

Kent County Cultural Insight Council Presents

A Taste of Diversity



OFFICE OF THE ADMINISTRATOR

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Greetings,

I am pleased to provide an introduction to “A Taste of Diversity.” This book has been created by those individuals sharing their favorite recipes, and is published under the auspices of the Kent County Cultural Insight Council (CIC). As you know, the CIC has been in existence for about seven years, and has been a vital part of our organization. This is one more example of its ability to create an effective, and fun, avenue for everyone to participate.

I would like to express my appreciation to the members of the CIC for nurturing this idea, and to everyone who has been willing to share their culinary skills and delights. The recipes may be the result of “trial and error,” or they may be “tried and tested,” having been passed along from generation to generation. Regardless, they reflect the many tastes and cultures that are part of not only the County known as Kent, but also the organization known as Kent County. This recipe book also provides each of us an opportunity to learn something a little bit more about our co-workers and friends.

As someone who loves to eat, I appreciate—and would like to acknowledge—everyone who has contributed to this great effort. I look forward to honing my cooking skills by referencing the recipes often and hope that you will do, as well.

Bon Appetit!

Daryl Delabbio
County Administrator/Controller

Forward



Kent County Cultural Insight Council

In 2000, County Administrator, Daryl Delabbio, led the way for all County employees to embrace a culture where employees understand, value and sustain diversity and inclusion. To meet this goal, the Cultural Insight Council (CIC) was formed in January 2001 comprised of employees from various departments and levels; bargaining units and management. Every member of the CIC went through intense diversity training to equip him or her with additional knowledge and skills. Subcommittees were formed to create a mission and vision, generate ideas, discuss expectations, share values and to make plans on how they could spread the word that “we” value diversity and inclusion.

At its onset, the CIC created its:

Mission statement: “To act as a catalyst to foster a culture which recognizes, accepts, and values the individual differences of its employees, and is responsive to the changing need of our diverse community.”

Vision statement: “To have a culture where employees understand, value and sustain diversity and inclusion.”

Tag Line: “Kent County...where diversity and inclusion matter.”

Some of the notable county-wide activities and initiatives undertaken by the CIC that demonstrate the County’s progressiveness and commitment to diversity and inclusion are:

1. Logo: CIC developed a logo symbolizing Kent County’s commitment to diversity. The logo is used on letterheads, as a lapel pin, on promotional materials, stationery, our webpage and in a poster to help spread the message of diversity and inclusion.
2. Diversity Trainings include: Mandatory Cultural Awareness training has been incorporated as a component of orientation for all new, transferred and promoted employees. Learning Ensures Achievement Program (LEAP) includes sessions on “Building Bridges to Understanding”, “Civility”, and “Life Would Be Easier If Everyone Were Like Me”.

3. Brown Bag Luncheon events serve as a venue where all Kent County employees have the opportunity to develop an awareness and understanding of diversity & inclusion topics relevant to our workplace and/or community.
4. Cultural Awareness Book Club events where employees can increase their understanding of cultural diversity and inclusion by reading cultural awareness based books.
5. Development of pre-employment interview questions focusing on diversity
6. Sponsored a Diversity Youth Poster Contest
7. Diversity Climate Survey
8. Invisible Barriers Study & Recommendations
9. Community Outreach Presentations
10. Grand Rapids Chamber of Commerce nominee for 2007 Diversity Visionary Award

If you are interested in learning more about the CIC please contact the Human Resources Department at 616-632-7440.

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Recipe Book Committee

Helen Gutierrez

Rebecca Ramirez-Barnes

Paula Broach

Kathleen VanderWeert

Darius Quinn

Nicole Joyce (not pictured)

Cooperative Extension – Kent/MSU

Circuit Court – Family Division

Formerly of Human Resources

Circuit Court – Family Division

Human Resources

Human Resources



Enjoy the Recipes

SOUPS, SALADS & SIDES



ABONDIGAS (Mashed Potato Patties)

“This recipe is great for breakfast!”

Submitted by: Lupe Martinez/Court Clerk’s Office

INGREDIENTS: (Makes 2 or more patties)

1 – egg
cold mashed potatoes
cooking oil
salt & pepper to taste

PREPARATION: Because you have to use your hands for this recipe, you can purchase plastic food gloves at your supermarket if you prefer, rather than handling the patties.

Mix one egg in bowl and add salt and pepper. Handle cold mashed potatoes and by hand form into ½ inch thick round patties about the size of your hand. Don’t flatten too much. Carefully put one patty into egg mixture, making sure you completely cover all of the potato. Lift out of bowl with spatula or use a deep spoon and cautiously put into pan with cooking oil over medium heat. Cook until egg surrounding the patty is almost done, then turn the patty over. (This is the tricky part!) Patty is done when the egg is done on the outside, but will still be soft in the inside. Take out of pan and put onto dish. Add more cooking oil for second patty and repeat above instructions. Enjoy!

BAKED MACARONI & CHEESE

“Baked Macaroni and Cheese differs from conventional boxed mac & cheese as it requires several flavors blended together with key ingredients to achieve its depths. Historically, baked macaroni & cheese has been a staple in African American homes, not only for holidays, but for any special occasion. My family members are die hard mac & cheese fans and no one could perfect a recipe that they all agreed on. Several years ago I played around with several different recipes to develop the following. It has been a hit and is requested at every family function.”

Submitted by: Kwyania Smith/Friend of the Court

INGREDIENTS: 16 – oz. elbow macaroni
8 – oz. chunk medium sharp cheddar cheese (shredded)
4 – oz. mild cheddar cheese (shredded)
1 – can Campbell’s Cheddar Cheese Soup
1 – stick of butter
1 ½ – tsp salt
1 – tsp pepper
¾ – cup milk
1 – Tbsp white vinegar

PREPARATION: The trick to this dish is to add the ingredients in the correct order and do not substitute or improvise.

Preheat oven to 350 degrees. Boil noodles until soft (approx. 12 minutes). While noodles are boiling, shred medium sharp cheddar into large bowl. Once noodles are done, drain well and place in well-buttered 9x13 pan. Add salt, pepper and butter. Mix until butter is melted. Add shredded medium cheese, then shredded mild cheese. Once this is all combined, add entire can of cheese soup and mix well. Add vinegar to milk, stir and then pour over macaroni. Bake, covered for 30 minutes, then stir, re-cover and bake for another 20 minutes. Remove cover and bake for another 5 minutes.

ENSALADA DE NOPALES

“Nopales are the edible parts of a cactus that are abundant in the Southwestern United States and in Mexico. This is an ingredient used in several Mexican dishes and can be prepared hot or cold. The recipe I am sharing is one that comes from one of my Aunts from California and it is served cold. This can be served with any main course and is a fresh side dish for a hot summer day. Enjoy!”

Submitted by: Rebecca Ramirez-Barnes/Circuit Court-Family
Division

INGREDIENTS:

- 1 – jar of Nopales drained and diced (found in your international foods aisle.)
- 1 – medium onion, diced
- 2 – medium tomatoes, diced
- 2 – oz. of Queso Fresco (found in a Latin food store or you may substitute with feta cheese, crumbled.)
- 3 – Tbsp of fresh cilantro, chopped
- juice of 1 large lime
- salt and pepper to taste

PREPARATION: Toss all ingredients together and add salt and pepper to taste. Serve chilled.

FRIED CORN

“When I was growing up in a campo (farm) in Niles, Michigan, my father had a big garden filled with fresh produce such as corn, radishes, pinto beans, tomatoes, to name a few. We also had fresh brown eggs from the chickens that my sisters and brothers had to help raise. I guess you could say having natural foods like that would be called “organic” by today’s standards. My parents weren’t rich and there were, at one time, over 11 of us kids at home that my parents had to feed. My father prided himself in making tamales out of chickens that we raised and would sell them to town folk for extra money. My mother would make tamales for the rest of us kids, but she also had to come up with some simple dinner ideas for us to eat while my dad was working long hours on the farm. Of course, no matter what we had to eat, it came along with homemade flour tortillas, rice and beans. It’s part of our heritage and I can’t imagine not having at least one of those dishes to eat even today!

Things changed and my father has since passed away and my mother is living in a nursing home. It’s time to continue on with the legacy of sharing what they taught me and I’m glad to share it with you. These recipes might not be exactly the way my mother made them nor even taste as good as hers, but she has told me that she really enjoyed them and that’s good enough for me. Even when I make tamales I can feel my father’s presence in the kitchen. It’s a good feeling knowing he’s there in spirit.”

Submitted by: Lupe Martinez/Court Clerk’s Office

INGREDIENTS: 1-4 – ears of corn
salt to taste
2-3 – Tbsp cooking oil
1-2 – Tbsp water

(Continued on next page)

PREPARATION: Take off all the leaves of each ear of corn. Hold corn with one hand vertically on a cutting board with the larger end on top and the tip of the corn on the bottom. With the other hand, carefully cut the corn kernels from the cob with a sharp knife. Start from the top of the corn then cut downward so kernels fall onto the cutting board. Repeat this procedure with each ear of corn.

