

UMCA COOKBOOK

Real Food Recipes

Recipes contributed by
UMCA Members

*Main
Dishes
&
Soups*



MAIN DISH RECIPES

LASAGNA

Michelle Kellogg, Park City

1 lb. lasagna noodles

8-oz parmesan Cheese

1 lb. mozzarella cheese, shredded

16 oz cottage cheese

Meat sauce (See below)

Cream sauce (See below)

- Cook lasagna noodles. Drain, rinse with hot water.
- Spread 1/3 of meat sauce on bottom of 10"x14" pan.
- Place 5-6 noodles on top of sauce.
- Spread another 1/3 of meat sauce over noodles; sprinkle with half of the parmesan cheese.
- Layer with more noodles; spread on all mozzarella cheese.
- Pour hot cream sauce over cheese.
- Layer with more noodles; add all of cottage cheese.
- Spread remaining meat sauce on top of cottage cheese.
- Top with remaining parmesan cheese.
- Bake at 375 degrees until cheese melts, about 30 minutes.

MEAT SAUCE

1 onion, chopped

1 garlic clove, crushed

1 lb. ground beef

1/2 lb. mild sausage

28 oz. crushed tomatoes

12 oz. tomato paste

2 tsp. sugar

1 tsp. oregano

1 tsp. basil

1 T. salt

Pepper, to taste

1/2 tsp. fennel seed

1/4 c. parsley

Brown ground beef and sausage; add onion and garlic. Drain grease and add remaining ingredients. Simmer covered for 25 minutes. Uncover and cook 20 more minutes, stirring occasionally.

CREAM SAUCE

1/4 c. butter or margarine

1/4 c. flour

2 c. milk

Melt butter. Stir in flour. Add milk. Cook on medium heat, stirring constantly until thick.

MAIN DISH RECIPES

FAJITAS

Michelle Kellogg, Park City

1 garlic clove, or 1/4 tsp. garlic powder
1-1/2 tsp. seasoning salt
1-1/2 tsp. ground cumin
1/2 tsp. chili powder

2 T. Lemon juice
1/2 tsp. red pepper
2 T. vegetable oil
1-1/2 lbs. beef or chicken strips

Combine and marinade for 2 hours.

3-4 T. vegetable oil
1 large onion

2 green peppers
1 red pepper

Slice the onion and peppers into 1/2" narrow strips. Quickly sauté in oil until lightly browned. Remove from the pan. Sauté marinated meat until done. Toss with vegetables.

Serve with tortillas, refried beans, sour cream, salsa, shredded cheese, and guacamole.

CREAM CHEESE CHICKEN CHILI

Leigh Ann Warnock, Ephraim City

2 chicken breasts, cooked and cubed
1 can mild Rotel tomatoes, undrained
1 can corn, undrained
1 can black beans, drained & rinsed
1 Ranch dressing mix packet

1 T. cumin
1 tsp. chili powder
1 tsp. onion powder
8 oz. cream cheese

Dump everything into a large sauce pan and heat until smooth and bubbly. Serve with taco chips or flour tortillas. (Serves 4)

CREAM OF CELERY SOUP

Velma Sherman, Wales Town

1-1/2 c. celery, diced or sliced
1/3 c. chopped onion
2 chicken bouillon cubes
1 c. water

1-2 slices of bacon, diced
2-4 T. butter
6-8 T. flour
3 c. milk

Simmer celery, onion, bouillon cubes and water together, covered until tender. (About 13 minutes). Meanwhile, sauté bacon until cooked. Add butter and melt; stir in flour and cook for one minute. Whisk in milk and cook until thickened. Stir often to avoid scorching.

Stir sauce into cooked celery mixture. Season to taste with salt and pepper.

MAIN DISH RECIPES

CHICKEN SALAD CROISSANTS

Mary Kate Christensen, Brigham City

6 c. chicken, cooked and cubed

1-1/2 c. celery, chopped

20 oz. can crushed pineapple

Mix and toss with dressing. Add cashes before serving. Serve on croissant with green leaf lettuce.

DRESSING

3 c. mayonnaise

2 c. purple grapes, halved

2 Red Delicious apples, chopped

1 tsp. lemon juice

3 tsp. dry mustard

CREAMY CHICKEN NOODLE SOUP

Mary Kate Christensen, Brigham City

2 chicken bouillon cubes

3 c. chicken broth

2 c. carrots, chopped

2 c. potatoes, chopped

3/4 chopped onion

2 cans cream of chicken soup (or 1 can cream of celery)

1/4 c. evaporated milk

2 c. cooked chicken, dices

2 c. cooked noodles

Salt and pepper to taste

Cook chicken broth and bouillon together until cubes are completely dissolved. Add vegetables and simmer until tender. Once vegetables start boiling, start cooking noodles in a separate pan. Add soups and milk to vegetables. Add cooked chicken and drained noodles. Add salt and pepper to taste.

