

Cooking Through the Regions



American Recipes from Liberty Lake
Summer 2010, By Miss D - ENJOY!

Week 1 – Northeast

Irish Potatoes

1 cup confectioners' sugar	1 cup shredded coconut
1 ½ Tbsp cream	2 Tbsp ground cinnamon

Spinkle the sugar on the coconut. Add the cream and mix gently.

Take approximately ½ TBSP of dough and roll into balls. Place cinnamon in a plastic bag or bowl and cover ball with cinnamon.

Irish Soda Bread

½ cup white sugar	1 Tbsp caraway seeds
4 cups all-purpose flour	2 eggs, lightly beaten
2 tsp baking powder	1 ¼ cups buttermilk
1 tsp baking soda	1 cup sour cream
¾ tsp salt	3 cups raisins

Preheat oven to 350 degrees F. Grease a 9 in round cake pan.

In mixing bowl, combine flour (reserving 1 Tbsp), sugar, baking powder, baking soda, salt, raisins and caraway seeds. In a small bowl, blend eggs, buttermilk and sour cream. Stir the liquid mixture into the flour mixture just until flour is moistened. Knead dough in bowl about 10 to 12 strokes. Dough will be sticky. Place the dough in the prepared pan and pat down. Cut a 4x3/4 in deep slit in the top of the bread. Dust with reserved flour.

Bake in a preheated oven for 65 to 75 minutes. Let cool and turn bread onto a wire rack.

New England Clam Chowder

4 slices of bacon	½ cup chopped onion
2 cups frozen potatoes	1 Tbsp all-purpose flour
1 cup clam juice (from cans)	1 cup half-and-half
2 cans minced clams	½ cup milk

In a large saucepan over medium high heat fry the bacon until crisp. Dry bacon on paper towel, crumble and set aside. Reserve bacon fat in the pan.

In the same sauce pan with the bacon fat, sauté the onions and potatoes for 3-5 minutes. Sprinkle with flour and stir well to coat.

Pour in the clam juice, bring to a boil. Reduce heat to low and simmer 2 minutes.

Add the half and half and minced clams and season with salt and pepper to taste. Finally, whisk in the milk. Allow to heat through. Add bacon and serve.

Makes 4 servings.

New York Soft Pretzels

1 Tbsp. hot water 1 1/2 tsp. yeast
2/3 cups warm water 2 Tbsp. sugar
2 1/2 cups sifted flour

Extra flour
coarse salt
baking soda

Preheat oven to 475 degrees. In a large bowl, mix the HOT water and yeast, until yeast dissolves. Stir in the warm water and sugar. Slowly add the flour stirring constantly. Continue stirring until dough is smooth and does not stick to the sides of the bowl. Place dough on lightly floured surface. Knead the dough about 20 times. Fill a skillet with 4 cups of water. Add 1 TBSP. of baking soda. Bring to boil. Spray a cookie sheet with non-stick spray. Sprinkle lightly with coarse salt. Pinch off a piece of dough about the size of a golf ball. Roll out into a thin strip about 14 inches long. Shape into a pretzel.

Lower pretzels two at a time into the boiling water. Count slowly to 20 then remove pretzel from water with a slotted spatula to drain away excess water.

Place pretzels on cookie sheet. Repeat until all the dough has been used. Sprinkle more coarse salt on top of the pretzels and put in the oven. Bake for 8 minutes or until the pretzels are golden.

Macaroni and Cheese

8 ounces uncooked elbow macaroni
2 cups shredded sharp Cheddar cheese
1/2 cup grated Parmesan cheese
3 cups milk 1/4 cup butter
2 Tbsp. margarine 1/2 cup bread crumbs
2 1/2 Tbsp. flour 1 pinch paprika

Cook macaroni according to the package directions. Drain.

In a saucepan, melt margarine over medium heat. Stir in enough flour to make a roux. Add milk to roux slowly, stirring constantly. Stir in cheeses, and cook over low heat until cheese is melted and the sauce is a little thick. Put macaroni in large casserole dish, and pour sauce over macaroni. Stir well.