Put cooking oil in skillet, using medium to high heat. Put corn in and fry for 1 minute, then put in about a tablespoon of water. Add salt. Cover pan for about 5 minutes. If corn starts to stick to pan, put in another tablespoon of water and a little bit more oil. This should help fry the corn better without burning it. Continue to cook for another 15 to 20 minutes. Corn should be tender and not hard when done. Serve hot.

Makes 1 - 4 servings

FRIED SAUERKRAUT

“I would like to submit my family’s Fried Sauerkraut Recipe. My dad says that it comes from my Mother’s Polish/Czechoslovakian side of the family. It is on the sweet side, but always a bit wherever we take it.”

Submitted by: Unknown

INGREDIENTS: 2 – lbs. sauerkraut (drain)
1 – can mushrooms (optional)
1 – lb. Polish sausage
1 ½ – cups brown sugar
1 – onion, chopped
4 – bay leaves
1 – shake of garlic powder
1 – shake of pepper

PREPARATION: Place sauerkraut in fry pan and fill up with water. On top, add mushrooms, polish sausage, brown sugar, onion, bay leaves, garlic powder and pepper. Allow to boil down, continuing to stir. The dish will turn into a caramelized brown. When water runs out, the dish is done. You can toss it around a bit once the water runs out.

KAPUSTA

“This was a recipe used by my Ukrainian grandmother for the holidays. Unfortunately for us grandkids, Grandma didn’t use measuring utensils. Everything was, “You know, AnnMarie, a handful of this or a few of that!” Over the years, we’ve been able to put standard measurements to Grandma’s “handfuls”!

Submitted by: AnnMarie Smith/Sheriff Department

INGREDIENTS: 3 – jars of sauerkraut (32 oz. each), rinsed and drained
1 – lb. bacon, fried crisp (save grease)
2 – small onions, chopped
2-4 – bay leaves
1 – small apple, sliced (optional)

PREPARATION: Fry bacon until crisp, retaining the grease in a cup. Fry 1 jar of sauerkraut in some of the bacon grease. Add some of the chopped onion and bacon (crumbled). When sauerkraut starts to brown, transfer to roaster pan. Layer with a bay leaf or two. If adding apple slices, layer a couple on the sauerkraut. Repeat until all sauerkraut has been browned and layered in roaster. Bake at 300 degrees for 1 hour. Remove bay leaves and apple slices before serving.

KLUSKI (Homemade Potato Dumplings)

“The following soup and potato dumpling recipes have been passed down through several generations in my family. I remember that whenever my Grandma Zywicki was making “Kvas” and “Kluski”, she would often make extra for my mom to bring home to us. It was a really special treat. Now my mom makes the soup and gives the extra batch to whichever adult child is lucky enough to be in the vicinity at the time. It tastes great fresh, and also freezes well.”

Submitted by: Michelle Johnson/Health Department

INGREDIENTS: 2 – large potatoes
2 – eggs
½ – tsp salt
1 – cup flour

PREPARATION: Peel and finely grate two large potatoes. Rinse grated potatoes in a colander, drain well. Place grated potatoes in a medium sized bowl. Add two eggs and ½ teaspoon salt. Slowly add flour, mixing in just enough to hold the dough together. Drop small spoonfuls of the dough in rapidly boiling water. Boil for 10-15 minutes. The kluski (dumplings) should bob to the top of the water. Drain in a colander and rinse with cold water.

Serve on the side or add to bowlfuls of Kvas (recipe on next page).

For extra flavor, kluski can be sautéed in a small amount of butter, or with a few chopped pieces of bacon.

Makes 2 – 4 Servings

KVAS (Sweet & Sour Polish Soup)

Submitted by: Michelle Johnson/Health Department

INGREDIENTS:

- 1 – small ham shank (with bone)
- 1 – tsp salt
- ½ – tsp pepper
- 3-4 – cloves allspice
- ½ – lb. pitted prunes
- ½ – lb. raisins
- 1 – cup white vinegar
- 3 – Tbsp flour
- 1 – cup water

PREPARATION: Bake the ham shank (with bone) in the oven. The soup will taste better if the ham has been baked first. Leaving a moderate amount of meat on the bone, place the ham shank in a large soup pot. Cover with water, add salt and pepper and bring to boil. Skim off the fat. Put the cloves of allspice in a spice ball and add to the water. Bring to a boil again; cook until the meat is tender. Add pitted prunes, raisins and vinegar. Continue cooking until the meat falls off the bone. Remove the bone and spice ball. Thicken soup with 3 tablespoon flour mixed thoroughly with 1 cup of water.

(Continued on next page)

Boiled macaroni or homemade potato dumplings* can be added to each serving of soup.

* Potato dumpling recipe is included on previous recipe.

Makes 8-12 Servings

MEXICAN RICE

“This recipe is what some people refer to as Spanish rice, but I prefer to call it Mexican rice only because I’m of Mexican descent.”

Submitted by: Lupe Martinez/Court Clerk’s Office

INGREDIENTS:

- 1 – cup white cooking rice
- 1 – Tbsp cooking oil
- 1 – 14.4 oz. can tomato slices or pieces
- 1 – 8 oz. can tomato sauce
- ½ to 1 – cup water
- 1-2 – Tbsp Mexene chili seasoning or any brand of chili powder
- 1 – Tbsp salt
- ⅓ – tsp ground cumin (comino)
- ⅓ – cup chicken broth or one chicken bullion cubes
- 1 – small green pepper

PREPARATION: Using a medium size skillet, brown the rice in cooking oil stirring constantly on high/medium heat setting until rice is light brown but not burnt. Lower heat to medium / low temperature and slowly add ½ can of the tomato slices or pieces while stirring with the rice. Add 1 cup of water and stir in ½ can of tomato sauce. Add the Mexene chili seasoning or other chili powder, salt, cumin, chicken broth or bullion cube and stir. Note: Some chili powders come in mild, medium or hot. If you are trying this recipe for the first time and are not sure if it will be spicy, I would suggest buying a mild chili powder.

Cover and cook the rice for 10 to 15 minutes.

(Continued on next page)

Steam will evaporate the water so the rice must be kept moist and not dry or it will burn. Add another ½ cup of water and cook for another 10 to 15 minutes, stirring the rice while checking the water level. If the water gets too bubbly, lower temperature to low heat and check in 5 minutes.

Cut up the green pepper lengthwise and arrange in a circle on top of rice at the last 5 minutes before it's done. Rice is done when it's soft to touch and to the taste with a moistness to it. Turn off heat and let stand for a couple of minutes. Serve with fresh pinto beans, your favorite side dish of chicken, homemade or store bought tortillas.

You can also add strips of cooked chicken to the rice instead of the broth or bullion cube. Arrange them nicely on top of the rice the last 10 or 5 minutes when rice is almost done to give it flavor.

Makes 4 servings.

PAPAS CON CALDO OR TOMATE

(Potato Soup)

“This recipe can be served as a snack. My mother would prepare lonches (lunches) the morning before we went out to the fields. She would warm up the left over papas and put them in a flour tortilla. This dish is also excellent with refried beans.”

Submitted by: Lupe Martinez/Court Clerk’s Office

INGREDIENTS:

- 1 ½ – large Michigan potato or 2-3 medium size potatoes
- 1-3 – Tbsp cooking oil
- 1 – 14.4 oz. can tomato pieces
- 1 – 8 oz. can tomato sauce
- 2-3 – Tbsp chili powder
- 1 – Tbsp salt or adjust to your preference
- 1 – Tbsp flour
- 1 – cup water
- sprinkle of black pepper (optional)

PREPARATION: Peel and cut potatoes as if you were going to cook French fries but not too thin. In medium size skillet, cook the potatoes in oil over medium to high heat, stirring constantly so as not to over fry. After 5 minutes reduce heat and add flour and about 3 tablespoons of tomato sauce and enough water to make a paste. Add ½ can of tomato pieces, ½ can of tomato sauce, chili powder, salt and rest of water and stir. Cover and cook for about 25 to 30 minutes but, occasionally check water level. When done, this dish should be a creamy “tomatoey” consistency. The potatoes should be semi-soft when done. I like to add some black pepper with this recipe if the chili powder isn’t as spicy as I want it to be. It gives it a little more zest. For variety, you can fry fresh green beans with the potatoes in the beginning of this recipe and / or you could add some cut up beef for even more flavor.

Makes 4 Servings

YAM PONE

“This is a delicious and easy recipe. It goes well with almost any meat and is a pleasant change from regular potatoes. For those who don’t eat butter, try margarine as a substitute. I love it with ham, turkey and other pork dishes.”

