



CAIORG PRESENTS

# 100 YEARS OF RECIPES

Celebrating a century of Rainbow with  
special recipes from all over the state





# A Note from the Editors

This book has been a work of love and service from all of you, and we are so honored to have received so many submissions from all over the state. We extend our most heartfelt

thanks to everyone who participated, and we hope you all enjoy these wonderful recipes.

Here's to another century of Rainbow memories, around the table and the world!

With all of our Rainbow Love,  
Grace Zhou, Alexis Snyder, and  
Jordan Murphy



# Recipe for a Rainbow Girl

Submission from: Carol Thomas, Grand Deputy, Dist. 64

This recipe is part of a Rainbow Cookbook created by Milford, CT Rainbow Assembly #4 in 1971. It was submitted by Elizabeth Anderson, who I believe was WA at that time

6 cups Love  
4 tbsp. Religion  
2 dashes Nature  
1 pinch Immortality  
1 1/2 pkgs. Fidelity  
1 cup Patriotism  
4 lbs. Service  
1 qt. Faith  
2 qts. Hope  
3 qts. Charity

- 1) Combine first 7 ingredients, stirring with a steady hand for 30 minutes.
- 2) Add Faith and Hope and blend using enthusiasm, kindness and understanding.
- 3) Boil for 10 minutes while adding Charity, stirring constantly.
- 4) Blend together to reach the SECRET of success.

Yields: 1 girl ready to serve with LOVE.

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# Some Savory Snacks





# Veggie Squares

Submission from: Lisa Dowdy, Grand Deputy, District 25

2 cans crescent rolls

$\frac{3}{4}$  cup mayo

$\frac{3}{4}$  cup sour cream

2-8 oz blocks cream cheese, softened

1 packet Ranch Dressing (dry)

2 cups shredded cheddar cheese

Chopped vegetables: cauliflower, broccoli, mushrooms, green onions, carrots or any combination you wish

Unfold crescent rolls from container and spread out onto jelly roll pan, (11x15). Push edges together to form a crust. Bake at 375 for 10 minutes until lightly browned. While this is cooling prepare the rest of the ingredients.

Mix mayo, sour cream, cream cheese and ranch packet together. Grate cheddar cheese if needed. Chop up veggies into very tiny pieces or use food processor, but be careful to not chop too fine. When all veggies are chopped, combine together and mix thoroughly.

When crust is cooled spread the mayo mixture on top of the entire crust. Then sprinkle cheese over that. Then spread the veggie mixture on top of the cheese. Press down lightly to “set”. Place in frig for at least two hours before slicing.



# Pomegranate Spinach Dip

Submission from: Sarah Ingold, Past Grand Representative to Montana, North Dakota, South Dakota 2008, & Jan Ingold PWA Ashland Assembly, Albuquerque NM 2005

8 oz cream cheese or 1 cup cottage cheese  
3/4 cup Parmesan cheese, grated  
2 cloves garlic, crushed  
1/2 cup Swiss cheese, shredded  
1 (10oz) package frozen chopped spinach, thawed and drained  
1 cup mayonnaise  
1 (6.5oz) jar marinated artichoke hearts, drained and chopped  
1 cup pomegranate arils  
Fresh vegetables for dipping

Preheat oven to 350F

Mix together cream cheese, Parmesan cheese, garlic, Swiss cheese, spinach, mayonnaise, artichokes and arils. Spread into a 1-quart baking dish or 9-inch glass pie pan. Bake until dip is bubbly around the edges and cheese has melted, about 15 minutes. Serve with fresh vegetables. Makes 6 to 8 servings.



# Sweet & Spicy Meatballs

Submission from: Denise Warren, Grand Director of Grand Officers

2 12oz jars of chili sauce  
1 32oz jar of grape jelly  
pinch of cayenne pepper (optional)  
1 3pound bag of meatballs

1. Combine first 3 ingredients in a medium saucepan and heat until warm
2. Pour meatballs into a crock pot.
3. Pour sauce over meatballs
4. Cook on low for 3-4 hours (if meatballs are frozen cook on low for 6-7 hours or high for 3-4 hours)
5. Stir occasionally



# Lettuce Strawberry Salad

Submission from: Dana Regier, Supreme Deputy

## Dressing

2/3 cups Mayo

2 tablespoons vinegar

2 tablespoons milk

2 tablespoons poppy seeds

1/3 cup sugar

Whisk together until blended

## Salad

Use any type of lettuce; a mix of baby spinach and romaine is good. Add sliced strawberries. You could also add kiwi and maybe mandarin oranges to change it up a little.





# Soft Pretzel Bites

Submission from: Barbara Okin, GECMA

Infinity Assembly #261

Oven 450\*

1 1/2 cups warm water (105F - 115 F)

1 package yeast (2 1/4 teaspoons)

1 teaspoon maple syrup (or sugar)

4 cups all-purpose flour, adding more as needed

2 Tablespoons neutral oil

2 teaspoons fine sea salt (table salt)

10 cups of water

1/3 cups baking soda

butter for basting

pretzel toppings- Kosher salt, everything bagel seasoning,  
cinnamon sugar

In a small bowl, whisk together the warm water, yeast, and maple syrup. Let stand for 5 min or until a foam develops on the surface.

Add flour and sea salt to a mixing bowl and whisk. If using a mixer, use the dough hook mix the dough.



# Soft Pretzel Bites

Add the oil to the yeast mixture and add to the dry ingredients. Knead in the mixer for 8 minutes or until smooth and elastic (or 10-12 minutes by hand). Pretzel dough is very dense. The dough should be soft, if too sticky add a bit more flour.

Place dough in a well oiled bowl, cover , and allow to rise in a warm lace for about 1 hour or until doubled.

Fill a large pot with water and baking and bring to a simmer.

Preheat oven to 450\*

Line 3 large trays with parchment paper. Punch down the dough. Turn it out onto a floured surface, and slice into 5 strips. Keep dough covered to keep it from drying out. Roll each strip into a 1 inch thick rope. slice each rope into 1 inch segments. Transfer the segments to the floured baking tray. Using scissors cut a shallow "x" on each segment.

Bring the water to a rolling boil. Drop several segments of dough in the boiling water for 45 seconds to one minute and place on a clean parchment lined tray. Repeat until all segments have been processed.



# Soft Pretzel Bites

Lightly brush all segments with neutral oil to aid in browning. If using salt or everything bagel season, sprinkle on segments.

Bake 8 - 14 minutes until pretzel segments are deep golden brown.

If using cinnamon sugar, brush pretzels with melted butter/margarine and toss with cinnamon sugar mixture. (1 cup sugar, 1 1/2 tea cinnamon)

\*\* can make regular pretzels. Cut into 8 pieces, shape and bake 15 min.

\*\* can be made into pretzel buns. Cut into 12 pieces, reduce heat to 400\*, bake 20 min.





# Spinach Dip

Submission from: Beverly Noe, PWA, Advisory Board  
Member, Oak Summit Assembly #128

Serving Size: Varies

Ingredients:

- 1 Round Loaf French bread (uncut)
- 1 small baguette loaf
- 1 cup mayonnaise
- 1 cup sour cream
- 1 package Knorr's Leek Dry soup mix
- 1 bunch of green onions (tops only)
- 1 8 ounce can of sliced or whole water chestnuts
- 10 ounces of frozen chopped spinach (cooked)

Directions:

1. Slice top of French bread (about 1/2") and scoop out inside of bread, breaking or cutting into bite sized pieces (about 1 to 1-1/2"). Set aside.
2. I also take the baguette and slice into pieces to be sure you have plenty of bread for dipping.
3. Pre-cook spinach and set aside to cool.
4. Chop green onion tops into coarse pieces as well as the water chestnuts. I personally use my Pampered Chef manual food processor. You can also use an electric food processor but be careful not to run it too long.



# Spinach Dip

5. Mix together mayonnaise, sour cream, Leek soup. Green onions, water chestnuts, and spinach into a dip consistency.
5. Spoon mixture into the scooped out French bread, place the top back on (1/2" slice you took off at the beginning of the directions), place onto a platter and chill for about an hour.
6. When ready to serve, remove the top, place cut up bread around the platter and there you have it.