NOTE: Use two bay leaves when boiling chicken. I usually boil a whole chicken and use the broth from that. It's cheaper and then I use the leftovers for chicken casserole, or it's quicker and easier to boil chicken breasts. This won first place in a cooking contest. This has to be my family's favorite, including extended family. This is what they always want me to bring to parties!

WHITE BEAN & CHICKEN CHILI

Kim Holindrake, Payson City

2 c. chicken breast, cooked and chopped

1-1/2 c. chicken broth

15 oz. can great northern beans, drained & rinsed

9 oz. package of frozen shoepeg white corn

7 oz. can salsa verde

1/4 c. cilantro, chopped

Sour cream, if desired

Salsa, if desired

Mix chicken, broth, beans, corn, and salsa verde in 3-quart saucepan. Heat to boiling, reduce heat. Cover and simmer 15 minutes. Stir in cilantro. Top each serving with sour cream and salsa.

MAIN DISH RECIPES

PIZZA SAUCE

Anona Yardley, Beaver City

3 cans tomato sauce

2 T. sugar

Oregano, thyme, marjoram, basil

Mix all ingredients, heat over low heat. Season, taste and top your pizza.

Salt and pepper, to taste

Garlic powder

Parmesan (optional)

CREAMY CHICKEN NOODLE SOUP

Renon Savage, Cedar City

1 whole chicken in 2 quarts of water

1 tsp. celery salt

1 tsp. onion salt

2 quarts water

2 celery sticks, diced

1 c. diced carrots

1 c. diced potatoes

1 pkg frozen egg noodles (or homemade)

Cook chicken, celery salt, and onion salt in the water until tender, about 1 hour. Remove chicken from pot. Let broth cool and remove fat. Add remaining ingredients to the cooled broth and boil for 20 minutes.

CREAM SAUCE

3/4 c. butter

3/4 c. flour

1 quart milk

Combine butter and flour and cook on low until smooth. Add milk and stir until thickens. Add broth and vegetables to the thickening, then add cooked chicken.

LOADED BAKED POTATO SOUP

Lisa Titensor, Clinton City

1 cube butter

2 small onions, diced

1/2 c. flour

2 cans chicken broth

1 pint half & half

1/2 tsp. salt

1/4 tsp. pepper

1/2 tsp. basil

1/4 tsp. Louisiana Hot Sauce

6 baked potatoes, diced (can leave the skin on)

Melt butter over low heat. Add onions. Combine flour and chicken broth. Mix until smooth. Add to onion and butter. Cook for 5 minutes. Add half & half and seasonings. Simmer for 10 minutes. Add potatoes. Top with cheese, green onions, bacon bits, and sour cream.

MAIN DISH RECIPES

TORTILLA SOUP

Janell Braithwaite, Gunnison City

4 boneless chicken breasts

Butter

Fresh lime juice

Montreal Steak seasoning

Lemon pepper

2 cans diced tomatoes

Cilantro

Small onion

Salt and pepper, to taste

1 T. sugar

2 cans chicken broth

Cut chicken into chunks. Cook in butter and lime juice; season with Montreal steak seasoning and lemon pepper. Cook until done.

In a blender, blend tomatoes, cilantro, onion, salt, pepper, and sugar. Put in pan with chicken and broth. Heat through. Check for flavor. Serve with chips, cheese, sour cream, and fresh lime.

Desserts



DESSERTS

CHOCOLATE PARFAIT DESSERT

Leigh Ann Warnock, Ephraim City

CRUST

1-1/3 c. flour
3/4 c. chopped walnuts
3/4 c. butter, softened

CREAM CHEESE LAYER

8 oz. cream cheese, softened
1 c. powdered sugar
2-9oz. Tubs Cool Whip

Preheat oven to 350 degrees. In a bowl, blend the crust ingredients with a pastry blender or fork, until crumbly. Press into the bottom of a 9"x13" baking dish. Bake for 15 minutes and let cool on the counter, the cool very well in the fridge.

Blend the softened cream cheese and powdered sugar in a bowl until completely mixed. Gently fold in one tub of Cool Whip until blended; spread the cream cheese mixture on top of the cold crust. Return to fridge to set up.

In a new bowl, put the 3 c. milk and add the two packages of instant pudding mix gradually as you whisk together, until well blended. (A few small lumps are fine.) Pour the pudding mixture over the cream cheese layer and return to the fridge to set until firm, this may take several hours. Spread the second tub of Cool Whip over top layer and top with chopped walnuts and/or shaved chocolate.