Submitted by: Tom Carnegie/Human Resources (Retired)

INGREDIENTS: 4 – large yams
1/2 – cup margarine
2 – well beaten eggs
1/3 – cup sugar
2 – tsp baking powder
1 – tsp salt

PREPARATION: Peel yams and boil until tender. Mash and add the remaining ingredients. Beat well and put in buttered casserole bowl. Dot with butter and bake uncovered until brown, about 1/2 hour. Bake at 300 degrees.

YOGURT SALAD

Submitted by: Raji Sankarathil Daniel/Fiscal Services

INGREDIENTS: 1 – cup plain yogurt
1 – small red onion
1 – ripe tomato (chopped)
1 – cucumber (chopped – optional)
salt to taste
mint leaf to taste (optional)

PREPARATION: Gently mix all ingredients in a bowl. Serve with Indian Beef Cutlets*.

* Indian Beef Cutlets recipe can be found on pages 32 and 33.



MEATS & MAIN DISHES



BAKED COCONUT SHRIMP / TILAPIA

Submitted by: Judge Kathleen Feeny/Circuit Court Family Division

INGREDIENTS: 1 ½ – lb. shrimp – extra large, defrosted (if frozen), shelled and deveined, rinsed and patted dry (or use tilapia filets)
1/3 – cup cornstarch
1/2 – tsp ground red pepper
1/2 or 1 – tsp sweet curry
dash of salt
1 – Tbsp lime juice – fresh squeezed
1-2 Tbsps - honey
1/3 – cup egg whites
3/4 – cup coconut

PREPARATION: Preheat oven to 425 degrees. Lightly spray a large baking sheet with butter flavored cooking spray.

In a small bowl, combine cornstarch, pepper and salt. In a small microwave safe dish heat up honey approx. 30-45 seconds.

Add lime juice to honey and stir. Slowly add in egg whites and continue to stir.

Place coconut in a thin layer on a pie plate or flat dish.

Take each shrimp or tilapia filet and first dip into cornstarch mixture, then in egg white mixture and finally roll in the coconut.

I put parchment paper on the baking sheet before putting the shrimp/tilapia on it. Bake shrimp 10-15 minutes or until pink and coconut is lightly toasted. For tilapia, bake until flaky and golden brown, approx. 15-20 min.

BAKED SPAGHETTI

“This is a recipe from a former employee, Inez Kennedy, who I have had the pleasure of working with for a number of years, prior to her retirement from Kent County. Inez passed away, but memories of her homemade treats still remain. This is a favorite for me and many of her friends.”

In memory of Inez Kennedy

Submitted by: Gary May/Friend of the Court

INGREDIENTS:

- 1 – box of cracker meal
- 2 – lbs. spaghetti
- 4 – lbs. ground beef
- 2 – 46 oz. tomato juice
- 5-6 – green peppers
- 1-1 ½ – sticks margarine
- salt and pepper to taste

PREPARATION: Cook and crumble ground beef. Cut green pepper fine, but do not cook. Cook spaghetti, drain and let set. Pour a small amount of tomato juice in bottom of large roasting pan, and then pour spaghetti into pan. Pour ground beef and green pepper into spaghetti and all remaining tomato juice. Salt and pepper to taste. Sprinkle cracker meal (do not substitute with bread crumbs) on top and cut margarine off the stick and place about 1½ - 2” apart, all over the top. Bake covered at 350 degrees for 1 - 1 ½ hours. Take out of oven – ready to serve!

This can be frozen if desired.

If you wish to make a smaller portion, cut ingredients in half.

CAPULATIS

“This recipe has an interesting story behind it. When my mother first got pregnant with me, her weight was about 95 pounds. My parents lived in the top floor apartment over an Italian family. This family had a belief that a pregnant woman MUST taste something of everything she smelled or she would have a discontented child. Well, needless to say...nine months of this kind of eating produced not only a contented child (and adult), but a VERY LARGE mother! She topped her weight off at 205 pounds when I was born.”

Submitted by: Cindy Milner/Cooperative Extension

INGREDIENTS: Noodle Dough

- 1 – egg
- 1 – tsp salt
- 1 – cup flour
- 1 – Tbsp Oil

Mix together and roll out paper thin and cut into strips.

Meatball Mixture

- ½ – lb. ground veal
- 1 – lemon rind grated
- ½ – lb. grated parmesan cheese
- 2 – eggs
- 2 – small dashes of nutmeg
- salt and pepper

PREPARATION: Make tiny meatballs and seal each one in the noodle dough similar to what you would do with ravioli). Use either prepared or (I prefer) homemade chicken soup and stew the little capulatis – translation: “LITTLE PILLOWS”, in the broth for approximately 12 minutes. Ladle into bowls and enjoy.

This recipe has never been given out to anyone other than family

CHILI RELLENOS

“In the Latin culture, one of the main food staples is chili. We enjoy good chili with our breakfast, lunch and/or dinner. There is such an assortment of chilies that one is constantly looking for chili recipes. The following is a recipe called “Chili Rellenos”. Not only is this a favorite Mexican dish, but it has fewer calories and less fat.”

Submitted by: Helen Gutierrez/Cooperative Extension

INGREDIENTS: 1 – 8 oz. evaporated skim milk
2 – eggs
1/3 – cup flour
3 – 4 oz. cans green chili peppers, whole
6 – oz. reduced fat cheddar cheese, grated, divided
6 – oz. reduced fat Monterey jack cheese, grated, divided
1 – 8 oz. can tomato sauce

PREPARATION: Preheat oven to 350 degrees. In medium bowl, beat evaporated skim milk with eggs and flour until smooth. Split open chilies; set aside. Mix jack and cheddar cheeses together. Reserve ½ cup of cheese for topping. In a 1 ½ quart casserole dish, alternate layers of chilies, cheese and egg mixture. Slowly pour tomato sauce on top and sprinkle with the reserved cheese. Bake for approximately 1 ¼ hour.

NUTRITION FACTS:

calories:	337
total fat:	10g
% calories from fat:	27%
protein:	32g
carbohydrate:	27g
cholesterol:	119mg
sodium:	956mg

COTTAGE CHICKEN

“When my children were young, I fixed chicken as many ways as possible. I had not baked chicken. We were visiting my in-laws at their cottage in Ludington and fixing dinner. This recipe became ‘Cottage Chicken’ for my family.”

Submitted by: Marilyn Beemer/Human Resources

INGREDIENTS: 4 – chicken breasts (washed)
salt and lemon pepper to taste
paprika (sprinkled on top)

PREPARATION: Grease or spray with olive oil a 9x13x1 pan. Arrange the chicken breasts in the pan, sprinkle with salt, lemon pepper and paprika and cover. Bake at 350 degrees for 1hour (or until tender). Remove the cover for the last 20 minutes to brown.

GROUND BEEF SKILLET SUPPER

“This recipe has been in our family for about 40 years. I often make it on Christmas Eve because it is so easy and I am so busy. It is also my grandson, Erich’s, favorite recipe. He just got his first apartment in college and the recipe is perfect for him because it requires only a few ingredients and makes enough for a couple of meals.”

Submitted by: Barb Foguth/Cooperative Extension

INGREDIENTS:

1 – lb. ground beef
1 – can condensed onion soup
2 ¼ – cups hot water
1 ½ – cups sliced carrots (optional)

OR

1 – lb. ground beef
2 – cups medium noodles (or macaroni noodles)
1 ½ – oz. package of dehydrated onion soup (such as Lipton’s)
3 ½ – cups water
1 ½ – cups sliced carrots (optional)

PREPARATION:

Brown ground beef in skillet at medium heat. Stir in condensed onion soup, water and carrots **or** dehydrated onion soup, noodles, water and carrots. Cover and simmer 10 minutes. Uncover and cook 10 minutes longer.

Makes 6 Servings

INDIAN BEEF CUTLET

“I, being an inexperienced cook from India, tried to make Indian cutlets using my memory of taste. Added or subtracted ingredients until it tasted just like my mother’s beef cutlet.”