# Sweet and Sour Meatballs

Submission from: Barbara Okin, GECMA

Infinity Assembly #261

serves 6 - 8

## Sweet- and-Sour Sauce

2 Tablespoons vegetable oil

1 med onion grated

1 29 oz can tomato sauce

1 15 oz can of tomato sauce

1/2 cup water

Juice of one lemon (about 2 Tablespoons)

1/4 cup dark brown sugar

Salt & pepper to taste



## Meatballs

2 pounds ground chuck (can substitute pork, turkey, chicken )

2 eggs beaten

1/3 cup long-grain rice, measured uncooked and par boiled for 3 minutes, cooled

1 cup fresh bread crumbs (use challah, or good quality bread with crust)

1 med onion grated

1/2 cup tomato sauce (from amount listed for sauce)

1 1/4 teaspoons salt

1/2 teaspoon ground pepper



# Sweet and Sour Meatballs

1. Prepare rice and set aside to cool.
2. Prepare fresh bread crumbs.
  1. grate onion or mince in a food processor (hint - onion is used for the sauce and the meatballs prep at one time and set aside some for the meatballs)
3. in 5 quart Dutch oven heat oil and cook onion until it is soft and golden. Set aside 1/2 cup of tomato sauce for the meatballs. Add remaining tomato sauce to Dutch oven and rinse cans with 1/2 cup water and add water to pan.
4. Stir in lemon juice, brown sugar, salt and pepper and bring to a simmer uncovered on med heat. turn off heat and prepare meatballs
5. in a large bowl, combine ground meat, eggs, rice, tomato sauce, onion, salt and pepper and mix well. Add breadcrumbs and mix.
6. Form meatballs using a cookies scoop and place on lined baking tray.
7. Bring sauce to a simmer and drop meatballs one at a time in the sauce. Gently shake pot to get meatballs to settle into the pan. Don't stir as you will break up the uncooked meatballs. Sauce may not cover all of the meatballs at first)
8. Cover the pot and cook the meatballs on low for 15 min and shake the pot to stir the meatballs. Recover pot and cook for another 15 min.
9. Serve with rice or wide egg noodles.
10. This recipe can be cooked in a slow cooker, in the oven and is better the next day.



# Main Dishes





# Taco Soup

Submission from: Dana Regier, Supreme Deputy

1lb. lean ground beef or turkey (browned and drained)

2 packages of taco seasoning mix (can add more to desired taste level)

16 oz can tomatoes with green chilies

16 oz. black beans (I prefer to drain but not necessary)

16 Oz. can corn (prefer sweet and drained but again your choice)

1 med yellow onion chopped (can brown with meat or add to crockpot)

7 oz. can of chopped chilies (chose heat level)

Brown meat and then add it plus all ingredients to your crockpot and cook on low for 4 to 5 hours.

Serve with tortilla chips, sour cream, diced green onions and olives and shredded Mexican cheese





# Chicken Enchiladas

Submission from: Mary Sperry, GEC MA, Lemon Grove Assembly; Majority Member, Benicia Assembly #95; PWA, Myrtle Assembly #155

Serving size: 8-10

## Ingredients:

4 Large Chicken Breasts, cooked and shredded  
2 Jars (16oz) Salsa (Select your choice of Mild, Medium or hot)  
32 oz. Heavy Whipping Cream  
32 oz. Shredded Mexican style Cheese  
10 Burrito Size Flour Tortillas

## Directions:

1. Preheat oven to 350<sup>0</sup>F.
2. Grease a 9x13-casserole dish with cooking spray.
3. In a large bowl, combine shredded chicken and salsa. Mixture should be moist, if not add more salsa.
4. In a separate shallow dish, add heavy cream. Dip flour tortillas in cream to moisten.
5. Place tortilla in casserole dish and place ~ 2 handfuls of chicken mixture on flour tortilla. (You can add more chicken or less depending on how full you want your enchilada)



# Chicken Enchiladas

6. Add ~1 small handful of shredded cheese on top of chicken mixture.
7. Roll tortilla and place seam side down in casserole dish and scoot to the end of the pan.
8. Continue this process until your pan is full.
9. If you have remaining cream, pour on top of enchilada and spread around the top.
10. Cover entire pan with shredded cheese
11. Top with aluminum foil (pro-tip: spray cooking spray on foil and place greased side down to prevent cheese from sticking to foil)
12. Bake for 30-45 minutes until bubbly.
13. Serve with Spanish rice, Refried Beans, Sour cream, Guacamole or your favorite hot sauce.





# Tater-Tot Casserole

Submission from: Shirley Redman, AGD

## Ingredients:

1.5lb Ground beef  
¼ chopped onion  
2 cans Cream of Mushroom soup  
1.5-2 cups Shredded cheddar cheese  
1 2 pound package frozen Tater-Tots  
Black pepper (to taste)

## Directions:

1. Brown ground beef, onion & black pepper. Drain off any fat.
2. Spread evenly on bottom of 9 x 13 glass pan.
3. Spread soup evenly over ground beef layer.
4. Sprinkle solid layer of cheese over soup layer.
5. Spread Tater-Tots evenly over the cheese layer.
6. Bake in pre-heated 350° oven for 45 – 60 minutes or until soup & cheese bubble.
7. Serve hot & enjoy!



# Quesadilla Quiche

Submission from: Sarah Ingold, Past Grand Representative  
to Montana, North Dakota, South Dakota 2008 &  
Jan Ingold PWA Ashland Assembly, Albuquerque NM 2005

\*this recipe makes a lot - divide into 2 pie pans and freeze one\*

## Ingredients:

2 prepared pie crusts  
1 lb ground beef (or chicken, pork, turkey)  
1 C chopped onion  
1 C chopped tomato, drained  
1 4oz can sliced olives, drained  
1/2 tsp garlic powder  
1/2 tsp chili powder  
1/8 tsp pepper  
6 eggs, slightly beaten  
1 C shredded Monterey Jack cheese  
1 C shredded cheddar cheese



# Quesadilla Quiche

## Directions:

1. Place prepared pie crusts in two pie pans
2. Brown meat with onion, remove from heat and add tomatoes, olives, garlic powder, chili powder, and pepper
3. In a separate bowl, beat eggs and add 1/2 C Monterey Jack cheese and 1/2 C cheddar cheese
4. Sprinkle remaining cheese over bottom of pie crusts (or save for the top)
5. Combine egg mixture with meat mixture and spoon evenly into pie crusts
6. If you saved the cheese or want to add more, sprinkle over the top
7. Bake, uncovered, in 375 degree oven for 45-55 min. Center should be firm
8. Let stand for 5 min before serving





# Mrs. P's Taco Salad

Submission from: Pam Piscitelli, PG Historian 1981

## Ingredients

1. 1 LB Hamburger or Turkey meat
2. 1 large bag salad mix
3. 1 8oz can red kidney beans
4. 1 8oz can olives
5. Chopped green onions (use as many as you like)
6. Optional-chopped tomatoes
7. 1 bag-2 Cups shredded cheese (Mexican blend or whatever you have on hand)
8. Tortilla chips-hand crunched into the salad as many as you like (be sure to save some to eat on the side)
9. 1 bottle light Thousand Island dressing.

## Instructions

Brown the ground beef or turkey meat until well done. Add 1 package taco seasoning mix to the meat per the package instructions and let cool.

In a large bowl, put all ingredients including the dressing and cooled meat, mix well and enjoy.

This can be made ahead of time, just do not add the dressing until ready to serve.



# Tater-Tot Hotdish

Submission from: Leah Miller

1lb ground beef/turkey/chicken/pork

1yellow onion

1 can cream mushroom soup

16 oz bag of frozen mixed veggies

32 oz bag of tater tots

Salt & pepper to taste

1 1/2 cup shredded cheese

Chop onion finely & brown in a pan with 1 Tb olive oil. Add ground meat & cook thoroughly. Drain grease.

Dump meat/onion mixture into a 8X8 baking dish along with cream of mushroom soup & mixed vegetables and stir together.

Season with salt & pepper, top with cheese & tater tots.

Bake at 375 degrees for 30-40 minutes.



# Yellow Curry Chicken

Submission from: Ashley Sannino

## Ingredients:

1.5 TBSP your preference of oil  
4 TBSP yellow curry paste-Use more if you want more HEAT  
2 (15 oz) cans of coconut milk  
2 cups chicken stock  
2 carrots, peeled and sliced into rounds  
1 yellow onion, sliced  
2 chicken breasts, very thinly sliced  
1 1/2 tsp soy sauce or more for taste  
3/4 TSP salt  
1.5 TSP sugar  
serve with or over jasmine rice

## Directions:

Step 1: In a large pot, heat up oil.

Step 2: Next, add curry paste to oil, and stir for 2 minutes.

Step 3: Then add the cans of coconut milk and chicken stock, and mix. Bring to a boil, then turn down to simmer.

Step 4: Add in carrots and onions and boil until fork-tender.

Step 5: Then, slowly add in thinly sliced chicken and cook for two or three minutes, until chicken is cooked. Then remove from heat.

Step 6: Stir in soy sauce, salt, and sugar, to your desired taste.

Step 7: Serve over jasmine rice



# Corn Casserole

Submission from: Jo Ann Stern, Treasurer of the GEC and  
State Mother Adviser for GA 2022, Napa #7

## Ingredients

1 can cream style corn  
1 can whole corn (do not drain)  
1 8 oz. container sour cream  
2 eggs  
1 stick butter (melted in baking pan first)  
1 box Jiffy Corn Bread Mix  
Optional:  
2 Tablespoons finely chopped onion  
some granulated garlic

I put the baking pan in the oven with the stick of butter to melt. I let the butter get golden brown while I mix the other ingredients. Pour the mixture into a 9x13 pan and bake at 350 degrees for 40 minutes. My kids love it without the optional ingredients.

# Baked Chicken Chimichangas

Submission from: Ashley Sannino

8oz pkg. cream cheese  
8oz. cheese, shredded (Whatever kind you prefer)  
1 1/2 Tbsp. taco seasoning  
1 lb. cooked chicken, shredded  
8 flour tortillas  
cooking spray  
shredded cheddar cheese  
4oz can diced green chilis

Top with:  
green onions  
sour cream  
salsa

## Directions:

Stir together cream cheese, shredded cheese, green chilis, and taco seasoning.

