. Roll out one piece into a round shape, not too thin. (about ¼ inch) Spread one portion of cheese mixture onto rolled out dough. Gather edges together and pinch together on top to seal. Press down gently 2 or 3 times. Make sure dough remains sealed. Flip khachapuri over; press very gently, as the dough is more fragile on this side. Flip over again. Press out firmly to desired size (about 8x10 inches). Place on cold, floured pan. Pierce with fork. Bake at 400° about 10--15 minutes until lightly browned. Remove from oven to cooling rack. Brush top and bottom with butter. While the first is baking, repeat process with another portion of dough.

Kulich or Pascha Bread

Sonia Blazo

Ingredients:

- 1 c. milk
- 1 Tbsp. dry yeast
- ½ c. sugar
- 4 c. flour
- 1 stick butter
- 3 eggs
- ½ tsp salt
- 1 tsp. cardamon
- ½ tsp. cinnamon
- ¼ stsp. nutmeg
- ½ tsp. saffron
- ½ c. light raisins
- ½ c. candied fruit bits

Directions:

1. Into a medium bowl pour the milk that has been warmed to body temperature. Sprinkle on the yeast and 1 tsp. sugar. Add 2 c. flour and allow to get frothy.
2. In a large bowl, cream together the butter and sugar; beat in the eggs, one at a time. Now add the yeast mixture to the large bowl. Add the remaining flour, salt, spices, raisins, and fruit. Knead the dough until it is smooth and elastic. Cover and let it rise until double in size.
3. Place the dough in a well-greased coffee can (it should half fill the can). When the dough rises to the top of the can, it is time to bake at 350° for 25 minutes, until it's golden brown. Cool on a rack. Decorate the top with drizzled icing (powdered sugar and lemon juice) and candies.

Lagana – Clean Monday Bread

Vasiliki Tsigas--Fotinis

Notes: This recipe is adapted from Diane Kochilas' wonderful book "The Food and Wine of Greece."

Ingredients:

- ⦿ 3 envelopes active dry yeast
- ⦿ ¼ c. sugar
- ⦿ 7 to 8 c. bread flour
- ⦿ 2 ¼ c. warm water
- ⦿ 1 tbsp. salt
- ⦿ 5 tbsp. vegetable oil
- ⦿ Sesame seeds for sprinkling

Prep Time: 3 hours, 30 minutes

Cook Time: 20 minutes

Total Time: 3 hours, 50 minutes

Directions:

1. In a medium work bowl, dissolve the yeast, sugar, and ¼ c. the flour in the warm water. Let stand covered for 15 minutes or until the mixture starts to foam and bubble. In a large work bowl, combine 7 c. flour with the salt. Make a well in the center with your hand and pour in the oil and the yeast mixture. Mix well with a wooden spoon until all the ingredients are combined.
2. Turn dough out on to a counter or table dusted with flour and knead for about 10 minutes or until the dough feels smooth to the touch but not sticky.
3. Shape the dough into a ball, brush it with oil and allow it to rise in a covered bowl for about 2 hours or until doubled in size.

Lagana – Clean Monday Bread

.....

Directions, cont.

1. Punch the dough down and knead it for another 6 or 7 minutes. Shape it into 2 equal loaves. Using a rolling pin, roll the dough out on to two lightly oiled baking sheets into flat ovals about 15 inches long and about 6 inches wide.
2. Brush with oil, sprinkle with sesame seeds, and allow to proof (rise) again until a finger poked in the bread leaves an indentation without springing back. Preheat oven to 450° during the final rise.
3. Using your index finger, poke holes across the surface of the bread (about every 2 inches). Bake for 15 -- 20 minutes or until a deep golden color.

Lagana (λαγάνα) (makes 2)

Ingredients

- ◉ 2 tsp. of active dry yeast
- ◉ 1 tsp. of sugar
- ◉ 1 tsp. of coarse sea salt
- ◉ 1 ½ c. room temperature water
- ◉ 3 ½ c. all--purpose flour
- ◉ Sesame seeds

Baking sheet covered with parchment paper
Pre-heated 375°F oven

1. In a large bowl, add your luke--warm water, yeast and sugar and stir to mix. Allow the yeast a few minutes to activate. Now add the flour and the salt and mix thoroughly with a heavy wooden spoon. You may also use your bread mixing attachment on your Kitchenaid (or whatever brand you have). If the dough mixture still looks to dry, add some more water in increments.
2. Cover the bowl with plastic wrap and allow to rise for 60--90 minutes or until doubled in size. min. You may do this step just before bedtime too!
3. Take the wrap off the bowl, treat your hands with some flour, punch the dough down and empty onto your work surface. Divide the dough into two.
4. Using your hands (treat with flour), form your Laganas (should be rectangular shaped with rounded ends) with your fingers. Pinch, rotate and let gravity help you form the shape. Place each piece of dough on your parchment--covered baking sheet (2 Laganas to each tray) and continue to form the Lagana by stretching it into shape.
5. Allow the dough to rest and rise again for another 45--60 minutes. Pre--heat your oven to 375°F oven (middle rack). Sprinkle each Lagana with sesame seeds.
6. Fifteen minutes before baking, using your fingertips, poke--down each Lagana to deflate and make indents. Place in the oven and bake for 30--35 minutes. Place on a cooling rack to...well, cool.

Lenten Banana Bread

Marian Babiak

Background: This easy vegan banana bread is the best ever! It's moist, packed with flavor and comes out perfectly every time. Made with simple, easy to find ingredients, this is truly the only banana bread recipe you'll ever need. Serves 10. [Author: Alison Andrews]

Ingredients:

- 2 c. all-purpose flour
- ½ c. white granulated sugar
- ½ c. light brown sugar
- 3 tsp. baking powder
- ¼ tsp salt
- 1 tsp ground cinnamon
- 1 ½ c. mashed ripe banana
- ½ c. soy milk or other non-dairy milk
- ¼ c. coconut oil or vegan butter
- 1 c. walnuts chopped, plus more to place on top before baking*

Directions:

1. Preheat the oven to 350°F (180°C). Prepare a 9 × 5 inch loaf pan by spraying it with non-stick spray and lining the bottom with parchment paper. Set aside.
2. Sift all purpose flour into a mixing bowl and add white and brown sugar, baking powder, salt and cinnamon. Mix together.
3. Measure the correct amount of banana and add it to your blender jug along with the soy milk and coconut oil (or vegan butter) and blend until smooth.
4. Pour the blended mix over your dry ingredients in the mixing bowl and mix it into a smooth batter.
5. Add chopped walnuts (optional) and fold in.
6. Transfer the batter to your prepared 9 × 5 loaf pan and smooth down. Add a few more chopped walnuts on top and place into the oven to bake.

Lenten Banana Bread

Directions., cont.

7. Bake for 60 minutes or until a toothpick inserted into the center of the loaf comes out clean.
8. Let it cool in the pan for 10 minutes before removing it from the pan and placing it onto a wire cooling rack to cool completely.

Notes

I use:

- ⦿ Less sugar
 - ⦿ Coconut oil instead of vegan butter
 - ⦿ Oatly oatmilk instead of soy milk
 - ⦿ Pecans instead of walnuts
-
-

Oat Pan Rolls

Annette Krawchuk

Ingredients:

- 2 c. quick-cooking oats
- 2/3 c. packed brown sugar
- 1/4 c. butter, cubed
- 1 tablespoon salt
- 2-1/2 c. boiling water
- 2 packages (1/4 ounce each) active dry yeast
- 1/2 c. warm water (110° to 115°)
- 5-1/2 to 6 c. all-purpose flour
- Additional butter, melted

Directions:

1. In a bowl, combine the oats, brown sugar, butter and salt; stir in boiling water. Cool to 110°-115°. In a large mixing bowl, dissolve yeast in warm water; let stand for 5 minutes. Add oat mixture and 2 c. flour; beat until smooth. Stir in enough remaining flour to form a soft dough.
2. Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour.
3. Punch dough down. Turn onto a lightly floured surface; divide into 20 pieces. Place in a greased 13-in. × 9-in. × 2-in. baking pan. Cover and let rise until doubled, about 45 minutes. Bake at 350° for 30-35 minutes or until golden brown. Remove from pan to a wire rack; brush with melted butter. Yield: 20 rolls.

Paximathia Recipe

Vasiliki Tsigas-Fotinis

Background: Vasiliki Tsigas-Fotinis' favorite Lenten Paximathia recipe.

Ingredients:

- ⦿ 1 c. vegetable oil
- ⦿ 1 c. orange juice
- ⦿ 4 ½ c. flour
- ⦿ 2 ½ tsp. baking powder
- ⦿ 1 ½ tsp. cinnamon
- ⦿ 1 ½ tsp. vanilla
- ⦿ ¾ c. sugar
- ⦿ ½ tsp. baking soda
- ⦿ 1 c. finely chopped walnuts

Variations

- ⦿ Almond extract & sliced almonds Extra sesame seeds on top

Directions:

1. Blend oil & sugar & add juice, mixing thoroughly.
2. Add dry ingredients. Divide dough into 4 (16 × 2 inch logs) or to desired size.
3. Place on ungreased cookie sheets. Pre-cut logs into paximathia slices. Bake in a preheated 375° oven for about 20 to 25 minutes.
4. Then turn over slices on side. Toast slices on both sides until browned. Cool & store. Approximately 100 pieces.

Note: the softer the dough, the crisper they can get.

Sirnaya Paska

Sonia Blazo

Ingredients:

- ⦿ ¾ lb. dry farmer's cheese (tvorog)
- ⦿ ¾ lb. cream cheese
- ⦿ 1 c. sour cream
- ⦿ 1 c. sweet butter
- ⦿ 1 c. sugar
- ⦿ 1 c. blanched almonds
- ⦿ 1 c. combined, candied cherries and candied pineapple

Directions:

1. Cheeses and butter should be room temperature. Press farmer's cheese through sieve.
2. In large bowl, cream cheeses, butter, sour cream, and sugar. Add remaining ingredients, mix till well blended.
3. Line mold (could be four-sided plastic flower pot with drainage holes) with cheesecloth. Pour in mixture.
4. Put mold on plate; elevate bottom on jar lid. Lay heavy weight on top so liquid will drain out.
5. Refrigerate at least 24 hrs.
6. Unmold. Use currants to make a cross and XB (for **христос воскрес** Christ is Risen).

Sweet Braided Easter Bread

Maria Tarassoff's Recipe

Carol Tarassoff

Ingredients:

- ⦿ 1 c. warm water
- ⦿ 3 packages dry yeast
- ⦿ 4 – 6 Tbsp. light brown sugar + 1 tablespoon in yeast mixture
- ⦿ 3 tsp. salt
- ⦿ 4 whole eggs + 1 for egg wash
- ⦿ ½ c. Wesson salad oil + 1 stick butter
- ⦿ 2 ½ c. cold water
- ⦿ 12 c. high gluten flour
- ⦿ 1 – 2 Tbsp. vanilla extract
- ⦿ ½ – 1 c. raisins (optional)

Directions:

1. In large bowl, dilute yeast in ½ c. warm water + 1 tablespoon light brown sugar and let stand for 5 minutes.
2. Add sugar, salt, eggs, oil and water; stir. Gradually add flour and mix well until firm. Remove from bowl to floured surface and knead for 15 --20 minutes (or knead in a stand mixer). Place in greased bowl and cover.
3. Let stand in draft free area for 1 hour or until double in size. Divide dough into 4 balls and shape each into 3 rolls of dough and braid into loaves.
4. Place on parchment paper on cookie sheets, cover and let rise until double in size. Before baking, brush with 1 egg + 2 Tbsp. water mixture.
5. Bake at 350° for 35 – 40 minutes until light brown on bottom. Careful not to burn. Cool on racks.

Traditional Easter Paska

Annette Krawchuk

Background: Paska is a round shaped Easter bread, much richer than the ordinary bread. The top is elaborately decorated with fancy dough ornaments, having a cross as the central motif. The ornamental finishes on paska are given much attention because this bread is taken to church on Easter morning in a special basket along with small portions of other Easter foods. The priest blesses the filled baskets, while the choir sings the traditional Ukrainian Easter hymn "Christ is Risen."

Ingredients:

- ⦿ 1 tsp. sugar
- ⦿ 6 eggs, beaten
- ⦿ 1 c. lukewarm water
- ⦿ 1/3 c. sugar
- ⦿ 1 package dry granular yeast
- ⦿ 1/2 c. melted butter
- ⦿ 3 c. scalded milk, lukewarm
- ⦿ 1 tablespoon salt
- ⦿ 9 to 10 c. sifted flour
- ⦿ 5 c. flour

Directions:

1. Dissolve the sugar in the lukewarm water and sprinkle the yeast over it. Let it stand for 10 minutes. Combine the softened yeast with the lukewarm milk and 5 c. flour. Beat well until smooth. Cover and let the batter rise in a warm place until light and bubbly. Add the beaten eggs, sugar, melted butter, and salt; mix thoroughly. Stir in enough flour to make a dough that is neither too soft nor too stiff. Knead until the dough no longer sticks to the hand. Turn the dough on a floured board and knead until smooth and satiny. Place in a bowl, cover, and let it rise in a warm place until double in bulk. Punch down and let it rise again. This amount will give two large loaves of paska.

Traditional Easter Paska

.....

Directions:, cont.

2. Divide the dough into 3 parts. Reserve 1 part for ornamenting the loaves. Shape the other 2 parts into 2 round loaves. Place each in a greased, round pan. Now cut the reserved part in half to ornament the 2 loaves. The central ornament on paska is usually the cross. Roll 2 long rolls and trim the ends. Place the rolls over the top of the loaf, crossing one another evenly. Tuck the ends of the rolls under the loaf. Shape the trimmed dough into twisted swirls or rosettes, and arrange them symmetrically between the arms of the cross. Use sharp scissors to make fine petals on the rosettes. Once the cross is placed on the loaf, the remaining ornamentation is left to one's imagination and artistic ability. This is one of the simpler ways of ornamenting paska.
 3. Elaborate ornaments require experience. Some homemakers make a separate stiff dough mixture for ornaments to assure their shape. The cross may be made of entwined or braided rolls for a better decorative effect. Among the usual ornaments there may be a bird with eyes of peppercorns or cloves, nestling in a bed of rosettes. These additional ornaments are placed on a loaf when it is about half risen.
 4. Set the loaves in a warm place until they are almost double in bulk. Take care not to let the loaves rise longer than necessary because the ornaments will lose their shape. Brush very carefully with a beaten egg diluted with 2 Tbsp. of water. Bake in a moderately hot oven (400°F.) for about 15 minutes, then lower the temperature to 350°F., and continue baking for 40 minutes longer, or until done. Avoid browning the top too deeply. If necessary, cover with aluminum foil. Remove the loaves from the pans and allow them to cool.
-

Soups

African Peanut Stew

Jamie DeRuyter

Background: This West African-inspired peanut soup recipe is a creamy and comforting, spicy vegan soup. Made with a simple combination of peanut butter, tomato paste and collard greens, this soup comes together quickly and would be a great weeknight meal. If you love spicy flavors like me, don't hesitate to use liberal amounts of ginger and garlic. [cookieandkate.com.]

Ingredients:

- 4 cups low-sodium vegetable broth
- 2 cups water
- 1 medium red onion, chopped
- 2 tablespoons peeled and minced fresh ginger
- 4 cloves garlic, minced
- 1 teaspoon salt
- 1 bunch collard greens (or kale), ribs removed and leaves chopped into 1-inch strips
- 3/4 cup unsalted peanut butter (chunky or smooth)
- 1/2 cup tomato paste*
- Hot sauce, like sriracha (AKA rooster sauce)
- 1/4 cup roughly chopped peanuts, for garnish
- Cooked brown rice, for serving (optional)

Directions:

1. Combine the broth and water in a medium Dutch oven or stock pot. Bring the mixture to a boil, then add the onion, ginger, garlic and salt. Cook on medium-low heat for 20 minutes.
2. In a medium-sized, heat-safe mixing bowl, combine the peanut butter and tomato paste, then transfer 1 to 2 c. of the hot stock to the bowl. Whisk the mixture together until smooth, then pour the peanut mixture back into the soup and mix well. Stir in the collard greens and season the soup with hot sauce to taste.
3. Simmer for about 15 more minutes on medium-low heat, stirring often. Season with additional salt or hot sauce if desired. Serve over cooked brown rice if you'd like, and top with a sprinkle of chopped peanuts.

Yield: 4 servings.

Notes

I added yams (boiled to soften, then added) and a can of white beans, then garnish with cilantro and green onions.

Black Bean Soup

.....
Patricia Kaufman

.....
Ingredients:

- ⦿ 3 -15.5oz. cans Black Beans, thoroughly rinsed and drained
- ⦿ 2 - 14 ½ oz. cans Stewed Tomatoes, original flavor
- ⦿ 2 - Tbs. Olive Oil
- ⦿ Freshly ground pepper and salt to taste
- ⦿ 4-5 c. water, depending on desired thickness or # of guests!!
- ⦿ ¼ c. Sherry, optional
- ⦿ Sour Cream for garnish, about a Tbsp. per bowl
- ⦿ ½-1 Jalapenos Pepper, minced (from a jar, pickled is fine.)
- ⦿ 1 ½ tsp. Ground Cumin
- ⦿ 1Tbsp. fresh Oregano or 1 tsp. dried
- ⦿ 1 tsp. fresh Cilantro or ½ tsp. dried
- ⦿ 2 Bay leaves
- ⦿ Fresh Cilantro chopped for garnish, optional

.....
Directions:

1. Heat olive oil in a 4 or 5qt. pot over a medium low heat, add the Jalapenos Pepper, Cumin, Oregano, Cilantro, Bay leaves, Pepper and Salt. Stir to warm and moisten the seasonings. Add the Tomatoes and Black Beans and most of the water (reserve the rest of the water for later to achieve desired thickness.) Add the Sherry, if desired. Simmer over medium heat for about 30 minutes. Taste to check seasonings.
2. Remove the Bay leaves. Puree most but not all of the soup in a blender or food processor or in the pot with hand puree whisk (my favorite). Add more water if needed.
3. To serve, top each bowl with Sour Cream, chopped Cilantro and a little more Sherry, if desired.

Bologna or Hot Dog Stew

Bill Kraftician

Background: This comfort food is a favorite from my childhood.

Ingredients:

- Purchase 3 inch thick piece of your favorite bologna at the deli. Cut the bologna into ½ or 1 inch slices. Or open 1 package of your favorite hot dogs. Cut the hot dogs into ½ inch slices.
- 2 green peppers sliced
- 1 large onion diced
- 2 stalks of celery sliced
- 1 bottle of any kind of marinara sauce .

Directions:

1. Saute onions, celery and peppers.
2. Add bologna cubes or hot dog slices
3. Pour marinara sauce over the meat and vegetables. Simmer on low heat for about an hour.
4. Serve with rice or mashed potatoes.

Butternut Squash Soup

Christine Westra

Background: From Christine, here is the soup we had at Asher's first Thanksgiving 2005.

Ingredients:

- 2 Tbsp. olive oil
- 1 lg onion (I use 3 shallots)
- 1 Tbsp. finely chopped fresh ginger
- 2 tsp. curry powder
- 30 oz Vegetable broth
- 1 lg butternut squash (cubed 2")
- 1 tsp salt
- Spiced Pumpkin Seeds for garnish

Directions:

1. Heat oil, and cook onion(shallot) until tender.
2. Add ginger and curry, cook and stir 1 min.
3. Add broth squash and salt.
4. Simmer on LOW heat, uncovered approx 25 min.
5. Blend on low speed until smooth and creamy.

Yum!

Chaqapuli

Nani Nikoleishvili

Ingredients:

- ◎ 4 lbs. lamb or veal, with a little bit of bones, cut into medium pieces (about 1 inch)
- ◎ 3 or 4 bunches whole scallions
- ◎ 2 bunches cilantro
- ◎ 1 bunch parsley
- ◎ 1 large white onion
- ◎ 3 or 4 cloves garlic
- ◎ 3 or 4 bunches fresh tarragon leaves (no stems)
- ◎ 1 c. white wine
- ◎ ½ c. tangy plum sauce (Tkhemali)
- ◎ a little salt and pepper to taste
- ◎ ½ c. water

Directions:

1. Cut all herbs into medium pieces (about ½ inch)
2. Into a large pot, layer herbs, then meat. Repeat ending with herbs on top.
3. Cook on stove top at low temperature about 45 minutes, until meat is tender.
4. Serve with bread.

Cheeseburger Chowder

Brian J. Quinn

Background: This recipe won First Prize — the Golden Ladle Award — at the 10th Annual Babcock Family Soup Cookoff (October 2024), earning the most votes overall.