PUDDING LAYER

1 large box instant chocolate pudding mix
1 large box instant French vanilla pudding mix
3 c. milk

BUNCO BABES TEQUILA ROSE PUDDING

Sherrie Gordon, Price City

1 small box Strawberry instant pudding
1 c. milk

3/4 c. Tequila Rose
8 oz. whipped cream

Mix pudding and milk per instructions on the box. Stir in Tequila Rose. Fold in whipped cream. Transfer in 2-ounce cups. Store in the freezer or enjoy immediately.

CHOCOLATE CHIP COOKIES

Renon Savage, Cedar City

1-1/2 c. butter
3/4 c. sugar
1-1/2 c. brown sugar
2 tsp. vanilla
1 T. almond extract

3 eggs
1 tsp. baking soda
1 pkg instant vanilla pudding (large box)
4 c. flour
Chocolate and white chocolate chips, to taste

Mix sugar and butter together. Add vanilla, almond extract, and eggs. Stir together remaining dry ingredients and stir into the mixture.

Bake at 350 degrees for 9-10 minutes. Do not overbake.

DESSERTS

PIE CRUST

Anona Yardley, Beaver City

9-inch Pie

2 c. flour
1 tsp. salt
1/2-2/3 c. shortening
6 T. ice water

8-inch Pie

1-1/2 c. flour
3/4 tsp. salt
6 T-1/2 c. shortening
1/4 c. ice water

6-inch pie

1 c. flour
1/2 tsp. salt
1/4-1/3 c. shortening
3 T. ice water

Sift flour and salt together. Add shortening; cut into flour with a pastry blender or 2 knives or rub in with fingertips until fat-flour particles range from the size of rice grains to the size of dried split peas. Add water gradually while mixing with a fork to distribute the water evenly. Add enough water to make it possible to top the bowl slightly to the side and press the mixture gently into a shape that can be easily picked up in the hands. Be careful not to over-handle the dough after the water has been added.

Place dough on a slightly floured board or dish towel. Roll the dough for the lower crust about 1/8" thick. If the edges fray, indicating that not enough water was added, pull the cracks together or patch them with pieces of pastry. Fold the pastry in half and place in pie dish. Unfold and press gently into the pan. Leave the edges untrimmed.

Fill the pie with desired filling. Roll the top crust and place on pie in the same manner as the bottom crust. Moisten the lower crust around the edges and seal the top crust to the bottom, then flute. Bake at 450 degrees for 12-15 minutes. Reduce heat and bake according to filling directions.

OREO CHOCOLATE CREAM CHEESECAKE Colleen Mulvey, Cedar Hills City

32 Oreo Cookies, divided
4—8oz pkgs Philadelphia cream cheese, softened
1 c. sugar

1 tsp. vanilla
2—4oz pkgs Baker's semi-sweet chocolate, broken into pieces and melted, cooled
4 eggs

Heat oven to 325 degrees.

Quarter 20 cookies; set aside. Finely crush remaining cookies. Press onto bottom of 9" spring form pan sprayed with cooking spray. Bake 10 minutes.

Beat cream cheese, sugar, and vanilla with mixer until well blended. Add chocolate; mix well. Add eggs, 1 at a time, mixing on low speed after each just until blended. Gently stir in 1-1/2 c. of the quartered cookies. Pour over crust. Sprinkle with remaining quartered cookies.

Bake 50-60 minutes or until center is almost set. Run a knife around rim of pan to loosen cake. Cool before removing. Refrigerate 4 hours before serving.

DESSERTS

PEANUT BUTTER BARS

Jackie Nostrom, Herriman City

3/4 c. margarine
3/4 c. peanut butter
3/4 c. sugar
3/4 c. brown sugar, packed
2 eggs
3/4 tsp. baking soda

1/2 tsp. salt
1-1/2 tsp. vanilla
1-1/2 c. flour
1-1/2 c. oats
1 c. peanut butter, whipped

Mix all ingredients, except whipped peanut butter. Pour into a 10"x15" cookie sheet. Bake at 375 degrees for 12-15 minutes. While still hot, spread with whipped peanut butter. Frost when cool.

FROSTING

1/4 c. margarine
1/3 c. cocoa
1/4 tsp. salt

1/3 c. milk
1-1/2 tsp. vanilla
Powdered sugar

Mix all ingredients, adding powdered sugar until desire consistency.