Fold in chicken.

Divide among flour tortillas.

Tuck in sides, and roll up each tortilla.

Lay seam side down in a sprayed 9×13" baking dish.

Spray tops of tortillas with cooking spray.

Bake at 350 for 15 minutes.

Top with your favorites and enjoy!



# Panko Crusted Chicken Thighs

Submission from: Barbara Okin, GECMA  
Infinity Assembly #261

425\* 45 min

1 Package (4 lbs) bone in chicken thighs

4 eggs

1 cups all purpose flour

2 cups Panko bread crumbs

All purpose/ house seasoning (2 TLBS Kosher salt/ 1/2 tsp pepper/ 1 tsp paprika/ 1/2 tsp garlic powder/ 1/2 teas poultry seasoning/ 1/2 tsp onion powder)

Season chicken with 1 Tablespoon of house seasoning. Mix well and set aside for 30 min or more.

Prepare 3 bowls for dredging.

bowl #1 flour with 1/2 teaspoon seasoning.

bowl #2 mix eggs with 2 -3 TLBS warm water. Add 1/2 teaspoon seasoning

bowl #3 panko crumbs



# Panko Crusted Chicken Thighs



Line a large baking tray with foil.

Dip chicken in flour, coat well. Then dip in egg wash, coat well. Dip into panko crumbs and coat well. Place chicken skin side up on baking tray. Bake at 425\* oven for 45 min until chicken is well browned and meat is cooked. Do not overcook! Let sit 10 min to rest.



# Green Chili Enchiladas

Submission from: Michelle Owens Fong  
Past Grand Historian 87, Palmdale Assembly

Recipe origin date 1984

1pkg of tortillas

1 16 Oz container of sour cream

2 cans of cream of celery soup

1 can chicken( or it can be made without)

2 cans diced green chilies

1 large pkg of mixed cheese

1 can olives

Warm the tortillas for 30 in oil on a low flame and stack in a pan

Mix the sour cream,soup,chilies and 1/4 of the cheese in a pot until everything is melted and creamy stir often. Set aside.

Take a tortilla add cheese, olives (and chicken if desired )

Roll tightly and place close together in a shallow baking dish. Do this until you run out then pour the creamy sauce on top and bake for 20 minutes at 350



# Broccoli Cheese Casserole

Submission from: Mary Sperry, GEC MA, Lemon Grove Assembly; Majority Member, Benicia Assembly #95; PWA, Myrtle Assembly #155

Serving size: 8

## Ingredients:

1 family size chopped broccoli, cooked  
1 can cream of mushroom soup  
½ cup Mayonnaise  
1 cup shredded cheese  
Crushed Cheez-Its Crackers for topping

## Directions:

1. Preheat oven to 350<sup>0</sup>F.
2. In a large bowl, combine all ingredients (except cheese its)
3. Place in greased 9x13-casserole dish.
4. Top Crushed Cheez-its on top
5. Bake for 30 minutes uncovered.



# Breakfast Casserole in the Crock Pot

Submission from: Shirley Redman, AGD

## Ingredients:

1 bag 26 oz. frozen hash browns  
12 eggs  
1 cup milk  
1 tablespoon ground mustard  
1 -16 oz. roll sausage maple, sage or regular.  
Salt and pepper to taste  
16 oz. bag shredded cheddar cheese

## Directions:

1. Spray crock pot and evenly spread hash browns at the bottom.
2. Crack 12 eggs in a large bowl.
3. Mix well (and slowly) using a whisk.
4. Add the milk.
5. Go ahead and sprinkle in the ground mustard.
6. Add plenty of salt.... ...and lots of fresh pepper.
7. Mix well and set aside.



# Breakfast Casserole in the Crock Pot



8. Cook the sausage on high heat, drain and set aside.
9. Add sausage on top of hash browns.
10. Is this enough cheese? Maybe? Probably. Throw the whole big bag in there.
11. Mix it up well.
12. Pour the egg mixture over everything in the crock pot. Using a wood spoon, even everything out so it's spread evenly.
13. Turn the crock pot on low for 6-8 hours.



# Pretzel Salad

Submission from: Jo Ann Stern, Treasurer of the GEC and  
State Mother Adviser for GA 2022, Napa #7

8 1/2 oz. package pretzels, broken into small pieces

1-1 1/4 melted margarine.

Bake in 9x13 dish for 10 minutes at 400 degrees. Cool

8 oz. package cream cheese, softened

1 cup sugar

Cream cheese and sugar, spread on baked pretzels.

Spread 9 oz. package thawed frozen whipped cream topping  
on top. Chill.

Dissolve 1.3 oz. package strawberry Jello in 1 cup water or  
pineapple juice. Stir in 10 oz. package frozen strawberries,  
sliced and thawed (or 2-3 cups fresh berries). Allow to  
thicken almost to jellied state. Spread over topping.  
Refrigerate.



# Rice Cooker Soup

Submission from: Barbara Okin, GECMA

Infinity Assembly #261

A quick and easy low effort soup for busy days

6 - 8 cups of Beef, Chicken or Veggie broth

1 lb frozen veggies. (I like Kroger Soup mix 2 10 oz packages)

1 clove garlic

1-2 bay leaves

1/2 teaspoon whole peppercorns

1 TLBS tomato paste

1/2 cup grain of your choice - rice, red lentils, farrow, barley, etc.

add 1/2 - 1 teaspoon salt to taste

Place all ingredients into a rice cooker and slow cook 2 hours or on rice setting until grains are cooked. If you like a stronger broth flavor, add bullion cubes. Can add onion, celery, carrots, parsnip, diced potato, if desired. Yellow squash, and/ or zucchini can be added at the end of cooking if desired. Can use 1/2 cup pasta toward the end of cooking instead of grains if desired.



# Grandma Berlingot's German Potato Salad

Submission from: Divona (Trickett) Roy, Grand Immortality  
1980, San Diego Assembly

Almost 5 lbs. of red potatoes  
1/2 lb. bacon  
3/4 cups vinegar  
3/4 cups water  
5 tablespoons of sugar  
2 stalks of celery cut up  
1 onion, but not the biggest, cut up  
Salt to taste  
2 boiled eggs

Boil potatoes with skins on. When cool, remove potato skins. Either slice or cut in pieces. Put in large bowl.

While potatoes are boiling and cooling, cut up the ingredients.

Cut bacon in small pieces. (NOTE: it is easier to cut the bacon as soon as you take it out of the refrigerator and before it comes to room temperature) Fry. Turn off heat.

Add celery, onion, and salt to cut up potatoes in bowl.

Cut up the boiled eggs and add to bowl.

Mix all ingredients carefully.



# Grandma Berlingot's German Potato Salad

On low heat, add vinegar and water to bacon grease.

Add sugar. Stir until sugar is dissolved.

Pour over ingredients. Mix carefully.

Let stand a little while and stir again and repeat maybe one more time.

If any potato salad is left over and has to be refrigerated, it either can be warmed slightly in the microwave oven or eaten cold.





# Crockpot Italian Chicken

Submission from: Liberty Dalton Hope Natalie R. Martin

Assembly #275

## Ingredients:

2 pound skinless boneless chicken breast

16 ounces Olive Garden Italian dressing

8 ounces cream cheese

1/8 teaspoon salt

1/4 teaspoon ground black pepper

1/2 cup grated parmesan cheese

chopped parsley to taste

## Instructions:

Spray the crockpot with non stick cooking spray. Place the chicken in a single layer on the bottom of the slow cooker.

Pour the Italian dressing on top of the chicken.

Cut cream cheese into small pieces and put on top of the chicken.

Sprinkle the salt, pepper and half of the parmesan cheese on top.



# Crockpot Italian Chicken

Cook in the slow cooker – if cooking on high cook for 4 hours, if cooking on low cook for 6 hours.

When there is 20 minutes left of the cook time, once the chicken is cooked use 2 forks to shred the chicken and mix the chicken with the sauce to completely mix everything together.

Serve over pasta or rice, it even taste good on a bun like a sandwich.

Top with additional parmesan cheese and parsley.





# Ohio Pasta Salad

Submission from: Linda Cunningham-Carlin, Past Grand  
Ohio 1994 Hawthorne Assembly #70

## Ingredients:

### Mixing Bowl #1

16 oz. cooked pasta  
2/3 cup chopped celery  
1/3 diced onion (sweet onion)  
1/2 cup of frozen peas

### Mixing Bowl #2

2 tbl spoon white vinegar  
1 tsp sugar  
1/2 cup of mayonnaise  
1 tsp brown mustard  
1/4 cup of sweet pickle relish

Combine both bowls into one, pepper to taste.

While serving as Grand Ohio 1993-1994 I'd make this pasta salad that I was given the recipe for when I was appointed Grand Ohio after our regular meetings and for Installations, and of course it was served at my reception.