Ingredients:

- 2 sesame seed hamburger buns, diced into 1-inch cubes
- 1 lb ground beef (85% lean or leaner)
- 1 small yellow onion, chopped
- 2 cloves garlic, minced
- 1 cup shredded carrots
- 2 stalks celery, diced
- 2 tsp Italian seasoning
- 4 tbsp butter, divided
- 4 cups vegetable stock
- 4 cups peeled and diced potatoes (1-inch cubes; about 3 medium)
- ¼ cup flour
- 3 cups shredded sharp yellow cheddar cheese
- 1 cup heavy cream
- Salt and pepper, to taste

Directions:

1. Preheat oven to 400°F. Spread diced bun cubes on a baking sheet and bake for 10–15 minutes until golden and crispy. Set aside.
2. In a large pot, brown ground beef. Drain and set aside.
3. In the same pot, melt 1 tbsp butter. Add onion, garlic, carrots, celery, and Italian seasoning. Sauté for 2–3 minutes until onions are translucent.
4. Add vegetable stock, potatoes, and browned beef. Bring to a boil, then reduce heat, cover, and simmer for 10–12 minutes, or until potatoes are fork-tender.
5. In a small skillet, melt remaining 3 tbsp butter. Stir in flour and cook 3–5 minutes, until mixture is the color of peanut butter. Stir into soup and simmer uncovered for 5–6 minutes, until thickened.
6. Reduce heat to low. Stir in cheddar and cream. Season with salt and pepper.
7. Serve hot. Top with extra cheese, bun croutons, bacon bits, pickles, or diced tomatoes, if desired.

Clam Chowder – Lenten

Larisa Bohensky

Background: This recipe is adapted from St. Nectarios Lenten Cookbook.

Ingredients:

- ◉ ¼ c. canola oil
- ◉ 1 ½ c. minced onion
- ◉ 2 cans baby clams (10 oz each), drained (save liquid)
- ◉ 2 c. celery, cut small
- ◉ 2 c. potatoes, diced
- ◉ 1 c. carrots, diced
- ◉ ½ c. green pepper, diced
- ◉ 2 cloves minced garlic
- ◉ 1 c. canned diced tomatoes
- ◉ ¼ c. tomato sauce
- ◉ 1 Tbsp dry parsley
- ◉ 2 c. water
- ◉ Optional: ½ c. green onions or leeks chopped, 1 medium zucchini diced

Directions:

1. Cook onion in oil until golden brown.
2. Add clams and simmer for 5 minutes.
3. Add celery and simmer for 3 minutes.
4. Add green onions and or leeks, green pepper, parsley, carrots, garlic and simmer for 3 minutes, stirring constantly.
5. Add tomatoes, tomato sauce and simmer for 5 minutes.
6. Add clam liquid, water, salt and pepper to taste.
7. Cook for ½ hour, then add diced zucchini and potatoes.
8. Cook additional ½ hour or until all vegetables are done.

Gazpacho

Carol Tarassoff

Soup

- 2 medium sized cucumbers, peeled and coarsely chopped
- 5 medium sized tomatoes, peeled and coarsely chopped
- 1 large onion coarsely chopped
- 1 medium sized green pepper, deribbed, seeded and coarsely chopped
- 2 tsp. finely chopped garlic
- 4 c. coarsely crumbled French or Italian Bread, trimmed of crusts

- 4 c. cold water ¼ c. red wine vinegar
- 4 tsp. salt
- 4 Tbsp. olive oil
- 1 tablespoon tomato paste

Garnish

- Bread croutons
- ½ c. finely chopped onions
- ½ c. peeled and finely chopped cucumbers
- ½ c. finely chopped green peppers

Directions:

1. In a large bowl, combine the coarsely chopped cucumbers, tomatoes, onion and green pepper, garlic and crumbled bread and mix together thoroughly. Stir in the water, vinegar and salt. Ladle the mixture, about 2 c. at a time, into a blender and blend at high speed for 1 minute, or until reduced to a smooth puree. Pour the puree into a bowl and with a whisk, beat in the olive oil and tomato paste. Cover the bowl tightly and refrigerate for at least 2 hours, or overnight. Just before serving, whisk or stir the soup lightly to recombine it.
2. Accompany the gazpacho with garnishes served in separate bowls to be added to the soup at the discretion of each diner.

Good Basic Chili

Carol Tarassoff

Ingredients:

- ⦿ 2 pounds ground beef or ground turkey
- ⦿ 3 Tbsp. vegetable oil
- ⦿ 1 medium onion, chopped
- ⦿ 1 red bell pepper, chopped
- ⦿ 1 green bell pepper, chopped
- ⦿ 3 cloves garlic, minced
- ⦿ ½ tsp. fresh ground black pepper
- ⦿ 1 tsp. ground cumin
- ⦿ ½ tsp. ground chipotle pepper
- ⦿ ½ - 1 ½ tsp. crushed red peppers
- ⦿ 3 Tbsp. chili powder
- ⦿ 3 c. water
- ⦿ 1 26 oz can tomato puree
- ⦿ 2 16 oz cans chopped tomatoes
- ⦿ 2 16 oz cans kidney beans, drained
- ⦿ 1-2 tsp. salt

Directions:

Brown beef/turkey in a thick-bottomed soup kettle. Drain off fat and set browned beef/turkey aside. Heat 3 Tbsp. oil in kettle over medium high heat, adding onions when hot. Saute for 4-5 minutes, stirring often. Add bell peppers and garlic continuing to cook 2-3 more minutes. Add black pepper, ground cumin, chipotle and hot red peppers to taste plus chili powder, while continually stirring until spices begin to stick to bottom of kettle and brown (about 30-45 seconds). Quickly add 3 c. water. Add tomato puree, chopped tomatoes and the juice they were packed in. Add kidney beans and salt. Add beef/turkey but try not to include any fat that may have accumulated. Stir. When chili begins to boil, reduce heat to low and cover. Ideally chili should be simmered 3 hours to let all the flavors blend together. Stir about every 15 minutes, while checking to make sure heat is not too high, causing chili to stick to the bottom of the kettle.

Grandma's Christmas Eve Soup

Bill Kraftician

Ingredients:

- 1 package of onion soup mix
- 1 can navy beans
- 1 package of imported dried mushrooms that have been broken
- 1 can sauerkraut
- 1 can Lima beans
- 1 c. split peas
- 1 tsp caraway seeds
- ¼ c. oil
- 3 c. water
- 1 tsp of garlic powder
- ½ c. quick cook barley
- 1 ½ tsp dried dill weed
- Salt as needed,
- Water as needed

Directions:

1. Place split peas and dried mushrooms in a blender and pulse until the contents are coarsely ground.
2. Prepare onion soup according to package instructions.
3. Add garlic powder, mushrooms, split peas, barley, dill weed and caraway seeds. Bring to a boil and simmer until the barley and split peas are cooked. The soup should begin to thicken. Add the sauerkraut, navy beans and Lima beans.
4. The soup should be thick. Add water if the soup is too thick. Simmer for an hour.
5. Serve with rye bread.

Jeanne's Vegan Chili

.....
Jeanne Connerat

.....
Ingredients:

- ⦿ 1--2 onions (½ lb appx), chopped
- ⦿ ½ lb carrots, chopped
- ⦿ 1--2 cloves garlic, chopped
- ⦿ 2 large ribs celery, chopped
- ⦿ 2 -- 14oz cans, crushed tomatoes
- ⦿ 2 --14 oz cans, tomato chunks
- ⦿ 2 small cans tomato sauce
- ⦿ 1 small can tomato paste
- ⦿ 2 boxes (2 qts) vegetable broth
- ⦿ 1 small bag corn, defrosted
- ⦿ beans – 1 each 14 oz can, rinsed: kidney, black, pinto, chick peas
- ⦿ 1 tbs unsweetened cocoa powder
- ⦿ 2 tsp cumin
- ⦿ 3 tsp cayenne pepper
- ⦿ 1 tsp dry oregano
- ⦿ ½ tsp cinnamon
- ⦿ 1 tbs sugar
- ⦿ 1 bay leaf
- ⦿ salt to taste

.....
Directions:

1. Steam chopped onions, carrots, and celery in ½ c. vegetable broth in covered 6qt pot for 10 minutes or until soft but not limp. Broth may almost evaporate in the process.
2. Add cumin and cayenne pepper and sauté for 2 minutes to release the flavors.
3. Add tomato paste and sauté to heat and release flavor.
4. Add rest of the tomato products, 1 ½ qts vegetable broth, cocoa powder, oregano, cinnamon, bay leaf, sugar, and salt.
5. Cover and bring mixture to a boil. Lower and simmer for 40 minutes. Keep mixture at low bubble level. Stir periodically. Check and adjust seasonings to personal preference.

Jeanne's Vegan Chili

Directions, cont.

6. After 40 minutes, add all the beans and the corn. Raise heat to medium/medium low and simmer for 20 minutes.
7. Too thick: add more broth. Too thin: cook longer with lid off.
8. Serve with your choice of rice, cheese, hot sauce, chili powder, diced red onions, guacamole, corn salsa, tortilla chips.

Chili is truly personal preference, so play with bean combos, spice combos, additional vegetables, toppings.

Quick hints:

- ⦿ Substitute a good salsa (I like Frontera) for tomato products. Adjust seasonings.
 - ⦿ Use refried beans for a thickener.
-

Lenten Vegetable Soup

.....
Olga Cornell

.....
Ingredients:

- ⦿ 2- 3 tbsp. olive or vegetable oil
- ⦿ 2 c. carrots, cubed
- ⦿ 2 c. potatoes, cubed
- ⦿ 2 c. celery, cubed
- ⦿ 1- 2 lbs. mushrooms, sliced, white or mixed
- ⦿ 1 c. parley, chopped
- ⦿ 2 15- oz cans vegetable broth or 4 vegetable bouillon cubes and 4 c. water 2 ½ - 3 qts. Water
- ⦿ 1- 2 tsp. salt
- ⦿ 1- 2 tsp. pepper
- ⦿ 1 stick margarine
- ⦿ 2 c. onions, chopped
- ⦿ 6- 8 cloves garlic, minced
- ⦿ ½ c. flour

.....
Directions:

1. In a 5-- or 6--quart pot, heat oil over medium heat. Add carrots, potatoes, and celery, cooking over medium high heat about 10 minutes, to wilt vegetables. Add mushrooms and parsley, cooking about 5 minutes, until mushrooms begin to cook. Add broth and water, salt and pepper. Simmer for about 15 minutes.
2. In large fry pan, melt margarine. Sauté onions and garlic, slowly, for about 10- 15 minutes over medium heat. Stir in flour to make a roux. Stir constantly, cooking to a golden brown. Add to soup.
3. Check seasonings and adjust if needed.

Options: Use a variety of onions, like leeks, shallots, Spanish, or Vidalia. Add beans, pasta, or rice. Add other seasonings for an ethnic flavor of choice.

Lentil Soup with Beef

Carol Tarassoff

Ingredients:

- 2 Tbsp. olive oil
- 1 ½ pounds boneless beef cubes, cut into 1 inch cubes
- Salt and freshly ground black papper
- 3 large celery stalks, chopped
- 2 large carrots, peeled and chopped
- 1 large onion, chopped
- 6 garlic cloves, chopped
- 1 ½ tsp. chopped fresh rosemary leaves
- 1 ½ tsp. oregano
- 6 (14 oz cans) beef broth
- 1 (28 oz can) diced tomatoes in juice
- 2 c. (about 11 oz) lentils, rinsed
- ½ c. chopped fresh Italian parsley

Directions:

Heat the oil in a heavy large pot over medium--high heat. Sprinkle the beef with salt and pepper. Add the beef, one half at a time, and cook until brown, about 8 minutes. Using a slotted spoon, transfer the beef to a bowl. Add the celery, carrots, onion, garlic, rosemary, and oregano to the pot. Saute until the onions are translucent, about 8 minutes. Return the beef and any accumulated juices from the bowl to the pot. Add the broth and tomatoes with their juice. Bring the soup to a boil. Reduce the heat to medium--low. Cover and simmer until the meat is just tender, stirring occasionally, about 1 hour. Add the lentils. Cover and continue simmering until the lentils are tender. About 40 minutes. Stir in the parsley. Season the soup to taste with salt and pepper.

Minestrone Soup

Sandra Masklee

Ingredients:

- 2-3 Tbsp. olive oil
- 4-5 cloves of fresh garlic
- 1 large onion diced
- zucchini
- large can (32oz) crushed or small diced tomatoes
- vegetable stock.
- 2 cans cannellini beans, drained
- salt, pepper
- dried basil
- 8 oz. Ditalini pasta

Directions:

1. In large soup pot pour 2-3 Tbsp. of olive oil Add the fresh garlic diced very small or crushed and the diced onion. Sauté onion until it's translucent Add the diced zucchini, crushed or diced tomatoes. Stir in the vegetable stock. Then add the cannellini beans (drained). Add salt, pepper and dried basil to taste. Set on medium heat until zucchini is tender (1-1 ½ hrs)
2. In medium pot bring water to a boil and add salt Add the pasta and boil until almost cooked through.
3. Place some noodles in soup bowl and add soup. Optional: sprinkle grated parmesan on top

Enjoy!

Mushroom Barley Soup

.....
Jeanne Connerat

.....
Ingredients:

- ◎ 1 lb mushrooms, white or brown
- ◎ 1 qt (4c.) chicken or vegetable stock
- ◎ 2 oz dry mushrooms, crumbled
- ◎ 1 envelope Lipton's onion soup mix (vegetarian)
- ◎ 1 large onion, diced
- ◎ ½ tsp dried rosemary
- ◎ 3 carrots, diced
- ◎ ¼ tsp celery seed
- ◎ 1 clove garlic, minced
- ◎ 1 bay leaf
- ◎ ⅓ c. pearl barley, rinsed
- ◎ salt & pepper to taste

.....
Directions:

1. In 6 qt stock pot, sauté fresh mushrooms, onions, and carrots in olive oil for 5 minutes until soft and opaque. Add minced garlic, sauté for 1 minute or until fragrant.
2. Add remainder of ingredients. Bring to a boil then lower to a simmer for 45 minutes or until barley is tender.
3. If too thick, add more stock or water. Soup will thicken as it sits. Adjust seasonings to taste.

Pea Soup

.....
Carol Tarassoff

.....
Ingredients:

- ⦿ 2 carrots, chopped
- ⦿ 1 large onion, chopped
- ⦿ 1 stalk celery, chopped
- ⦿ 1 tablespoon celery leaves, chopped
- ⦿ 1 tablespoon parsley, chopped
- ⦿ 1 c. chopped ham
- ⦿ Ham bone
- ⦿ 1 ½ quart chicken broth
- ⦿ 1 ½ quart water
- ⦿ 1 bay leaf
- ⦿ Pinch thyme
- ⦿ Fresh ground black pepper
- ⦿ 1 potato, peeled and chopped
- ⦿ 1 pound split peas (washed)

.....
Directions:

1. Saute the carrots, onions, celery, celery leaves and parsley in olive oil in a large pot.
2. Add the remaining ingredients and bring to a boil.
3. Turn down heat and simmer for 2 ½ to 3 hours, stirring occasionally.

Sonia's Chicken Soup

Sonia Blazo

From HTOC 25th Anniversary Cookbook

Ingredients:

- ⦿ 1 small frying chicken, cut up
- ⦿ 4 Tbsp. salt
- ⦿ 5 stalks celery
- ⦿ 1 lb. mushrooms (optional)
- ⦿ 1 pkg. soup greens
- ⦿ Bouillon (only if stock is weak)
- ⦿ 6 whole carrots
- ⦿ 2 to 3 whole potatoes, cubed

Directions:

1. Clean chicken under running water and pat dry. In approximately 11 quart stock pot, place chicken and cover to within 2 inches of top of pot with water. Bring this water to a boil and keep skimming the top of dirt and scum. When there is practically no (junk) floating on the top, you can add the cleaned and pared soup greens and your 4 Tbsp. of salt. Simmer this for about 2 hours.
2. Pour off the broth through a strainer into another pot. Take out vegetables from strainer and put into broth. You can peel chicken away from the bones and discard bone, sinew, and skin. The chicken can then be cut up and put into the broth. You can then add more salt and pepper to taste or any other seasoning you might like. Wait until the soup has cooled (several hours or overnight) before skimming fat from top of soup. Soup is then ready to reheat and serve.
3. I make the handling of greens easier to remove, I tie together all my celery, then separately my dill and parsley so that I don't have everything floating around.

Red Lentil and Vegetable Soup

.....
Andrea Bohensky

.....
Ingredients:

- ⦿ 1 Tbs. olive oil
- ⦿ 4 medium carrots, chopped
- ⦿ 1 small onion, chopped
- ⦿ 1 tsp. cumin
- ⦿ 1 can (14.5 ounces) of diced tomatoes
- ⦿ 1 can (14.5 ounces) vegetable broth
- ⦿ 1 c. dried red lentils
- ⦿ 1 bag (5 ounces) baby spinach

.....
Directions:

1. In a 4 quart saucepan, heat oil. Add onion and carrots, and cook about 8 minutes until lightly browned and tender. Stir in cumin, cook 1 minute.
2. Add tomatoes, broth, lentils, 2 c. water, ¼ teaspoon salt, ⅛ teaspoon pepper. Cover and heat to boiling. Reduce heat to low, simmer, covered 8-10 min. Stir in spinach, until wilted.
3. Ready to serve.

Vegetarian Moroccan Stew

Greg and Nikki Barna

Ingredients:

- 1 tsp. ground cinnamon
- 1 tsp. ground cumin
- 1 tsp. kosher salt
- ½ tsp. ground ginger
- ¼ tsp. ground cloves
- ¼ tsp. ground nutmeg
- ¼ tsp. ground turmeric
- ⅛ tsp. curry powder
- Stew Vegetables:
 - 1 tablespoon butter
 - 1 sweet onion, chopped
 - 2 c. finely shredded kale
 - 4 (14 ounce) cans organic vegetable broth
 - 1 (15 ounce) can garbanzo beans, drained
 - 1 (14.5 ounce) can diced tomatoes, undrained
 - 3 large potatoes, peeled and diced
 - 2 sweet potatoes, peeled and diced
 - 4 large carrots, chopped
 - 1 c. dried lentils, rinsed
 - ½ c. chopped dried apricots
 - 1 tablespoon honey
 - 1 tsp. ground black pepper, to taste
 - 1 tablespoon cornstarch (optional)
 - 1 tablespoon water (optional)

Directions:

1. Combine cinnamon, cumin, salt, ginger, cloves, nutmeg, turmeric, and curry powder in a large bowl.
2. Melt butter in a large pot over medium heat. Cook the onion in the butter until soft and just beginning to brown, 5 to 10 minutes. Stir in kale and spice mixture; cook until kale begins to wilt and spices are fragrant, about 2 minutes.
3. Pour the vegetable broth into the pot. Stir garbanzo beans, tomatoes, potatoes, sweet potatoes, carrots, lentils, apricots, and honey, into the broth; bring to boil, reduce heat to low, and simmer until vegetables and lentils are cooked and tender, about 30 minutes. Season stew with black pepper.
4. Dissolve cornstarch in water; stir into stew and simmer thickened, about 5 minutes.

White Chicken Chili

Jean Constantine

Ingredients:

- ⦿ 1 32 oz. box chicken stock
- ⦿ 3 cans white cannellini beans, left undrained
- ⦿ 5 c. cooked chicken, chopped or shredded (rotisserie chicken)
- ⦿ 1 16 oz. jar salsa
- ⦿ 1 8 oz. block pepper jack cheese, grated
- ⦿ 2 tsp ground cumin
- ⦿ 2 cloves garlic, minced
- ⦿ Black or white pepper to taste
- ⦿ ½ c. finely crushed corn chips (makes chili thicker)
- ⦿ Sour cream for garnish

Directions:

1. Place all ingredients (except corn chips) in a crock pot (on high) or large pot (medium--high heat) and cook until the cheese is melted.
2. When the chili is ready, add the crushed corn chips and simmer for 10 minutes to thicken.
3. Garnish with more chips, cheese and/or sour cream and serve.

Salads

6 Bean Salad

.....
Carol Tarassoff

.....
Ingredients:

- 1 can lima beans, drained
- 1 can green beans, drained
- 1 can chick peas, drained
- 1 can kidney beans, drained
- 1 can yellow wax beans, drained
- 1 can butter beans, drained
- 1 green pepper thinly sliced in rings
- 1 red onion thinly sliced in rings

.....
Dressing:

- ½ c. sugar
- 1 c. red wine vinegar 1 c. salad oil
- 2 tsp. salt
- 1 tsp. dry mustard
- 1 tsp. dried tarragon 1 tsp. basil leaves
- 4 Tbsp. chopped parsley

.....
Directions:

1. Mix all vegetables in a bowl.
2. Combine ingredients for Dressing, mixing well; drizzle over vegetables.
3. Cover, marinate several hours or overnight in the refrigerator, stirring several times.

Fresh Corn Salad

Larisa Bohensky

Dressing:

- ¼ cup virgin olive oil
- 3 tbsp apple cider vinegar
- 2 tbsp red wine vinegar
- ½ tsp salt
- ½ tsp ground black pepper

Salad:

- 4 ears of corn
- 1½ cups diced red, orange, or yellow bell peppers
- 1 pint cherry tomatoes, halved or quartered
- ½ cup diced sweet or red onions
- 1 bunch green onions, white and some green parts
- 1 cup diced seedless cucumber
- ½ cup chopped fresh parsley

Directions:

1. 1. Boil corn for 5 minutes. Cool in cold or ice water, then cut kernels from the cobs.
2. 2. In a large bowl, combine corn with all other salad ingredients.
3. 3. In a small bowl, whisk together all dressing ingredients.
4. 4. Pour dressing over the salad and mix gently. Taste and adjust seasoning if needed.