CHOCOLATE TOFFEE COOKIE CRUNCH BARS

Colleen Mulvey, Cedar Hills City

COOKIE BASE

2 c. finely chopped vanilla wafers (about 50)
1/4 c. brown sugar, firmly packed

1/3 c. butter, melted

TOFFEE LAYER

1/2 c. butter
1/4 c. brown sugar, firmly packed

1—6oz pkg semi-sweet chocolate chips (1 cup)
1/2 c. finely chopped walnuts

Cookie Base: Preheat oven to 350 degrees. In a bowl, combine wafer crumbs and brown sugar. Stir in melted butter. Press into a 13"x9" baking pan. Bake for 8 minutes.

Toffee Layer: In saucepan, combine butter and brown sugar. Cook over moderate heat, stirring constantly until mixture comes to a boil. Boil 1 minute. Pour immediately over baked base. Bake for 10 minutes.

Let stand 2 minutes. Sprinkle chocolate chips on top. Let stand 2-3 minutes until morsels are shiny and can spread evenly. Sprinkle with chopped nuts. Chill thoroughly. Cut into 2"x1" bars or break into irregular pieces. Makes about 4-1/2 dozen pieces.

DESSERTS

GERMAN CHOCOLATE CAKE, WITH A TWIST

Lisa Titensor, Clinton City

1 pkg German Chocolate cake mix

1 15-oz container coconut pecan frosting

1 c. water

1/3 c. vegetable oil

3 large eggs

Preheat oven to 350 degrees. Spray a bundt cake pan liberally with vegetable oil spray.

Combine all ingredients, including frosting, into a large mixing bowl. Blend on low speed with an electric mixer for one minute. Increase the speed to medium and mix for one minute. The batter should be thick. Pour batter into prepared bundt pan. Bake until cake springs back when lightly pressed, about 43 minutes.

Remove from oven and cool for 20 minutes. Run a long, sharp knife around the edge and invert onto a cooling rack to cool completely. If desired, drizzle with melted chocolate and add pecans. Store this cake, wrapped in plastic or aluminum foil for up to a week; can be frozen for up to six months.

PIE CRUST

Heather Shurtleff, Parowan City

2 c. flour

1 tsp. salt

1 c. shortening

1/2 c. ice cold water

Put flour in a mixing bowl, larger than you think you need, add salt and combine. Add shortening to flour mixture and cut shortening into pea-sized chunks. I like to do this with a fork, but you can use a pastry cutter or your hands.

Pour the entire 1/2 c. of water into the flour/shortening mixture and mix gently until almost everything is in a cohesive ball. Turn out onto a clean work surface and knead the dough gently 6-7 times. If dough is a little sticky, just sprinkle a little bit more flour and knead a few more times. Dough should be pretty smooth and feel pliable. This dough doesn't need to be refrigerated before using.

Separate dough in two and roll to desired size on a lightly floured surface. You take it from here with fillings. I use this dough for sweet pies, pot pies, anything else. I like to brush an egg wash onto the top of my pie crust. Bake at 400 degrees in a pre-heated oven for about 35-45 minutes, as recipe calls for.

CHOCOLATE CHIP COOKIES

Pamela Spencer, Vineyard City

1-1/2 c. sugar

2 tsp. baking soda

1-1/2 c. brown sugar

2 tsp. hot water

2 c. butter, softened

4-1/2 to 5 c. flour

4 eggs

2 pkgs semi-sweet chocolate chips (frozen)

2 tsp. vanilla

Raisins and nuts, optional

1 tsp. salt

Cream together sugars and butter. Add eggs, vanilla, and salt; beat. Mix baking soda and hot water and add to mixture. Add flour and chips; mix. Bake at 375 degrees for 10-12 minutes. Do not overbake. Place on a paper towel covered rack to cool.

DESSERTS

DOUBLE CHOCOLATE CHEESECAKE Nicolette Fike, Saratoga Springs City

1 to 1-1/2 c. chocolate cookie crumbs

Melted butter

2—8oz blocks cream cheese, room temperature

2/3 c. brown sugar, sifted to remove lumps

1/4 tsp. salt

1 tsp. vanilla extra

2 large eggs, room temperature

1/4 c. sour cream, whipping cream, or buttermilk at room temperature

2 T. cocoa powder

6 oz bittersweet chocolate, melted and cooled to warm

Spray a 6"x3" spring-form pan with nonstick spray. Cut a parchment circle to fit in the bottom. (If you don't have a leak-proof pan, wrap the bottom and sides of the pan tightly with a double layer of heavy duty aluminum foil.

Combine cookie crumbs with enough melted butter to hold together. Press across the bottom and about 1/2" up the sides of the prepared pan.

Cream the cream cheese on low speed until completely smooth, scraping the bowl as necessary. Add the sugar, salt, and vanilla and continue to cream on low speed until the batter is smooth, scraping the bowl as needed. Add eggs, one at a time, mixing thoroughly in between.