Submitted by: Raji Sankarathil Daniel/Fiscal Services

INGREDIENTS: vegetable oil (as needed)
1 – lb. ground steak (hamburger meat is not recommended)
(Substitute ground steak with mashed mixed vegetables if you prefer vegetable cutlets.)
2 – large onions
4 – green chilies (or substitute with bell pepper)
1 – piece of fresh ginger
4-5 – cloves of fresh garlic
1 – bunch of coriander leaves or mint
3 – medium to large potatoes

SPICE MIX: 1 – tsp cardamom powder
1 – tsp fennel seed powder
1 – tsp cumin seed powder
1 – tsp cinnamon powder
½ – tsp cloves powder
salt to taste

FINAL TOUCH: 4-5 – egg whites
bread or cornflake crumbs or *Shake and Bake Original*

(Continued on next page)

PREPARATION: Brown meat and drain any extra fat. (You can also cook steak real soft and then grind). Set aside. Chop onions, pepper, ginger, garlic and coriander leaves (or mint) and brown in light oil. Boil potatoes and mash them. Mix ginger and garlic, brown together for 5-6 minutes. Chop green chilies (or bell pepper) and mix with mashed potatoes. Add all the ingredients together and add the spice mix. Knead together until all ingredients are mixed well. Make oval shaped patties (shape can vary, use your imagination). Separate egg white and beat until it is all mixed well. Dip the meat patties into the egg white (soak it well). Roll the patties into bread crumbs and deep fry in oil until golden brown (dark brown if preferred.)

Best served hot with ketchup or a yogurt salad*

*Yogurt salad recipe can be found on page 22.

IRISH BOILED DINNER

“The Irish Boiled Dinner has been in my family for many generations. Obviously my grandmother did not have a slow cooker; henceforth, the name “boiled dinner.” My mother also used to boil the dinner instead of using the slow cooker. My mother, on occasion, substituted ham instead of the brisket. One can also substitute different vegetables; one can use some of the below listed vegetables, but for it to be called Irish, one must at least include the cabbage and corn beef brisket. The Irish also pour a little vinegar over the meal when they serve the boiled dinner.”

Submitted by: Kathleen VanderWeert/Circuit Court
Family Division

INGREDIENTS: 3 – lbs. corned beef brisket
1 – large onion
1 – head of cabbage
2 – carrots, sliced into small pieces
2 – potatoes, cut into wedges
¼ – tsp pepper
2 – Tbsp vinegar
2 – Tbsp sugar
1 – cup water
Contents of seasoning packet that comes with
the brisket

PREPARATION: Combine ingredients in slow cooker, with the cabbage on top. Cut meat in pieces if necessary to fit in the cooker. Cook on low for 12 – 14 hours or on high for 6 – 7 hours or on automatic for 6 – 8 hours.

KAPUSTA WITH POLISH SAUSAGE

“Wow! What a dish. Kapusta is a Polish meal that you’ll surely add to your favorites list. Our family tried this recipe about ten years ago and have enjoyed it several times a year ever since. With several shops that sell home made kielbasa in Grand Rapids, this is a sure bit to take to potlucks, also where you’ll hear the raves about the wonderful blend of flavors this dish offers.”

Submitted by: Tom Carnegie/Human Resources (Retired)

INGREDIENTS:

- 1 – large head of cabbage
- 1 – bag sauerkraut
- 1 ½ – lbs. country ribs (boneless or bone in)
- ¼ – cup packed brown sugar (or splenda brand brown sugar)
- ½ – cup cider vinegar
- 1 – cup water
- 2 – lbs. smoked kielbasa

PREPARATION: Core and cut cabbage into chunks and place in bottom of a large roasting pan or Dutch oven. Layer undrained sauerkraut over cabbage. Place pork ribs over the sauerkraut. Combine brown sugar, vinegar and water, in a sauce pan. Cook and stir until sugar is dissolved. Pour this mixture over the layered ingredients. Cover and bake at 325 degrees for 3 hours. Let meat cool, remove bones and fat. Cut meat into small pieces, return to pan and mix it into the vegetables. Cut kielbasa into 4 inch long chunks and place on top. Cover and bake at 350 degrees for 1 hour. When ready to serve, drain off excess liquid, leaving just enough pan juices so the kapusta stays moist.

Serve with rye or pumpernickel bread and horseradish if desired.

Makes 8 – 10 Servings

POLISH CHOP SUEY

“This recipe comes from Poland and was often made by my Great Aunt Leona who was born in Grand Rapids, but whose parents were immigrants from Poland. My mom and I still make the recipe. From my Great Aunt’s note about ‘men especially like it’ you can tell that in Poland the way to a man’s heart is through his stomach. My heritage is 50% Polish, 50% German, and we have Polish food throughout the year, but mostly on holidays (Christmas and Easter) and at celebrations like weddings, First Communion, Pulaski Days and other Polish festivals, Fat Tuesday and at church events. Food is an important part of all family celebrations.”

Submitted by: Jennifer Willsea/Health Department

INGREDIENTS: 2 – large cans sauerkraut #2 can (washed in cold water)
1 – 12 oz. package Mrs. Weiss’ Klusky Noodles (cook for 10 min.)
2 – cans cream of mushroom soup
2 – cans water
2 – packages Frenches Dry Onion soup mix
3-4 – lbs. pork steak cut into squares
bread crumbs

PREPARATION: Cut pork steak and brown in pan. Mix onion soup, cream of mushroom soup and water, mix well and add to pan. Continue cooking until meat is soft. In a baking pan, place a layer of sauerkraut, then a layer of meat and soup mixture, and a layer of noodles. Repeat this once more and sprinkle with bread crumbs on top. Bake at 350 degrees for one hour. This is a delicious meal. (Men especially like it).

RADIGAN SPECIAL

“My Mom gave me this recipe, which came from her Mother. My Grandma, having six kids at home to feed, needed a recipe that was both economical, easy and something my Mom, brother, and sisters would eat, especially with my Grandfather, being a Colonel in the Army and being away from home more often than not. It was not easy for my Grandma, trying to get supper ready and keep all six kids in line all at once, so the “Radigan Special” was created!”

Courtesy of Kitty Prior & Vivian Radigan
Submitted by: Nicole Joyce/Human Resources

INGREDIENTS: 1 – lb. lean ground beef
1 – egg
1 – cup saltine cracker crumbs
¼ – cup chopped onion
1 – large can tomato sauce
4 – sliced potatoes
1 – medium onion, sliced
½ – tsp garlic powder
salt & pepper to taste

PREPARATION: Mix ground beef with beaten egg, cracker crumbs, chopped onion, garlic powder, salt & pepper. Make beef mixture into a large, round patty. Place patty into large, greased frying pan and brown on both sides. Place sliced potatoes and sliced onion all around patty. Salt and pepper the potatoes and pour tomato sauce over all. Cover and cook on low heat for about 35 minutes or until potatoes are done.

RICE WITH CHICKEN

“This is a traditional Colombian dish that I feel gives an authentic taste of my country’s unique Latin cuisine.”

Submitted by: Hilda Babbitt/Bureau of Equalization

INGREDIENTS:

- 2 – cups long-grain white rice
- 2 – cups water *or* chicken broth
- 2 ½ – cups chicken broth
- ½ – tsp lemon juice
- 3 – chicken breasts shredded
- ½ – lb. sweet peas
- 5 – tbs. ketchup
- 1 – tbs. Worcestershire sauce
- 1 – stick of butter
- 1 – large onion, chopped
- ½ – tsp pepper
- 3 – cloves garlic, crushed
- salt, to taste
- 1 – red bell pepper, chopped

PREPARATION: 1. Rinse the chicken and put it to boil with salt and pepper to taste. Chop half of the onion and add it, along with one of the garlic cloves. Cook for 20 minutes.

2. Boil 2 cups of water and 2 cups of chicken broth, add salt, 2 tablespoons of butter, ½ teaspoon lemon juice, the sweet peas, the Worcestershire sauce and the rice (rinse it before adding). When the mixture begins to boil reduce to medium heat to allow the liquids to absorb then cover, reduce heat to low and let it cook for 10 minutes.

3. Shred the chicken. In a large skillet, melt the rest of the butter and add the remaining onion, along with the rest of the garlic. At this time also add the chicken, ketchup, red pepper, ½ cup chicken broth, salt, and pepper. After reaching a boil, remove from heat and slowly add the rice, stirring with a fork.

Makes 6-8 Servings

STUFFED CABBAGE

Submitted by: Gary May/Friend of the Court

INGREDIENTS: 1 – lb. ground beef
1/2 – lb. ground pork
2 – eggs
4 – slices day old bread (torn to pieces)
1 – cup milk
1 – finely chopped onion
1 – cup cooked rice
1/2 – tsp marjoram
1/2 – tsp garlic salt
salt & pepper to taste
cabbage leaves

Mushroom Sauce

1 – can cream of mushroom soup
1/2 – cup water

PREPARATION: Mix together all ingredients except cabbage leaves. Wilt cabbage leaves by placing in boiling water for a few minutes. Place 1 tablespoons of meat mixture into each leaf and roll up securely, fastening with toothpicks. Mix together cream of mushroom soup and 1/2 cup water. Place rolls in baking dish and pour mushroom sauce over them. Bake at 325 degrees for 1 1/2 hours.