Pink Potato Salad

Carol Wetmore

From HTOC 25th Anniversary Cookbook

Ingredients:

- ⦿ 2 lb. potatoes
- ⦿ 1 large beet
- ⦿ 3 hard-boiled eggs, chopped
- ⦿ 1 large cucumber, diced
- ⦿ ½ c. dill pickle, diced
- ⦿ 3 scallions, chopped
- ⦿ 1 heaping Tbsp. capers
- ⦿ 2 Tbsp. olive oil
- ⦿ 3 Tbsp. white wine vinegar 1 tsp. salt
- ⦿ Ground pepper
- ⦿ ½ tsp. dried dill
- ⦿ ½ C. sour cream

Directions:

1. In separate pots, boil the potatoes and the beet until just tender; drain and remove the skins.
2. Chop the potatoes into coarse chunks; dice the beet and put into a large bowl.
3. Add the eggs, cucumber, pickle, scallions, and capers; mix well.
4. Mix in the olive oil, vinegar, salt, pepper, and dill.
5. Finally, stir in the sour cream, mixing well to make sure each piece of the salad is coated.
6. Chill, covered, overnight in refrigerator before serving. Makes 8 to 10 servings.

Russian Salad – Vinigret

Larisa Bohensky

Ingredients:

- ⦿ 3 medium beets (or 2 cans of beets, drained)
- ⦿ 3 medium potatoes
- ⦿ 2 medium carrots
- ⦿ 2 medium pickles
- ⦿ 1 small onion, finely chopped
- ⦿ ½ long cucumber
- ⦿ 2 handfuls, drained sauerkraut
- ⦿ 1 tsp. Salt
- ⦿ ½ tsp. Pepper

- ⦿ 3Tbs canola oil
- ⦿ 2 Tbsp. red wine vinegar



Directions:

1. Boil beets, potatoes and carrots (in separate pots) until done. Don't overcook potatoes.
2. Let cool to room temperature. Peel the skins from beets and potatoes. Dice beets, potatoes, carrots, pickles, and cucumber.
3. Combine in a large bowl. Add onions.
4. Add sauerkraut, salt and pepper. Mix with a spoon. Mix oil and vinegar; pour over salad. Mix the salad. Taste.
5. If desired, add more salt, sauerkraut or pickles.
6. Optional: you may add peas, beans, salted herring, or anchovies (a matter of taste).

Salad with Carrot & Ginger Dressing

Amal Morcos

Dressing:

- ⦿ 1 large carrot, peeled and roughly chopped
- ⦿ 1 large shallot, peeled and roughly chopped
- ⦿ 2 Tbsp. roughly chopped fresh ginger
- ⦿ 1 tablespoon sweet white miso
- ⦿ 2 Tbsp. rice wine vinegar
- ⦿ 1 tablespoon roasted sesame seed oil
- ⦿ ¼ c. grapeseed oil (or avocado oil)
- ⦿ 2 Tbsp. water

Salad:

- ⦿ 1 head of baby gem lettuce (or any greens), roughly cut
- ⦿ ¼ red onion, thinly sliced
- ⦿ ¼ avocado, diced

Directions:

1. Pulse the carrot, shallot and ginger in a blender until finely chopped.
2. Scrape down the sides, add the miso, vinegar and sesame seed oil and whiz together. While the blender is going, slowly drizzle in the grapeseed oil and the water.
3. Combine the lettuce, onion and avocado in a bowl, drizzle with plenty of dressing and serve.

Seven-Layer Salad

From *EatingWell*: May/June 2009

http://www.eatingwell.com/recipes/seven_layer_salad.html

Sonia Blazo

Background: This makeover of a Midwestern classic tops layers of lettuce, peas, bell pepper and tomatoes with a creamy, tangy dressing. The salad stays fresh underneath until it's served and gets even better when held overnight.

Ingredients:

- 8 c. shredded romaine lettuce
- 1 c. frozen peas, thawed
- 1 medium yellow bell pepper, diced
- 1 c. halved grape tomatoes, or quartered cherry tomatoes
- 1 c. sliced celery
- ½ c. sliced scallions
- ¾ c. nonfat plain yogurt
- ¾ c. low-fat mayonnaise
- 2 tsp. cider vinegar
- 1-2 tsp. sugar
- ¼ tsp. garlic powder
- ¼ tsp. salt
- ¼ tsp. freshly ground pepper
- ½ c. shredded reduced-fat Cheddar cheese
- ½ c. thinly sliced fresh basil
- 3 strips cooked bacon, crumbled

Directions:

1. Place lettuce in a large bowl. Layer peas, bell pepper, tomatoes, celery and scallions on top.
2. Whisk yogurt, mayonnaise, vinegar, sugar to taste, garlic powder, salt and pepper in a medium bowl until smooth. Spread the dressing evenly over the top of the salad (an offset spatula is handy for this, if you have one). Sprinkle with cheese, basil and bacon. Serve room temperature or chilled.

Notes: Make Ahead Tip: Cover and refrigerate for up to 1 day. Sprinkle with basil just before serving.

10 servings, about 1 c. each | Active Time: 30 minutes | Total Time: 30 minutes

Steamed Kale with Blackeyed Peas

.....
Patricia Kaufman

.....
Ingredients:

- 2 Bunches of Kale, washed, stemmed and chopped (about 2 10 oz. boxes of frozen kale)
- 1 c. #1 Bulgar Wheat (fine), rinsed with cold water a few times.
- 2 15 oz. cans Blackeyed Peas, rinsed
- 2 Large Onions, coarsely chopped
- ¼-½ c. Olive Oil
- ½ tsp. Salt, pepper, or more to taste
- ½-1 tsp. Mixed Syrian Allspice, to taste
- Juice of one Lemon or more to taste

.....
Directions:

1. In a large pot, steam kale until wilted, making sure the pot does not dry out. Add a little water as needed.
2. Add bulgar and about a c. water, continue cooking until kale and bulgar are tender, adding more water as needed to prevent sticking. If using frozen kale, defrost and put in pot with bulgar. Add the blackeyed peas.
3. At this point, the kale can be stored in the fridge until needed, about a week or so. It can be frozen in portion sized baggies. Reduce the amount of onions if not using all the kale at once.
4. When serving, sautee onions in olive oil until soft and slightly browned. Add salt,
5. pepper and allspice, stirring to mix. Add to warmed kale. Mix well. Adjust seasonings. Add lemon juice and remove pot from heat.
6. Serve warm or at room temp. Add more olive oil as desired.

Tabouli

Patricia Kaufman

Ingredients:

- ½ c. Fine Grain Bulgur Wheat
- 2 c. Finely Diced Tomatoes
- 2 c. Finely Diced Cucumbers
- 2 c. Flat-Leaf Or Italian Parsley
- 2 c. Fresh Mint Leaves
- 10-12 Romaine Lettuce Leaves [2 leaves per person)
- 6-8 Scallions

Dressing:

- ¼ c. Olive Oil
- ¼ c. Fresh Lemon Juice
- ½ - ¾ tsp. Allspice*
- Salt & pepper to taste
- Mix dressing in measuring cup.

*Best is "Mixed Syrian Allspice" available at Middle Eastern markets.

Directions:

1. Place bulgur in a fine sieve, rinse under cold running water for about 2 minutes, or use a mixing bowl and rinse several times. Press to drain out the water and put into a bowl. Let it rest for about 20 min, then toss it with 2-3 T. of the salad dressing.
2. Wash & dry lettuce & parsley & mint leaves. (Press between 2 dish towels to dry.) Clean scallions, slice lengthwise in half or quarters if fat. Dice tomatoes & cucumbers & set aside. Cut thickest part of core off lettuce, leaving lettuce whole. Layer 2 lettuce leaves on top of each other, add a scallion on top, add a small bunch each of parsley & mint along the top; roll up like a cigar. Slice the roll in narrow rings. Cut crosswise once or twice.
3. In a large salad bowl, mix the salad and dressing. Add most or all of the bulgur, if you like. Marinate for a half hour or so before serving. Taste for seasonings; should be lemony.
4. *Presentation:* Put the salad in a serving bowl. Place the tomatoes in a ring around the edge of the bowl, then the cucumbers next to the tomatoes. Can be made ahead to this point. Toss and serve.

Sides

Baba Ghanooj – Eggplant Dip

Patricia Kaufman

Ingredients:

- 2 Medium Eggplants, pierced a few times all around
- 2-4 Tbs. Tahini Sesame Paste
- ½-1 tsp. Salt, or more to taste
- 3 cloves Garlic, chopped fine, or ½-1 tsp. garlic powder
- ¼ - ⅓ c. Lemon Juice, or 2-3 lemons
- 2-4 Tbs. Olive Oil

Directions:

1. Place Eggplants in a baking pan. Broil or bake in oven at highest setting, turning as needed, until skin is mostly burnt and the inside is soft, about 30 min.
2. Working quickly, open eggplant and scoop out inside, put in large bowl, add and mix in some lemon juice, which prevents the eggplant from turning brown. Scoop out 2nd Eggplant into bowl. Add the Tahini, salt, garlic, lemon juice and 2 Tbs. of Olive Oil. Mix with large fork, mashing or cutting the eggplant into small chunks. You may use a food processor, but be careful not to puree mixture. Taste for seasonings and adjust.
3. To serve: Put in bowl, drizzle with remaining Olive Oil. Decorate with Parsley sprigs or Pomegranate Kernels. Serves 4-6.

Notes: The eggplants can be cooked and mashed with lemon juice and salt, then frozen for future use. Just defrost and add the rest of the ingredients.

Black Bean Salsa

Easy and year-round!

Carol Wetmore

Ingredients:

- ⦿ 1 can black beans
- ⦿ 1 can Mexicali corn
- ⦿ 1 can RO-TEL tomatoes with jalapeños.
- ⦿ ¼ c. olive oil
- ⦿ ⅛ c. red wine (or other) vinegar
- ⦿ 2 ½ -3 tbsps lime juice (juice of 1 lime)
- ⦿ Salt
- ⦿ Pepper
- ⦿ Fresh cilantro to taste (I like a lot!)

Directions:

1. Combine all, chill, serve with Scoopables

Bread & Butter Pickles

.....

Gregory Farbanish

History: The following recipe for “Bread & Butter Pickles” was found in a stack of handwritten recipes from my grandmother (Basil’s Mom), Eva (Pavelchak) Farbanish 1901-1986 Memory Eternal.

.....

Ingredients:

- 25 – 30 fresh cucumbers
- 8 large onions
- ½ c. salt
- 5 c. vinegar
- 2 c. sugar
- 2 tbsp mustard seeds
- 1 tsp celery seeds
- ½ tsp cloves
- 1 tsp turmeric

.....

Directions:

1. Soak pickles in cold water overnight to make them crispy.
2. Wash cucumbers to remove any dirt and slice off the ends.
3. Slice cucumbers and onions about ¼ inch thick.
4. Place them in large bowl and mix in salt and let them stand about 3 hours (in refrigerator).
5. Rinse and drain cucumbers and onions in large colander.
6. Combine vinegar, sugar and remainder of ingredients in large pot and bring it to a boil.
7. Add the drained sliced cucumbers and onions to mixture and heat thoroughly until mix begins to boil.
8. Pack and seal in jars at once.
9. Note: another variant of the recipe with grandma’s handwriting was found that included 1 tsp ginger powder.
10. Others included a little crushed red pepper, a small cinnamon stick, some allspice as well as mixing apple cider vinegar with white vinegar and even kosher salt / pickling salt.

Brown Sauerkraut

Jeanne Connerat

History: My mother always made “brown sauerkraut” whenever we had pork chops. She simply added the drained sauerkraut to the pan drippings and adjusted the seasonings. My brother went to college and wanted “brown sauerkraut” with the chops he and his roommate were making. He went up and down the supermarket looking and asking for cans of “brown sauerkraut.”

Ingredients:

- 2 lbs. canned or bagged sauerkraut drained and well rinsed
- 1 large onion, diced
- 1-2 cloves garlic, minced
- 1-2 tbs oil
- 1 tbs sugar
- 1 tsp. caraway seeds
- 1 packet onion soup mix (most dry mixes do not contain any meat products)
- Black pepper to taste
- 1 bay leaf
- 1 tsp. celery seeds
- ¼ c. water

Directions:

1. Heat oil in a large skillet until it shimmers. Add onion and sauté for 1 minute. Add garlic and sugar. Lower heat to medium low and sauté until onion are soft and caramelized. This can take 15 to 30 minutes. DO NOT RUSH. BROWN NOT BURNED!
2. Add sauerkraut, soup mix, pepper, bay leaf, celery seeds, caraway seeds, and water.
3. Simmer on medium low to low until flavors meld, about 15 to 20 minutes.
4. If you like drier, crispier sauerkraut, raise the heat and sauté for additional 5 – 10 minutes. AGAIN, BROWN NOT BURNED.
5. This can be used on hot dogs, with pork, as a pierogi filling (make it drier).

Optional add-ins:

- Mushrooms, fresh or dry - fresh: slice and sauté with onions; dry – rehydrate and use this water in sauerkraut
- Apple Sliced or diced – Sauté in a separate pan. Add in the last 5 minutes of cooking.
- Bacon – diced or lardoons-- Cook until brown and crisp. Remove and save bacon pieces. Sauté onions and garlic in the bacon fat. Add bacon pieces before serving.

Hrudka - Easter Egg Cheese

HTOC 25th Anniversary Cookbook

Ingredients

- ⦿ 1 doz. large white eggs
- ⦿ 1 tsp. salt
- ⦿ 1 qt. whole milk
- ⦿ pinch of nutmeg

Directions:

1. Break eggs into a pot and beat well; add milk and beat well.
2. Cook over low flame, stirring constantly.
3. After about 8 minutes and it looks like scrambled eggs, pour in cheesecloth; tie tightly to drain.
4. Hang for about 2 hours.
5. Remove from bag and refrigerate.

Hummus bi Tahini

.....
Patricia Kaufman

.....
Ingredients

- 15oz can Chick Peas
- 2-3 Tbs. Olive Oil
- 2 Tbs. Tahini or more to taste
- ¼ c Lemon Juice (or the juice of 2 lemons) or more to taste
- ½-1 tsp. Salt
- ½-1 tsp. Garlic Powder

.....
Directions:

1. Simmer Chick Peas for 20-30 minutes, until skins start to slip off. Let cool a little. In a processor, combine Chick Peas, Tahini, most of the Lemon Juice, 1½-2 Tbs. Olive Oil, Salt, and Garlic Powder. Process until smooth, or desired consistency.
2. Check for Lemon, Garlic and Salt, adding more if needed.
3. To Serve: Put in Hummus dish, drizzle with remaining Olive Oil, decorate with a sprig of parsley.

Notes: Can be made ahead of time (2 days). Can be frozen. Serve with Syrian bread (pita) and/or vegetables. The recipe can be doubled; check seasonings for taste.

Indian Lentils

.....
Catrina Albo

.....
Ingredients:

- ⦿ 1 medium size onion, diced
- ⦿ 1 TBS vegetable broth
- ⦿ 2 cloves of garlic, minced
- ⦿ 1 tsp ginger
- ⦿ ½ tsp turmeric
- ⦿ ½ tsp salt
- ⦿ 1 c. canned or boxed diced tomatoes

- ⦿ 2 c. or 1 15 oz can of lentils, or 1 package of dry red lentils
- ⦿ 1 c. frozen spinach

.....
Directions:

1. Dice onion and mince garlic and let sit for at least 5 minutes
2. Saute onion in 1 TBS broth for 3 minutes (you can also add olive oil if desired)
3. Add garlic, onion, turmeric, ginger, tomatoes and lentils
4. Cook until lentils are soft (if using dry lentils usually between 45 minutes to an hour) or 5-7 minutes if using canned, add small amounts of water to keep lentils a “stew consistency” and stir frequently.
5. Add 1 package of frozen spinach and cook until thawed
6. Add salt near end of cooking
7. Serve with rice or bread and a green salad. Freezes well for future use.

Kutya

.....
HTOC 25th Anniversary Cookbook
.....

.....
Ingredients:

- ⦿ ½ lb. barley
- ⦿ ¾ tsp. salt
- ⦿ 4 c. water
- ⦿ 1 c. honey
- ⦿ 2 Tbsp. poppy seed

.....
Directions:

1. Boil barley in salted water until tender and thick; drain.
2. Pour water over barley again and drain; cool.
3. Combine honey and poppy seed.
4. When ready to serve, pour honey and poppy seed mixture over barley.

Marinated Carrots

Sonya Wirhanowsky

Ingredients:

- 6 c. carrots, sliced
- 1 medium onion, chopped
- 1 tsp. salt
- 1Tbsp. Worcestershire sauce
- 1 can tomato soup
- 1 c. vinegar
- 1 bell pepper, chopped
- 1 c. sugar
- 1 tsp. pepper

- 1 tsp. mustard
- 1 Tbsp. vegetable oil

Directions:

1. Cook carrots until crisp and tender; drain and cool.
2. Place carrots in container; add bell pepper and onions.
3. In a pitcher, add seasonings and mix with soup, then gradually stir in vinegar.
4. Add soup mixture to vegetables; turn several times to mix.
5. Refrigerate 6 to 8 hours or overnight.

Mushrooms and Rice

Sonia Blazo

Ingredients:

For the Mushrooms:

- 3 lbs white mushrooms, sliced
- 2 very large onions, sliced
- 1½ sticks plant butter
- ½ cup water (plus more as needed)
- Salt and pepper
- Cornstarch (for slurry)
- Water (for slurry)

For the Rice:

- 1½ cups rice
- 3 cups vegetable broth
- 2 medium onions, diced
- Plant butter (for sautéing)
- Salt and pepper

Directions:

1. In a large pan, melt 1½ sticks of plant butter. Add the 2 sliced onions and sauté until translucent. Add mushrooms, season with salt and pepper, and stir over low heat.
2. Add ½ cup water and cover. Stir occasionally. Add more water if it starts to dry out. Cook until mushrooms are soft.
3. Mix a small amount of cornstarch with cold water to make a slurry. Stir it into the mushrooms and cook until the sauce thickens. Keep warm.
4. Cook rice with 3 cups vegetable broth (follow package directions). Let cool slightly.
5. In a large frying pan, melt plant butter. Add the 2 diced onions and sauté until translucent. Add cooked rice gradually, season with salt and pepper, and mix well.
6. Spread rice in a 9x13 casserole dish. Spoon hot mushrooms over rice. Serve hot.

Pickled Beets

.....
HTOC 25th Anniversary Cookbook

.....
Ingredients:

- 2 cans sliced beets
- 1/6 c. vinegar
- 2 Tbsp. sugar
- 2 cloves
- 1/2 tsp. salt
- 1/4 bay leaf
- 1 small sliced onion (optional)
- 1 sliced green pepper (optional)
- 1/2 tsp. horseradish

.....
Directions:

1. Drain beets, reserving the juice; place beets in glass jar.
2. Boil vinegar and beet juice; add sugar, cloves and bay leaf, and heat to boiling.
3. Pour all ingredients over beets.
4. Cover the jar and refrigerate.
5. Serve beets very cold.

Syrian Rice (Roz)

Patricia Kaufman

Ingredients:

- ⦿ ¼ c. Orzo
- ⦿ 1 c. Long-grain Rice
- ⦿ 2 c. chicken stock
- ⦿ 2-3 Tbsp. Butter (rendered or unsalted)
- ⦿ ¼ to ½ tsp. Mixed Allspice
- ⦿ Salt
- ⦿ Pepper

Directions:

1. Heat butter in pot over medium flame.
2. Add orzo and brown.
3. Add the rice, stirring until coated with butter.
4. Add water and spices.
5. Cover and cook 20-30 minutes until water is absorbed.

Tata Dorothy's Thanksgiving Turkey Stuffing

Patricia Kaufman

Ingredients:

- ◉ 18 lbs. or up to 25 lbs. turkey, fresh is better
- ◉ 4 c. Celery, chopped
- ◉ 4 c. Onions, chopped
- ◉ 3 c. Green Peppers, chopped
- ◉ 2 c. Parsley, reserve stems
- ◉ 8 -12 oz. sliced Mushrooms
- ◉ 1 lb. Bacon, thick slice
- ◉ ½ lb. Park's Sausage
- ◉ ½ c. Walnuts, chopped
- ◉ 1 c., about 15-20 Chestnuts, chopped, jar or fresh
- ◉ 2-3 c. Turkey or Chicken Broth
- ◉ ¼ lb. or 1 stick Butter
- ◉ 2 Eggs
- ◉ 1 - 1½ lbs. Stuffing Bread for Croutons
- ◉ 2-3 tsp. Bell's Poultry Seasoning
- ◉ 1 tsp. Salt & Pepper each, to taste
- ◉ 1-3 tsp. Paprika
- ◉ 3-4 of each: Apples, Onions, Celery Stalks, Garlic Cloves; to use in baking pan

Directions:

1. Chestnuts: If using fresh chestnuts, make an X in each nut using a paring knife. Put them in a saucepan and cover with water. Simmer for about 20 min. With the paring knife, peel nuts as soon as they can be handled. Scrape off the thin skin if it doesn't come off with the shell. They are more difficult to peel as they cool. You may have to reheat them. This can be done a few days ahead.
2. Croutons can be made several days ahead, stored in a container or plastic bags. At this time, many stores sell Stuffing Bread. It's denser and heavier than regular sandwich bread. Maybe a bakery can offer a substitute. Slice bread ½ inch thick, toast on cookie sheet in 400 degree oven, turning to brown both sides, approx. 10 min. Cut into ¼ in. cubes. OR - Buy unseasoned croutons, which are larger than cubed stuffing mix, but that will work, if necessary.
3. The turkey can be purchased a day or two ahead. Remove the package of the neck, gizzard and liver from the cavity. Use the liver for another purpose, it's not needed for the stuffing Cut off the wing tips if using for the broth. Wash the cavity thoroughly, particularly around the spine digging in to loosen anything left around the bones.
4. Remove excess fat here and in the neck cavity. Drain and sprinkle paprika, salt and pepper inside and out, cover and refrigerate until ready to stuff.