Melt margarine in a skillet over medium heat. Add breadcrumbs and brown. Spread over the macaroni and cheese to cover. Sprinkle with a little paprika. Bake at 350 degrees F (175 degrees C) for 30 minutes. Serve.

Week 2 – Northwest

Oatmeal Cookies

1 cup whole wheat flour	¼ cup water
½ tsp salt	1 egg
½ tsp baking soda	1 tsp vanilla extract
¾ cup margarine, softened	3 cups rolled oats
1 ½ cups brown sugar	

Preheat oven to 350 degrees. Grease cookie sheets. Stir together the flour, salt and baking soda, set aside.

In a medium bowl, cream together the butter and brown sugar until light and fluffy. Stir in the egg, water and vanilla. Mix in the flour mixture, then stir in the oats. Drop by teaspoonfuls onto the cookie sheet. Cookies should be about 2 inches apart.

Bake for 12 to 15 minutes in the preheated oven. Remove from cookie sheet to cool on wire racks. Serves 60

Coffee Cake

½ cup margarine, softened	1 tsp baking powder
1 cup sugar	¼ tsp salt
2 eggs	TOPPING
1 cup sour cream	¼ cup sugar
1 tsp. vanilla extract	1/3 cup packed brown sugar
2 cups all-purpose flour	2 tsp ground cinnamon
1 tsp baking soda	

In mixing bowl, cream butter and sugar. Add eggs, sour cream and vanilla; mix well. Combine flour, baking powder, baking soda and salt; add to creamed mixture and beat until combined. Pour half the batter into a greased 13 x 9 in pan. Combine topping ingredients; sprinkle half of topping over batter. Add remaining batter and topping. Bake at 325 degrees for 40 minutes until done.

Apple Sauce Muffins

4 cups flour	2 cups sugar
1 Tbsp ground cinnamon	2 eggs
1 Tbsp ground allspice	2 cups applesauce
2 tsp baking soda	2 Tbsp vanilla extract
1 cup margarine, softened	1 cup raisins

In a bowl, combine flour, cinnamon, allspice and baking soda; set aside. In a mixing bowl, cream butter and sugar. Beat in eggs, applesauce and vanilla; stir into dry ingredients just until moistened. Fold in raisins. Fill greased or paper-lined muffin cups $\frac{3}{4}$ full. Bake at 350 degrees for 20-25 minutes or until muffins test done. Cool in pan 10 minutes, remove to wire rack.

Hash Brown Potato Casserole

1 (32 oz) pkg frozen hash brown potatoes, thawed
½ cup chopped onion
½ cup margarine, softened
2 cups shredded Cheddar cheese
½ tsp black pepper
1 tsp salt
1 (10.75 oz) cans Condensed Cream of Potato Soup

Preheat oven to 350 degrees. Spray one 9x13 in pan with non-stick cooking spray.

In a large bowl, combine the potatoes, butter, salt, pepper, onions, soup and cheese.. Pour into greased baking dish. Gently mix and pour into prepared pan. Bake uncovered for 35 minutes.

Week 3 – Mid-Atlantic

Zucchini Bread

3 cups flour	3 eggs
1 tsp salt	1 cup vegetable oil
1 tsp baking soda	2 ¼ cups white sugar
1 tsp baking powder	3 tsp vanilla extract
3 tsp ground cinnamon	2 cups grated zucchini
1 cup walnuts (optional)	

Preheat oven to 325 degrees. Grease and flour two 8x4 inch pans.

Sift flour, baking powder, baking soda, and cinnamon together in a bowl.

Beat eggs, oil, vanilla, and sugar together in a large bowl. Add sifted ingredients to the creamed mixture, and beat well. Stir in zucchini and nuts until well combined. Pour batter into prepared pans.