TOFU STEAK

Submitted by: Bonnie Kim/Cooperative Extension (Retired)

INGREDIENTS: 19 – oz. firm tofu
flour for dusting
1 – tbs. salad oil

Sauce

3 – tbs. soy sauce
1 – tbs. minced green onion
1 – tsp crushed garlic*
1 – tsp red ground chili pepper
1 – tsp roasted sesame seeds
1 – tsp sesame oil
black pepper

PREPARATION: Press down gently to remove liquid from tofu and pat with paper towel. Cut tofu in half and slice each half into ¼” thick pieces. Sprinkle slices with salt and pepper. Coat slices with flour on all sides and shake off excess flour. Heat oil in skillet and add tofu. Cook both sides over medium heat until golden brown. Combine all sauce ingredients into bowl. Spoon tofu steaks over combined sauce.

*Most of the time I do not use the garlic.

WHITE CHICKEN CHILI

“My Mom and I are big users of crock pots. It’s nice to just throw stuff into the pot and let it cook all day. She makes the following chili recipe when we go up to Traverse City to visit her and my Dad. It’s a great fall/winter recipe, although, I like to omit the beans (don’t like em’...sorry Mom!)”

Submitted by: Nicole Joyce/Human Resources

INGREDIENTS: 1-2 – lbs. skinless chicken breast cut into bite size pieces
1 – Tbsp olive oil
1 – 48 oz. jar of great northern beans
4 – 8 oz. jars of thick & chunky salsa
2 – tsp cumin (optional)
1 – 8 oz. shredded monterey jack cheese or 8 oz. Velveeta
Corn Chips

PREPARATION: Crockpot Instructions
Cook chicken thoroughly in oil, then put into crockpot. Add rest of ingredients and cook on high for 4-5 hours or cook on low for 6-8 hours. Ladle chili into bowls and place corn chips on top.

Stove Top Instructions

In 3 qt. Dutch oven, brown the chicken pieces in oil. Add beans, salsa and cumin, heat thoroughly, stirring. Add cheese and stir until cheese is melted (about 7 minutes). Add water if too thick. Ladle into bowls and place corn chips on top.



SWEET TREATS & BREADS



BELGIAN WAFFLES

“This was my Great-Grandmother, Nenne Maria Dekkers’ recipe (on my Dad’s side), and it originated while they still lived in Belgium. However, after the start of WWII, they were unable to obtain the ingredients (due to rations, etc.), so making the waffles wasn’t able to be done again until October of 1948 when my Great-Grandma and my Grandma arrived in the United States as immigrants. The waffles are great served at room temperature with butter, jelly and/or peanut butter, or with fresh fruit and whipped cream, with syrup or even plain! The recipe makes a whole bunch, which can be packaged up and frozen or given away as treats. They are sooooo yummy!”

Submitted by: Courtney Laninga/Juvenile Detention

INGREDIENTS: Butter Mixture:

1 ½ – lb. butter

12 – eggs

4 – cups sugar

Add:

½ – cup warm milk

2 – pkgs. yeast

8 – cups flour

1 – lb. broken sugar cubes

PREPARATION: With electric mixer, blend together ingredients for butter mixture. Add warm milk and yeast and continue mixing. Slowly add flour to mixture. Consistency should be smooth. Add broken sugar cubes and stir. Spoon batter onto buttered waffle iron. Cook for approximately 2-3 minutes (times may vary with waffle makers). Remove and let cool on wax paper. Store in zip lock bags with a slice of bread to keep fresh. Waffles can be toasted or eaten like a cookie if you wish!

CAPIROTADA

“This is a Mexican version of what we call bread pudding. It has so many variations. My mother only had the simple essentials to make it for us when we were younger. I have since added some other ingredients to make it my own version. Although it is used as a brunch or a dessert, I like to make this during a cool fall evening or during the winter months when you need something warm to lift your spirits.”

Submitted by: Lupe Martinez/Court Clerk’s Office

INGREDIENTS: 1 – cup sugar
1/4 – cup brown sugar
3-4 – cinnamon sticks
1 – drop of vanilla
1 1/2-2 – cups of raisins
5 – cups water
1 – loaf of white bread
1 – pkg. single slice American cheese

PREPARATION: Heat oven to 300 degrees. Using a 9x13 dessert dish, place bread on bottom of dish. Then place one slice of cheese on top of each bread and cover with raisins. Repeat until you have at least 3 layers. Set aside.

In a large sauce pan, heat water over medium to high heat. Add cinnamon sticks, sugars and vanilla. Bring to boil stirring constantly. Take out the cinnamon sticks before pouring mixture into breaded dish. Make sure all the bread is smothered with the sauce.

Bake for 15-20 minutes or until cheese is melted. Serve very warm, but not too hot.

Makes 4 – 6 Servings

CARROT CAKE

By: Bob Christie

Submitted by: Shanna Christie/Human Resources

INGREDIENTS:

- 3 ½ – cups all-purpose flour, sifted, then measured
- 1 ½ – cups sweetened coconut flakes
- 1 ½ – cups pecans
- ¾ – cup crystallized ginger (*see note)
- ¾ – tsp nutmeg
- ¾ – tsp ground coriander
- 5 ¼ – tsp cinnamon
- 3 ¾ – tsp baking powder
- ¾ – tsp baking soda
- 1 ½ – tsp salt
- 3 – cups sugar
- 1 ½ – cups vegetable oil
- 6 – large eggs
- 3 – tsp vanilla extract
- 3 – cups carrot, finely grated
- 1 ½ – 20 oz. cans crushed pineapple in juice, well drained

Frosting ingredients:

- 2 ¼ – lbs. cream cheese, room temperature
- 1 ⅛ – cups unsalted butter, room temperature
- 3 – cups powdered sugar
- 1 ⅛ – cups cream of coconut, coco casa
- ¾ – tsp vanilla extract
- 1 ½ – tsp coconut extract

PREPARATION: Preheat oven to 350 degrees. Prepare three 9” x 1 ½” pans by buttering the bottom, line with parchment or wax paper, then re-butter and flour. Combine ½ cup flour, 1 ½ cups coconut, ¾ cup crystallized ginger* and 1 ½ cups pecans in food processor. Process until finely chopped. Whisk remaining 3 cups of

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flour, cinnamon, nutmeg, ground coriander, baking powder, salt and baking soda in a medium bowl to blend. Beat sugar and oil in a large bowl to blend. Add eggs 1 at a time, beating well after each addition. Beat in vanilla. Beat in flour-spice mixture. Stir in coconut mixture, then carrots and finally the pineapple. Divide batter among pans. Bake 30-40 minutes until toothpick inserted in the center comes out clean. Cool pans for ½-1 hour. Run knife around pan to loosen, then turn out onto racks to finish cooling. I like to then refrigerate overnight before finishing.

Frosting

Beat cream cheese and butter in a large bowl until smooth. Beat in powdered sugar, then cream of coconut and both extracts. (Extra powdered sugar may be added to make a thicker, sweeter frosting, no more than 2 extra cups.) Chill until firm (I prefer overnight).

* Note : Crystallized ginger is made by taking 2 lbs. of large, but soft, ginger root, peel and chop into small pieces (about ¼” square). Place the ginger in a heavy sauce pan and add 2 cups sugar. Heat over medium high heat, stirring occasionally. The sugar will turn to liquid. Cook the ginger and mixture will begin to dry out. DO NOT BURN! It is ok for the mixture to turn amber in color. The process normally takes 20-30 minutes of cooking time. When done, remove from the stove and spread onto cookie sheet to cool. After it has cooled, place mixture into a colander to separate loose sugar from ginger. The ginger may be kept in a capped canning jar in the cupboard to be used for the next batch or other recipes.

CHOCOLATE CHIP BREAD PUDDING

“When I was young, one of my favorite desserts was bread pudding. My Mom would make it for us whenever the bread was going stale. I think sometimes we didn’t eat the bread, just so Mom would make bread pudding! The following recipe isn’t what I grew up on, but it’s my Mom’s updated version, and it’s really good!”

Submitted by: Nicole Joyce/Human Resources

INGREDIENTS: 1 – lb. brioche, egg bread, or butter crust
bread cut into 1” cubes
1 ¼ – sticks unsalted butter, melted
1 – cup semisweet chocolate chips
2 ½ – cups half & half
1 – cup sugar
6 – large eggs
4 – egg yolks
2 – Tbsp vanilla extract
2 – Tbsp packed brown sugar

Cinnamon Rum Sauce

2 – sticks unsalted butter
1 – cup packed dark brown sugar
1 – tsp ground cinnamon
¼ – tsp salt
¼ – cup dark rum
1 – Tbsp vanilla extract

PREPARATION: Preheat oven to 350 degrees. Butter a 13x9x2” glass baking dish. Place bread cubes in large bowl, pour 8 tablespoons of the melted butter over bread and toss to coat. Add chocolate chips and toss, transfer mix to prepared baking dish. Whisk half and half, 1 cup sugar, eggs, egg yolks, vanilla and salt in a

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large bowl. Pour this custard mix over bread cubes. Let stand for 30 min., occasionally pressing bread cubes down into custard. Drizzle the remaining 2 tablespoons melted butter over pudding and sprinkle with brown sugar. Bake for 1 hour or until bread pudding is puffed, brown and set in the center. To make the sauce, melt 2 sticks unsalted butter in medium saucepan, over medium heat. Add dark brown sugar, cinnamon and salt. Whisk until sugar is dissolved and mixture is bubbling and smooth (about 6 minutes). Remove from heat, whisk in dark rum and vanilla. Serve warm over bread pudding.