Tata Dorothy's Thanksgiving Turkey Stuffing

.....

Directions:, cont.

5. Turkey Broth: Use a 3-4qt. Saucepan. In about 4 c. water, put the turkey neck, wing tips cut from the turkey, the gizzard, NOT THE LIVER, 1 onion (cut in 6ths), 2-3 cloves garlic, peeled and lightly crushed, 2 bay leaves, 1 ½ tsp. each salt and pepper, 1 ½ tsp. poultry seasoning, 1 stalk of celery and some of the leaves, 3-4 sprigs of parsley with stems, the core of a couple of green peppers, cleaned of seeds. Simmer for about an hour or so, add more water if needed. Taste for seasonings. The meat on the turkey neck is the most delicious part of the turkey. Can be made a day ahead and stored in the refrigerator. OR use chicken broth and add the poultry seasoning.
6. In a 10-12 qt. Pot, brown ½ lb. of bacon, remove to paper towel and drain. Take most of the grease from the pot. Brown the sausage, breaking it up as it cooks. Remove to a bowl and drain most of the grease from the pot. Melt the butter in the pot. Sautee the onions for a few min., add celery, green peppers, mushrooms, saute several min., then add salt, pepper, poultry seasoning & nuts. Stir in about a c. broth and simmer 5-10 min. to mix seasoning but the vegetables should still be crisp.
7. Take the pot off the heat. Add stuffing cubes in batches, stirring in quickly so it doesn't get mushy, adding broth a little at a time as needed. Add parsley, bacon, sausage and whole eggs mixing thoroughly. The heat will cook the eggs enough for tasting to adjust seasonings.
8. Stuff the neck of the turkey. Secure with trussing pins and butcher string. Using your hand, separate the skin from the breast meat carefully starting at the cavity. Push some of the stuffing into the opening, covering the breast and thigh area. Stuff the cavity gently. The stuffing should remain fluffy. Truss cavity opening and tie the legs close together. Place bacon slices over the turkey breast and legs, securing with toothpicks. Place the turkey in the roasting pan. A roasting rack isn't needed. Scatter parsley stems, quartered apples, onions and celery around turkey. Add a little broth to the pan. Cover with foil, making a tent. Put any leftover stuffing in a casserole, cover and bake about 45 min.
9. Cook at 325°, 20 min. per lb. Remove foil tent for the last ½ hr. of cooking time. Baste every ½ hr. or so during cooking.
10. Fresh turkeys cook more quickly. Reduce cooking time by about 30-45min.
11. Gravy: Remove the turkey to a platter and cover loosely with foil. Put the roasting pan across two burners, if possible. Simmer pan juices. Add additional broth as needed.
12. Extra gravy is always great for leftovers. Scrape pan and stir the vegetables, pressing to extract flavor. Strain gravy into a saucepan, pressing vegetables to extract all liquid. Add ¼ c. strong coffee, fresh or instant, ¼ c. Marsala wine and sliced mushrooms (optional). Taste and adjust seasonings. To thicken if necessary, stir a tsp. or so of Wondra Flour right into, gravy or mix a tsp. of regular flour with about a ¼ c. cold water until dissolved, then add to gravy slowly while stirring to avoid lumps.

.....

Enjoy

.....

Tomatoes Stuffed with Artichokes and Pancetta

.....
Patricia Kaufman

.....
Ingredients:

- ⦿ 8 Tomatoes of uniform size, unblemished
- ⦿ 2 T Olive Oil
- ⦿ ¼ lb. Pancetta, chopped
- ⦿ 1 lg. Onion, chopped
- ⦿ 2 cans Artichokes, cut in ¼” slices
- ⦿ ½ t Thyme, dried
- ⦿ 2 t Lemon Juice
- ⦿ Salt & Pepper to taste
- ⦿ ¼ c. Romano Cheese
- ⦿ 8 sprigs, Mint or Parsley to garnish

.....
Directions:

1. Cut the top off each tomato and scoop out the pulp with a grapefruit spoon. Separate the pulp from the seeds. Drain and chop the pulp.
2. Heat the olive oil in a large skillet and sauté the pancetta until crisp. Add the onions, cooking until wilted and lightly browned. Add the artichokes.
3. Season with thyme, salt, and pepper. Cook about five more minutes. Let mixture cool.
4. Oil a baking pan large enough to hold the tomatoes. Fill each tomato with the mixture. Place in the pan and sprinkle each one with Romano cheese. Sprinkle the pulp around the tomatoes.
5. Bake in oven at 350° for 20-25 minutes. Decorate with mint or parsley sprigs. Serves 8.

Try This Peanut Butter Spread

Bill Kraftician

Ingredients:

- ⦿ ½ c. plain peanut butter
- ⦿ ⅛ c. maple syrup

Directions:

1. Mix the peanut butter and maple syrup
2. Spread on toast or waffles

Yiayia's Greek Green Beans

Catrina Albo

Ingredients:

- ⦿ ½ c. olive oil
- ⦿ 2 c. chopped onions
- ⦿ 2 cloves of garlic
- ⦿ 2 pounds fresh green beans (rinsed and trimmed)
- ⦿ 1 large can or box of chopped tomatoes
- ⦿ 2 tsp sugar
- ⦿ salt to taste

Directions:

1. Heat olive oil in a large pot or skillet to medium heat
2. Cook and stir onions and garlic until tender
3. Mix green beans, tomatoes, and sugar into pot
4. Reduce heat to low and cook for at least 45 minutes or until beans are soft
5. Add salt at end of cooking time. Freezes well for future use.

Main Dishes

All Things Salmon

Alaskan Salmon Pirogi

Bill Kraftician

Background: Salmon pirogi is a favorite salmon fish recipe you will find all over Kodiak, Alaska. During the annual St. Herman pilgrimage on Spruce Island, the parishioners from the church in Ouzinkie make the pirogi for the pilgrims to enjoy at the picnic following the liturgy at the small chapel built where St. Herman was buried. If you would like to “fancy up” this recipe use puff pastry instead of this recipe for the crust. You can also use filo dough to make this pie. If you use filo, butter the filo sheets.

Ingredients:

- 2 lbs of salmon filet cut up in chunks
- sprigs of fresh dill
- 2 hard boiled eggs chopped
- thinly sliced scallions
- Cook two c. rice and a dab of kosher salt in 4 c. chicken stock until rice is cooked.

Mix cooked rice, scallions, dill and eggs

- **Pie Crust**
- 4 c. flour
- 1 c. solid shortening
- a pinch of salt
- enough cold water to hold dough together

Roll half the dough and line a baking pan

Directions:

1. Line a 10x15x2 baking pan with the rice mixture on the bottom of the pan, using half of the rice mixture.
2. Put the salmon on top of the rice. Cover the salmon with the remaining rice mixture.
3. Roll the rest of the dough and cover the pan, cutting off excess dough. Seal edge. Make slits on top.
4. Bake in a 350° oven for one hour.

Aunt Dorothy's Hashwa

Syrian Stuffing with Rice & Meat

.....
Patricia Kaufman

.....
Ingredients:

- ⦿ 1 lb. Ground Lamb
 - ⦿ 2 c. Uncle Ben's Rice
 - ⦿ 3 Tbs. Butter
 - ⦿ ½ c. Pine Nuts and/or Slivered Almonds
 - ⦿ 5 c. Chicken Broth or Water
 - ⦿ ½ tsp. Salt (to taste)
 - ⦿ ½ tsp. Pepper (to taste)
 - ⦿ ½ tsp. Mixed Syrian Allspice (to taste)
 - ⦿ ¼ tsp. Cinnamon (to taste)
-

Directions:

1. Remove with slotted spoon and set aside.
2. Sauté meat in butter, adding a little salt until browned. Add liquid. Let it come to a boil. Then, add rice and spices. Cover and cook on medium heat until rice is cooked and dry. If needed, add a little water to complete cooking.
3. To Serve: Place in a platter and sprinkle top with browned nuts.

Serves 6-8

Baba Lyzak's Macaroni (Russian Spaghetti)

.....
April Lyzak

History: This recipe was something my grandmother invented and taught my dad who makes it for us today. It is one of my favorite dishes and easy to make.

.....
Ingredients:

- 1 Pound ziti
 - 1 Pound bacon
 - 2 Onions
 - Salt (to taste)
 - Ground pepper (to taste)
 - 1 Large can of tomato sauce (Hunts brand preferred)
 - ½ – 1 c. (to taste) of grated parmesan cheese
 - Sugar (to taste)
-

Directions:

1. Cut bacon into small pieces and simmer in frying pan. Do not drain the fat.
2. Dice the onions and add to the bacon and simmer.
3. Add tomato sauce to mixture and cook until starts to bubble. Then add salt, pepper, parmesan cheese and sugar all to taste and simmer.
4. In separate pot, cook ziti. Once cooked, drain noodles, place back on stove and add the sauce mixture.

Enjoy!

Beefteki Grape Leaf Rolls (dolmates)

Bill Kraftician

Background: I had beefteki patties at a Greek restaurant. The patties I had were flavored with mint, oregano and dill.

Ingredients:

- ⦿ 1 ½ lbs ground beef
- ⦿ 1 c. crumbled feta cheese
- ⦿ 1 ½ tsp each of dried oregano, mint and dill.
- ⦿ ¼ c. pine nuts
- ⦿ 1 egg
- ⦿ Jar of preserved grape leaves
- ⦿ Juice of one lemon
- ⦿ Lemon zest

Directions:

1. Prepare the grape leaves according to the jar instructions.
2. In a large bowl mix all of the ingredients except the lemon juice and lemon zest.
3. Fill grape leaves with meat mixture.
4. Line a crock pot with layers of stuffed grape leaves. Pour beef stock to cover the grape leaves.
5. Add the juice of the lemon and lemon zest.
6. Cook on low for 2 or 3 hours.
7. Serve with lemon potatoes. Boil one or two large Idaho potatoes. Cut the cooked potatoes in wedges. Melt a stick of butter, ¼ c. olive oil and add the lemon juice and zest. Pour the lemon butter sauce over the potato wedges.

Bill's Halushki

Bill Kraftician

Ingredients:

- ◎ 2 c. caramelized onions
- ◎ ½ tsp each of caraway and nigella seeds.
- ◎ 1 tsp of dried dill
- ◎ ½ small head of finely sliced cabbage or 1 can of sauerkraut
- ◎ Can Black Beans
- ◎ Can diced tomatoes with jalapeño
- ◎ Can corn with pimentos
- ◎ 3 scallions, chopped
- ◎ (However, if you choose sauerkraut, the sauerkraut should be thoroughly drained and rinsed of excess salt.)
- ◎ 1 small box of small elbow macaroni or small bow ties.
- ◎ Oil for frying

Directions:

1. The onions should be chopped very fine. Add the caraway and nigella seeds to the onions.
2. (Nigella seeds are the black seeds that flavor Russian rye bread). You can readily find the seeds in any of the Indian supermarkets...Subzi Mandi and Patel Brothers located on Route 46 in Parsippany-Troy Hills carry these seeds. Any supermarket that carries a line of Indian spices should have the seeds.
3. Cook the pasta. Add onion and cabbage mixture to the cooked pasta. Add melted butter to the halushki.

Hint: For a special treat, add a pint of drained cottage cheese to the mix.

Chicken Paprika

Larisa Bohensky

Ingredients:

- ⦿ 2-½ lbs. Skinless chicken thighs
- ⦿ 1-½ Tbsp. Butter
- ⦿ 1-½ Tbsp. Canola oil
- ⦿ 1 c. chopped onion
- ⦿ 2 Tbs. Hungarian sweet paprika (Szeged)
- ⦿ 2 c. well-seasoned chicken stock
- ⦿ ½ tsp. salt
- ⦿ 1 c. sour cream
- ⦿ 1Tbsp. Flour

Directions:

1. Melt the butter and oil in a heavy pot.
2. Add onions and paprika, and simmer until golden.
3. Add salt and the chicken stock.
4. As soon as these ingredients reach boiling point, add the chicken. Simmer, covered for about 45min., or until tender.
5. Stir flour into sour cream and add slowly to the chicken. Stir. Heat the chicken 5 min longer, but do not boil.
6. Serve with noodles or rice.

Chickpea Meatballs

Diabetes-Friendly, Oil-Free, & Lenten!

Patty Kaufman

Ingredients:

- 1 can (15 oz) chickpeas, drained & rinsed
- 1/2 cup almond flour (or oat flour for slightly higher carbs)
- 2 tbsp ground flaxseed
- 2 tbsp nutritional yeast
- 2 cloves garlic, minced
- 1/2 small onion, finely diced
- 1 tbsp soy sauce (or coconut aminos for lower sodium)
- 1 tsp smoked paprika
- 1 tsp dried oregano
- 1/2 tsp black pepper
- 1/4 tsp salt (optional)
- 1 tbsp lemon juice
- 2 tbsp water (if needed)

Directions:

1. Preheat oven to 375°F. Line a baking sheet with parchment paper.
2. In a large bowl, mash chickpeas with a fork (or pulse in a food processor) until mostly smooth but still a bit chunky.
3. Add all remaining ingredients. Mix until a dough forms. If the mixture is too dry, add water 1 tablespoon at a time.
4. Form into 1-inch balls and place on the baking sheet.
5. Bake for 25–30 minutes, flipping halfway, until firm and golden brown.
6. 6. Serve with marinara, tahini dressing, or over zucchini noodles.

Corn Casserole

.....
Lorraine Lyzak

.....
Ingredients:

- 3 Tbsp. butter
 - 3 Tbsp. Flour
 - 1 ½ tsp. salt
 - dash of pepper
 - 1 ½ c. half and half or light cream
 - 2 pkgs (10 oz each) frozen corn kernels
 - 3 beaten eggs
 - ¾ c buttered bread crumbs
 - paprika
-

Directions:

1. Bring cream to a boil.
2. Meanwhile, Melt butter in pan. Add flour and blend till smooth.
3. Add salt and pepper to flour mixture.
4. Add the flour mixture to cream and beat vigorously till smooth and thick. Remove flour mixture from heat and add corn. Slowly add beaten eggs to flour and corn mixture, stirring till well mixed. Pour into greased 5 - 6 c. casserole dish. Top with crumbs and sprinkle with paprika.
5. Place casserole dish in another pan with water, making sure not to put too much water in pan or it will go up and over into casserole. Bake at 350° for 45-50 minutes, uncovered.

Crab Quiche

Soula Varaklis

History: I needed something for a special lunch a few years ago and decided to try making a quiche. It did indeed make the lunch special!

Ingredients:

- 2 large eggs
- ½ c. sour cream
- ½ c. milk
- 2 Tbsp. butter melted
- 2 Tbsp. all purpose flour
- 1 tsp. salt (Optional)
- ¼ tsp freshly ground pepper
- 1 c. crabmeat
- 1 c. shredded Swiss cheese

- ½ c. chopped green onion
- 1 9-inch pie shell

Directions:

1. Preheat oven to 350° F
2. Prick bottom of pie shell with fork and bake for six minutes
3. In medium bowl whisk together eggs, sour cream, milk, butter, flour salt and pepper until thoroughly blended.
4. Fold in crab, cheese and onions blending well.
5. Bake for 40-45 minutes or until a knife inserted in center comes out clean.

Hint: I make two at a time (depending on the number of people) and serve with a nice green salad. It is so EASY (my favorite kind of recipe) and makes a great presentation.

Bon appetit!

Halupki in the Round

Bill Kraftician

Ingredients

- ⦿ 1 lb ground beef
- ⦿ ½ lb ground pork
- ⦿ ½ c. raw rice
- ⦿ 1 c. finely chopped onion
- ⦿ 1 egg or ¼ c. egg substitute
- ⦿ ¼ c. ketchup
- ⦿ 1 medium head of cabbage
- ⦿ 1 8-oz jar plain marinara sauce
- ⦿ Salt and Pepper to taste.

Directions:

1. Another novel way of making “halupki” is to core a head of cabbage. Remove inner leaves so that the head of cabbage has a large cavity. Save the leaves that you removed. Fill the cavity with the meat mixture. Cover the cavity of meat with any of the left over cabbage leaves. Before placing the head of cabbage in the pot, line the bottom of the pot with some of the left over cabbage leaves. Add the marinara sauce. (Sauce can be thinned with water to cover the cabbage.) This version can be cooked in a slow cooker. Every once in awhile, pour the tomato sauce over the cabbage.
2. To serve, remove the head of cabbage. Let the head of cabbage rest before serving. Slice the head of cabbage in wedges. Pour the tomato sauce over the wedge of “halupki.” Serve with mashed potatoes.

Halupki Meatballs

Bill Kraftician

Ingredients

- ⦿ 1 c. finely chopped onions
- ⦿ 2 c. finely shredded cabbage
- ⦿ ½ c. uncooked rice
- ⦿ 1 egg
- ⦿ 1 lb ground beef. (You could substitute any of the vegan “crumbles” for the beef.)
- ⦿ ½ c. ketchup.
- ⦿ 1 c. water
- ⦿
- ⦿ 1 bottle of plain marinara sauce. (Do not use a flavored sauce...basil, garlic)

Directions:

1. Mix all the ingredients except water. Form the meat mixture into meatballs.
2. Brown the meatballs before putting them in the crock pot.
3. Place meatballs in the crock pot.
4. Pour the marinara sauce over the meatballs and cook for 2 hours.

Haluski - Wayne Babyack's Recipe

Carol Tarassoff

Ingredients

- ⦿ 1 pound butter
- ⦿ 1 onion, chopped
- ⦿ 1 clove garlic, chopped
- ⦿ 1 head cabbage, chopped fine salt
- ⦿ pepper
- ⦿ cajun seasoning
- ⦿ 1 package white egg noodles

Directions:

1. Saute onion and garlic in butter.
2. Add cabbage and cook until cabbage is soft.
3. Add seasonings and mix in cooked egg noodles.

Helen's Chafing Dish Meatballs

Marian Babiak

History: This recipe was given to me by Helen Nickel, a long-time member of Holy Trinity, who died in 1986. She was a very dear friend and a devout Orthodox Christian.

Ingredients

- ⦿ 2 lbs. ground meat
- ⦿ 1 slightly beaten egg
- ⦿ 1 large grated onion salt to taste (~1 tsp.)

Sauce:

- ⦿ 1 bottle chili sauce (12 oz. size)
- ⦿ juice of 1 lemon
- ⦿ ½ large jar grape jelly (16 oz. size)

Directions:

1. Mix and shape into small balls. Drop into sauce.
2. Simmer till brown, about 1 hour. Reheat in chafing dish.

Hint: For a quick version of this recipe, use ready-made Italian style meatballs.

Honey Dijon Glazed Salmon

Annette Krawchuk

Ingredients

- ◉ 4 (4-5 ounce) fresh True North® Salmon Fillets
- ◉ 2 Tbsp. Weis Quality Honey
- ◉ 2 Tbsp. Weis Quality Stone Ground Dijon Mustard
- ◉ 1 Tbsp. Weis Quality Less Sodium Soy Sauce
- ◉ ¼ tsp. crushed red pepper flakes
- ◉ ⅛ tsp. freshly ground black pepper
- ◉ 2 tsp. Weis Quality Pure Olive Oil
- ◉ 1 (5-ounce) package Organicgirl® SuperGreens!

Directions:

1. Preheat oven to 400°F. In a small bowl, whisk honey, Dijon mustard, soy sauce, red pepper flakes and black pepper; set aside.
2. Add olive oil to a large, oven-safe skillet over medium heat.
3. Place salmon fillets into skillet, skin-side up, and sear 4-5 minutes or until golden brown. Turn fillets over and spoon 1 tablespoon of glaze evenly over each.
4. Transfer skillet to oven and bake 15 minutes or until fillets are cooked through and flake easily with a fork. Top with remaining glaze if desired; serve.

Recipe note: No oven-safe skillet? Transfer seared fillets to a baking dish and bake as directed.

Impossible Pie

Bill Kraftician

Ingredients

• **Baking Mix:**

- 1 1/3 c. milk 4 large eggs
- 5/8 c. biscuit baking mix such as Bisquick
- 1/2 tsp. garlic salt
- 1/4 tsp. black pepper
- 1 tsp. herbs of your choice

• **Things to add**

- 1 c. chicken, turkey, shrimp etc.
- 1 1/2 c. vegetables
- 1 c. mushrooms
- 6 each scallion, spring or green onions thinly sliced
- 1/2 onion sliced or chopped
- 2 each sweet bell peppers cut in rings or chopped
- 1 c. shredded cheese

Directions:

1. If you use a watery vegetable such as tomatoes or zucchini be sure to drain well. Cheese can be any cheese you prefer.
2. For a vegetable quiche, use more vegetables and cheese. Spray one pie plate with nonstick spray.
3. Beat Baking mix in a blender until smooth.
4. Layer the protein and vegetables in the pie plate.
5. Pour the Baking Mix batter over the filling and bake 20 minutes or until a brown crust appears on the pie.