Whisk the sour cream and cocoa powder together thoroughly. It will look like it won't want to mix, but keep at it. Add the mixture to the bowl and let it slowly incorporate; scrape the bowl. Pour in the melted and cool chocolate and mix just until incorporated. Scrape the bowl and stir by hand. Pour the batter in on top of the crust.

TO COOK IN A PRESSURE COOKER/INSTA-POT

Place a trivet or small rack inside the pressure cooker. Add 2 c. of water. Place the filled cake pan on the trivet/rack, attach lid and set to HP for 25 minutes. When the time goes off, let the pressure release naturally, about 7-10 minutes. Remove the lid carefully and lift out. Cool to room temperature and then chill at least 4 hours. Decorate with chocolate drizzles, if desired.

TO COOK IN THE OVEN

Preheat the oven to 325 degrees. Place a large cake or roasting pan on the center rack. It should be large enough to hold the 6" pan with about 2" clearance all around. Boil 2 quarts of water. Place the filled cheesecake pan in the larger pan and then carefully pour the boiling water in the large pan, allowing the water to come about halfway up the sides of the pan. Carefully push the rack back into position.

Bake until the edges of the cheesecake are firm but the center 2-3" is still a bit jiggle. Start checking it at about 45 minutes. Once the cheesecake is done, carefully remove it from the hot water bath and place on a wire rack. After about 10 minutes, run a thin knife or spatula around the inside of the pan to make sure the cake isn't stuck anywhere. Allow to cool to room temperature and then chill, at least 4 hours. Decorate with chocolate drizzles, if desired.

DESSERTS

RASPBERRY CHEESECAKE

1 c. chocolate cookie crumbs

Melted butter

2—8oz blocks cream cheese, room temperature

1/4 c. sugar

1/2 c. seedless raspberry jam

Nicolette Fike, Saratoga Springs City

1/4 c. sour cream

2 eggs, room temperature

6oz milk chocolate, finely chopped

1/3 c. heavy cream

Fresh raspberries, for garnish

Spray a 6"x3" spring-form pan with nonstick spray. Line with parchment paper, if desired.

Combine cookie crumbs with enough melted butter to hold together. Press across the bottom and about 1" up the sides of the prepared pan. Place in the freezer for 10 minutes.

In a mixing bowl, combine cream cheese and sugar at medium speed until smooth. Blend in jam, sour cream, and flour. Mix in eggs, one at a time just until blended. Don't overmix. Pour batter into the prepared pan on top of the crust.

TO COOK IN A PRESSURE COOKER/INSTA-POT

Place a trivet or small rack inside the pressure cooker. Add 2 c. of water. Place the filled cake pan on the trivet/rack, attach lid and set to HP for 25 minutes. When the time goes off, let the pressure release naturally, about 7-10 minutes. Remove the lid carefully and lift out. Cool to room temperature and then chill at least 4 hours.

TO COOK IN THE OVEN

Preheat the oven to 325 degrees. Place a large cake or roasting pan on the center rack. It should be large enough to hold the 6" pan with about 2" clearance all around. Boil 2 quarts of water. Place the filled cheesecake pan in the larger pan and then carefully pour the boiling water in the large pan, allowing the water to come about halfway up the sides of the pan. Carefully push the rack back into position.

Bake until the edges of the cheesecake are firm but the center 2-3" is still a bit jiggly. Start checking it at about 45 minutes. Once the cheesecake is done, carefully remove it from the hot water bath and place on a wire rack. After about 10 minutes, run a thin knife or spatula around the inside of the pan to make sure the cake isn't stuck anywhere. Allow to cool to room temperature and then chill, at least 4 hours. Decorate with chocolate drizzles, if desired.

When cheesecake is chilled, prepare topping:

Place half of the chocolate in mix bowl. Heat heavy cream on medium high heat until it almost comes to a boil. Be careful not to scorch. Remove from heat and immediately pour cream over chocolate and let it sit until completely melted. Stir well and let cool until ganache is thickened but still thin enough to drop down the sides of the cheesecake.

Spoon chocolate ganache on top of the cheesecake, spreading to the edges and letting it drip down the sides. Decorate top with raspberries. Refrigerate until ready to serve.



SIDES & EXTRAS

SIDE DISHES & PARTY FOOD

EASY & DELICIOUS POTATOES

Sherrie Gordon, Price City

1 lb. shredded potatoes

1 T. pepper

3 c. whipping cream

Salt, to taste

1 c. onion, diced

2 c. shredded medium cheese

Preheat oven to 350 degrees. Mix together potatoes, whipping cream, onion, pepper, salt and 1 c. of shredded cheese. Put in baking dish and cook for 1 hour, or until potatoes are done. Put remainder of cheese on top and return to the oven to melt.