# Pat's Tamale Pie

Submission from: Pat Gewin, Secretary of the GEC and Past  
State Mother Adviser

1 large onion, chopped  
1/4 cup green pepper, chopped  
1 1/2 lbs. ground chuck  
2 tsp. salt  
1/4 tsp. pepper  
1 can tomato soup (10.5 oz)  
1 can tomatoes (16 oz)  
2 cans chopped ripe olives, drained (4 oz.)  
1 pkg. corn bread mix  
1 tbsp. or more chili powder  
1 pkg whole kernel corn, drained (12 oz.)  
1/2 cup grated cheddar cheese

Sauté onions and green pepper in 2 tbsp. of bacon drippings or butter until tender. Add meat, brown. Add salt, pepper, chili powder, corn, olives, tomato soup and tomatoes. Mix well. Simmer 15 minutes. Turn mixture into greased 13 x 9 baking dish. Mix cornbread according to package directions, spread over meat mixture. Sprinkle top with cheese. Bake at 375 degrees for 30-40 minutes.



# Chicken Lo Mein

Submission from: Barbara Okin, GECMA

Infinity Assembly #261

1 package of Lo Mein noodles (spaghetti noodles can be substituted)  
2 boneless skinless chicken breasts sliced thin  
2 Tablespoons vegetable oil  
1/2 yellow onion sliced thin  
4 cloves minced garlic  
1 Tablespoon freshly grated ginger  
1 cup celery sliced thin  
1/2 bag carrot slaw or (1 carrot julienned and 1/4 small cabbage sliced thin)  
2 - 4 cups bean sprouts  
1 red pepper julienned  
1 can of straw mushroom pieces or 1 cup sliced mushrooms cooked  
4 scallions  
1/3 c soy sauce  
1 Tablespoon sesame oil ( don't skip - its a key ingredient to the flavor)



# Chicken Lo Mein

1. Cook noodles according to package directions. rinse well and set aside.
2. Sauté chicken in a wok or large sauté pan with 1 Tablespoon of vegetable oil. set aside
3. Add the rest of the oil to the pan and cook the onion, garlic, and ginger until the onions are soft. (add the fresh mushrooms too if not using canned mushrooms)
4. Add the cabbage, carrots, red pepper and green onion and straw mushrooms to the pan. and cook for 1-2 min until the cabbage begins to wilt. Don't over cook.
5. Add the chicken, bean sprouts, and noodles and cook for 1 minute until heated through.
6. Remove the pan from the heat.
7. Add the soy sauce and sesame oil and toss well.





# Chicken Pot Pie

Submission from: Debbye Rosenthal, AGDOGO and NJ/NY  
2003, San Fernando Assembly

Gluten free option available

Serving Size: Approximately 6

## Ingredients:

- 2 C chicken cubed
- 2 TBL butter
- 2 TBL flour (Can be Gluten Free)
- 1 tsp salt
- 1/8 tsp pepper
- 1/2 C chicken broth
- 1/2 C cream (half and half)
- 3 carrots
- 3 stalks celery
- 1 small yellow onion

(I add a package of mixed broccoli and cauliflower and a can of yellow corn. You can add whatever vegetables you like)

\*I usually make about 50% more mixture - instead of 2 TBL butter I do 2 1/2 TBL etc, bec I add the broccoli and cauliflower.



# Chicken Pot Pie

1. Heat oven to 425 degrees. Put pastry in bottom of pie pan. You may use a gluten free pie crust (suggested frozen one from Trader Joes or make your own)
2. Cut up the carrots, celery, and onion
3. Melt some butter and olive oil in a pan over low heat. Sauté vegetables, first onion then add other vegetables (if adding broccoli and or cauliflower put in microwave for 3-5 minutes or however long to soften). Once soft, add broccoli and cauliflower to vegetable mixtures and use spatula to cut into small pieces.
4. Melt butter in saucepan over low heat. Blend in flour, salt, pepper - keep stirring so it doesn't clump. Mixture should be smooth and bubbly. Stir in chicken broth and cream. Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in with chicken and vegetables. Add any other vegetables and additional salt/pepper to taste.
5. Pour mixture into pie crust and smooth. Put top crust on and seal edges well.
6. Beat an egg and brush on top crust.
7. Cook for 35 to 40 minutes (Gluten free crust may take longer to crisp).
8. Let stand for about 10 minutes before cutting.
9. Enjoy!



# Curried Butternut Squash Soup

Submission from: Mrs. DeEtte Sprimont, Past Grand Nature,  
1979, Adult Member of the State PR Team  
Infinity Assembly, Pledge Mom

Serving size: 4

Ingredients:

3 Tbsp coconut, olive or avocado oil  
2 medium shallots (thinly diced)  
2 cloves garlic, minced (2 cloves yield ~1 Tbsp)  
1 medium butternut squash (~3 pounds)  
1 pinch each sea salt + black pepper (plus more to taste)  
1 1/2 Tbsp curry powder  
1/4 tsp ground cinnamon  
1 14-ounce can light coconut milk  
2 cups vegetable broth (DIY or store-bought)  
1-3 Tbsp maple syrup  
Optional Toppings:  
Roasted pumpkin seeds  
Full-fat coconut milk



# Curried Butternut Squash Soup

## Directions:

**Step 1:** Preheat oven to 400 degrees. Cut squash in half lengthwise and scoop out seeds. Drizzle cut side of squash with 1 tablespoon oil and season with salt and pepper. Place, cut-side down, on a foil-lined rimmed baking sheet. Roast until squash is very tender when pierced with the tip of a knife, 50 to 55 minutes. Let cool slightly, at least 15 minutes.

**Step 2:** In a 6-quart pot or Dutch oven, heat remaining 2 tablespoons oil over medium. Add shallots and garlic, season with salt and pepper, and cook until shallots are soft and translucent, 6 to 8 minutes. Add curry powder and cinnamon. Stir in coconut milk, broth, and maple syrup. Scoop flesh from cooled squash into pot. Bring to a low boil, stirring to prevent burning, then reduce heat to medium-low and simmer, stirring a few times, 30 minutes. Let cool 5 minutes.

**Step 3:** Use an immersion blender, or transfer soup to a blender, and purée on high until creamy and smooth. If using a blender, return soup back to pot.



# Curried Butternut Squash Soup

Step 4: Taste and adjust seasonings, adding more curry powder, salt, or sweetener as needed. Continue cooking for a few more minutes over medium heat.

Step 5: Serve as is or with garnishes of choice (Suggestion: roasted pumpkin seeds and a drizzle of full-fat coconut milk).

Store leftovers covered in the refrigerator for 3-4 days or in the freezer up to 1 month. Best when fresh.





# Chicken Piccata

Submission from: Barbara Okin, GECMA  
Infinity Assembly #261

Feeds 6 - 8

6 boneless skinless chicken breasts. Butterfly, and pound to 3/8 inch thick, cut into 2 or more pieces

Kosher Salt

Pepper

1 1/2 cup all purpose (or gluten free1:1) flour

1/2 cup vegetable oil

2 lemons 1 juiced, 1 sliced

1 c dry white wine (or extra chicken stock)

1 cup chicken low sodium stock\*

1 chicken bullion cube\*

1/2 stick unsalted butter or margarine (can use 1/4 stick to reduce fat in the dish)

2 Tablespoons capers with juice

2 Tablespoons fresh parsley, chopped

1 9x13 baking pan



# Chicken Piccata

## Instructions

Pre heat oven to 350\*

1. Measure and prepare all ingredients. (Mise en place)
2. Pound chicken (place chicken in a gallon zip top bag and pound with a rolling pin.
3. Heat a cast iron or heavy bottom pan. Add a few tablespoons of oil to the pan. Add more as needed.
4. Salt and pepper both sides of the uncooked chicken.
5. Dredge chicken in flour and shake off excess flour.
6. Place chicken in the pan and cook until lightly brown. Do not overcook. The chicken will finish cooking in the oven. Stack chicken in 9 x 13 pan.
7. place sliced lemons and capers over the chicken





# Southwest Salad

Submission from: Beverly McIntosh Sherman  
Past Grand Religion – Kendy's Kids 1967-68

## Ingredients:

- 2 cans of corn (drained)
- 2 cups shredded cheese (Mexican blend)
- 1 purple onion diced
- 1 cup mayonnaise
- Bell pepper (optional)

## Directions:

1. Mix all above together except corn chips.
2. Just before serving add one bag crushed regular sized Chili Cheese Fritos

I make salad ahead to time and refrigerate, then add chips when ready to serve.

Chips change texture if refrigerated.

I only add chips to the amount of salad I think will be used right away,

Had this at a picnic around 2010 and we all loved it.

Our Rainbow Girls always liked it too.