Italian Meatballs

Terri Barrow

Ingredients:

- ⦿ 2 lbs. chopped meat (80-85% lean)
- ⦿ 2 c. dried seasoned breadcrumbs
- ⦿ ½ tsp. black pepper
- ⦿ ½ tsp. salt
- ⦿ 1 tsp. garlic powder
- ⦿ ½ c. grated Romano or Parmesan cheese ½ c. dried parsley
- ⦿ 3 to 4 eggs

Directions:

1. Mix all above ingredients together thoroughly. Form into 2-inch diameter meatballs.
2. Place on a cookie sheet with about 3-4 Tbsp. olive oil.
3. Place in 375° oven and cook until done throughout.
4. Turn once during the cooking time.
5. Makes about 25 to 30 meatballs. These freeze well for future use.
6. Add to you favorite tomato pasta sauce and cook in sauce for about 30 minutes.
7. Serve with your favorite pasta.

Italian Zucchini Sauce

Christine Westra

From Christine: When I was fifteen I spent a month in Italy with our relatives in Italy. This is just one of the things that stuck with me. The zucchini is different in Italy but our zucchini does just fine.

Ingredients:

- ◉ 2-3 zucchini (green or yellow) or 1 bag of frozen slices work, too
- ◉ ½ onion
- ◉ 3 cloves of garlic
- ◉ ½ c. Parmesan cheese Salt to taste
- ◉ ¼ c. white wine (optional)
- ◉ Bowtie pasta
- ◉ Cooked chicken (optional)

Directions

1. Sauté zucchini onion, and garlic in olive oil until zucchini starts to fall apart.
2. Pour mix into blender and add cheese and salt.
3. Blend until creamy and serve hot over bowtie pasta.
4. Add chicken and you have a whole meal that is sure to please.

Kielbasa Supper

.....
HTOC 25th Anniversary Cookbook
.....

.....
Ingredients:

- ⦿ 1 ½ to 2 lb. kielbasa
 - ⦿ 1 (27 oz.) can sauerkraut, rinsed and drained slightly
 - ⦿ 4 medium potatoes, peeled and quartered
 - ⦿ 1 lb. frozen baby carrots
 - ⦿ 1 c. water
 - ⦿ 12 oz. beer (optional)
 - ⦿ 2 Tbsp. brown sugar, packed
 - ⦿ 1 ½ Tbsp. caraway seeds
-

Directions:

1. In roasting pan, put sauerkraut; add water in which brown sugar has been dissolved. Sprinkle with caraway seeds.
2. Top with ring of kielbasa; add potatoes and carrots
3. Pour beer or equal amount of water over top.
4. Cover; bake in oven at 350° until potatoes are done, about 45 minutes.

Kielbasa with Sauerkraut and Apples

Lisa Lewis

Ingredients:

- ⦿ 2 to 3 lbs kielbasa, sliced
- ⦿ 5 Granny Smith apples, peeled and sliced
- ⦿ 1 large jar red cabbage
- ⦿ 1 to 2 packages sauerkraut
- ⦿ ½ to 1 cup apple cider

Directions:

1. 1. In a crockpot, layer kielbasa, apples, red cabbage, and sauerkraut.
2. 2. Pour in apple cider.
3. 3. Cover and cook on low for 7 to 8 hours.
4. 4. Serve hot.

Kolbasa with Sauerkraut

.....
Fr. George Hasenecz

.....
Ingredients:

- ⦿ 1 or 2 rings of kolbasa
- ⦿ 1 16--oz package of saurkraut
- ⦿ 1 bottle/can of beer or 2 c. apple juice*

.....
Directions:

1. Place kolbasa in an oven--proof container
2. Add sauerkraut (DO NOT RINSE)
3. Add beer or apple juice
4. Cover, cook in a pre--heated 350° oven for several hours (2--3)
5. Remove from oven, let cool, and refrigerate

To serve: Cut into pieces, reheat. Can be used as appetizer or main dish

**Hint: I substitute apple juice for beer when preparing to serve to those who are gluten-intolerant.*

Lamb Shanks With Mint

.....
Patricia Kaufman

.....
Ingredients:

- ⦿ 2 lamb shanks, about one and one-quarter pounds each
- ⦿ Salt and freshly ground pepper
- ⦿ 1 c. coarsely chopped onions
- ⦿ 2 bay leaves
- ⦿ 2 cloves garlic, coarsely chopped
- ⦿ 1 sprig fresh thyme or ¼ tsp. dried
- ⦿ 1 tablespoon crumbled dried mint leaves

- ⦿ 2 c. cored, red ripe tomatoes cut into one-inch cubes
- ⦿ 1 c. fresh or canned chicken broth.

.....
Directions:

1. Preheat oven to 425°.
2. Sprinkle the lamb shanks with salt and pepper to taste. Place In a baking dish. If a few spare lamb bones are avail-able, scatter them around the shanks. Place in the oven and bake 25 minutes. Turn the shanks and continue baking.
3. When the shanks have cooked five minutes longer, or a total of half an hour, reduce the oven heat to 350°.
4. Pour off all the fat from the pan. Scatter the1 onions, bay leaves, garlic, thyme and mint around the shanks. Return to the oven and bake 15 minutes.
5. Scatter the tomatoes over the lamb and add the broth. Cover the pan closely with foil. Continue baking an hour and 15 minutes longer. Total baking time is two hours. Serve the shanks with cooked noodles or orzo, the small Greek pasta. Yield: Two servings.

Lazy Cook's Broken Pierogi

Bill Kraftician

Ingredients:

- ⦿ 1 pkg. of cheese flavored instant potatoes.
- ⦿ 1 c. shredded cheddar cheese
- ⦿ 1 c. small pasta...orzo, mini bow ties, mini elbows or mini shells
- ⦿ 1 c. French's fried onions
- ⦿ 1 stick butter

Directions:

1. Cook the pasta. Drain and put aside
2. Prepare the instant potatoes according to package directions.
3. Combine the onions, potatoes, ½ c. cheddar cheese and pasta in a large bowl.
4. Put the mix in a greased oven proof baking dish. Top the mix with butter and the remaining cheddar cheese.
5. Bake in a 400° oven until the butter and the melted cheese form a crust.

“Lazy” Halupki

Bill Kraftician

.....

Ingredients:

- ⦿ 1 c. finely chopped onions
- ⦿ 2 c. finely shredded cabbage
- ⦿ ½ c. uncooked rice 1 egg
- ⦿ 1 lb ground beef. (You could substitute any of the vegan “crumbles” for the beef.)
- ⦿ ½ c. ketchup.
- ⦿ 1 c. water
- ⦿ 1 bottle of plain marinara sauce. (Do not use a flavored sauce...basil, garlic)

.....

Directions:

1. Saute the onion and cabbage until translucent.
2. In another pan brown the ground beef. Drain grease.
3. Add the onions, cabbage, ketchup, rice, ketchup, water and marinara sauce to the ground beef. Season to taste with salt and pepper.
4. Slowly simmer until you can see that the rice is cooked. Serve with mashed potatoes.
5. (I like buttered bread with any kind of halupki.)

Melt-In-Your-Mouth Barbecued Ribs

.....
Jean Constantine

.....
Ingredients:

- ⦿ 2 sides pork spareribs (about 6 lbs), separated
- ⦿ 1 28oz. can chunky tomato sauce
- ⦿ 1/3 c. brown sugar
- ⦿ 1 tbsp Worcestershire sauce
- ⦿ 2 tbsp red wine vinegar
- ⦿ 1 tbsp reduced sodium soy
- ⦿ 1 tbsp chili powder
- ⦿ 2 tsp ground cumin 1 tsp paprika
- ⦿ 1 tsp garlic powder
- ⦿ 1/2 tsp salt
- ⦿ 1/4 tsp cayenne pepper

.....
Directions:

1. Place the spareribs in the bottom of a slow cooker.
2. In a medium bowl, whisk together the remaining ingredients.
3. Pour the mixture over the spareribs.
4. Cover and cook on LOW for 6 to 8 hours or on HIGH for 3 to 4 hours.

Mock Pierogi

.....
HTOC 25th Anniversary Cookbook
.....

.....
Ingredients:

- 4 large onions, chopped
- ¼ tsp. salt
- 1 lb. butter or margarine
- ¼ tsp. pepper
- 8 large potatoes
- 1 box lasagna noodles
- ½ lb. yellow American cheese

.....
Directions:

1. Sauté onions in butter or margarine and set aside.
2. Cook lasagna in boiling water for 8 minutes; drain and set aside.
3. Cook potatoes; drain and mash well. Add salt, pepper and cheese; mix thoroughly.
4. Take half of the onions and spread on bottom of a 9×13 inch baking pan. Place half the lasagna on the onions. Spread the potato mixture over the lasagna. Cover with remaining lasagna strips and top with remaining onions. Bake at 325°F. for 45 minutes. Cut into squares when done.

You can use sauerkraut if you wish.

Mother's Cooked Cabbage

.....
HTOC 25th Anniversary Cookbook
.....

.....
Ingredients:

- 1 medium head cabbage (approx. 2 ½ lb.)
 - 4 slices bacon
 - 1 large onion, sliced
 - ½ c. water
 - ½ tsp. salt
 - ¼ c. tarragon vinegar or ¼ c. white vinegar and 1 tsp. dried tarragon
 - 1 scant Tbsp. oregano
-

Directions:

1. In Dutch oven, cook bacon until crisp; drain bacon reserving drippings. Crumble bacon and set aside,
2. Cut cabbage into bite-size pieces; add cabbage onion, water, and salt to reserved drippings in Dutch oven.
3. Simmer, covered, about 25 minutes.
4. Stir together vinegar and oregano; add to cabbage. Stir and cook 10 minutes more. (You may have to add more water while cooking - check by stirring occasionally.)
5. Remove to serving dish; sprinkle crumbled bacon on top or stir in. Serves 4.
6. Can be prepared ahead and reheated. Can be frozen - great to do at harvest time. Good side dish with ham, pork loin or chops, and mashed potatoes.

Moussaka

.....
HTOC 25th Anniversary Cookbook

Ingredients:

- 4 large eggplants
- ½ c. oil
- 2 medium yellow onions, finely chopped
- 1 clove garlic, finely chopped
- ½ tsp. cinnamon
- 1c. parsley, finely chopped
- 3 lb. lean ground beef
- ¼ tsp. nutmeg
- 1 (1 lb.) can tomato sauce
- ½ c. dry white wine

- • Salt and pepper to taste
- • ⅓ c. bread crumbs
- • 1 c. grated cheese

• **Cream Sauce**

- • ¼ c. melted butter
- • ⅔ c. flour
- • 3 eggs, lightly beaten
- • 3 c. milk
- • Salt and pepper to taste
- • Nutmeg to taste
- • 1 c. grated cheese
- • Paprika

Directions:

1. Peel eggplant and cut, lengthwise, into ½” strips. Lightly brush each strip on both sides with oil. Place on a foil lined cookie sheet and broil, turning once, until brown and tender; drain and set aside. Heat ¼ c. oil in a skillet and saute onions and garlic until onions are tender; add ground beef and brown. Discard excess fat from skillet; stir in parsley, cinnamon, nutmeg, tomato sauce, and wine. Simmer for 15 to 20 min. or until most of liquid is absorbed; add salt and pepper and set aside.
2. Grease a 10x15x3 inch baking pan and sprinkle with bread crumbs. Place half of cooked eggplant on bottom of pan. Sprinkle with salt, pepper and ½ c. grated cheese. Spread meat mixture evenly over eggplant and top with remaining eggplant. Sprinkle again with salt and pepper and ½ c. grated cheese. Pour Cream Sauce evenly overtop; sprinkle with remaining cheese, and dust with paprika. Bake at 350°F. for 1 hr or until golden brown. Cool 20 minutes before serving.
3. *For the Cream Sauce:* Melt butter; blend in flour, eggs and seasonings mixed with milk. Cook until thickened, stirring constantly.

Bill's Version of Mutter Paneer

(Peas and Cheese)

Bill Kraftician

Background: Mutter Paneer is an Indian specialty.

Ingredients:

- 1 c. cubed paneer*, queso fresca** or ***Greek haloumi cheese or extra firm tofu.
- 1 small can of peas
- 1 small can of tomato sauce
- 1 small can of diced tomatoes
- 2 tsp of garam masala (garam masala is a spice mixture you can purchase in many supermarkets or Indian Supermarket) Start with 2 tsp of the garam masala. Taste. Add more if you like.

- *paneer is a firm Indian cheese
- ** queso fresca is a firm Spanish cheese
- ***haloumi is a Greek cheese used for frying

Directions:

1. Add the peas, tomato sauce, diced tomatoes and garam masala in a deep fry pan.
2. Bring the mix to a simmer. Cook for a few minutes.
3. Before serving, add the cheese or tofu.
4. After you add the cheese or tofu, turn the heat off.

Note: The tofu version is vegan.

Nappa Cabbage Halupki

Bill Kraftician

Ingredients:

- ⦿ 1 lb ground beef
- ⦿ ½ lb ground pork
- ⦿ ½ c. raw rice
- ⦿ 1 c. finely chopped onion
- ⦿ 1 egg or ¼ c. egg substitute
- ⦿ ¼ c. ketchup.
- ⦿ Salt and Pepper to taste.
- ⦿ Bottle of plain marinara sauce.
- ⦿ 1 Nappa Cabbage or regular

Directions:

1. Blanch the cabbage
2. Mix all ingredients except marinara sauce.
3. Make halupki as usual.
4. Place the Nappa cabbage rolls in a pan and cover with the marinara sauce. (You can also use Swiss chard leaves.)
5. Cook about 2 hours on a low flame.

Hint: For another flavor version, add 1 c. raisins and 1 ½ tsp of ground allspice.

Nonna's Meat Sauce

To be put over any pasta for Sunday dinner

Christine Westra

Background: Nonna's Meat sauce is an excellent Bolognese sauce - our family recipe from Tuscany.

Ingredients:

- ⦿ 2 medium onions, chopped
- ⦿ 5-6 cloves of garlic, pressed
- ⦿ ½ c. Olive Oil
- ⦿ 2 long celery stalks chopped (or 3 short ones)
- ⦿ 3 Medium carrots, chopped
- ⦿ 1 large 28ozs. Can of crushed tomatoes
- ⦿ 1 large 28ozs. Can of tomato puree
- ⦿ 1 Tbsp. dried basil
- ⦿ 1 lb lean chopped meat

Directions:

1. Put olive oil in a saucepan over medium-high heat and sauté onions, garlic, celery, meat and carrots until nicely browned, not burning it. Mix frequently.
2. Add the 2 Cans of tomatoes and stir.
3. Bring to a slow boil and immediately lower the heat and simmer for 25 to 30 minutes, making sure the sauce never boils.

Oven Fried Chicken with Honey Butter Sauce

.....
Sonya Wirhanowsky

.....
Ingredients:

- 1 (2½ to 3 lb.) broiler, cut for frying
- 1 c. flour
- 2 tsp. salt
- ¼ tsp. pepper
- 2 tsp. paprika
- ¼ lb. or ½ c. butter

.....
Honey Butter Sauce:

- ¼ c. melted butter
- ¼ c. honey
- ¼ c. lemon juice

.....
Directions:

1. Melt butter and beat in honey and juice.
2. Dip chicken into mixture of flour, salt, pepper, and paprika.
3. Melt butter in shallow baking pan in hot oven.
4. As pieces of chicken are placed in pan, turn to coat with butter.
5. Bake, skin side down, in single layer. Bake in 400°F. oven for 30 minutes.
6. Pour sauce over chicken and bake another 30 minutes till done.
7. Spoon sauce over chicken.

Pastichio

Vasiliki Tsigas-Fotinis

Ingredients:

- ⦿ 1 lb. cooked elbow macaroni
- ⦿ Feta cheese (1 block/pound)
- ⦿ Cottage cheese (1 container)
- ⦿ Ricotta cheese (1 container)
- ⦿ Parmesan cheese (¾ c.)
- ⦿ 4--5 eggs
- ⦿ 1 tsp. white pepper
- ⦿ A little milk if it's too dry
- ⦿

Meat sauce:

- ⦿ 1 ½ lbs. ground beef
- ⦿ 1 med. Onion
- ⦿ 3 cloves crushed garlic
- ⦿ 1 c. red wine
- ⦿ 1 can crushed tomato sauce
- ⦿ ½ tsp. cinnamon powder
- ⦿ Basil, oregano, parsley, salt and pepper to taste
- ⦿
- ⦿

Directions:

1. Mix the ingredients together. Sauté the meat sauce. After browned, pour 1 c. red wine, tomato sauce, cinnamon powder and then add the following too: 1 can crushed tomato sauce and basil, oregano, parsley, salt and pepper to taste.
2. In lasagna pan, place ½ of the macaroni mixture on bottom, then layer the meat sauce, and the second half of the macaroni mixture, then pour Béchamel sauce on top. You may also sprinkle Parmesan cheese on top before cooking
3. Cook at 350° for 45 to 50 minutes or golden brown on top

Enjoy! Kali oraksi! Good appetite!

Pirogi with Cheese Filling

HTOC 25th Anniversary Cookbook

Ingredients:

Dough

- 1 c. flour
- 1 egg
- ¼ tsp. salt
- 4 Tbsp. cold water (about)

Filling:

- ½ c. dry cottage cheese
- 1 egg yolk
- 1 tsp. butter
- Pinch of salt

Directions:

1. Mix all dough ingredients with enough water to make a medium soft dough. Cover and let dough rest.
2. Roll out dough and cut out dough into approximately 8 inch circles.
3. For the filling, combine ingredients and mix thoroughly. Put small amount of filling on each circle: fold over and pinch sides together.
4. Cook in boiling, salted water; add some cooking oil to boiling water to help prevent sticking.
5. Serve with melted butter and onions.

Potato Dumplings with Cabbage

HTOC 25th Anniversary Cookbook

Ingredients:

Cabbage:

- 2 lb. cabbage, finely chopped
- 2 small onions, chopped (optional)
- 3 Tbsp. butter or margarine
- ½ lb. bacon, cut in small pieces

Haluski:

- 3 c. flour
- 1 egg
- 2 large raw potatoes, grated
- 1 tsp. salt
- Boiling water

Directions:

1. Prepare cabbage before haluski are cooked. Melt butter or margarine; add onions (if using), and saute lightly. Add finely chopped cabbage and fry slowly for about 20 minutes. Set aside.
2. For the haluski, add salt, egg and flour to grated potatoes. More or less flour may be used so dough will not be too thin. Use knife or spoon to drop small pieces of dough into boiling water; boil about 10 minutes. Stir to prevent scorching; drain and rinse with cold water. Serve hot with cabbage. Fry bacon, pour over haluski, add the cabbage (be sure it's nice and hot) and serve.

Note: May also be served with sauerkraut, simmered in butter or with pot cheese and browned butter. (As a lenten dish, avoid bacon and use imitation bacon bits which is soy bean to add bacon flavor.)

Potato Pierogis

Makrina Coticelli

Yield: 4 dozen

Ingredients:

Filling:

- 1 lb. potatoes
- Salt and pepper to taste
- 2 tbsp. light oil

Dough:

- 6 cups all-purpose flour
- 1 1/4 tsp. salt
- 4 tbsp. oil
- 2 cups water

Directions:

1. **Make the Filling:** Peel and chop 1 lb. of potatoes, then boil in salted water until tender. Mash with 2 tbsp. light oil, salt, and pepper until smooth. Chill the filling.
2. **Make the Dough:** Mix 6 cups flour, 1¼ tsp. salt, 4 tbsp. oil, and 2 cups water by hand or mixer until smooth. Cover and refrigerate overnight.
3. **Assemble the Pierogis:** Roll dough to 1/8 inch thick, cut into 4x4-inch squares. Place 1 tbsp. filling in the center of each, fold into triangles, and crimp edges with a fork.
4. **Boil the Pierogis:** Drop into salted boiling water. Once they float, remove and drain. If not frying right away, toss in oil and store stacked sideways to prevent sticking.
5. **Fry and Serve:** Fry pierogis in light olive oil until golden. Serve with lightly fried onions.

Quick Paella

Patricia Kaufman

Ingredients:

- 3 Tbsp. olive oil
- 3 garlic cloves, chopped
- 1 c. frozen onions and bell peppers (6 oz)
- ¼ lb kielbasa (not low-fat), quartered lengthwise and cut crosswise into ¼-inch-thick slices (1 c.)
- 2 c. instant long-grain white rice such as Uncle Ben's
- ¼ c. dry white wine
- 1 ¼ c. reduced-sodium chicken broth (10 fl oz)
- ⅛ tsp. crumbled saffron threads
- 20 frozen cleaned raw medium shrimp such as Contessa brand
- *1¼ lb cockles or other very small (1-inch-wide) hard-shelled clams, scrubbed
- 1 c. frozen peas
- ½ c. small pimiento-stuffed green olives
- *You may substitute canned clams.

Directions:

1. Heat oil in a 12-inch heavy skillet over high heat until just smoking, then saute garlic and frozen onions and peppers, stirring, until garlic and onions are golden, about 2 minutes.
2. Add kielbasa and cook, stirring, until kielbasa is lightly browned, about 2 minutes.
3. Add rice, wine, broth, saffron, and shrimp and cook, covered and undisturbed, over high heat until most of liquid is absorbed and shrimp are cooked through, about 6 minutes.
4. Stir in cockles, peas, and olives and cook, covered, until cockles open wide, 2 to 4 minutes. (Discard any cockles that remain unopened after 4 minutes.)
5. Remove from heat and let stand, covered, until all liquid is absorbed, about 5 minutes.

Quick Pieroghi

Bill Kraftician

Note: This recipe for “quick pieroghi” makes use of pre-made gyoza wrappers. These wrappers are similar to wonton wrappers but round.