VELMA'S VEGETABLE DIP

Velma Sherman, Wales Town

8 oz. cream cheese, softened

1 tsp. pepper

1 c. buttermilk

1 tsp. onion powder

2 c. mayonnaise

1 tsp. garlic powder

Combine all ingredients and beat until smooth. Refrigerate.

This is a great substitute on anything you use a dollop of sour cream—taco soup, baked potatoes, garden pancakes, etc.

COWBOY CAVIAR

Kim Holindrake, Payson City

2 T. red wine vinegar

1 to 1-1/2 tsp. Tabasco

1 to 1-1/2 tsp. olive oil

1 garlic clove, minced

1/8 tsp. pepper

Mix dressing ingredients.

1 avocado

2/3 c. chopped cilantro, no stems

2/3 c. green onion

16 oz. can black-eyed peas

1/2 lb. roma tomatoes, with juice

Pepper, to taste

11 oz. can corn, drainer

Fresh lime juice

Stir chopped avocado into dressing mix. Add remaining items and mix. Add salt and fresh lime juice to taste. Serve with chips.

HOT ARTICHOKE SPINACH DIP

Colleen Mulvey, Cedar Hills City

1-14oz can artichoke hearts, drained

1/2 tsp. minced garlic

1/3 c. grated Romano cheese

1/3 c. heavy cream

1/4 c. grated Parmesan cheese

1/2 c. sour cream

1-10oz pkg frozen spinach, thawed and drained

1 c. shredded mozzarella cheese

Preheat oven to 350 degrees. Grease 9"x13" baking dish. In a blender or food processor, place artichoke hearts, Romano cheese, Parmesan cheese, and garlic. Pulse until chopped, but not ground. Set aside.

In a medium bowl, mix together remaining ingredients. Stir in artichoke mixture and spoon into prepared baking dish. Bake for 20-25 minutes, or until cheese is melted and bubbly.

SIDE DISHES & PARTY FOOD

MACARONI CRAB SALAD

1 large bag of macaroni, cooked
1-1/2 lbs. imitation crab
6 hard boiled eggs, chopped
2 bunches green onions, chopped
Mix together and chill.

Lisa Titensor, Clinton City

1 can sliced olives
1/2 bottle Mayonnaise
1/2 bottle Miracle Whip

HOLIDAY WASSAIL

1 gallon apple cider
2 quarts orange juice
Juice of 3 limes
Juice of 3 lemons

Stephanie Steed, Escalante City

2 quarts water
2 c. sugar
Cinnamon, cloves & allspice

In a very large pot, boil the water and sugar to make a syrup. Next, add the juices. Make a space bag from a piece of cheese cloth and put the spices in it. Add the spice bag to the liquid and simmer about an hour. Add brandy for an "adult" version.

CRAISIN SALAD

1 head red leaf lettuce
1 head green leaf lettuce
1 head iceberg lettuce
1-8oz pkg shredded mozzarella cheese

Kathryn Moosman, Lindon City

1-8oz pkg shredded parmesan cheese
1 lb bacon, cooked and crumbled
1-8oz pkg Craisins
1 c. sliced almonds, toasted

Break red and green leaf lettuce into pieces. Shred iceberg lettuce. Toss all ingredients together. Add dressing, just before serving. Makes 12 servings.

DRESSING

1/4 c. red wine vinegar
1 c. sugar

1 tsp. onion salt
2 tsp. prepared mustard
1 c. salad oil

Mix all dressing ingredients in a quart jar and shake to mix.

I find that this dressing is about twice what is needed. Just refrigerate any unused dressing. Add about a fourth of the dressing, toss, and then add more, if needed.

If making this for a larger crowd, you can use precut romaine and decrease the amount of cheese. You can also use precooked bacon to save time.

If you want to candy the almonds, add about 3 T. of sugar to the pan when you are toasting them. Stir constantly over medium high heat. Just as they begin to brown, remove from heat and dump onto parchment paper to cool.