# French Chicken Stew

Submission from: Mrs. DeEtte Sprimont, Past Grand Nature,  
1979, Adult Member of the State PR Team  
Infinity Assembly, Pledge Mom

Serving size: 8

## Ingredients:

4 cups sliced button mushrooms  
1 - 14.5 oz. can diced tomatoes  
2 medium carrots, sliced thin, diagonally  
1 medium onion, diced  
2 medium red potatoes, cut into cubes  
1/2 cup fresh green beans, cut in 1-inch pieces  
1/2 cup pitted Provençale olives, quartered  
1 cup reduced sodium chicken broth  
2 Tbsp. quick cooking tapioca  
1 tsp. herbes de Provence, crushed  
1/4 tsp. dried thyme, crushed  
1/4 tsp. coarsely ground black pepper  
8 skinless, boneless chicken thighs (1 1/4 - 2 lbs. total)  
Pinch of salt  
1 3/4 cup Provençale Sauce (can substitute Tomato Basil  
pasta sauce, and add 1 Tbsp. capers)



# French Chicken Stew

## Directions:

**Step 1:** In a 5- to 6-quart slow cooker combine mushrooms, undrained tomatoes, carrots, onion, potatoes, green beans, olives, broth, tapioca, herbes de Provence, thyme and pepper. Place chicken on top; lightly sprinkle with salt. Cover and cook on low-heat setting for 6 to 7 hours, or on high-heat setting for 3 - 4 hours.

**Step 2:** Stir in Provençale Sauce. Serve with crusty French bread.





# Cheese Spaetzle

Submission from: Barbara Okin, GECMA  
Infinity Assembly #261

Serves 8

## Spaetzle

4 Cups All purpose flour  
2 teaspoons salt  
8 large eggs  
3/4 cup milk

## Cheese Sauce

1 pint (2 cups) half n half  
16 oz Havarti cheese shredded  
2-3 drops lemon juice (to keep the sauce from separating)  
4 Tablespoons butter  
2 Tablespoons chopped  
Crispy fried onions  
chives for garnish



1. In a large bowl or mixer, mix flour, salt, eggs, and milk. Stir until well combined and bubbles start to form. The batter should be like pancake batter. Let sit 5 - 10 min in the fridge.
2. Fill a large pot ( 5 or more quarts) with water and bring to a boil over high heat. Add 1 Tablespoon of salt. Reduce heat to simmer.



# Cheese Spaetzle

3. Place a colander over a sheet pan to drain the cooked spaetzle.
  4. In batches, press/ pour batter through a spaetzle maker or colander over the simmering water.
  5. Cook spaetzle 2-3 minutes or until they float to the top of the water.
  6. Remove spaetzle from water with a slotted spoon, and place into the colander to drain. Do not overcook the spaetzle.
  7. Mix cheese, milk in a bowl
  8. In a large frying pan. melt the butter and add the spaetzle. Cook over med high heat until golden brown. Place hot spaetzle in a baking dish and cover with the cheese and half & half.
- bake in the oven at 350 uncovered until the cheese melts. Top with the crispy onions and bake 5 more min until onions are brown.

Note: The spaetzle can be made ahead of time and stored in the refrigerator. Place spaetzle in a 9x13 pan with melted butter and bake covered 350\* oven 20 min. Add the sauce and heat until cheese just melts and cover with crispy onions. Serve right away.



# Buffalo Cauliflower

Submission from: Alvar Roy, Grand Faith 2009, Golden Arch Assembly

## Ingredients:

1 head of cauliflower

## Batter:

3/4 cup (smaller cauliflower) or 1 cup (larger cauliflower)

AP flour

3/4 cup (smaller cauliflower) or 1 cup (larger cauliflower)

water

Spices: black pepper, chili powder, paprika & salt

## Sauce:

1/2 cup buffalo sauce

2 tablespoons coconut oil

## Instructions:

1. Preheat the oven to 420 degrees and line baking sheet with parchment paper.
2. Wash the head of cauliflower and cut it into florets.
3. Mix the batter ingredients in a bowl.
4. Dip the cauliflower florets into the batter ensuring complete but not excessive coverage.



# Buffalo Cauliflower

5. Bake the battered cauliflower florets for 20 minutes before flipping them over and baking for another 20 minutes or so.

6. If the coconut oil is solidified, melt it in the microwave before mixing the coconut oil and buffalo sauce.

7. Use a pastry brush to coat the battered cauliflower with the sauce.

Optional: Pure maple syrup can be added to the sauce to cut down on the heat if desired. Ranch or another dipping sauce can complete the dish.





# Corn Pudding

Submission from: Beverly McIntosh Sherman  
Past Grand Religion – Kendy's Kids 1967-68

## Ingredients

- 1 small diced onion
- 1 stick melted butter or margarine
- 2 eggs
- 1 can whole kernel corn (do not drain)
- 1 can cream corn
- 1 box Jiffy corn meal
- 1 cup sour cream

## Directions

1. Beat eggs
2. Add other ingredients and mix
3. Bake in 8-inch square pan
4. Bake 350°F for 45 minutes (double batch needs to bake longer)

I made it without the sour cream and it was very good.

Can double and use 9 x13 pan. (I had too much mixture, so try two smaller or one 9 x13 and one extra small)

From a dear church friend, Jo Davidian who was a wonderful cook and kind and generous person.



# Roasted Potatoes Dijon

Submission from: Mrs. DeEtte Sprimont, Past Grand Nature,  
1979, Adult Member of the State PR Team  
Infinity Assembly, Pledge Mom

Serves 4

Ingredients:

1/3 cup Dijon Mustard

2 tablespoons olive oil

1 clove garlic, chopped

1/2 teaspoon Italian seasoning

6 medium red potatoes (about 2 lbs.), quartered

Directions:

Step 1 :Mix all ingredients except potatoes in a small bowl.

Step 2: Place potatoes in a lightly greased 13 X 9-inch baking pan or on a shallow baking sheet. Toss with mustard mixture.

Step 3: Bake at 425°F for 35 - 40 minutes, or until potatoes are fork-tender and slightly browned, stirring occasionally.





# Chinese Chicken Salad

Submission from: Beverly McIntosh Sherman  
Past Grand Religion – Kendy's Kids 1967-68

## Ingredients:

- ½ pound Chicken breasts, boiled and shredded
- About ¼ package of won ton wrap
- Oil for frying the won tons.
- 1 head lettuce (opt. green onions, celery, sliced almonds)

## Dressing:

- 2 tablespoon sugar
- 1 teaspoon salt
- ½ teaspoon pepper (I use peppermill grind)
- ½ cup salad oil
- 3 tablespoon vinegar

## Directions:

1. Mix the Dressing ingredients together. Set aside.
2. Cut up the head of lettuce. Combine with the dressing.
3. Slice won ton in ⅓ inch strips, then in half (⅓" x 2" strips)
4. Fry in oil until light brown. Place on paper towel to absorb the oil. When dry, add to the salad with celery and almonds and chicken.

I fry up the whole package of wontons and freeze the extras.  
I make this for pot lucks with out the chicken or almonds.  
It is very budget friendly.

Got this recipe from a school friend's mom around 1990.



# Chinese Spicy Noodles

Submission from: Jeff Dotson

GEC & PSRD 2010

1 package Chinese egg noodles (chow mein noodles)  
2-3 chicken breast (deboned and diced)  
Marinade: 1/2 tsp salt, 1 tsp cornstarch, 1 tsp oil, 1/4 tsp sugar  
2 C beansprouts  
5 stalks celery (diagonal sliced)

Sauce #1 2 Tbls soy sauce, 1 tsp sesame oil, 2 Tbls oil (I use peanut oil)

Sauce #2 1 tsp crushed chili peppers, 3 Tbls soy sauce, 2 Tbls oyster sauce, 2 tsp sugar, 1 tsp salt, 1 tsp vinegar, 2 tsp oil, 1/4 C water. (if you want to really spice it up add between 1 tsp and 1tbls of Sriracha Hot Chili Sauce)

1. Bring 2 quarts of water to a boil. Add the egg noodles.
2. Boil for about 4 minutes (or direction on package). Drain and rinse with cold water until cold. Put noodles back in the pot used to boil them.
3. Mix sauce #1 on the cold noodles. Let sit for at least 10 – 15 minutes.



# Chinese Spicy Noodles

4. Heat wok. Add 2 Tbls oil. Wok should be hot and have a thin layer of oil. Add noodles and fry on both sides until slightly browned. Remove.

5. Heat wok. Add oil (1 Tbls oil). Add bean sprouts and sauté for 2 minutes. Remove to colander and drain.

6. Heat wok. Add celery and sauté for 2 minutes. Remove.

7. Heat wok. Add oil (1 Tbls). Add chicken & stir fry until meat is cooked. Add vegetables and sauce #2. Add noodles. Mix all ingredients gently.





# Chicken/Turkey Noodles

Submission from: Barbara Okin, GECMA

Infinity Assembly #261

Serves 6 - 8

1 large whole chicken / or leftover turkey with the bones

1 yellow onion peeled

3 large carrots peeled and cut in half

1 parsnip peeled and cut in half

3 stalks celery cut into thirds

1 large clove garlic

1 1/2 Tablespoons Kosher salt

10 whole peppercorns

2 fresh bay leaves

fresh parsley (optional)

2 packages frozen "GrandMa's" Noodles (dried noodles don't work for this) or homemade egg noodles. Thaw while soup is cooking



1. Wash chicken and place in 7 quart stock pot.

2. Add onion, carrots, parsnip, celery, salt, peppercorns, parsley and bay leaves.

3. cover chicken and vegetables with water by 1 inch or more.