Ingredients:

- 1 package of gyoza wrappers. (You can find these frozen or fresh at any Asian Supermarket such as Kam Man in East Hanover.)
- 2 packages of cheese flavored instant potatoes.
- 1 c. finely shredded white cheddar cheese.
- 1 c. French's fried onions or a store brand.

Directions:

1. Prepare the instant potatoes according to package directions. I suggest that you use a little less of the liquid that is recommended. This will give you a firm potato mixture. Add the cheddar cheese and French's fried onions to the potato mix. Mix thoroughly.
2. Let mixture mix cool. Make small meatball size balls of the potatoes. Let the balls of potatoes stand for a few minutes.
3. Set a pot of boiling water on the stove.
4. Take a gyoza wrapper, and moisten the entire edge of the wrapper. Place a ball of potatoes in the middle of the wrapper. Fold dough around the potato ball. Seal tight.
5. Drop each dumpling in the pot of boiling water. Caution. As soon as the dumpling floats to the top of the water, remove. The gyoza dough cooks very quickly. (If you leave the dumpling floating for too long, the dumpling may come apart.):
6. You can also deep fry the dumplings.

Rozy Kozy's Tomato Sauce

For Hamburgs or Meatballs

Bill Kraftician

Background: History: During the 1940's when my dad would take me to visit my grandfather, we would stop at my Uncle John's Malt Shop on the way and have one of Uncle John's signature hamburgs. The sauce is what made the hamburgs so special. The recipe below is my version of the sauce.

Ingredients:

- 1 can of Campbell' s Tomato soup reconstituted.
(added water)
- 1 can of tomato sauce.
- ½ c. ketchup
- 1TBS of ground cumin (The amount of cumin is a starting amount. Add more if you like the taste of cumin.)

Directions:

1. Use ground chuck or 85% ground beef for hamburgs or meatballs. Purchase enough beef so that a serving equals 4 oz. Make into patties and sear on both sides. Discard the grease after frying the hamburgs.
2. Add the soup, tomato sauce, ketchup and cumin in the pot. Bring to a boil and immediately set on simmer. Add the hamburgs.
3. Serve the hamburgs on a roll. The same sauce can be used to saute meatballs. If you use meatballs serve the meatballs on a bed of rice or serve with pasta.

This sauce can also be used as the sauce for home made pizza or tomato pie.

Sausage and Peppers

.....
Patricia Kaufman

.....
Ingredients:

- ⦿ ¼ c. olive oil
- ⦿ 4 pounds Italian sausage links
- ⦿ 4 red bell peppers, sliced
- ⦿ 2-¾ green bell peppers, sliced
- ⦿ 2-¾ large red onions, sliced
- ⦿ 4 cloves garlic, chopped
- ⦿ 2-¾ (12 fluid ounce) bottles beer
- ⦿ 1-½ (6 ounce) cans tomato paste
- ⦿ ¼ c. chopped fresh oregano
- ⦿ ¼ c. chopped fresh cilantro
- ⦿ 2 Tbsp.
- ⦿ 2 tsp. hot sauce
- ⦿ salt and pepper to taste

.....
Directions:

1. Heat olive oil in a large heavy skillet over medium high heat. Cook sausage until browned on all sides. Remove sausage from pan, and set aside.
2. Pour in 1 bottle of beer to deglaze the pan, scraping up any blackened bits from the bottom. Place the red peppers, green peppers, onions and garlic in the pan.
3. Stir in the remaining beer and the tomato paste. Season with oregano, cilantro, hot sauce, salt and pepper. Cover, and simmer until onions and peppers are tender.
4. Slice the sausages into bite size pieces, and add to the peppers. Cover, and simmer until sausage is cooked through.

Spanakopita

Phyllo-Spinach Pie

Patricia Kaufman

Ingredients:

- 16 Sheets Phyllo dough, room temperature
- ¼ c. Butter or margarine
- ½ c. onions, finely chopped (can use cuisinart) I double this, I like more onions.
- 3-10oz. packs Spinach, chopped, thawed and squeezed to drain well
- 3 Eggs
- ½ lb. Feta Cheese, well crumbled
- ¼ c. Fresh Parsley, chopped (cuisinart)
- 2 Tbls. Fresh Dill, or 1½ tsp. dried dill
- ⅛ tsp. Dried Nutmeg or several scrapings of fresh
- 1 tsp. Salt, to taste
- ¼ tsp. Pepper, to taste
- 1 c. Rendered Butter (Clarified), melted
- **Options to add**
 - ½ c. Ricotta cheese
 - ½ c. Shredded Mozzarella cheese
 - ¼ c. Parmesan cheese

Directions:

1. Melt ¼ c. butter in a large frying pan and cook onion on medium heat until it turns clear, about 5 min. Add spinach and stir to mix. Remove from heat.
2. In a large bowl, beat eggs and stir in cheese, parsley, dill, nutmeg, salt and pepper. Add spinach/onion mixture and mix well.
3. Brush a 13"x9" baking dish with rendered butter. Lay a sheet of phyllo dough in it and butter it with a pastry brush. Layer 7 more sheets of dough, buttering between each one.
4. Spread with spinach/egg mixture. Top with 8 more layers of buttered phyllo dough. Fold edges neatly, press down. Brush butter on the top. Cut into wedges before baking. Drizzle extra butter into cuts.
5. Bake in a 350° oven for 35-45 minutes. Cut through to bottom before serving.
6. **Triangles:** Cut phyllo sheet into quarters, widthwise. Butter one piece and layer with another (two layers).
7. Butter top layer and put about 1 Tbls. spinach mixture at one end. Fold into triangle, butter and put into buttered baking pan.
8. Bake at 350° for 25-30 minutes or until nicely browned.

Spinach Pie - Spanakopita

Fanya Clifton

Ingredients:

- I package ready Fillo (Special Greek Dough "Apollo" sold at Shop-Rite)
- 8 oz. Butter or Margarine or Olive oil
- 3 eggs
- 5 boxes frozen spinach
- 2 large onions
- 1 bulb garlic
- 8 oz Feta cheese
- 16 oz mozzarella cheese (skim milk)
- some parsley
- 4 eggs and about 2 ½ c. milk

Directions:

1. Put the frozen dough from the freezer into the refrigerator overnight.
2. Defrost the spinach; rinse and press with a potato masher to take out the water.
3. Sauté the onions and garlic in a casserole until light golden and mix with the spinach, spice with black pepper and sweet paprika. Beat the three eggs slightly and mix in some thinly chopped parsley.
4. Melt the butter/margarine and with a cooking brush butter a large oven pan (12 × 18?) and working with 2 filo dough at the time line the pan hanging the filo overlapping the sides of the pan then start putting the dough-- 2 sheets at a time at the bottom of the pan while you butter them; about 6 sets.
5. Empty over the filo in the pan the spinach/onions mixture; cut the mozzarella in thin slices spread over the spinach evenly; crumble over feta and bring the overlapping filo sheets to cover the mixture in the pan, start working with 2 filo sheets at the time again putting them inside the pan and butter them using the brush.
6. When you have used all the dough, slice with a sharp knife through the pie in the sizes you wish, beat the 4 eggs slightly and mix with the milk and some black pepper and paprika and pour over the pan evenly and put in a preheated oven at 350° for 40 minutes until the top will be golden.

This pie can be reheated and frozen. Using for this pie leeks, oil/margarine and replacing the eggs and cheese with spiced cooked rice mixture can be a pie for Lent. And again can be frozen. *Bon Appetit!*

Spinach with Bulgar Wheat - Mishooshi

Patricia Kaufman

Ingredients:

- ⦿ 1 10oz. package of Frozen Spinach, defrosted
- ⦿ 1 large Onion, chopped
- ⦿ 2 cloves Garlic, chopped
- ⦿ ½ c. #2 Bulgar Wheat, rinsed and drained
- ⦿ ¼-½tsp Salt and pepper
- ⦿ ½ tsp Syrian Allspice
- ⦿ 2-3Tbs. Olive Oil
- ⦿ ¾-1 c. Water

- ⦿ 3-4Tbs Lemon Juice
- ⦿ 1 c. Plain yogurt (Leban)

To make with lamb: ½ lb ground Lamb

1. Sautee gound lamb in a little olive oil and/or butter, salt and pepper and Syrian allspice to taste, until the pink color is gone.
2. Add to the recipe with the spinach.

Directions:

1. Sautee onions and garlic in the oil for about 5 minutes. Add the salt, pepper and Syrian allspice, stirring to mix.
2. Add the bulgar wheat, stir to coat with oil, add water and cover, cooking about 10 minutes until bulgar is tender.
3. Add the spinach and stir to mix, (add cooked lamb now) cooking about 5-10 minutes to blend flavors.
4. Remove pan from heat and add the lemon juice, stirring to mix well.
5. Serve with a dollop of yogurt on top. Serves 2 as entrée, 4 as side dish.
6. *To make with lamb: see directions above.*

Tuscan Crostini

Toasted Bread with Chicken Livers

Christine Westra

Background: Christine's family recipe from Tuscany: Rina's grandmother would make these on Sunday and on all special occasions. It was a good way to use up the liver of the roast chicken that she was preparing for the meal. Nonna made them, too as they were one of Nonno's favorite things.

Ingredients:

- 1 small onion, chopped fine
- 3 Tbsp. olive oil
- ½ lb. Chicken livers
- 1 glass of Marsala or Vin Santo wine
- Salt and Pepper to taste
- 3 ½ Tbsp. anchovy fillets
- 3 ½ Tbsp. capers
- 3 ½ Tbsp. of butter
- White Italian Bread, sliced

Directions:

1. Sauté the finely chopped onions in the olive oil.
2. Cut the chicken livers into pieces and add to the onions. Fry gently for a few minutes. *Nonna always said that liver doesn't have to be cooked very long or it becomes bitter and tough.*
3. Pour in the Marsala or Vin Santo and simmer until the liquid has almost evaporated.
4. Season the chicken livers with salt and pepper, and sauté for another 5 minutes. Allow to cool.
5. With a large kitchen knife, chop the liver with the anchovy fillets, the capers and the butter until a coarse paté is formed.
6. Spread the pate on the toasted slices of bread and enjoy.

Tomato Clam Chowder

Annette Krawchuk

Ingredients:

- 5 to 6 medium potatoes, peeled and diced
- 6 bacon strips, diced
- 1 small onion, finely chopped
- 2 celery ribs, chopped
- 1 garlic clove, minced
- 2 cans (6 oz each) minced clams
- 2 c. water
- 1 can (15 oz) tomato sauce (or Picante salsa sauce)
- 1 can (14 ½ oz) diced tomatoes, undrained
- ¼ tsp salt
- 2 stp minded fresh parsley



Directions:

1. Place the potatoes in a Dutch oven and cover with water. Bring to a boil. Reduce heat; cover and cook for 10-15 minutes or until tender.
2. Meanwhile, in a large skillet, cook bacon over medium heat until crisp. Using a slotted spoon, remove to paper towels; drain, reserving 2 Tbsp. of drippings. In the drippings, saute the onion and celery until tender. Add garlic; cook 1 minute longer.
3. Drain clams, reserving liquid; set clams aside. Drain potatoes and return to the pan. Add the onion mixture, bacon and reserved clam liquid. Stir in the water, tomato sauce, tomatoes, pepper and salt. Bring to a boil. Reduce heat; simmer soup mixture, uncovered, for 30-35 minutes or until heated through. Add clams and parsley; simmer 5 minutes longer.

Yield: 11 servings (2% quarts).

Vegetarian Chili

Patricia Kaufman

Ingredients:

- 2 Tbsp. vegetable oil
- 2 large onions, chopped
- 4 large garlic cloves, finely chopped
- 2 jalapeno chilies, minced with seeds
- 2 28-ounce cans Italian plum tomatoes, drained, diced (juices reserved)
- ½ c. tomato paste
- 2 green bell peppers, chopped
- 2 large carrots, chopped
- 1 tablespoon ground cumin
- ¾ tsp. salt
- ½ tsp. cayenne pepper
- 1 ½ tsp. coriander
- 1 ½ tsp. oregano
- 1 ½ tsp. red wine vinegar
- Beer
- 2 15-ounce cans kidney beans, drained
- 2 15-ounce cans pinto beans, drained
- 2 small zucchini, diced
- Grated cheddar (optional)
- Chopped onions (optional)

Directions:

1. Heat oil in heavy large pot over medium heat. Add 2 chopped onions, garlic and chilies.
2. Saute until onions are translucent, about 6 minutes. Add seasonings. Stir so that they hit the heat a few minutes. Then, add wine vinegar and stir. Add tomatoes with 1 c. reserved juices. Add bell peppers.
3. Bring to simmer. Cook 20 minutes, stirring frequently. Add all beans and cook 15 more minutes, thinning with more reserved tomato juices and/or beer if chili is too thick. Add zucchini and cook 5 minutes, stirring occasionally.
4. Ladle chili into bowls. Serve, passing cheese and chopped onions separately.

Zucchini Quiche

Jean Constantine

Ingredients:

- ⦿ 2 small zucchini, sliced or grated (3 c.)
- ⦿ 1 c. Bisquick
- ⦿ ½ c. vegetable oil
- ⦿ ½ c. parmesan cheese
- ⦿ 4 eggs
- ⦿ ½ c. onion – chopped
- ⦿ 2 tbsp parsley
- ⦿ ½ tsp oregano
- ⦿ ½ tsp salt
- ⦿ Pepper
- ⦿ Garlic powder

Directions:

1. Combine all ingredients.
2. Grease and flour pie plate.
3. Bake 350° for 45 minutes or until golden brown.

Desserts

Apple Mincemeat

(Lenten)

Elizabeth Theokritoff

Enough for 3-4 large mince tarts. Measures in this recipe are largely ad lib.

This mixture can be assembled gradually, over many weeks; but it should be substantially completed at least 3 weeks before use. I start it in apple season, when windfalls are plentiful; wayside trees, the remnants of old orchards, often yield fine cooking apples not to be found elsewhere. Later in the year one can add more dried fruit if necessary, plus any other delicacies: ripe Japonica quinces, though horribly fiddly (and stringent) to prepare, make an excellent addition. So do a few chopped almonds. Originally mincemeat contained meat (usually venison) – hence the name. The vestige of this in modern recipes is an admixture of suet, but I omit that too.

History: On a family vacation to Massachusetts when I was a child, one of our stops was to visit my mother's sister and her family who had moved due to my Uncle's work. My Aunt Gloria served this wonderful treat I never had tasted, I asked her for the recipe and with one slight alteration –using Pepperidge Farm Cinnamon Bread - have been making it ever since. Pepperidge Farm Cinnamon Bread also makes delicious French Toast!

Ingredients:

- Tart apples, peeled, cored and finely chopped
- 2 c. currants
- raisins and/or sultanas, chopped
- quince or japonica quinces if available
- 1- 2 whole organic lemon

- Demerara sugar
- pinch of ground clove
- 1 -2 tsp mixed spices – cinnamon, allspice, ginger, mace/nutmeg
- brandy

Directions:

1. Take a 4 pint glass or ceramic bowl and half fill with chopped apple. Sprinkle with 2 Tbsp sugar and spices. Grate rind of lemon and squeeze out juice, retaining squeezed lemon halves. Add rind and juice to the apple. Stir apple well. Add 2 c. currants, 1 c. chopped raisins and 4 Tbsp brandy. Stir well again. Smooth the surface and sprinkle with another 1-2 Tbsp sugar. Cover tightly (e.g. with plastic wrap) and leave in a cool place, or in fridge. Chop lemon halves roughly, and put in freezer so as to soften them. When convenient, thaw them and boil till quite soft: you can put them in the oven, in a covered pot with some water, while cooking other things. Pour off excess water, roughly mash and add to mincemeat. Check every few weeks, stirring to keep the fruit moist. Taste for spice and sweetness. Sprinkle with extra sugar, or extra brandy, if desired.
2. When the mincemeat is ready it will have a pleasantly winy smell, and the apple pieces will have lost their opacity. At this stage, it can be frozen if desired.
3. Bake according to instructions for the pastry you are using. You may want to sprinkle the pastry case before filling with a tablespoon or so of almond meal or rice flour (or just wheat flour) to absorb liquid from the mincemeat. In a 4-quart pot, melt butter and brown nuts.
4. Remove with slotted spoon and set aside.
5. Sauté meat in butter, adding a little salt until browned. Add liquid. Let it come to a boil. Then, add rice and spices. Cover and cook on medium heat until rice is cooked and dry. If needed, add a little water to complete cooking. To Serve: Place in a platter and sprinkle top with browned nuts. Serves 6-8.

Aunt Gloria's Bread Pudding

Chris Wood

Ingredients:

- 2 c. day old bread cubes (or 4 slices Pepperidge Farm Cinnamon Bread, cubed)
- 2 eggs, slightly beaten
- ¼ c. sugar
- ¼ tsp. salt
- ¼ tsp. cinnamon
- ½ tsp. vanilla extract
- 2 Tbsp. butter
- 2 c. milk, scalded

Directions:

1. Combine: slightly beaten eggs, sugar, salt, cinnamon, vanilla
2. Add: scalded milk and butter
3. Pour: mixture over bread cubes placed in lightly buttered baking dish
4. Set: baking dish into larger dish of warm water
5. Bake: in 350°F oven for 1 hour

Basic Dump Cake

Bill Kraftician

Ingredients:

- ◉ 2-20 oz cans of pie filling
- ◉ 1-18 oz box of white or yellow cake mix
- ◉ 2 sticks of butter or margarine, each cut into 12 slices
- ◉ 9×13 inch baking pan

Directions:

1. Preparation: Preheat oven 350° (325° if using a glass baking pan.)
2. Spray baking pan with non-stick coating.
3. Place pie filling in the baking pan.
4. Sprinkle cake mix evenly over the filling.
5. Distribute the 24 butter slices evenly over the cake mix.
6. Bake for one hour.

Hint: If you add dried fruit such as raisins. Hydrate before adding to the pie filling.

Butter Horns

.....
Andrea Bohensky

History: My father's mother is 'Grandma' and she is Ukrainian. My mother's mother was 'Nannie' and she was Polish. This recipe was given from my Grandma to Nannie. Nannie, in turn formed the recipe, and made butter horns for everyone she knew - the butcher, the priests, and of course her grandchildren! I made them countless times with her in her kitchen, but it still took me eleven years after she passed away to feel like I really made them the way she did.

.....

Ingredients:

Filling ingredients

- ⦿ ¾ c. raisins
- ⦿ ¾ c. sugar
- ⦿ 2 tsp. cinnamon
- ⦿ ½ c. chopped nuts such as walnuts or pecans
- ⦿ 1 egg white, beaten lightly

Dough ingredients

- ⦿ 1 c. butter
- ⦿ 2 c. unsifted flour, spooned into c.
- ⦿ 1 egg yolk
- ⦿ ¾ c. sour cream

Makes 36

.....

Directions

1. Cut butter into flour. Mix in egg yolk and sour cream. Knead dough until smooth, and shape into ball or log.
2. Wrap in waxed paper and chill for minimum of 2 hours.
3. In a small bowl mix together raisins, sugar, cinnamon, and nuts. Set aside.
4. After dough has chilled - Preheat oven to 350°. Cut dough into three equal parts, and make each into a ball.
5. Roll one at a time on a floured board into a circle ½" thick or less. (put other pieces back into refrigerator) Sprinkle ⅓ of sugar mixture on the circle and gently push to edge, leaving about 1" around the edge. Cut circle into 12 pie shapes.
6. Starting at widest part, roll each triangle into the shape of a crescent. Place on ungreased cookie sheet.
7. Lightly beat egg white with a fork, and brush each crescent lightly with the egg white.
8. Bake 20 minutes until lightly browned.

Carrot Cake (with oil)

Sandi Masklee

A very popular cake for Lenten coffee hours or communal Lenten suppers

Ingredients:

- 2½ cups flour
- ½ teaspoon salt
- 2½ teaspoons baking powder
- 1 teaspoon baking soda
- 2 teaspoons cinnamon
- ½ teaspoon nutmeg
- ¼ teaspoon ginger
- ⅔ cup brown sugar
- ½ cup white sugar
- 1 cup warm water
- ⅔ cup vegetable oil
- 2 teaspoons vanilla
- 2 cups grated carrots
- ⅓ cup ground walnuts (optional)

Serves 12 to 15

Directions

1. Preheat oven to 350 degrees. Grease and flour a 13 x 9 pan. To further ease removing the cake from the pan, line the bottom of the pan with parchment paper.
2. Combine the flour, salt, baking powder, baking soda, cinnamon, nutmeg, and ginger in a medium bowl. Set aside. In a large bowl, combine the sugars, water, vegetable oil, and vanilla. Stir in the carrots and the nuts. Add the dry ingredients and mix until well blended.
3. Pour the batter into the prepared pan and spread the batter out evenly in the pan. Cover with aluminum foil (this will help reduce cracking).
4. Bake for 30 minutes. Remove the foil and continue to bake for an additional 15 to 20 minutes or until a toothpick inserted in the center comes out clean. Cool for about 10 minutes, then turn out carefully onto a rack and cool completely.
5. Frost with Mocha or Citrus frostings (see next page) or with a purchased Lenten prepared frosting.