The sauce can be made 2 days ahead, cover and refrigerate and re-warm over low heat, whisking occasionally.

DAD'S FRIED PEACH PIES

"My Dad has made fried peach pies for me as far back as I can remember. Now that I'm grown and live states away, it's something I always look forward to when I visit him. When I leave his house to go back home, he makes sure I have several wrapped up in a lunch sack to take with me. I asked if he would send his recipe... here it is! Thanks Dad!"

Submitted by: Shanna Christie/Human Resources

INGREDIENTS:

- 1 – pkg. dried peaches
- 2 – Tbsp ground cinnamon per pkg. of dried peaches
- 2 – cups sugar per pkg. of dried peaches
- 2 – containers refrigerated biscuits
- water
- vegetable oil

PREPARATION: Cut dried peaches in half and place into cooking pot. Cover peaches with water and let them begin to boil. Add the cinnamon and sugar to peaches while they are cooking. Stir occasionally to prevent sticking/burning. Cook peaches until you can cut them with a spoon. Take off burner and let them cool for handling.

Crust

Heat vegetable oil in pan, deep enough for pie to float while cooking. Roll out each biscuit with a rolling pin or bottle until it forms a full circle. Spoon cooked / cooled peaches on to half of biscuit dough and pull the other half over the cooked peaches. Press edges

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cooking. (Suggestion: Dip fork in corn starch or flour when pressing edges.)

Slide a spatula under the pie and ease it into heated vegetable oil. Turn with spatula to brown each side of fried pie. Fried pie is done when both sides are golden brown. Remove from hot oil and put on paper towel covered plate.

Served warm is best...however, a fried pie is convenient for “on the go” people who need a snack! I have also discovered that I can make LITTLE fried “bites’ with half a biscuit and cooled, cooked peaches. You just cut a biscuit in half, press it out a bit with your hands and put some peaches on it and fold it over the peaches and fork press them. I bake them in the oven...kind of like “pigs in a blanket”....makes several and so easy to eat and grab for eating later at work! Try it!

FRIED BREAD

“We eat these about twice per week! I don’t know where this recipe comes from; it’s been done from way back in the family. It used to be made with homemade bread dough.”

Submitted by: Constance Westgate/Department of Public Works

INGREDIENTS: 12 – frozen rolls (bread dough style)
olive oil, vegetable oil or Pam Cooking Spray
garlic salt for savory rolls or honey for sweet
rolls

PREPARATION: Thaw 12 frozen rolls in microwave on full power for 1 minute. Flatten rolls with palms to ¼ inch in thickness. Fry on low heat in oil or Pam. When bottom is golden, flip and fry on other side.

Savory Rolls – Season in pan with garlic salt.

Sweet Rolls – Omit garlic and serve with honey.

GRANDMA'S BIG, FAT, SOFT SUGAR COOKIES

"When I worked for my father's company, years ago, the Vice President used to bring in these delicious cookies that his wife baked for us on every holiday. She would cut them out into pumpkin shapes for Halloween, ornament shapes for Christmas, hearts for Valentines Day, etc. and meticulously decorate each one. Lots of calories, but who cares...these are the best sugar cookies you will ever taste!"

By: Carolyn Balko

Submitted by: Nicole Joyce/Human Resources

INGREDIENTS: 1 ½ – cups sugar
½ – cup real butter (not margarine)
½ – cup lard (you can buy in a small tub at the supermarket)
2 – egg yolks
1 – cup milk
½ – tsp baking soda
2 – tsp baking powder
¼ – tsp salt
2 – tsp vanilla
6 – cups flour

PREPARATION: Cream together the butter, lard and sugar, then add the egg yolks and milk. Mix in baking soda, baking powder, salt and vanilla. Add the flour 2 cups at a time and mix until no longer sticky. **DO NOT REFRIGERATE DOUGH.** Roll out (not too thin) and use cookie cutters to cut out desired shapes. Bake at 350 degrees for 8 minutes (cookies should be white on top) **DO NOT OVERBAKE.** Let cool, then frost with a mixture of powdered sugar and milk and sprinkle with colored sugar or candies.

IRISH SODA BREAD

“While most Irish soda bread recipes are full of good things like raisins or nuts, this recipe is more kid-friendly by keeping the dough looking milky white and very smooth (buttermilk is the key). This is one of the most popular breads at the ceilidh (pronounced “kay-lee” which is the Irish word for house party). Use it for ham sandwiches with plenty of mustard and butter, or alongside your favorite stew or roast. I was at a ceilidh in Ireland last year where the soda bread sandwiches were eaten ‘til dawn.”

Submitted by Stephen Martin Bell/Central Services
in memory of Uncle Martin O’Brien and Grandma

INGREDIENTS: 4 – cups unbleached all-purpose flour
1 – tsp baking soda
1 – tsp cream of tartar
1 – tsp salt
¼ – cup sugar
2 – cups buttermilk (fat-free is acceptable)
raisins or sultanas optional

PREPARATION: Preheat the oven to 425 degrees. Lightly grease a pizza pan to put the dough on. Sift the flour, sugar, baking soda, cream of tartar, and salt together into a big bowl. Make a well in the center, add the buttermilk, and mix. Turn onto the pan, and if you want your loaf to have that traditional look, cut a deep cross on top with a large knife, and bake for 10 minutes. Reduce the heat to 400 degrees and bake until the bread is golden brown and firm, about 40 to 45 minutes. Make sure it’s done. Let cool before slicing. The cross-cut will cause the loaf to form four beautiful quarters which can be sub-divided into small slices.

KITTY'S COOKIES

“My Mom, Kitty (hence the recipe name), has always been big on making a variety of cookies during the holiday season. The following recipe is one of the many that she has in her files. I can remember when my sisters and I were little, Mom would assemble us all in the kitchen to decorate sugar cookies cut out into various holiday shapes. The first few that we decorated were always oh, so pretty, but then after about the 12th cookie, we’d be slapping on the frosting and sprinkling it with whatever was closest to our hand at the moment. “Are we done yet?” we’d say as we were staring at 4 more huge plates full of undecorated cookies. My Mom would package up the cookies in pretty boxes and give them out to friends, neighbors and then stick a box in the mailbox for the mailman. To my own daughter, Hannah’s, dismay, I carry on this tradition of decorating cookies, but we always have fun doing it....well, for the first 15 minutes anyway!”

Submitted by: Nicole Joyce/Human Resources

INGREDIENTS:

- 1 ½ – sticks margarine or butter
- 5 – eggs
- 2 – cups confectioners sugar
- ½ – tsp salt
- 2 – tsp baking soda
- 1 – tsp cinnamon
- 1 – tsp vanilla
- 1 – tsp almond extract
- 1 – Tbsp mayonnaise or salad dressing
- 5 – cups flour
- 3 ½ – cups oatmeal
- 3 – cups coconut
- 2 – cups nuts (any kind)
- 1 – cup dried cherries
- 1 – can cherry pie filling

PREPARATION: Mix together eggs and butter. In separate bowl, mix dry ingredients, then add egg mixture and remaining ingredients. Lightly grease cookie sheets and drop tablespoons of mixture to create round cookie shape. Bake at 350 degrees for 10 – 12 minutes.

QUAKER BONNET BISCUITS

“This recipe is funny to me because my mother, Pat Evans Akkerhuis, is from Berks County, Pennsylvania and our German ancestors have been there since the 1600’s. My grandfather, Olin Evans, liked to go to Friends Meeting (Religious Society of Friends, also known as Quakers) and my Mom’s sister, Aunt Nan, is a Quaker. My partner Mark and I belong to the Grand Rapids Friends Meeting.”

Submitted by: Gerard Akkerhuis/Circuit Court

Copied from “Cooks Country” magazine

INGREDIENTS:

- 1 – cup whole milk
- 1 – large egg
- 1 – package rapid rise or instant yeast
- 4 – cups all-purpose flour, plus extra for work surface
- 2 – Tbsp sugar
- 1 ½ – tsp salt
- 8 – Tbsp (1 stick) unsalted butter cut into ½ inch pieces and chilled, plus 1 Tbsp unsalted butter, melted (for assembling biscuits)

PREPARATION:

1. Adjust oven racks to upper-middle and lower-middle positions and heat oven to 200 degrees. Once oven reaches 200 degrees, maintain temperature for 10 minutes, and then turn off oven.
2. Stir milk, egg, and yeast together in large measuring cup until combined.
3. Process flour, sugar and salt in food processor until combined. Add chilled butter and pulse until mixture looks like coarse cornmeal, about fifteen 1-second pulses. Transfer to large bowl.