SIDE DISHES & PARTY FOOD

SWEETWATER MACARONI SALAD

Teresa Harris, Logan City

1-16oz uncooked elbow macaroni

4 carrots, finely shredded

1 large red onion, finely chopped

1/2 green pepper, finely chopped

1/2 red pepper, finely chopped

1 c. celery, finely chopped

2 c. mayonnaise

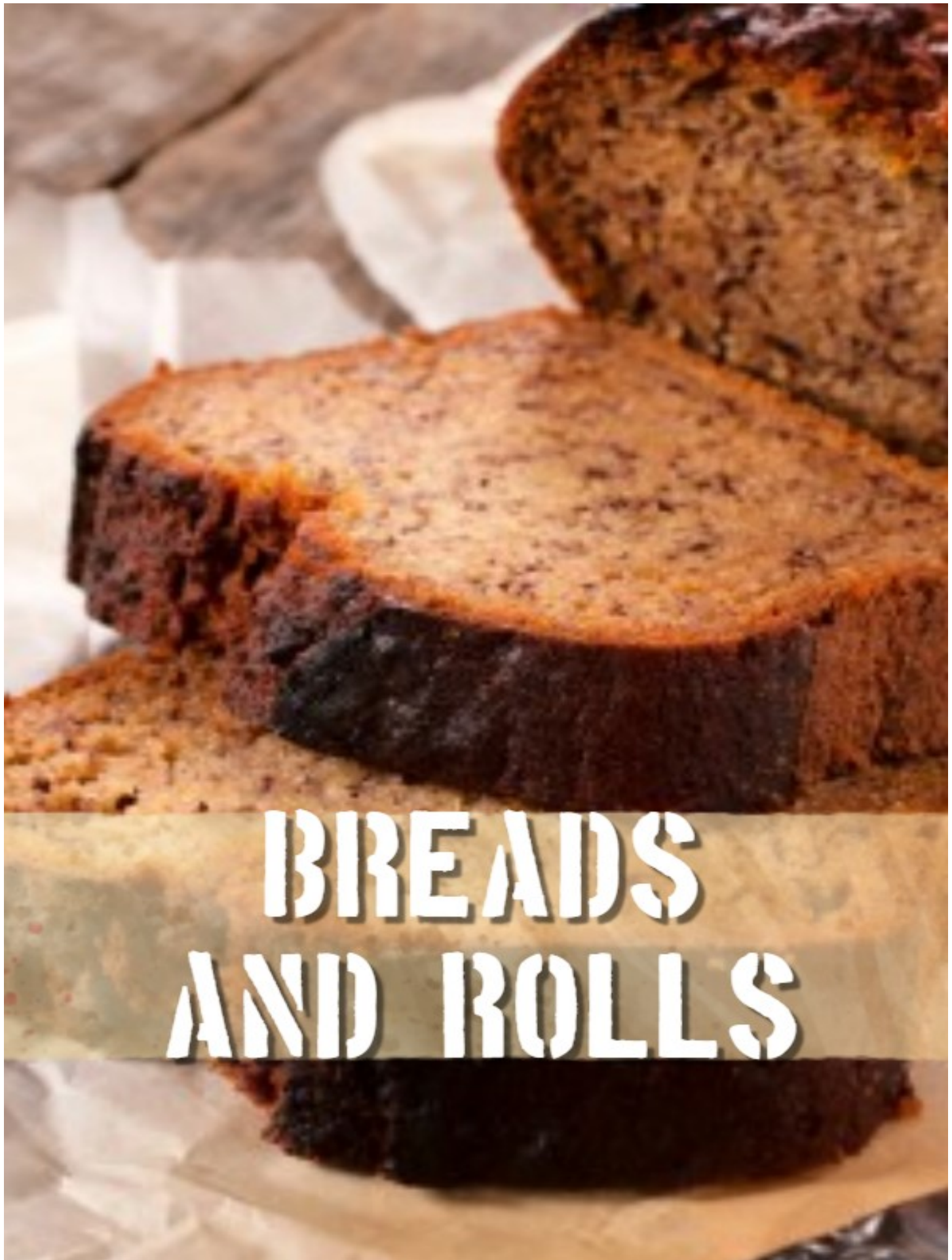
1 can sweetened condensed milk

2 T. sugar

1/2 c. white vinegar

Cook macaroni. Mix all other ingredients in the large bowl. Add macaroni and stir.

Refrigerate at least 8 hours, stir before serving.



**BREADS
AND ROLLS**

BREADS & ROLLS

WHITE OR WHEAT BREAD

5 c. warm water
3 T. powdered milk
3 T. yeast
2 T. salt

Anona Yardley, Beaver City

4T. Sugar
1/2 c. oil
2 c. oatmeal, 6-grain cereal, or other grains
Flour, to make a semi-stiff dough

Add all ingredients, except flour, to a mixer. Gradually add flour to the desire consistency and mix for about 10 minutes to activate the yeast. Let raise for 10 minutes and mix down. Put in loaf pans, let raise to double. Bake at 375 degrees for 13 minutes. Reduce heat to 325 degrees for 13 minutes and remove from oven to cool. (Baking time may vary depending on your oven)