Bake for 40 to 60 minutes or until tested inserted in the center comes out clean. Cool in the pan on a rack for 20 minutes. Remove bread from pan, and completely cool.

Cherry Noodle Kugel

1 pkg medium-size egg noodles	1 (3 oz) pkg cream cheese
2 eggs, well-beaten	2 Tbsp sugar
½ tsp salt	½ pint sour cream
½ cup cottage cheese	2 Tbs butter, melted
1 (12 oz) can cherry pie filling	

Preheat oven to 375 degrees.

Cook noodles according to directions on pkg and drain.

In a large bowl, cream the cream cheese and eggs, sugar and salt.

Stir in sour cream and cottage cheese. Add the noodles and butter, blending well. Place in a 2 quart baking dish.

Bake 35 to 45 minutes or until brown and crisp. Top with Cherry Pie Filling

Bruschetta

1 French baguette, cut into ½ inch thick circles
8 plum tomatoes, diced
1 cup chopped fresh basil
1 tsp. oregano or Italian seasoning
½ red onion, minced
Freshly ground pepper to taste
¼ tsp salt
3 gloves garlic

Preheat oven to 400 degrees.

Combine tomato, basil, red onion and garlic in small mixing bowl; stir well. Season with freshly ground black pepper and salt. Set aside.

Arrange bread on a baking sheet. Place in oven, and bake until well toasted, approximately 5 minutes.

Remove bread from oven and transfer to a large serving platter. Let bread cool 3 to 5 minutes. Spoon the tomato mixture each slice and serve.

Cheesecake Cupcakes

3 (8 oz) pkgs cream cheese	8 oz sour cream
1 cup white sugar	1 cup white sugar
5 eggs	1 tsp. vanilla extract
1 tsp. vanilla extract	

Preheat oven to 350 degrees. Line cupcake pans with paper cupcake liners.

In a medium bowl, cream together the cream cheese and 1 cup of sugar. Stir in the eggs one at a time, then mix in the vanilla. Spoon into cupcake pans to fill about 2/3 to ¾ full.

Bake for 30 minutes in the preheated oven, until golden brown. Remove from the oven and cool for 5 to 10 minutes.

To make the sour cream topping, whisk together the sour cream, 1 cup sugar and vanilla until smooth. Spoon into the well on the top of each cupcake. Return to the oven and bake for an additional 5 to 7 minutes, until set. Set cupcake pans on racks to cool, do not remove cupcakes from the pan until they are completely cool. For the finishing touch, you can add a dollop of your favorite pie filling on top.

Crab Dip

2 (7 oz) cans crab meat	1 (8 oz) pkg cream cheese
1 cup mayonnaise	½ cup sour cream
½ tsp Old Bay seasoning	1 Tbsp Worcestershire Sauce
1/3 tsp Tabasco sauce	dash of Cayenne pepper
Salt to taste	3 tsp chopped garlic

Softened cream cheese and combine with mayonnaise, sour cream, Tabasco, Worcestershire, Cayenne, salt, garlic and Old Bay seasoning.

Stir in crab meat. Taste and adjust seasoning.

Make a few hours ahead and refrigerate.

Serve with potato chips, crackers, tortillas, pita chips, etc.

Blueberry Crumble

¼ cup sugar per 1 cup fruit	
1 cup flour	1 stick margarine
1 cup oatmeal	1 tsp. cinnamon

Mix fruit and sugar and layer on bottom of a glass pan. Combine margarine, flour, oatmeal and cinnamon in a bowl until dry crumbles form. Sprinkle over fruit layer. Bake on 375 degrees for 30 minutes or until crumbles are golden.

Week 4 – Central

Ebony Cake

2 cups sugar	2 eggs
2 cups flour	¾ cup vegetable oil
¾ cup cocoa	½ cup milk
2 tsp baking powder	2 tsp vanilla
2 tsp baking soda	1 cup hot coffee

Preheat oven to 350 degrees. Mix together dry ingredients in a large mixing bowl. Add eggs, oil and vanilla and milk; mix well. Gradually add coffee, mixing well. Pour batter into greased 9 x 13 baking pan. Bake 30-35 minutes or until a toothpick inserted into the middle comes out clean.