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4. Stir in milk mixture until dough comes together. Turn dough out onto lightly floured work surface. Briefly knead to bring dough together, about 1 minute, adding more flour if necessary. Following steps 1 through 4 (left), roll, cut, and assemble biscuits on parchment-lined baking sheets. Cover with kitchen towels and place in warm oven. Let rise until doubled in size, 25 to 35 minutes.

5. Remove baking sheets with biscuits from oven and heat oven to 375 degrees; return baking sheets to oven once it is fully preheated. Bake biscuits until golden brown, about 15 minutes, rotating and switching baking sheets halfway through baking time. Serve hot or warm.

Makes 18 Biscuits



THIS & THAT



BOERENJONGENS (bor-en-young-us)

Traditional Dutch recipe, meaning “brandy with raisins.”

Submitted by: Deb Gritter/Health Department

INGREDIENTS: 1 – lb. raisins
2 – cups water
1 – cinnamon stick
2 – cups sugar
2 – cups brandy or bourbon (or whole 5th)

PREPARATION: Bring water, raisins and cinnamon stick to a boil. Remove from heat and allow to cool to let raisins “plump” for about 20 minutes. Add sugar, brandy or bourbon and simmer until dissolved.

Fill sterilized canning jars with the mixture. Seal tightly with sterile canning lids. Let rest in dark, cool place for at least 3 months (the longer the better) for best results.

Delicious over vanilla ice cream, or sipped from brandy glasses.

CREAMY FRUIT DIP

“This is a great recipe to bring to family gatherings. Make the dip and put out a tray of assorted fruit.”

Submitted by: Nicole Joyce/Human Resources

INGREDIENTS: 1 – 8 oz. cream cheese, softened
3/4 – cup brown sugar
1 – cup sour cream
2 – tsp vanilla extract
1 – cup cold milk
2 – tsp lemon juice
1 – pkg. vanilla instant pudding

PREPARATION: In bowl, beat cream cheese and brown sugar until smooth. Add sour cream, vanilla, lemon juice, milk and pudding mix and beat well. Refrigerate for 1 hour or until ready for use.

FRUIT SALSA

Submitted by: Dolores Fraga/Health Department

INGREDIENTS: 4 – Roma Tomatoes, chopped
1 – cup chopped fresh pineapple or 2 (8-oz.) cans crushed
½ – cup chopped green and/or red bell pepper
⅓ – cup red onion slivers
¼ – cup lime juice concentrate
3 – Tbsp chopped fresh cilantro
1 or 2 – fresh jalapeno peppers, seeded and finely chopped

PREPARATION: Combine tomatoes, pineapple, bell pepper, onion, lime juice, chopped cilantro and jalapeno peppers in medium-sized bowl. Chill 4 to 24 hours. Serve over grilled fish or chicken or great to munch with taco chips.

GERMAN CHOCOLATE FROSTING

“This is my Grandma’s recipe (her parents came from Germany) and is easy to make. It makes enough for 3 layers.”

Submitted by: Jennifer Willsea/Health Department

INGREDIENTS:

- 1 – cup evaporated milk
- 1 – cup sugar
- 3 – egg yolks
- ½ – cup butter
- 1 – tsp vanilla
- 1 ⅓ – cup coconut
- 1 – cup nuts

PREPARATION: Combine first 5 ingredients and cook over medium heat for 12 minutes until thickened. Add coconut and nuts. Frosting can be used with any chocolate cake.

GUACAMOLE

Submitted by: Marlene Anderson/Health Department

INGREDIENTS: 2 – avocados, peeled and pitted
1 – med. onion, finely chopped
2 – green chili peppers, finely chopped (or 1
tsp chili powder)
1 – Tbsp lemon juice
1 – tsp salt
½ – tsp coarsely ground pepper
1 – med. tomato, peeled and finely chopped
mayonnaise

PREPARATION: Mash avocados; add onion, peppers, lemon
juice, salt and pepper. Beat until creamy.
Fold in tomato. Spread top with thin layer
of mayonnaise. Cover and chill. Just before
serving, stir gently to mix.

LA CHOY SPECIAL BARBECUE SAUCE

Submitted by: Deana Hillard/Health Department

INGREDIENTS: ¼ – cup chopped onion
 2 – Tbsp cooking oil
 1 – (8-oz.) can tomato paste
 ½ – cup water
 ½ – cup packed brown sugar
 2 – Tbsp prepared mustard
 ½ – cup La Choy Soy Sauce
 1 – Tbsp cider vinegar
 1 – Tbsp chili power
 1 – tsp garlic powder
 dash pepper

PREPARATION: Cook onion in oil until tender. Add remaining ingredients. Simmer, covered, for 10 minutes. Use for chicken, ham, pork chops, spareribs, hamburgers and hot dogs.

PESTO SAUCE

Submitted by: Rita Heffron/Health Department

INGREDIENTS: 4 – lg. garlic cloves, minced
 $\frac{2}{3}$ – cup packed fresh basil
 $\frac{1}{2}$ – cup grated parmesan cheese (2-oz.)
 $\frac{1}{3}$ – cup pine nuts
 $\frac{1}{2}$ – cup olive oil

PREPARATION: Mix all ingredients together in blender.
Refrigerate till ready to serve on linguine.

Note: This can be frozen in plastic ice cube trays. Store the pesto cubes in heavy-duty Ziploc bags in freezer and have pesto on linguine in winter, too. Farmers Market sells fresh basil by the pound.

PIE CRUST RECIPE

“My sister taught me how to make pie crust within the first year I married. She died in an accident a few years after that. I think of her every time I make a pie. As a tribute to her and as a signature for me, the pies always have a smiley face to vent the top crust.”

Submitted by: Marilyn Beemer/Human Resources

INGREDIENTS: Single Shell

1 $\frac{1}{3}$ – cups sifted all-purpose flour
½ – tsp salt
½ – cup plus 2 Tbsp Crisco Shortening
5 - 6 – Tbsp cold water

Double Shell (top & bottom crust)

2 – cups (minus 2 Tbsp) sifted all-purpose flour
1 – tsp salt
 $\frac{3}{4}$ – cup Crisco Shortening
6 - 8 – Tbsp cold water

PREPARATION: Sift together flour and salt. Cut the shortening with a pastry blender or blending fork until pieces are size of small peas. Sprinkle 1 tablespoons of the cold water over part of the flour-shortening mixture. Gently toss with fork; push to one side of the bowl. Sprinkle next tablespoons of cold water over dry part; continue to add each tablespoons until all of the mixture is moistened. Form a ball for single crust and two for the double crust. Roll on lightly floured surface, flatten ball and roll to 1/8 inch thickness. Do not overwork the dough, the less you handle it, the flakier the crust.

If baked pie shell is needed, prick bottom and sides with a fork to prevent bubbling. Bake at 450 degrees for 10 to 12 minutes until the pastry is golden. If filling the pie DO NOT PRICK THE PASTRY. Pour in the filling and bake as directed. The top crust is added to the filled pie and I add the vents in the form of a smiley face.

ROSEMARY MARINADE

“This recipe was passed to me by family in Colorado and has become a family favorite. We serve it as an appetizer at most gatherings. This recipe is intended for use with a flank steak, but works well with any meat. I use it primarily to marinate venison steaks.”

Submitted by: Randy Kieft/Sheriff Department

INGREDIENTS: 2 – lbs. favorite meat
1/2 – cup soy sauce
1/2 – cup olive oil
4 – Tbsp honey
1 – Tbsp dried rosemary or 2 Tbsp fresh rosemary
1 – Tbsp minced garlic (I use more)

PREPARATION: Mix all ingredients together in a zip lock bag, including meat and marinade for at least 6 hours. I usually let it marinate overnight. I have even frozen the meat in the marinade to be thawed later while camping. This is sure to be a favorite!

Suggestion: Marinade and grill 2 lbs. of flank steak and then cross cut the meat into strips for a great party snack or serve as a main course at dinner.

I hope you are all able to enjoy this as much as we have!

SHRIMP BALLS

Submitted by: Carolyn Lyon/Health Department

INGREDIENTS: 1 – can small broken shrimp, drained
1 – lg. cream cheese
1 – tsp minced onion
1 – tsp mustard
1 – tsp lemon juice
chopped nuts (blanched nuts)

PREPARATION: Mix shrimp with cream cheese. Add onions, mustard and lemon juice. Mix well. Shape into walnut-sized balls. Roll in chopped nuts. Chill several hours.