# Chicken/Turkey Noodles

4. Bring to a boil, then cover and reduce to a slow simmer until chicken is just cooked, about 45 minutes.
5. Let cool and remove chicken and vegetables from the pot. Now you have a delicious chicken soup. (Add 3 more chopped carrots, 2 chopped celery stalks, and cook for 15 min or until the carrots are tender. Add the onion and parsnip back in the pot for a delicious chicken soup.) Check seasoning and adjust if necessary. (The soup can be chilled at this step.)
6. To make the noodles, bring the strained broth to a boil. Cook noodles in the broth per the package directions.
7. While the noodles are cooking shred the chicken and set aside. When the noodles are almost done, add the chicken and finish cooking the noodles. Let sit 20 to 30 min.

Note: This recipe is great with leftover turkey. Cook the broth until the turkey meat starts to fall off of the bones. Be careful to strain the broth, turkey has lots of little bones. You can add extra vegetables when you add the meat back to the broth. My family likes frozen peas and carrots added after the dish is cooked and we are waiting for it to sit.



# Party Potatoes

Submission from: Beverly McIntosh Sherman  
Past Grand Religion – Kendy's Kids 1967-68

## Ingredients:

- 8 portions instant mashed potatoes.
- Water, milk, salt per can/box label
- ¼ cup sour cream
- 8 oz cream cheese
- 1 cube butter
- butter or cooking spray for greasing baking dish

## Directions:

1. Make instant mashed potatoes per instructions on package using one cube of butter rather than amount on package. More potato flakes may need to be added as potatoes should be fairly stiff.
2. When potatoes are done, add sour cream and softened cream cheese.
3. Whip with electric beaters until the texture changes. They should look sort of fluffy.
4. Place in buttered/sprayed 9" square casserole or baking dish.

Optional - You can put paprika on top before baking.

5. Bake for 30 minutes at 325-350°F. They are done when they bubble around the edges.



# Party Potatoes

Note: If they get brown on the bottom or top you are cooking them too close to heating source or too high of a temperature. If you make the night before and refrigerate add extra time for baking. Good for the next few days and you can reheat them in the microwave.

I double the recipe and use a 9 X 13 inch pan.

My cousin Nancy Howell shared this recipe using fresh mash potatoes around 1970. I was a young married working woman before microwaves so I changed the recipe to instant mashed potatoes most of my family came over to the “instant mashed potato side”.





# Sweet Treats





# Spiced Nuts

Submission from: Darlene Marvin-Nilsen, Vice Chair and  
PMA , Redwood City Assembly #16

3lbs of mixed nuts (cashews, pecans, walnuts, unblanched almonds, etc.)

4Tbsp butter, melted

2 Tbsp brown sugar

1 tsp cayenne

3 tsp salt

2 Tbsp fresh rosemary, finely chopped

Set oven to 350F. Spread nuts on a sheet pan and roast in the oven for about 10mins or until toasted.

As the nuts toast, mix melted butter, sugar, and spices in a large bowl. When the nuts are ready and still hot from the oven, put them into the same bowl as the butter mixture and toss until fully covered. Spread nuts back on sheet tray to cool.

Serve in your favorite bowl and enjoy as an accompaniment to a cheeseboard, alongside charcuterie, or alone as a delicious pairing with your favorite beverage.

Nuts freeze well for later enjoyment.



# Nana's Cream Cheese Candy

Submission from: Gloria Dobson, GECMA and PG  
Patriotism, Camellia Assembly

- 8-ounce cream cheese room temperature
- 6 cups powdered sugar
- 1 ¼ tsp peppermint extract
- Food coloring

## Instructions:

- Cream together cream cheese and powdered sugar. Add one cup of powdered sugar at a time.
- Add peppermint extract to taste.
- Add food coloring to achieve desired color
- Get small bowl of powdered sugar and a bowl of granulated sugar.
- Roll mixtures into small balls and let sit for about a half hour
- Powder mold with powdered sugar
- Dip balls into granulated sugar
- Press balls into powdered mold



# Orange Julius

Submission from: Hope Rodrigues, Grand Musician and  
Rep. to NJ and NY 2022, Chico-Paradise

## Ingredients-

1/2 can (6oz) of frozen or fresh orange juice

1/2cup milk

3/4 cup water

1/4 cup sugar

1/2tsp vanilla

5-6 ice cubes

## Directions

Mix and blend with blender all together and serve.

Delicious!





# McIntosh Kansas Vanilla Ice Cream

Submission from: Beverly McIntosh Sherman  
Past Grand Religion – Kendy's Kids 1967-68

Counter top

Ingredients:

5 eggs

2 large cans Carnation evaporated milk

1 pint  $\frac{1}{2}$  &  $\frac{1}{2}$  (half cream - half milk)

2 $\frac{1}{4}$  cups sugar

$\frac{1}{2}$  teaspoon salt

2 tablespoons vanilla flavoring (Watkins double strength is good)

1 teaspoon Lemon flavoring

1 quart milk (Regular, not low fat)

Directions:

1. Mix all ingredients except milk in large bowl with electric mixer. Add part of the milk (depends on size of bowl)
2. When mixed well, pour into ice cream freezer and wash out bowl with balance of milk. Add it to freezer.
3. Mix using crushed ice and lots, and lots, and lots of COARSE rock salt.
4. When freezer begins to slow down, watch carefully and turn off before freezer stops.



# McIntosh Kansas Vanilla Ice Cream

Automatic freezer

Ingredients:

2 eggs

1 large can Carnation evaporated milk

1 cup  $\frac{1}{2}$  &  $\frac{1}{2}$  (half cream - half milk)

1  $\frac{1}{8}$  cups sugar (1cup + 2 Tablespoons)

$\frac{1}{4}$  teaspoon salt

1 tablespoons vanilla flavoring (Watkins double strength is good)

$\frac{1}{2}$  teaspoon Lemon flavoring

$\frac{1}{2}$  quart milk (1 pint) (Regular not low fat)

Directions:

1. Mix all ingredients in large bowl with electric mixer (save part of the milk to rinse bowl)
2. When mixed well, pour into ice cream freezer and wash out bowl with balance of milk. Add it to freezer.
3. Mix using crushed ice and lots, and lots, and lots of COARSE rock salt.
4. When freezer begins to slow down, watch carefully and turn off before freezer stops.

My family has made this recipe since the 1950's and possible longer. We always made it for birthdays and 4th of July.



# Fruit Salad

Submission from: Pat Gewin, Secretary of the GEC and Past  
State Mother Adviser

1 Egg (beaten)  
1/2 cup Sugar  
2 tbs Flour  
Pinch of Salt  
4 Apples (cubed)  
4 Bananas (sliced)  
2 Cups Miniature Marshmallows  
2 Cans Pineapple Chunks (do not discard juice)  
1 Tub Cool Whip

In saucepan combine pineapple juice, egg, sugar, salt and flour. Cook over medium heat stirring constantly until sauce thickens. Remove from heat and set aside. Sauce must cool completely.

Once sauce is cooled, fold in Cool Whip.

In deep serving dish layer apples, bananas, marshmallows, sauce mixture and repeat layers finishing the top with the sauce mixture.



# Rainbow Sherbet Punch

Submission from: Jennifer Tokarski, Mother Advisor  
Petaluma-Marin Assembly #6 and PWA of Novato Assembly  
#194

## INGREDIENTS

Sprite/Sierra Mist  
Hawaiian Punch  
Rainbow Sherbet

## INSTRUCTIONS

1. Mix equal parts Sprite and/or Sierra Mist with Hawaiian Punch. Then, top it with the rainbow sherbet ice cream and serve.
2. Note that these ingredients are best served cold, so its a good idea to chill the punch and sprite before using.





# Orange Juice Jello Salad

Submission from: Beverly McIntosh Sherman  
Past Grand Religion – Kendy's Kids 1967-68

Ingredients: Use 9" Square Pan

- 2 small or 1 large boxes orange jello
- 1 cup boiling water
- 1 6 oz can orange juice
- 2 orange juice cans cold water
- 1 small can mandarin oranges (drained)
- 1 small flat can crushed or chunk pineapple (drained)

To make larger 9 x 13 size:

- 2 large boxes orange jello
- 2 cups boiling water
- 1 12 oz. can frozen orange juice
- 2 orange juice cans cold water
- 3 small or can mandarin oranges (drained)
- 1 16oz or 20 oz chunk pineapple (drained)

Directions:

1. Dissolve jello in a medium mixing bowl using boiling water, stirring 2 minutes.
2. Add frozen orange juice sir until dissolved and blended.
3. Place drained mandarin oranges and pineapple in 9" square glass pan.
4. Pour jello mixture over top.
5. Refrigerate overnight. OJ makes it take longer to set.



# Papa Buzz's Honey of a Hamburger Cookies

Submission from: Greg Stille, Chairman or the Grand Executive Committee

These sweet Honey Mini Burgers (cookies) are as much fun to make as they are to eat...

Ingredients:

- 1- 16oz tub of Vanilla Frosting
- Red and yellow food coloring
- 1cup shredded coconut
- 2-3 drops of green food coloring
- 1- (11 oz. ) box of Vanilla Wafers
- 1- (12 oz. ) bag of York Peppermint Patties

Honey

Sesame Seeds

1. Divide the frosting into 3 small Zip-Lock bags... Tint one red for "Ketchup" , one yellow for "Mustard", and the last one is for "Mayonnaise"... Snip one corner of each bag with scissors for piping the frosting...