Quiche

8 slices bacon, crisply cooked, crumbled (1/2 cup)
1 cup shredded cheddar cheese
1/3 cup finely chopped onions
4 lg. Eggs
¼ tsp salt
2 cups whipping cream or half-and-half
¼ tsp ground pepper
1/8 tsp cayenne pepper
1 prepared pie shell

Heat oven to 425 degrees. Cover edges of prepared pie shell with foil. Bake shell 10 minutes. Carefully remove foil and back 2 to 4 minutes longer or until pastry just begins to brown.

Reduce oven temperature to 325 degrees. Sprinkle bacon, cheese and onion in pie crust. In a medium bowl, beat eggs slightly; beat remaining ingredients. Pour into quiche dish.

Bake 45 to 50 minutes or until knife inserted in center comes out clean. Let stand 10 minutes before serving.

Chicago Dogs (makes 1 serving)

1 hot dog	1 hot dog bun
Tomato wedges	Onion, chopped
Yellow mustard	Pickle spear, dill
Celery salt	Neon green relish

Boil or steam hot dog. Steam hot dog bun.

Place hot dog in bun, place 1 line of mustard on hot dog. Lay pickle spear on hot dog. Add tomato wedges, onions, and relish. Sprinkle celery salt on top. Enjoy.

Muffin Pizza (makes 1 serving)

1 English muffin, split	Pepperoni
2-3 Tbsp. pizza/spaghetti sauce	Green Pepper, sliced
2-3 Tbsp. shredded mozzarella cheese	Onion, sliced
Sprinkle of Italian seasoning or oregano	Mushrooms, sliced
Any toppings as desired.	

Lay muffin on baking sheet. Spoon and spread sauce on each muffin. Sprinkle and spread cheese on top of sauce. Add seasoning. Add any additional toppings. Place baking sheet in preheated 325 degree oven until cheese has melted and begins to brown.

Ice Cream (makes 1 serving)

½ cup whole milk	6 Tbsp salt
1 Tbsp sugar	Ice
¼ tsp vanilla	
1 pint and 1 gallon sized zipper-top bag	

Place milk, sugar, and vanilla in a pint-sized zipper-top bag and seal.

Fill gallon-sized zipper-top bag most of the way with ice and salt. Push small bag into the ice and seal. Shake for about 5 minutes or until mixture begins to thicken. Remove ice cream from small bag and enjoy.

Corn Pudding

1 can cream corn 1 can whole kernel corn
2 eggs 8 oz. sour cream
1 Tbsp. sugar 1 box Jiffy corn muffin mix

Mix corn, eggs, sour cream and sugar well. Add corn muffin mix. Bake for 30 minutes at 350 degrees.

Chili

2 lb ground beef (or turkey) 2 (15 oz) can kidney beans
1 onion, finely diced 2 Tbsp chili powder
3 cloves garlic, minced 1 Tbsp ground cumin
2 (14.5 oz) diced tomatoes 2 Tbsp sugar
1 (8oz) can tomato sauce 1 Tbsp salt
1 cup water 1 tsp black pepper

In a large pot, lightly brown ground beef and drain.

Add onion and garlic and cook until onion is translucent.

Add tomatoes, tomato sauce, water kidney beans, chili powder, cumin, sugar, salt and pepper. Simmer for 30 minutes and then serve.

Week 6 – Midwest

Apple Banana Cupcakes

2 cups flour	1 ¼ cups sugar
1 tsp baking soda	2 eggs
1 tsp salt	1 tsp vanilla extract
½ tsp ground cinnamon	1/3 cup buttermilk
½ tsp ground nutmeg	1 cup ripe bananas, mashed
2/3 cup shortening	2 apples – peeled, cored and shredded

Preheat oven to 375 degrees. Grease and flour 24 muffin cups or use paper liners. Sift together the flour, baking soda, salt, cinnamon, and nutmeg. Set aside.