SNACK MIX

“This is a healthy snack for kids! We have neighborhood gatherings and this recipe is always a winner with the kids!!!”

Submitted by: Peggy Bronson/Circuit Court

INGREDIENTS:

- 1 – large jar of roasted peanuts or honey roasted peanuts
- 1 – bag of sunflower seeds (without the shell)
- 1 – 15 oz. box of raisins
- 1 – large bag of m&ms (your choice of color/flavors)

PREPARATION: In a large plastic bowl that has a lid, combine all ingredients. Mix together well and be sure to pull apart the raisins so they don't stick together. Ready to serve for any snack time! When there are leftovers, cover bowl with lid and store for another time.

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COMMON KITCHEN CONVERSIONS

Liquid Measures

1 gallon = 4 quarts = 8 pints = 16 cups = 128 fl oz

$\frac{1}{2}$ gallon = 2 quarts = 4 pints = 8 cups = 64 fl oz

$\frac{1}{4}$ gallon = 1 quart = 2 pints = 4 cups = 32 fl oz

$\frac{1}{2}$ gallon = 1 pint = 2 cups = 16 fl oz

$\frac{1}{4}$ quart = $\frac{1}{2}$ pint = 1 cup = 8 fl oz

$\frac{1}{2}$ stick butter = $\frac{1}{4}$ cup

1 stick butter = $\frac{1}{2}$ cup

Abbreviations

gal = gallon

qt = quart

pt = pint

c = cup

fl oz = fluid ounce

T = Tbsp = tablespoon

t = tsp = teaspoon

ml = milliliter

= lb = pound

oz = ounce

kg = kilogram

Dry Measures

1 cup = 16 Tbsp = 48 tsp = 250 ml

$\frac{3}{4}$ cup = 12 Tbsp = 36 tsp = 175 ml

$\frac{2}{3}$ cup = 10 $\frac{2}{3}$ Tbsp = 32 tsp = 150 ml

$\frac{1}{2}$ cup = 8 Tbsp = 24 tsp = 125 ml

$\frac{1}{3}$ cup = 5 $\frac{1}{3}$ Tbsp = 16 tsp = 75 ml

$\frac{1}{4}$ cup = 4 Tbsp = 12 tsp = 50 ml

$\frac{1}{8}$ cup = 2 Tbsp = 6 tsp = 30 ml

1 Tbsp = 3 tsp = 15 ml



How many fruits & vegetables should I eat daily?

Fruits: 2 cups daily

Vegetables: 2½ cups daily

One cup refers to a common measuring cup (the kind used in recipes).

Vegetables: 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of rawleafy greens can be considered as 1 cup from the vegetable group.

Fruits: 1 cup of fruit or 100% fruit juice, or $\frac{1}{2}$ cup of dried fruit can be considered as 1 cup from the fruit group.

Common Cooking Terms and Definitions

Bake: To cook in an oven with dry heat

Barbecue: To roast slowly on a rack over hot coals, fire or other source of direct heat; food is brushed with a sauce during cooking

Baste: To moisten meat or other foods during cooking, adding flavor and preventing drying; liquid is usually melted fat, meat drippings, fruit or vegetable juice, sauce or marinade

Batter: A mixture of flour and liquid, often with other ingredients, that can be stirred and poured

Beat: To mix with a rapid, regular motion using a wire whisk, spoon, hand beater or electric mixer until the mixture is smooth and lump-free

Blanch: To briefly heat vegetables or fruit in steam or boiling water to loosen and remove skins, or to inactivate enzymes before freezing or drying

Blend: To mix two or more ingredients thoroughly

Boil: To cook in water or other liquid that is boiling; boiling liquids have bubbles rising and breaking the surface continuously

Braise: To cook in a covered pot with a small amount of liquid over low heat for a long time

Bread: To coat food with bread, cracker, cookie or other food crumbs; surface is often first coated with beaten egg or other liquid

Brine: To soak pickled, fermented or cured foods in a strong salt solution, adding flavor and preventing microbial growth

Broil: To cook with direct heat, usually under an oven heating element

Brown: To cook with moderate to high heat until food browns in color

Chop: To cut into small (1/2 to 3/4 inch) pieces with a knife or other sharp tool

Coat: To spread or dip food into another substance like flour or sauce until it is covered

Combine: To stir two or more ingredients together to form a mixture of uniform consistency

Core: To remove the inedible central part of a fruit (apple, pear, pineapple) or the hard stem of a vegetable (like cabbage) with a knife or special tool

Cream: To mix one or more foods (usually fat & sugar) until soft and smooth

Cube: To cut food into small cubes

Cut In: To distribute solid fat throughout dry ingredients, using two knives or a pastry blender, until flour coated fat particles are the desired size

Dice: To cut into small cubes, usually 1/4 to 1/2 inch pieces

Dilute: To make less strong by adding liquid

Dissolve: To thoroughly mix a dry ingredient into a liquid until it melts or liquefies completely, thus making a solution

Divide: To separate a food or liquid into two or more parts

Dough: A mixture of flour and water, usually with other ingredients, that is stiff enough to be rolled or kneaded

Extract: To remove the juice from a food, usually fruit, by squeezing or pressing

Flake: To break into small pieces, typically with a fork

Fold: To combine one ingredient with another by gently turning the mixture with a spoon or spatula to minimize loss of air, cut vertically through the mixture and slide across the bottom of the bowl and up the other side

Fry: To cook in fat; to pan fry use a small amount of fat; to deep-fat fry submerge food in fat

Garnish: To add decorative and sometimes edible touches to food that is served

Glaze: To coat with a glossy mixture that enhances both the flavor and appearance of the food

Grate: To rub a hard food, such as carrots or cheese over a grater to produce very small particles

Grease: To rub the surface of a pan or dish with fat to prevent sticking

Grill: To cook food on a rack over hot coals or another heat source

Knead: To work dough by hand or machine to develop the protein (gluten) needed to give bread its texture

Marinate: To soak food in a flavorful liquid; usually a combination of oil, seasonings plus an acid liquid like vinegar, lemon or other fruit juice

Mash: To crush into a soft mass

Mince: To chop or cut into very small pieces (1/16 to 1/8 inch)

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Common Cooking Terms and Definitions (Continued)

Mix: To combine two or more ingredients into a uniform mixture

Pan Broil: To cook, uncovered, over high heat in a preheated skillet, pouring off accumulating fat

Par Boil: To boil until partially cooked; cooking is then completed by another method

Pare: To cut off the outside rind or skin of a fruit or vegetable

Peel: To remove the outer covering of foods bananas or oranges

Pinch: The amount of a substance that can be held between the thumb and forefinger

Pit: To remove the seed (pit) from a whole fruit such as a cherry or plum

Poach: To cook gently in liquid just below the boiling point, careful to retain the shape of the food

Punch Down: To deflate risen yeast dough by pushing it down with the fist

Puree: To press food through a fine sieve or food mill; to blend in a blender or food processor until a smooth thick mixture; also a thick sauce made from pureed vegetables

Reconstitute: To restore concentrated or dehydrated such as frozen orange juice or nonfat dry milk to their original form by adding water

Reduce: To decrease the amount of liquid by rapid boiling

Roast: To cook uncovered with dry heat in an oven

Sauté: To cook quickly in a small amount of fat, stirring so food browns evenly

Scald: To heat liquid to just below the boiling point; to dip food in or pour boiling water over

Sear: To brown the surface of foods quickly with high heat

Season: To add salt, pepper or other seasonings to taste

Seed: To remove the seeds from a fruit or vegetable, such as a pepper or squash

Shred: To shave or cut into very thin ribbons using the large holes on a grater or food processor; or to cut vegetables (like cabbage or lettuce) into thin strips

Sift: To put a powdered substance through a sieve or sifter to introduce air or remove lumps

Simmer: To cook slowly in liquid just below the boiling point; bubbles form slowly and break apart just below the surface

Slice: To cut into thin, flat, uniform pieces

Soften: To make a food like cream cheese, margarine, or ice cream softer by letting it sit at room temperature

Steam: To cook food in steam over boiling water in a closed container

Stew: To cook in liquid with a tightly covered pot over low heat

Stir: To mix ingredients with a circular motion

Stir Fry: To cook small pieces of meat, poultry, fish and/or vegetables in a very small amount of oil over high heat, stirring continuously; sometimes broth or other liquid is added

Strain: To remove liquid from food using a strainer or sieve

Toast: To brown by direct heat or in a hot oven

Toss: To mix foods lightly with a lifting motion

Whip: To beat food such as eggs, cream or gelatin to rapidly incorporate air and increase volume

Zest: The grated thin, colored, outer layer of an orange, lemon, lime or grapefruit peel.

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