Variation: Omit the nuts, if desired. With the carrots, add:

- 1 8-oz. can crushed pineapple, very well drained
- 1 cup flaked, sweetened coconut
- ½ cup raisins

Cheese Cake

.....
Mary "Baba" Tutko

.....
Ingredients:

- 1 Box Vanilla Wafers and 1 stick of butter
- 6 Eggs
- 4 Packages of Cream Cheese
- 1 Pint Sour Cream
- 1 ½ c. Sugar
- ½ c. Flour
- ½ Tsp Salt
- 1 Tsp Vanilla

.....
Directions:

1. Roll out 1 box of wafers and crumble together with 1 stick of butter.
2. In a large bowl put sugar and cream cheese and beat well with mixer.
3. Add sour cream, flour, and salt and beat well.
4. Separate egg yolks from whites. Add 6 egg yolks with vanilla and beat well.
5. Beat 6 egg whites separately until stiff and fold into mixture.
6. Grease tube pan with butter.
7. Place half of the crushed vanilla wafers in the bottom of the pan. Put ingredients into tube pan. Put the remainder of the wafers on top.
8. Bake @ 325° for 1 hour & 15 minutes. Do not open oven until cool.

Cheese Paskha

Fr. George Hasenecz

Ingredients:

- ⦿ 2 pounds farmer's cheese
- ⦿ 1 ½ c. sugar
- ⦿ 8 oz. cream cheese, room temperature, cubed
- ⦿ 6 hard cooked egg yolks
- ⦿ 1 ½ c. heavy cream
- ⦿ grated zest of one lemon
- ⦿ 1 tsp. vanilla

Directions:

1. Mix first four ingredients
2. Add heavy cream, vanilla, and lemon zest
3. Mix until smooth (you can use a food processor or mixer)
4. Line a clean flower pot or special mold, if using, and spoon in mixture. Set over a large bowl and place a heavy can on top and let drain. Refrigerate.
5. When ready to serve, unmold and invert onto plate.

Chocolate Cake

So good you won't believe it's vegan!

Catrina Albo

Ingredients:

- ⦿ 3 c. all-purpose flour
- ⦿ 2 tsp. baking soda
- ⦿ 6 Tbsp. unsweetened cocoa powder
- ⦿ ½ tsp salt
- ⦿ 2 c. sugar
- ⦿ 3 Tbsp. white vinegar
- ⦿ 2 tsp pure vanilla extract
- ⦿ ¾ c. vegetable oil
- ⦿ 2 c. cold water

Directions:

1. Pour dry ingredients into bowl and mix
2. Pour remaining ingredients and mix well (this can be hand mixed)
3. Coat a 9×13 inch baking pan with non-stick cooking spray or margarine
4. Preheat oven to 350°F
5. Bake between 30-45 minutes
6. Test if done with a toothpick. If it comes out clean it is done. Do not overcook.
7. Let cool then refrigerate
8. This cake tastes best cold and with powdered sugar sprinkled on top. Freezes well for future use.

Chrusciki

Loretta Pisarchuk's Recipe

Carol Tarassoff

Ingredients:

- ⦿ 3 c. sifted flour
- ⦿ 1/8 tsp. salt
- ⦿ 2 Tbsp sugar
- ⦿ 6 egg yolks
- ⦿ 6 oz evaporated milk
- ⦿ 1 tsp vanilla extract
- ⦿ 1/2 jigger whiskey
- ⦿ Confectioners' sugar

Directions:

1. Mix together with a fork or your fingers until the dough can be gathered into a ball, adding additional flour if too sticky. Knead the dough on a floured board, working in a little extra flour if the dough seems sticky. After about 10 minutes, the dough should be smooth, shiny and elastic.
2. Divide the ball into 4 balls. Place 1 ball at a time on a floured board, flatten it and dust the top lightly with flour. Using a heavy rolling pin, roll out the dough. Repeat turning and rolling the dough until it is paper thin. Cut into strips then into squares with a pinking cutter and roll the squares again. Cut a hole in the center of the square and pull one end through. Deep-fry until golden brown. Drain on paper towels and sprinkle with confectioners' sugar before serving.

Dairy-Free Chocolate Cake

Sandy Masklee

Note: From Joy of Cooking.

Ingredients:

- ⦿ 1-½ c. flour
- ⦿ 1 c. sugar plus 2 Tbs. sugar
- ⦿ 6 Tbs. unsweetened cocoa powder
- ⦿ 1 tsp. baking soda
- ⦿ ¼ tsp. salt
- ⦿ 1 c. cold water
- ⦿ ¼ c. vegetable oil
- ⦿ 1 Tbs. white vinegar
- ⦿ 2 teaspoons vanilla

Directions:

1. Preheat oven to 350° Fahrenheit.
2. Grease and flour one 8 × 8-inch pan or line it with parchment paper.
3. Sift together flour sugar, unsweetened cocoa powder, baking soda, and salt in a large bowl.
4. Combine the water, vegetable oil, white vinegar, and vanilla in a small bowl.
5. Add the wet ingredients to the dry ingredients, stirring until smooth.
6. Pour the batter into the pan and spread evenly.
7. Bake for 25 to 30 min. or until a toothpick comes out clean.
8. Let cool for 10 minutes before removing it from the pan.

Date and Nut Candy Roll

Nadine Lambert

Ingredients:

Makes 4 rolls:

- ⦿ 1 Pound marshmallows (bits or larger ones cut up)
- ⦿ 1 Pound graham cracker (crushed fine)
- ⦿ 1 Pound chopped dates
- ⦿ 1 c. evaporated milk
- ⦿ 1 Pound chopped walnuts

Directions:

1. Mix all ingredients together well.
2. Grease fingers with shortening and form mix into 12 inch rolls, 1 ½ to 2 inches thick.
3. Roll in about 1 pound of coconut.

Note: Soak marshmallows in milk for a while and grease fingers before making rolls.

Grandpop's Jewish Apple Cake

Not sure what makes this Jewish.

Christine Westra

Background: The Jewish Apple Cake is from my Jewish Grandfather - it was an annual favorite which he made from the apples he grew in his yard.

Ingredients:

- 3 c. all purpose flour
- 3 Tbsp. baking powder
- 2 c. sugar
- 1 c. vegetable oil
- 4 eggs
- ½ c. orange juice
- 2 ½ tsp. of vanilla extract
- 4 medium to large apples, peeled, cored, and sliced
- ⅔ c. sugar
- 2 tsp. of cinnamon

Directions:

1. Sift together flour and baking powder.
2. In separate large bowl combine 2 c. sugar, vegetable oil and eggs. Beat well. Then beat in orange juice and vanilla, while alternating with flour mixture. Combine well.
3. Pour half of the batter into a greased and floured 10" tube pan.
4. Combine the ⅔ c. sugar and cinnamon. Top the batter with half of the apples and half of the sugar-cinnamon mixture.
5. Pour remaining batter into pan and top with remaining apples and sugar-cinnamon mixture.
6. Bake at 325° F. for 90 minutes or until golden brown and toothpick comes out clean when testing. Let cool in pan completely before removing.

Great Depression Cake

Vasiliki Tsigas-Fotinis' friend Nikoleta

History: A dear friend, Nikoleta, God bless her soul, first told me about the Great Depression cake because she lived during the depression. It happens to also be a vegan cake and used left over brewed coffee as its base. I had lost my recipe and thanks be to God for google, I again found it. I remembered it when I saw it.

Ingredients

- 1.5 c. sugar
- 2.5 c. black coffee (left over brewed coffee)
- 2 c. raisins
- 1 apple, peeled & grated
- ½ c. oil or Crisco vegetable shortening
- 2.5 c. flour
- 1 tsp. baking soda
- 2 tsp. baking powder

- ◎ 1 c. chopped walnuts
- ◎ 1 tsp. each cinnamon, ground cloves, allspice & nutmeg

Directions:

1. In large saucepan simmer first five ingredients 10 minutes. Cool 10 minutes.
2. Blend together other ingredients and stir into wet ingredients.
3. Pour into well greased and floured 13"x9" pan. Bake at 350° for 25 to 30 minutes or until toothpick comes out clean when inserted in middle.

Notes: Better the second day. Very moist cake and needs no icing.

Healthy Apple Oatmeal Muffins

adapted from: Desserts to Lower Your Fat Thermostat,
Barbara W. Higa, R.D. , Vitality House Inc., 1-800-748-5100

Christine Westra

Notes: These are yummy, filling, healthy, and portable! It's like bringing along a bowl of oatmeal and fruit wherever you go. To add a little moisture, you could put ½ c. oil, or ½ stick of butter, but be aware that you are adding fat and calories. You can add some soy powder (subtract some flour) for richness and extra low calorie protein, or walnuts are super in these muffins and add good nut oil and protein. I prefer to use the finely minced ones because I use less (less calories), but still get the taste as they spread throughout the cake. I save the large pieces for garnish on top . Raisins add moisture as well as sweetness and iron, but molasses is also a nice option to sweeten a spice cake and add some calcium and iron. There are some new calcium enriched oatmeals if you want to add extra calcium. This is one of Christine's favorites.

Ingredients

- ⦿ 1 ½ c. Whole Wheat Flour
- ⦿ 1 c. quick-cooking rolled oats
- ⦿ 1 tsp baking powder
- ⦿ 1 tsp baking soda
- ⦿ 1 ½ tsp cinnamon
- ⦿ 1 large egg OR two egg whites
- ⦿ c. frozen unsweetened apple juice concentrate, thawed
- ⦿ c. apples, peeled, cored, and chopped

Directions:

1. In one bowl, combine flour, oats, baking powder, baking soda, and cinnamon.
2. In another bowl, combine egg whites, apple juice concentrate, and chopped apples.
3. Add liquid to dry ingredients, blend until just moistened.
4. Divide batter into 12 muffin tins that have been coated with nonstick spray or papers.
5. Bake at 350° for 20 to 24 minutes

Italian Easter Ricotta Pie

Terri Barrow

Filling

- 2 lbs. ricotta cheese 1 ¼ c. sugar
- Peel from 1 orange (zest or shredded and finely chopped)
- 4 eggs
- 2 Tbsp. melted butter
- 6 oz. evaporated milk
- 1 tsp. vanilla extract 2 Tbsp. corn starch

Mix all ingredients together until well mixed.

Dough

- 2 c. flour
- ½ c. sugar
- 2 tsp. baking powder a pinch of salt
- ½ c. Crisco
- 1 egg
- 2-3 Tbsp. milk

Mix the dry ingredients, and cut in the Crisco with your fingers until the Crisco is pea-size. Add the egg and stir with a wooden spoon. Add the milk a little at a time until the dough holds together. Knead the dough mixture a little, wrap in plastic wrap and put in refrigerator for about 1 hour.

Directions:

1. Using a 10 to 11 inch pie plate, take about ½ of the dough and roll it out to form the bottom crust. Pour the filling into the pie shell. Take the remaining ½ of the dough and roll it out to about the size of the pie and cut it into ¾ inch wide strips. Place the strips on top of pie filling about ¾ inch apart in a criss cross pattern to form a lattice top for the pie. Trim excess dough and crimp edges. Make an egg wash by whisking an egg and about a tablespoonful of milk together, and brush the top of the pie before baking if you wish to get a shiny pie crust when baked.
2. Bake at 350° for approximately 1 hour or until pie is just set. It will set slightly after you take it out, so take it out before it looks totally 'dry'

**If you do not want to make the pie crust from scratch you can substitute a store bought pie crust, however it will not be sweet like the one needed for this traditional pie.*

Kitchen Cake

Matushka Kerri Fox

History: This one is a favorite of my family. It is my great grandmother's recipe and it is one of those cakes that if someone invited you over you could whip it up quickly or if you just want an easy cake this is it.

Ingredients:

- ⦿ 4 eggs
- ⦿ 2 c. sugar
- ⦿ 1 stick of butter
- ⦿ 1 c. milk
- ⦿ 2 tsp baking powder
- ⦿ 2 c. flour
- ⦿ 1 tsp. vanilla

Directions:

1. Beat together the eggs and sugar until a pale yellow
2. Meanwhile heat 1 stick of butter with a c. milk on low
3. Add 2 tsp baking powder
4. And 2 c. flour to the sugar mixture
5. Slowly pour the melted butter and milk into bowl and mix
6. Last but not least mix in a generous tsp of vanilla
7. Pour into 9×12 pan or 2 cake pans in a 350° oven for 30 minutes.

Kolyva

(boiled wheat for memorial service)

Elizabeth Theokritoff

Note: I have added ingredients from another recipe, but the detailed instructions are based on ones given me by an Anglo-Greek friend whose family came from the island of Kalymnos. The stages given here can be condensed somewhat. Bear in mind also that the instructions presuppose a memorial service on Saturday, the traditional day for commemoration of the departed, rather than Sunday. If you use this recipe, please remember the servant of God Niki.

Ingredients:

- 1 lb wheat berries (hard winter wheat is best)
- ½ c. blanched almonds, chopped or slivered
- ½ c. walnuts, finely chopped
- ½ c. almonds, lightly toasted and chopped* 3 – 4 Tbsp sesame seeds, lightly toasted*
- ½ c. sultanas
- pomegranate seeds (optional)
- a little parsley, finely chopped (optional)
- 3 – 4 Tbsp (sic) cinnamon
- allspice, nutmeg to taste
- 2-3 Tbsp granulated sugar

For Topping

- 5-6 Tbsp white flour, lightly toasted in dry frying pan
- 6-8 Tbsp rusks crushed to powder, or additional toasted sesame seed, finely ground
- ½ lb (approx.) confectioner's sugar

Directions:

1. To toast almonds and sesame seeds, place in large aluminium pans in 350 oven for a few minutes until very lightly browned. Watch them carefully, since the sesame seeds especially burn easily. An oven that has just been turned off after use is ideal.
2. Sesame can also be toasted in a dry pan, stirring constantly. The pan must be a deep one, otherwise they will pop and jump out.

Kolyva

(Continued)

.....
 If kolyva is needed for Saturday morning:

Wednesday evening

Check the wheat for stones etc. Rinse in cold water then soak in cold water overnight.

Thursday

1. Rinse wheat again. Put into cold water, preferably in a heavy saucepan.
2. Bring to boil & simmer until soft and the grains open a little (1½ -2 hrs) - taking care to keep topped up with water. (With a saucepan that holds the heat well, you can usually boil about 15 minutes, then turn the heat off or to lowest setting and cover the pot with a cloth.)
3. Rinse in cold water - then lay out on towels overnight until it dries from moisture, without becoming bone dry. (If the grains are already quite dry and separate, they can simply be left to cool in a sieve.

Thursday or Friday

1. Prepare and grind the sesame. Grind rusks if using; toast flour. (Friday evening)
2. In a big bowl, mix the wheat with the other ingredients (apart from the topping).
3. Mix everything together well. Find a shallow dish or plate (about 10")

Instructions:

1. Light candle in front of your Icons, cense the Icons and the dish.
2. Everyone present takes a spoonful of the wheat mixture and sprinkles it on the dish in the sign of a Cross. Then put all the rest of the mixture on the dish in a dome shape - smooth it by pressing it down firmly with greaseproof paper.
3. Put the powdered rusk or ground sesame in a layer on top. Press down well and smooth with another piece of greaseproof paper.
4. Make another layer from toasted flour and smooth as above.
5. Sieve icing sugar over the surface and smooth and press down with another greaseproof paper.
6. Make cross on top with silver cake-beads, blanched almonds or raisins. You can also make a stencil by cutting a cross-shape out of a piece of paper, laying the paper over the kolyva so that the Cross is in the centre, and sprinkling with cinnamon.
7. Leave the kolivo overnight in front of the Icons with a glass of water and a clean napkin by the side (the belief in Kalymnos is that your dead are present, and the water refreshes them and they dry their lips on the napkin. In Kalymnos also the kolyva is often taken to the church overnight and placed in front of the Iconostasis.)
8. Before serving, make certain it is very well mixed so that the sesame and the icing sugar are spread throughout.

Lekvar Cake

.....
Sonya Dzwonczyk

.....
Ingredients:

- ⦿ 4 c. flour
- ⦿ 2 tsp. baking powder
- ⦿ 1 ½ c. sugar
- ⦿ pinch of salt
- ⦿ 1 c. melted Spry or Crisco
- ⦿ 3 eggs beaten with fork
- ⦿ 1 tsp. baking soda
- ⦿ 2 tsp. boiling water
- ⦿ 2 tsp. vanilla

- ⦿ 1 c. whole milk
- ⦿ 1 lb. lekvar filling

.....
Directions:

1. Melt 1 c. Crisco or Spry. Let it cool. Grease and flour cake pan 9"x13". Mix flour, baking powder, sugar, and salt together.
2. Add melted Crisco. Mix batter until it beads.
3. Take out ½ c. to sprinkle on top of cake when finished.
4. Add beaten eggs, boiling water, baking soda, vanilla, and milk. Batter will be heavy and lumpy.
5. Divide in half. Half for the bottom. Spread filling over bottom layer.
6. Put the rest of the batter on top. Sprinkle ½ c. crumbs on top of cake.
7. Bake 350° for 50 to 60 minutes. Other fillings may be used.

Nut Roll

Nadine Lambert

Ingredients:

- ⦿ 1 ½ c. milk
- ⦿ ½ c. Half & Half
- ⦿ ½ c. Shortening
- ⦿ 1 Large yeast cake (or 1 dry yeast packet)
- ⦿ 1 c. sugar
- ⦿ ½ c. butter
- ⦿ 3 Eggs, well beaten
- ⦿ 5 ½ c. flour (more if needed)
- ⦿ 1 Tsp salt

- ⦿ 2 Tsp vanilla
- ⦿ ½ Tsp almond extract

Nut Filling

- ⦿ 1 lb. Ground nuts
- ⦿ 1 ½ c. sugar
- ⦿ 2 tsp cinnamon
- or
- ⦿ To Taste - ground nuts
- ⦿ honey
- ⦿ brown sugar
- ⦿ milk

Directions:

1. Combine milk and half & half, warm to lukewarm. Crumble yeast in cup, sprinkle with ½ tsp sugar. Add ¼ c. milk mixture. Put in small bowl of warm water for mixture to rise while preparing creamed mixture.
2. Cream shortening and butter. Add sugar and cream thoroughly. Add well beaten eggs. Measure flour and salt in large bowl. Add creamed mixture, yeast and remaining milk mixtures, vanilla and almond extract.
3. Knead until dough pulls away from sides of bowl, like elastic, about 10 min. Sprinkle top of dough with flour, cover, and set in warm place to rise until dough doubles in bulk.
4. Turn dough on floured surface, cut into 4 parts. Roll one part at a time. Spread lightly with butter and nut mixture. Roll up. Place in greased pan. Let rise 15 minutes. Bake at 325° for 34 – 40 minutes or until golden brown.
5. Brush lightly with butter immediately after removing from oven. Cool rolls in pans.

Paschal Lesson Cookies

Chris Wood

Background: Diana's Pascha (Easter) Story Cookies To Be Made the Evening Before Pascha (Easter)

Thanks to Diana Najjar and Fr. Nabil Hanna for sharing. (3/5/99)

Ingredients:

- ◉ 1C whole pecans
- ◉ 1C sugar
- ◉ 1 tsp vinegar
- ◉ 3 egg whites
- ◉ pinch salt

Items needed:

- ◉ mixing bowl
- ◉ plastic zipper bag
- ◉ wooden spoon
- ◉ wax paper
- ◉ cookie sheet
- ◉ tape
- ◉ Bible

Directions:

1. Preheat oven to 300 F.
2. Place pecans in zipper bag and let children beat them with the wooden spoon to break into small pieces. Explain that after Jesus was arrested the Roman soldiers beat him. Read John 19:1-3.
3. Let each child smell the vinegar. Put 1 tsp. of vinegar into mixing bowl. Explain that when Jesus was on the cross, He became thirsty. He was given vinegar to drink. Read John 19:28-30.
4. Add egg whites to the vinegar. Eggs represent life. Explain that Jesus gave His life to give us life. Read John 10:10-11.

Paschal Lesson Cookies

Directions (cont.)

5. Sprinkle a little salt into each child's hand. Let them taste it & brush the rest into the bowl. Explain that this represents the salty tears shed by Jesus' followers and the bitterness of our own sin. Read Luke 23:27.
6. So far the ingredients are not very appetizing. Add 1c sugar. Explain that the sweetest part of the story is that Jesus died because He loves us. He wants us to know Him and to belong to Him. Read Ps 34:8 and John 3:16.
7. Beat with a mixer on high speed for 12 to 15 minutes until stiff peaks form. Explain that the color white represents the purity in God's eyes of those whose sins have been cleansed by Jesus. Read Isaiah 1:16 and John 3:1-3.
8. Fold in the broken nuts. Drop the mixture by tsp. onto cookie sheet covered with wax paper. Explain that each mound represents the rocky tomb where Jesus' body was laid. Read Matt 27:57-60.
9. Put the cookie sheet in the oven. Close the door and turn the oven off. Give each child a piece of tape and seal the oven door. Explain that Jesus' tomb was sealed. Read Matt 27:65- 66.
10. Go to bed! Explain that they may feel sad to leave the cookies in the oven overnight. Jesus' followers were in despair when the tomb was sealed. Read John 16:20 & 22.
11. On Pascha/Easter morning, or when you return from the midnight service, open the oven and give everyone a cookie. Notice the cracked surface and take a bite. The cookies are hollow! On the first Pascha/Easter, Jesus' followers were amazed to find the tomb open and empty. Read Matt 28:1-9.