In a large bowl, cream together the shortening and sugar until light and fluffy. Beat in the eggs, one at a time, then stir in vanilla and buttermilk. Beat in the flour mixture, mixing just until incorporated. Fold in the mashed bananas and shredded apples. Fill each muffin cup half full.

Bake in the preheated oven for 20 to 25 minutes, or until a toothpick inserted into the center comes out clean. Allow to cool.

Granola Bars

8 oz oatmeal	3 oz wheat germ
6 oz honey (1/2 cup)	1 ¾ oz dark brown sugar (1/4 cup)
4 oz cocoa pebbles	2 tsp vanilla extract
½ tsp salt	1 oz unsalted butter
3 oz raisins	3 oz raisins

Butter a 9x9' baking dish and set aside. Preheat oven to 350 degrees.

Spread the oats, cocoa pebbles (or fruity pebbles or rice krispies), wheat germ onto a cookie sheet. Place in oven and toast for 15 minutes, stirring occasionally.

In the meantime, combine the honey, brown sugar, butter, extract and salt in a medium saucepan and place over medium heat. Cook until the sugar has dissolved.

Once the oat mixture is done, remove it from the oven and reduce the heat to 300 degrees. Immediately add the raisins and raisins and stir to combine. Turn the mixture out into the prepared baking dish and press down, evenly distributing the mixture in the dish and place in the oven to bake for 25 minutes. Remove from the oven and allow to cool completely. Cut into squares and store in an airtight container for up to a week.

Cheese Biscuits

2 ½ cups Bisquick baking mix	¾ cup cold whole milk
4 Tbsp cold butter (1/2 stick)	¼ tsp garlic powder
1 heaping cup grated cheddar cheese	
Brush on top:	
¼ tsp dried parsley flakes	½ tsp garlic powder
Pinch of salt	2 Tbsp butter, melted

Preheat oven to 400 degrees. Combine Bisquick with cold butter in a medium bowl using a pastry cutter or large fork. You don't want to mix too thoroughly. There should be small chunks of butter in the mix about the size of peas. Add cheddar cheese, mil and 1/4 tsp garlic powder. Mix by hand until combined, but don't overmix.

Drop approximately 1/3 cup portions of the dough onto an ungreased cookie sheet using an ice cream scoop.

Bake for 15 to 17 minutes or until the tops of the biscuits begin to turn light brown. When you take the biscuits out of the oven, melt 1 tbsp butter in a small bowl in the microwave. Stir in ½ tsp garlic powder and the dried parsley flakes. Use a brush to spread the butter mixture over the top of the biscuits. Makes about 1 doz.

Potato Pancakes

2 cups grated raw potato	2 Tbsp milk
1 egg well beaten	5 Tbsp flour
½ tsp salt	¼ tsp baking powder
¼ onion, chopped finely	

Mix all ingredients and still well. Heat ¼ inch cooking oil in an iron skillet or non stick pan. Once oil is heated, drop mixture by Tablespoon full into heated oil. Cook until golden brown on bottom then flip and cook other side until golden brown. Drain on paper towel. Season with salt. Serve with apple sauce or sour cream.

Chex Mix

3 cups corn Chex cereal	3 cups rice Chex cereal
3 cups wheat Chex cereal	1 cup bite-size pretzels
6 Tbsp margarine	2 Tbsp Worcestershire sauce
1 ½ tsp seasoned salt	¾ tsp garlic powder
½ tsp onion powder	

Heat oven to 250 degrees. In a large bowl, mix cereals and pretzels; set aside. In an ungreased large pan, melt butter in oven. Stir in seasonings. Gradually stir in cereal mixture until evenly coated. Bake 1 hour, stirring every 15 minutes. Spread on paper towels to cool, about 15 minutes. Store in airtight container.