2. Place coconut and 2-3 drops of green food coloring into a small Zip-Lock bag... Shake until the "Lettuce" coconut is uniformly colored...



# Papa Buzz's Honey of a Hamburger Cookies

3. Assemble "Honey Hamburgers", pipe a dot of "Mayonnaise" on the flat side of a Vanilla Wafer... Place a York Peppermint Pattie on top of the dot... Pipe another dot of "Mayonnaise" on top of the "Burger"... Top with "Lettuce" coconut... Drizzle "Ketchup" and "Mustard" over the "Lettuce" and top with another Vanilla Wafer... Brush top of "Honey Hamburgers" with Honey and sprinkle with sesame seeds... Repeat until you've made the desired amount of cookies...





# Peanut Brittle

Submission from: Beverly McIntosh Sherman  
Past Grand Religion – Kendy's Kids 1967-68

Makes about 1 pound.

## Ingredients:

- 1 cup sugar
- ½ cup white syrup
- 1 cup roasted salted peanuts
- 1 teaspoon butter
- 1 teaspoon vanilla
- 1 teaspoon baking soda

## Directions:

1. In 1½ quart casserole, stir together sugar & syrup.
2. Microwave on high 4 minutes.
3. Stir in peanuts.
4. Microwave on high for another 3 minutes until light brown.
5. Add butter & vanilla to syrup, blending well.
6. Microwave again on high for 1-2 minutes more.  
Peanuts will be lightly browned & syrup very hot.



# Peanut Brittle

7. Add baking soda & stir gently until light & foamy.
8. Quickly pour mixture onto lightly greased cookie sheet, spreading out.  
Let set for ½ to 1 hour.
9. When cool break into small pieces & store in air tight container.

My Mom, Dorothy McIntosh made this in the 1990's.  
Original recipe from my cousin, Janalee Shimmin.





# Betty Viera's Jello Salad

Submission from: Betty Vierra (PMA Vallejo Assembly #3)

## 1st Layer

- 2 Pkgs Cherry Jello (3oz size)
- ½ cup hot water
- 1 medium can crushed pineapple
- 1 can whole cranberry sauce

## 2nd Layer

- 2 pints sour cream

## 3rd Layer

- 2 Pkgs Raspberry Jello (3 oz size)
- 1 ½ cups hot water
- 2 pkgs frozen raspberries



## 1st Layer:

Dissolve cherry jello in hot water. Add pineapple and cranberry sauce. Mix well. Pour into 2 qt oblong dish and allow to set well.

## 2nd Layer:

Spread sour cream over set jello.

## 3rd Layer:

Dissolve raspberry jello in hot water. Add frozen raspberries. Pour slowly over sour cream and allow to set well.

# Baked Desserts





# Persimmon Cookies

Submission from: Mary Sperry, GEC MA, Lemon Grove Assembly; Majority Member, Benicia Assembly #95; PWA, Myrtle Assembly #155

Serving Size: ~2-3 dozen depending on cookie size.

## Ingredients:

1 cup chopped dates

1 cup Golden Raisins

1 Cup Persimmon Pulp (~2-3 Ripe Persimmons peeled and blended)

1 cup Sugar

½ cup Shortening or Vegetable Oil

2 cups Flour

¼ tsp. Salt

½ tsp. Ground Cloves

½ tsp. Ground Cinnamon

1 tsp. Baking Soda

1 tsp. Baking Powder.

(Optional) Chopped Pecans or Walnuts



# Persimmon Cookies

## Directions:

1. Preheat oven to 350<sup>0</sup>F.
2. In bowl, combine dates, Raisins, Persimmon, Sugar and Shortening and mix until combined.
3. In a large separate bowl, combine all dry ingredients (Flour, Salt, Cloves, Cinnamon, Baking Soda and Baking Powder) and mix.
4. Add wet ingredients to the Dry and combine to form a cookie dough.
5. Scoop cookies onto a greased baking sheet. Make sure to space the cookies apart.
6. Bake for 20-25 minutes. Cookies will be soft.
7. Let cool on cooling rack.
8. Place cookies in a covered container to keep fresh.





# Lemon Bars!

Submission from: Carley Lewitz, PWA of Camellia, Member of the CA Rainbow State Leadership Team, Member of the Supreme Ritual Team, and Grand Page at Large for Decorations GA 2022. Camellia Assembly

Serving size: 36

Ingredients:

1 cup of butter, melted

1/2 cup of white sugar

2 cups of all-purpose flour

4 eggs

1 1/2 cups of white sugar

1/4 cup of all-purpose flour

2 lemons, juiced

Step 1: preheat oven to 350 degrees F (175 degrees C)

Step 2: In a medium bowl, blend together softened butter, 2 cups of flour and 1/2 cup of sugar. Press into the bottom of an ungreased 9x13 inch pan.

Step 3: Bake for 15 to 20 minutes in the preheated oven, or until firm and golden. In another bowl, whisk together the remaining 1 1/2 cups of sugar and 1/4 cup of flour. Whisk in the eggs and lemon juice. Pour over the baked crust.

Step 4:

Bake for an additional 15 to 20 minutes in the preheated oven (350 degrees F). The bars will firm up as they cool.

Step 5: Sprinkle powdered sugar and enjoy!



# Coffee Squares

Submission from: Jodie Anders, Director of Publicity

Also known as Aunt Wally Cake

A recipe passed down through my father's grandmother to her daughter - both Eastern Star members in Iowa. My father, a Shriner and Mason himself, had once wished he could taste this special cake and I dug up the recipe and made it for him on his last birthday here on Earth as a surprise. He said it tasted just like it did when he was a boy, and smiled brightly.

-Jodie Anders, Director of Publicity

Combine:

2 cups raisins boiled in water for a few minutes then drained.

1 cup crisco or oil

3/4 cup brown sugar

3/4 cup white sugar

2 eggs

3 tbsp milk

1 tsp vanilla

1 tsp salt

1 tsp soda

4 cups flour

1/2 tsp cinnamon

1/2 cup nuts if desired (cut up)



# Coffee Squares

Bake in jelly roll pan. Dough will be thick so spread out with fingers dampened with water. Frost with thin powdered sugar frosting while hot.

Bake 350 degrees for 1/2 hour.

Frosting:

1 tbsp olio(butter)

1/2 tsp vanilla, pinch of salt

Mix and add powdered sugar and add water to spreading consistency.





# Coconut Shortbread

Submission from: Gloria Dobson, GECMA and PG  
Patriotism, Camellia Assembly

- 1 cup butter (softened)
  - $\frac{1}{4}$  cup sugar
  - 1 tsp vanilla
  - 2 cups flour
  - $\frac{1}{4}$  tsp salt
  - 2 cups coconut
- 
- Mix dry ingredients together
  - Mix wet ingredients into the dry mixture
  - Roll batter into long tube in wax paper
  - Place batter into refrigerator for at least a couple hours
  - Cut batter into  $\frac{1}{4}$  inch slices and place on cookie sheet
  - Bake at 300 degrees for 20 minutes
  - Place on platter while hot and sprinkle with powdered sugar



# Mock Pecan Pie

Submission from: Jo Ann Stern, Treasurer of the GEC and  
State Mother Adviser for GA 2022, Napa #7

3 egg whites  
1 cup sugar  
7 Ritz crackers (chopped)  
1 cup chopped walnuts  
1 teaspoon baking powder  
1 dash of salt

(Put mixing bowl and beaters in the freezer about 30 minutes before making the pie.)

Pre-heat oven to 325 degrees.

Butter bottom and sides of a pie tin

Into the cold mixing bowl, put the egg whites and a dash of salt and beat until whites are stiff. Sprinkle the baking powder over the egg mixture. Fold in the sugar, crackers, and nuts.

Pour into buttered pie tin and bake for 50 minutes. Top with Cool Whip or whipped cream.



# Rocky Road Fudge

Submission from: Beverly McIntosh Sherman  
Past Grand Religion – Kendy's Kids 1967-68

## Ingredients:

- 1 bag (12 oz) chocolate chips
- 1 bag (12 oz) peanut butter chips - (I can usually only find 10 oz. they are okay)
- 1 bag (8 oz) miniature marshmallows
- 1 cup salted peanuts

## Directions:

1. Microwave both chips together in large glass mixing bowl for 4 to 5 minutes on medium power (2 minutes on 4 then stir and check). Slower is better so adjust to your microwave. If heated too fast or if it gets too hot chip mixture can get grainy.
2. Stir just long enough to blend chips.
3. Add peanuts and marshmallows.
4. Mix together until peanuts and marshmallows are covered in chocolate.
5. Spread in 13 inch buttered pan.
6. Refrigerate until set. Ready to eat in 1 to 2 hours.
7. Cut into 1 inch squares. Easier to cut if you set out of refrigerator for 30 minutes or longer.

From my Aunt Elaine Tomblin early 1990s.