Peach and Raspberry Parfaits

Annette Krawchuk

Ingredients:

- 2 medium-size peaches, rinsed and pitted
- 1 container raspberries, rinsed and gently patted dry
- 2 tsp. sugar
- ½ tsp. vanilla extract
- 1 envelope dry whipped topping mix (such as Dream Whip)
- ½ c. 2% milk
- 1 container (6 ounces) vanilla yogurt
- 8 shortbread cookies (such as Lorna Doone)
- Mint, to garnish (optional)

Directions:

1. Cut 1 ½ peaches into ¼-inch pieces; reserve remaining half for snacking. Set aside 4 peach pieces and 4 raspberries for garnish. In a medium-size bowl, gently stir together remaining peach pieces, remaining raspberries, sugar and vanilla. Let stand 5 minutes.
2. In a large bowl, combine whipped topping mix and milk. Beat on low speed for 1 minute, then increase speed to high and beat 4 minutes, until fluffy and stiff (makes about 2 c.). Fold 1½ c. the whipped topping into yogurt in a small bowl (reserve remaining ½ c. topping).
3. Begin layering; Place about ¼ c. fruit in the bottom of 4 glasses. Top each with ¼ c. yogurt mixture. Crumble one cookie into each glass. Repeat layering, ending with cookies. Dollop reserved whipped topping over parfaits, about 2 Tbsp. for each. Garnish with reserved fruit and mint, if desired.

MAKES 4 servings PREP 5 minutes

Phanouropita

.....
Catrina Albo

Note: Basic cake with raisins and walnuts; very tasty and super easy.

.....
Ingredients:

- ⦿ 1 c. sugar
- ⦿ 1 c. vegetable oil
- ⦿ 2 c. orange juice
- ⦿ ¾ c. light or dark raisins
- ⦿ ¾ c. chopped walnuts (optional)
- ⦿ 1 tsp baking soda
- ⦿ 1 tsp vanilla
- ⦿ 4 c. flour

.....
Directions:

1. Beat sugar and oil together until creamy yellow
2. Dissolve baking soda in orange juice and pour slowly into sugar mixture
3. Add other ingredients and pour into 9 × 13 inch greased pan
4. Bake at 350°F for 45-50 minutes or until toothpick comes out clean

Pineapple Sheet Cake

Nadine Lambert

Ingredients:

- ⦿ 1 Package yellow cake mix
- ⦿ 1 package 3 oz. Instant vanilla pudding
- ⦿ ½ c. milk
- ⦿ 1-8oz. Cream cheese [room temperature]
- ⦿ 1 can crushed pineapple [1 lb. 13 oz.- well drained]
- ⦿ 1 large container Cool Whip
- ⦿ 1 can coconut flakes toasted or chopped nuts

Directions:

1. Bake at 350° 20 minutes in jelly roll sheet pan
2. Beat well the pudding, milk and cream cheese.
3. When cake is cool, spread pudding mix, then the pineapple, then the Cool Whip, sprinkle on the coconut or nuts.

Note: If a deep pan is used instead of a sheet pan, double the topping amounts.

Rice Cake

Barbara Babich

Background: This is the Rice Cake I love.

Ingredients:

- ⦿ 5 c. milk
- ⦿ 1 c. Carolina rice half lb. of Sweet Butter
- ⦿ 4 eggs, separated
- ⦿ two thirds c. sugar
- ⦿ 1 tsp. salt
- ⦿ 2 tsp. vanilla
- ⦿ Graham crackers crumbs crust

Directions:

1. Cook milk and rice until milk is absorbed stirring constantly Remove from the heat add the sweet butter Mix and cool.
2. Add the 4 egg yolks, sugar, salt, and vanilla to the preceding mixture. Beat 4 egg whites and fold into the rice mixture.
3. Grease a 11×9×2 inch pan with butter Dust bottom of pan with graham cracker crumbs
4. Pour rice mixture into pan

Bake at 375° for half hour or until golden brown on top.

Rosettes

Annette Krawchuk

Background: A culinary fantasy inspired by summer roses. These rosettes are also known in Ukraine as carnival roses. They are very elegant and dainty.

Ingredients:

- ⦿ 3 egg yolks
- ⦿ 1 egg
- ⦿ 2 Tbsp. confectioners' sugar
- ⦿ 1 tablespoon soft butter
- ⦿ ½ tsp. salt
- ⦿ 1 tablespoon rum or brandy
- ⦿ 1 c. sifted flour Confectioners' sugar
- ⦿ Candied cherries or red jelly

Directions:

Beat the egg yolks and the whole egg together until very light. Beat in the sugar, butter, salt, and rum or brandy. Stir in the flour and knead on a floured board until smooth. Cover and let it stand for 10 minutes. Roll very thin, about ⅛ inch or thinner, using a small amount of dough at a time. Cut into circles with small cooky cutters of two different sizes, about 1 ½ and 1 inch in diameter. Place 2 circles of the same size one over the other, and top them with a smaller circle. Press the centres together tightly with the blunt button point of a knitting needle, or with a finger tip. The knitting needle is preferred as the finger tip leaves a large depression, making the fried rosettes hard in the centre. Make 5 even slits on the outer edge of the circles to form petals. These petals will curl up in frying, giving a rosette shape. Fry, a few at a time, in deep fat (375°F.) until delicately browned. Drain on absorbent paper. Sprinkle with the confectioners' sugar. Just before serving, place the candied cherry, cut in half, or a dab of red jelly, in the hollow of each rosette.

Russian Tea Cakes (Snowballs)

Marian Babiak

Ingredients:

- ⦿ 1 c. butter
- ⦿ 1 c. confectioner's sugar
- ⦿ ½ tsp. salt
- ⦿ 2 c. flour
- ⦿ 1 c. chopped pecans
- ⦿ 1 tbsp. vanilla

Directions:

1. Cream butter and sugar. Add vanilla and beat well.
2. In another bowl mix salt into the flour. Add to butter/sugar mixture and mix by hand. Add pecans and mix well.
3. Shape into 1--inch balls. Arrange on ungreased cookie sheet about 1 inch apart. Bake at 325° 20--25 minutes.
4. Coat cookies with confectioner's sugar while still hot. Coat again when cool.

Note: These cookies freeze well. Yields about 40 cookies.

Serbian Nut Horns

Carol Wetmore

Ingredients:

- ⦿ 1 c. plus 1 tsp butter, softened, divided
- ⦿ 1 package (8 oz) cream cheese, softened
- ⦿ 3 c. all-purpose flour
- ⦿ 4 c. ground walnuts
- ⦿ 1 c. plus ¼ c. sugar, divided
- ⦿ ½ c. milk (low fat ok)
- ⦿ 1 tsp vanilla extract ⅛ tsp salt



Directions:

1. In a large bowl beat 1 c. butter and the cream cheese until light and fluffy. Gradually add flour, beating until mixture forms a ball. Divide dough into four portions; roll each into a 12--inch circle.
2. Melt the remaining butter. In a large bowl combine the walnuts, ¾ c. sugar, milk, vanilla, salt, and melted butter. Spread over circles. Cut each into 12 wedges. Roll up wedges, starting from wide ends.
3. Place point side down on greased baking sheets. Curve ends to form crescents. Bake at 325° for 35--40 minutes until lightly browned. Remove to wire racks.
4. Place remaining sugar in a small shallow bowl. Roll warm cookies in sugar. Yield = 4 dozen.

48 Servings Prep 40 min Bake: 35 min/batch

Seven Layer Bites

Jeanne Connerat

Ingredients:

- ⦿ 13x9 rimmed sheet pan, lined with aluminum foil
- ⦿ 1 ½ c. Cinnamon Graham Cracker Crumbs
- ⦿ ½ c. butter, melted
- ⦿ 1 (140z) Sweetened Condensed Milk
- ⦿ 1 c. (6 oz) Butterscotch Chips
- ⦿ 1 c. (6 oz) Mini Semi--Sweet Chocolate Chips
- ⦿ 1 c. (6 oz) Bittersweet Chocolate Chips (I use Ghiardelli brand)
- ⦿ 1 ½ c. flaked coconut (I mix flaked coconut and chipped coconut)
- ⦿ 1 c. roughly chopped almonds
- ⦿ No Stick cooking spray

Directions:

1. HEAT oven to 350°F. Spray lined sheet pan with cooking spray.
2. COMBINE graham cracker crumbs and butter. Firmly press mixture into lined pan.
3. POUR condensed milk evenly over crumbs.
4. LAYER the rest of the ingredients in the above order. With the back of a fork, PRESS the layers down firmly.
5. BAKE 25 to 30 minutes or until lightly browned.
6. COOL COMPLETELY in pan. Lift foil out of the pan and cut into 1” squares. If the bites stick to the foil, gently slide a spatula under the bites.

MAKES approx 48 bites

Shell Tassies

Annette Krawchuk

Ingredients:

- ⦿ 2 3oz. pkgs. cream cheese
- ⦿ ½ lb. butter = 2 sticks = 1 c.
- ⦿ 2 c. flour

Filling

- ⦿ 1 ½ c. dark brown sugar
- ⦿ 3 eggs
- ⦿ 1 c. chopped walnuts
- ⦿ 3 tbsp. melted butter

Directions:

1. Cream together cream cheese and butter.
2. Stir in flour and mix until well blended.
3. Refrigerate dough for 10 minutes. Form into balls the size of a walnut. Press into small muffin cups. (No liners needed).
4. Filling: Mix together brown sugar and melted butter. Stir in eggs, blend well. Add walnuts. Put 1 tsp. filling in each cup. (half full).

Bake at 350° for 30 minutes.

Sort-of Girl Scout Cookies with Cranberries

Marian Babiak

History: Being a fan of the original Girl Scout Trefoil (shortbread type) cookies, I searched out this recipe online. Mine is almost the original recipe from 1922, but with less sugar, less milk, and added cranberries.

Ingredients:

- ⦿ 1 c. butter, softened
- ⦿ ⅔ c. white sugar
- ⦿ 2 eggs
- ⦿ 1 tbsp. milk
- ⦿ 1 tsp. vanilla extract
- ⦿ 2 c. all-purpose flour
- ⦿ 2 tsp. baking powder
- ⦿ ½ c. dried cranberries



Directions:

1. Cream butter and sugar.
2. Add well-beaten eggs, then milk, vanilla, baking powder and flour. Fold in cranberries.
3. Drop by tsp. onto cookie sheets lined with baking parchment. Bake 10-12 minutes at 350° till edges begin to brown.

Yield: 3 dozen cookies

Sour Cream Coffee Cake

HTOC 25th Anniversary Cookbook

Ingredients:

- ⦿ ½ c. butter
- ⦿ 1 c. sugar
- ⦿ 2 eggs
- ⦿ 1 c. sour cream
- ⦿ 1 tsp. vanilla
- ⦿ 2 c. flour
- ⦿ ¼ tsp. salt
- ⦿ 1 tsp. baking soda
- ⦿ 1 c. nuts
- ⦿ ¼ c. sugar
- ⦿ 1 tsp. cinnamon

Directions:

1. Cream butter and sugar. Add eggs, sour cream, and vanilla.
2. Sift flour, salt, and baking soda
3. In small bowl: combine nuts, sugar and cinnamon. Set aside.
4. Grease and flour pan; pour ½ the mixture in pan. Add small bowl of nuts, cinnamon and sugar, then remaining batter.
5. Bake at 350° for 45 minutes.

Speedy Cheesecake Pie

Larisa Bohensky's Recipe

Marian Babiak

Note: If you like Sara Lee's frozen cheese-cake pie in the States, you will like this recipe, as it is practically the same.

Ingredients:

- 1 ¼ c. plain or cinnamon graham cracker crumbs
- ¼ c. butter or margarine, melted
- 1 8 ounce package cream cheese, softened
- ½ c. sugar
- 1 c. dairy sour cream
- 2 Tbsp. sugar
- ½ tsp. vanilla
- 2 tbsp. lemon juice
- ½ tsp. vanilla
- 2 eggs
- dash salt

Directions:

1. Combine crumbs and butter; press into buttered 8 inch pie plate, building up the sides. (or buy ready-made crust)
2. To make filling, beat cream cheese until fluffy; gradually blend in sugar, the lemon juice, vanilla, and salt. Add eggs, one at a time, beating well after each.
3. Pour filling into crumb crust. Bake in slow oven (325°) 25 to 30 minutes or until set.
4. Combine sour cream, 2 Tbsp. sugar, and the vanilla; spoon over top of pie. Bake 10 minutes longer. Cool. Chill several hours.

This can be served plain or with a few strawberries or red raspberries on the top.

Saint Phanourios's Cake Recipe

Vasiliki Tsigas--Fotinis

Ingredients:

- ◉ 1 c. vegetable oil, plus more for greasing
- ◉ 1 c. freshly squeezed orange juice (from about 3 oranges)
- ◉ ½ c. brandy
- ◉ 1 c. sugar
- ◉ 1 c. chopped walnuts
- ◉ 4 c. all-purpose flour, plus more for dusting
- ◉ 1 ½ tsp. baking soda
- ◉ 1 ½ tsp. baking powder
- ◉ 1 ½ tsp. ground cinnamon
- ◉ ¼ tsp. ground cloves
- ◉ Powdered sugar, for dusting (optional)

Directions:

1. Adjust an oven rack to the middle position and preheat the oven to 375°F (190°C)°. Oil the bottom and sides of a 9-inch round cake pan (or a Bundt or loaf pan of equal volume). Dust the pan with flour, tap out any excess, and set aside.
2. In a large bowl, whisk together the oil, orange juice, brandy, and sugar until thoroughly combined. Mix in the chopped walnuts.
3. Sift together into a medium bowl the 4 c. flour, baking soda, baking powder, cinnamon, and cloves. In small batches, add the flour mixture to the brandy mixture, whisking vigorously as you go. Continue whisking until completely combined. The batter will be very thick and slightly gummy—not to worry. (If it seems impossibly thick, you can always do what I do and splash in another tablespoon of brandy.) Tradition dictates that you're supposed to whisk for 9 minutes by hand. Good luck.

Saint Phanourios's Cake Recipe

Continued

Directions, cont.

4. Scrape the batter into the prepared pan. Before putting the cake into the oven, pause to say whatever kind of prayer you feel comfortable with as you focus on the thing you hope to find. (Greek Orthodox women make the sign of the cross, but the cake will not suffer if you skip this step.)
5. Bake the cake until the top looks hard and golden brown and a toothpick inserted in the center comes out clean, about 40 minutes. Let cool in the pan for 5 minutes, then remove the cake from the pan and let it cool completely on a wire rack.
6. Traditionally, the cake is now given away whole or cut into nine pieces and shared with others. If you're serving the cake at home, you may want to sift a little powdered sugar over the top of the cake before slicing. The cake dries out easily, so if you do cut into it, make sure to wrap any leftovers well in plastic and foil, or store in an airtight container.

Strawberry Cake

Nadine Lambert

Ingredients:

- ⦿ 1 package yellow or white cake mix
- ⦿ 4 eggs
- ⦿ 1- 30z. Package strawberry Jello
- ⦿ 2 Tbsp. flour
- ⦿ ¾ c. oil (Wesson or Mazola)
- ⦿ 1-10oz. Package frozen strawberries OR 1 c. chopped nuts
- ⦿ 1 pint fresh berries with ½ c. sugar

Directions:

1. Mix all ingredients and beat well. Pour into angel food cake pan and bake at 350° for 45 minutes or until done. Serve plain or with whipped cream.

Note: I have also made it using 2 layer cake pans.

Sweet Nut Roll

.....
HTOC 25th Anniversary Cookbook
.....

.....
Ingredients:

- ½ lb. butter, melted
- 5Tbsp. sugar
- 3 eggs
- 5½ c. flour
- ½ tsp. salt
- 2pkg. dry yeast
- ½ c. warm milk
- 1 c. sour cream

.....
Nut filling:

- 1 lb. ground walnuts*
- ½ stick butter, melted
- ¾ c. sugar
- 1 egg
- Milk (enough to make spreadable consistency)

* Poppyseed can be used instead of nuts.

.....
Directions:

1. Dissolve yeast in warm milk and set aside to rise.
2. Sift flour and salt; cut in shortening. Add eggs, and blend together with sour cream, sugar and yeast mixture. Add to flour mixture; blend well until dough comes away from sides of bowl, it should be soft to touch.
3. Roll out dough jelly roll fashion; spread desired filling over dough as stated preceding. Roll jelly roll fashion.
4. Bake at 350° for 30 to 35 minutes.
5. When rolls come out of the oven, moisten the tops with unsalted butter. (To stay moist).

Makes 5 rolls.

Vasilopita ("St Basil Cake")

Elizabeth Theokritoff

History: For many years I have had occasion to bake a large Vasilopita. The priest in my first parish would have 'open house' on St Basil's Day; then the centre where I worked in London in the 1980s was St Basil's House, so we would have a festive Liturgy, blessing of Vasilopita and reception. After some years at Holy Trinity, I asked Fr George if he would be willing to bless a Vasilopita after the Liturgy on 1 January, and he readily agreed; it has been done ever since.

Ingredients:

- 1 ¼ c. milk
- 2 oz fresh yeast or 1 oz dried*
- 2 lb flour (white bread flour or 'whole white wheat', or a mixture)
- ½ tsp cinnamon
- ½ tsp mace
- ¼ ground coriander seed
- ¼ tsp allspice
- ½ tsp salt
- 4-5 pieces of mastic (if available), ground in coffee grinder or pestle and mortar with a little sugar
- 4 large eggs
- 8 oz butter
- 1 ¼ c. sugar
- sesame seed (optional)
- * I usually use sourdough: dissolve 2 Tbsp starter in the warmed milk, add enough of the measured flour to make a sponge and leave overnight. Otherwise, proceed as follows:

Directions:

1. Place yeast in a small bowl and add the milk, warmed to blood heat; stir to dissolve. Add 1-2 Tbsp flour and leave to work.
2. Put flour, salt and spices in large bowl and mix well. Make a well in the flour and add eggs one by one, keeping back ½ an egg white for brushing the top. Melt butter and add, with sugar and yeast-milk mixture. Drawing in the flour little by little, mix and then knead for up to 20 minutes. Add more warm milk or flour if required. Cover and leave to rise at least three hours in a warm room, or overnight.
3. When fully risen, grease or line a large, shallow round or square tin (I use a 10" square cake tin). Knock dough back and knead gently for 5 minutes.

Vasilopita (“St Basil cake”)

Directions, cont.

4. Insert coin. Shape dough into a ball and place in prepared tin. Cover and leave in a very warm place to rise again; this may take several hours.
5. When doubled in size, heat oven to 350° F.
6. Beat egg white with a fork just enough to liquefy, brush the top of the bread with it and sprinkle on some sesame seeds.
7. Bake for about 1 hour, until brown and resilient to the touch. If top is getting too dark, cover loosely with foil or brown paper.
8. Remove from tin and cool on wire rack.

Note:

A cake or rich bread of this name is traditionally blessed in Greece on or about 1 January, the feast of St Basil the Great. The bread is then sliced by the priest or the head of the family: the first piece (usually a circle cut from the middle) is for Christ, then pieces for the Mother of God, St Basil and all those present. A coin is hidden in the bread, and finding it in one's portion is considered a token of special blessing for the coming year. The quantity given makes a large bread, suitable for bringing to church for general distribution.

Viennese Crescent Cookies

.....
Carol Tarassoff

.....
Ingredients:

- 2 c. unsifted flour
- 1 c. butter
- 1 c. chopped nuts, almonds, pecans or hazelnuts
- ½ c. sifted confectioners' sugar
- ¼ tsp. salt
- 1 tsp. vanilla extract

.....
Directions:

1. In a large bowl, combine flour, butter, nuts, ½ c. sugar, salt and extract. With hands, mix until thoroughly blended, shape into balls and refrigerate, covered, for 1 hour.
2. Preheat oven to 375°.
3. Shape cookies into 1 inch balls. With palms roll each ball into a 3 inch long roll. Place rolls, 2 inches apart on an ungreased cookie sheet and curve each to make crescents.
4. Bake 10 to 12 minutes or until set but not brown. Let stand 1 minute then remove from cookie sheet and place on a large sheet of foil and sprinkle with confectioners' sugar; turn gently to coat both sides. Cool and store in an airtight container. Makes 4 dozen.

Walnut Cake

Larisa Bohensky

Ingredients:

- ⦿ 9 eggs, separated
- ⦿ 1 ½ c. sugar
- ⦿ 2 tsp vanilla
- ⦿ ¾ c. sifted cake flour
- ⦿ 2 tsp cinnamon
- ⦿ 1 tsp salt
- ⦿ 2 c. finely chopped walnuts

Directions:

1. Use electric mixer. Place egg whites in mixer bowl and whip on high speed until soft peaks form (about 1 min 45 sec.). Gradually add ¾ c. sugar and continue whipping until very stiff peaks form (about 1 min.).
2. Transfer egg whites into another large bowl. Combine egg yolks, remaining sugar and vanilla in mixer bowl and whip on medium speed until thick and lemon colored. Stop mixer and scrape bowl.
3. Add flour, cinnamon and salt and whip on low speed until mixed (about 30 seconds.). Stop and scrape bowl, and then beat at low speed for 15 seconds longer.
4. Fold batter gently into egg whites with a spatula. Then fold in walnuts. Pour into ungreased 10 inch tube pan.
5. Bake at 350F for 55 to 65 minutes or until done. (I use a wooden skewer to test). Invert pan and cool completely before removing cake.

Note: I serve this cake with whipped cream and chocolate shavings. Yum.