Week 7 – Southeast

Hush Puppies

6 cups cooking oil	1 ½ cups self-rising corn meal
½ cup flour	1 egg, lightly beaten
½ tsp baking soda	½ tsp salt
1 small onion, chopped	1 cup buttermilk

Using a deep pot, preheat oil for frying 350 degrees.

Using a mixing bowl, stir together the cornmeal, flour, baking soda, and salt. Sit in the onion. IN a small bowl, stir together the buttermilk and egg. Pour the buttermilk mixture into the dry ingredients and mix until blended. Drop the batter, 1 tsp at a time, into the oil. Dip the spoon in a glass of water after each hushpuppy is dropped in the oil. Fry until golden brown, turning the hushpuppies during the cooking process.

Pulled Pork

1 3-4 lb pork shoulder/butt – season and slow cook in oven or smoker as preferred. Let cool. Use a fork to pull apart the meat.

Sauce:

½ cup Ketchup	½ tsp Mustard powder
¾ cup Vinegar	¼ cup Worcestershire sauce
1 clove garlic, chopped	¼ cup chili sauce
2 Tbsp onion, finely chopped	1 Tbsp lemon juice
5 Tbsp brown sugar	Dash ground red pepper to taste

In a medium to large sauce pan, combine liquid ingredients for BBQ sauce, add dry ingredients and stir well. Heat thoroughly.

Remove any large pieces of fat from port shoulder/butt. Using 2 forks, pull pork meat apart. Use a knife to chop any remaining portions of meat. Put pork into the BBQ sauce and allow to simmer ½ hour to let flavors infuse. Serve on roll of choice with cole slaw and hush puppies,

Cole Slaw

1 head of green cabbage	¼ head red cabbage
3 shredded carrots	¼ tsp celery seed
½ sm. onion, finely chopped	¼ cup vinegar
½ cup sugar	2 cups mayonnaise
¼ tsp salt	

Shred or chop green and red cabbage, mix with carrots. In a separate bowl, whisk together mayonnaise, sugar, celery seed, salt, vinegar, and onions. Adjust to taste. Pour dressing over cabbage and mix well. Allow to rest in refrigerator for 1 hr or more before serving.

Peach Cobbler

1 stick butter, melted	1 cup plus 3 Tbsp sugar, divided
1 cup flour	2 Tsp baking powder
¼ tsp salt	1 cup milk
1 tsp vanilla extract	3 to 4 ripe peaches, peeled, pitted, sliced
½ tsp cinnamon	

Heat oven to 375 degrees. Pour melted butter into a 2 qt. baking dish (11x7). In a mixing bowl, combine 1 cup of the sugar, the flour, baking powder, and salt; stir to blend. Stir in the milk and vanilla until blended. Pour the batter over the melted butter. Toss the peaches with the remaining 3 Tbsp of sugar and ½ tsp of cinnamon. Arrange the peach slices over the batter. Bake for 25 to 30 minutes or until a toothpick inserted into the cake comes out clean. The top will be browned the cake will begin to pull away from the sides of the pan. Serve warm with a little heavy cream, whipped topping or a scoop of vanilla ice cream.

Lemon Squares

Crust:

½ cup butter, softened	¼ cup sugar
1 cup all-purpose flour	

Filling:

¾ cup sugar	2 eggs
3 Tbsp lemon juice	2 Tbsp flour
1/3 tsp baking powder	

Confectioner's sugar

Heat oven to 350 degrees. In a small bowl, cream butter and sugar until light and fluffy; gradually beat in flour until blended. Press into an ungreased 8 in square dish. Bake at 350 for 15-20 minutes or until edges are lightly browned.

For filling, in a small bowl, beat the sugar, eggs, lemon juice, flour and baking powder until frothy. Pour over crust. Bake for 10-15 minutes or until set and lightly browned. Cool on wire rack. Sprinkle with confectioners' sugar. Cut into squares.