ROLLS

4 T. yeast
3 T. powdered milk
1 tsp. salt
3/4 c. sugar

Anona Yardley, Beaver City

5 c. warm water
3/4 c. oil
4 beaten eggs
Flour, enough for soft dough

Put water, sugar, and yeast in mixing bowl; let stand 5 minutes. Add oil, salt, powdered milk, and eggs. Mix in flour until it is a soft dough. Let rise, punch down and let rise again. Goof for Parker House rolls, cinnamon rolls, or hamburger buns. For Parker House and dinner rolls, bake for 12 minutes at 375 degrees. For hamburger buns, bake 15 minutes at 375 degrees. If used for sweet rolls, add cinnamon to dough

CORN BREAD

1 c. corn meal
1 c. flour
1/4 c. sugar
1 T. baking powder

Anona Yardley, Beaver City

1 tsp. salt
1/3 c. oil
1 egg
1 c. milk

Combine dry ingredients and mix well. Combine oil, egg, and milk. Mix well. Stir into dry ingredients just until blended. Pour into greased 8"x8" pan. Bake at 400 degrees for 25 minutes.

SICILIAN PIZZA CRUST

1 c. warm water
1 T. yeast
1 T. sugar

Anona Yardley, Beaver City

1-1/2 tsp. salt
2-1/2 T. vegetable oil
2-1/2 c. flour

Dissolve sugar and yeast in warm water. Let sit until mixture is very frothy. Add salt, oil, and 1-1/2 c. flour and beat until smooth. Add remaining flour and stir until smooth. Turn out onto a lightly oiled board. Knead for several minutes. Place in greased bowl. Cover and let rise until double. Punch down and divide into 2 balls. Form dough and add toppings. Bake at 425 degrees for 20-25 minutes.

BREADS & ROLLS

BAKING POWDER BISCUITS

Anona Yardley, Beaver City

2 c. flour

1/4-1/3 c. shortening

3 T. baking powder

3/4-7/8 c. milk

1/2 tsp. salt

Step 1: Sift the flour, measure and resift three times with the baking powder and salt.

Step 2: Add the solid shortening all at once and cut in with a pastry blender or two knives, or rub in with the fingertips, until the mixture has a texture ranging from that of course corn meal to that of grains of rice.

Step 3: Add the milk all at once and stir briskly with a fork until the dry ingredients are thoroughly dampened. The dough will stiffen up rather suddenly and should not be stirred after it stiffens.

Step 4: The dough is next turned out on a lightly floured board and 3-4 quick folds from the bottom are made to bring the dough that has come in contact with the board (and has a coating of flour) over the top of the ball. This makes the dough easier to handle and the kneading may be done with the least possible amount of flour.

Step 5: The dough is next rolled or patted out evenly in all directions to the desired thickness; 3/8-3/4"

Step 6: Cut out biscuits with a lightly floured cutter and with the same motion lift them onto a lightly greased baking sheet and shake the biscuit out of the cutter.

Step 7: Bake biscuits in a 450 degree oven for 10-15 minutes, depending on the thickness. Serve immediately. Makes 12-15 two-inch biscuits.

SWEET CORNBREAD

Pamela Spencer, Vineyard City

DRY INGREDIENTS

1 c. corn meal

2 c. flour

1 T. baking powder

1-1/2 c. sugar

1/2 tsp. salt

WET INGREDIENTS

3/4 c. butter

4 large eggs, separated

1 tsp. vanilla

1 c. evaporated milk or buttermilk

Preheat oven to 350 degrees. Combine dry ingredients. Separate eggs. Using the bowl with the yolks, add remaining wet ingredients and mix. Stir in dry ingredients. Beat egg whites until stiff; fold into batter. Bake in a well-greased and floured 9"x13" pan for 35 minutes.

Top with melted butter and enjoy!

BREADS & ROLLS

BANANA BREAD

1 c. shortening
2 c. sugar
4 eggs, well beaten
4 c. flour, sifted

Janell Braithwaite, Gunnison City

3/4 c. nuts
2 tsp. baking soda
1 tsp. salt
6 bananas, mashed

Cream shortening, sugar, and eggs. Add bananas. Mix in dry ingredients and nuts. Bake at 300 degrees for 1-1/2 hours.

PARKER HOUSE ROLLS

Stephanie Steed, Escalante City

6 T. sugar
1-3/4 tsp. salt
1/4 c. grease
3/4 c. water

3/4 c. scalded milk
3-4 c. flour
1 pkg yeast (activate with 1/4 c. warm water and a pinch of sugar)

Add all ingredients, except yeast. Add yeast in once milk is cooled. Knead dough by hand. Cover and let rise until doubled.

Roll out and cut with a biscuit cutter. Brush with melted butter. Fold circles in half and place on buttered cookie sheet. Cover and let rise until doubled. Bake at 350 for 15-20 minutes.