# Fruit Pizza

Submission from: April Sanford-Dalton Past Grand  
Treasurer 1999 Glendale Assembly #44

## Ingredients

Crust: 1-2 tubes of cookie dough (or feel free to make your own)

Topping: 8oz cream cheese, 8oz cool whip, 2/3 cup sugar, 1 tsp vanilla

Fruit: your choice

## Directions:

Cut your dough into slides and mash in the pizza pan ... to create one large crust cookie

Bake on 350f for 12-15

Mix your icing ingredients- (cream cheese, cool whip, sugar & vanilla)

After letting the cookie cool, spread your icing onto the cooked cookie crust

Start to layer your favorite fruit





# Granny's Carrot Cake

Submission from: Lorrie Kern, Area Grand Deputy

## Ingredients:

### Cake:

2 Cups All Purpose Flour  
2 tsp. Baking Powder  
2 tsp. Baking Soda  
2 tsp. Cinnamon  
1 tsp. Salt  
2 Cups Sugar  
1 1/2 Cups Wesson Oil (Canola Oil is fine)  
1/3 Cup Pineapple Juice  
3 Cups Grated Carrots  
4 Eggs  
3/4 Cup Chopped Walnuts

1. Sift dry ingredients together.
2. Add oil, pineapple juice and mix well.
3. Add eggs, one at a time and mix well after each one.
4. Fold in carrots and nuts.
5. Bake at 350 in greased and floured 9 x 13 pan for 45 minutes or until toothpick inserted in center comes out dry/clean.
6. Let cake cool before icing.



# Granny's Carrot Cake

## Icing:

1 8 oz. Pkg Philadelphia Cream Cheese

1/2 Stick Butter

1 Box Powdered Sugar

2 tsp. Vanilla

1. Cream butter and cream cheese together.
2. Add sugar and vanilla.
3. Mix well.





# Mexican Wedding Cake Cookies

Submission from: Beverly McIntosh Sherman  
Past Grand Religion – Kendy's Kids 1967-68

## Ingredients:

- 1 cup (2 sticks) soft butter or margarine
- 1 cup powder sugar
- ¼ teaspoon salt
- 1 teaspoon vanilla
- 2 cups all purpose flour
- Optional - Finely chopped pecans (approx. 1/2 cup)

## Directions:

1. Mix butter, powder sugar, salt and vanilla.
2. Cream until foamy.
3. Mix in flour.  
Add optional nuts
4. Pinch off small pieces of dough, roll into small balls (about 1" diameter).
5. Place on ungreased cookie sheet.
6. Bake at 400°F for 8 to 10 minutes
7. Roll in powder sugar while still warm.

My cousin's mother-in-law, Mary Shimmin brought this to a holiday dinner.

I had been asking everyone for this recipe. This was 1975 before the internet.



# Luscious Lemon Bars

Submission from: Mrs. DeEtte Sprimont, Past Grand Nature,  
1979, Adult Member of the State PR Team  
Infinity Assembly, Pledge Mom

Serving size: 25

## Ingredients:

1 cup all-purpose flour  
1/2 cup butter, softened  
1/4 cup powdered sugar  
2 eggs  
1 cup granulated sugar  
2 teaspoons grated lemon zest  
2 tablespoons lemon juice  
1/2 teaspoon baking powder  
1/4 teaspoon salt  
Powdered sugar

## Directions:

1. Heat oven to 350°F. In medium bowl, mix flour, butter and 1/4 cup powdered sugar with spoon until well mixed. Press in ungreased 8- or 9-inch square pan, building up 1/2-inch edges.



# Luscious Lemon Bars

2. Bake crust 20 minutes; remove from oven. In medium bowl, beat remaining ingredients (except additional powdered sugar) with electric mixer on high speed about 3 minutes or until light and fluffy. Pour over hot crust.
3. Bake 25 to 30 minutes or until no indentation remains when touched lightly in center. Cool completely in pan on cooling rack, about 1 hour. Sprinkle with powdered sugar. Cut into squares and enjoy!





# Mrs. Arkansas Cake

Submission from: Mary Sperry, GEC MA, Lemon Grove Assembly; Majority Member, Benicia Assembly #95; PWA, Myrtle Assembly #155

This is a family recipe from the 1800's. It's easy to make and it's yummy!

## Ingredients

1 Cup Quick cooking oatmeal  
½ cup butter  
1 cup brown sugar  
1 cup granulated sugar  
2 eggs  
1 ½ cup flour  
1 tsp baking soda  
1 tsp cinnamon  
½ tsp salt

## Directions

1. Pour 1 ½ cups boiling water over the quick oatmeal. Stir to mix and set aside.
2. Cream together the butter, brown sugar and granulated sugar.



# Mrs. Arkansas Cake

3. Beat in the eggs.
4. Sift or mix together the flour, baking soda, cinnamon and salt.
5. Mix into the sugar mixture.
6. Add the oatmeal and mix well.
7. Pour into a 9 x 12 pan and bake at 350<sup>0</sup> for 35 minutes.

## BROWN SUGAR TOPPING

### Ingredients

- ½ cup butter
- 4 TBL evaporated milk
- 1 cup brown sugar
- 2 cups chopped walnuts

### Directions

1. Melt the butter, milk and brown sugar in a saucepan.
2. Boil 1 minute.
3. Remove from heat and mix in the walnuts.
4. Pour over cooled cake.
5. Cake can be served cool or warm. You can also brown under the broiler before serving.

**\*\*NOTE – Pyrex pans cannot be used under the broiler.**



# Rosemary Butter Cookies

Submission from: Darlene Marvin-Nilsen, Vice Chair and  
PMA , Redwood City Assembly #16

1 cup unsalted butter, softened  
3/4 cup sugar  
1 large egg  
1 tsp vanilla extract  
2 1/2 cups all-purpose flour  
1 Tbsp finely chopped fresh rosemary  
3/4 tsp coarse salt  
1/2 cup fine sanding sugar

Mix together on medium butter and sugar until pale and fluffy. Mix in egg and vanilla. Reduce speed to low and mix in flour, rosemary and salt.

Roll dough into two 6-inch logs and freeze.

Baking the cookies: Preheat oven to 375 F.

Unwrap the dough, roll logs in sanding sugar and cut it into 1/4inch rounds. Bake for 15 to 18 minutes, until edges are golden. Makes about 31/2 dozen cookies.



# Pavlova with Lemon Curd and Berries (est. 2021)

Submission from: Melanie Kern, Past Grand Religion and  
Rep to AL, GA and NC 2011, Faith 2012

## Lemon Curd

4 large egg yolks (use egg whites for pavlova)  
2/3 cup granulated sugar  
1 Tbsp lemon zest  
1/3 cup fresh lemon juice  
1/8 tsp. Salt  
6 Tbsp unsalted butter

1. Fill bottom pot of double boiler with 1-2 inches of water.
2. Place on high heat.
3. Once water begins to boil, reduce to low heat to keep water at a simmer.
4. Place egg yolks, granulated sugar, lemon zest, lemon juice, and salt into the top pot of your double boiler.
5. Whisk until completely blended, then continue to whisk as the curd cooks. Constant whisking prevents egg yolks from curdling.
6. Whisk and cook until the mixture becomes thick, about 10 minutes.
7. If curd isn't thickening, turn up the heat and constantly whisk.



# Pavlova with Lemon Curd and Berries (est. 2021)

8. Remove pan from heat. Cut the butter into 6 separate pieces, then whisk into the curd.
9. Pour curd into a jar or bowl and place a piece of plastic wrap directly on top touching the curd (this prevents a skin from forming on top).
10. Once cool, plastic wrap can be removed.
11. Refrigerate curd for up to 10 days.

## Pavlova

- 4 large egg whites
- 1 cup granulated sugar
- 1 tsp vanilla extract
- 1/2 tsp cream of tartar
- 1 tsp cornstarch

## Whipped Cream

Raspberries (or other berries of your choosing)

1. Preheat oven to 350 degrees. Line a large baking sheet with parchment paper or a silicone baking mat.
2. Beat egg whites until they form soft peaks, about 5 minutes.



# Pavlova with Lemon Curd and Berries (est. 2021)

3. Add the sugar in 2 additions, beating for 30 seconds between, then continue beating on high speed until glossy stiff peaks form, about 2 more minutes. The peaks should be stiff enough that you can hold the whisk upright and the peaks won't move.
4. Add vanilla and beat for 1 more minute.
5. Peaks should still be very stiff. If not, keep mixing on high speed.
6. Using a rubber spatula, fold in the cream of tartar and cornstarch.
7. Spread pavlova mixture into a 8-9 inch circle on baking sheet. Make decorative peaks with the back of a large spoon if you wish. Make sure the edges are relatively tall and there is a nice dip in the center.
8. Place pavlova in the oven. As soon as you close the oven door, reduce temp to 200 degrees. Bake until pavlova is firm and dry, about 90 minutes.
9. Turn oven off and let the pavlova cool inside the oven.
10. Once cool, top with whipped cream, lemon curd, and raspberries.

Slice and enjoy.





# Swedish Lemon Squares

Submission from: Denise Warren, Grand Director of Grand Officers

## Ingredients:

### Crust:

Melt 2 cubes of butter (1cup) in a pan.

Add 2 cups of Flour

Add 1/2 cup Powdered Sugar

Mix the flour and powdered sugar into the melted butter and press into a 9 x 13 glass pan. Bake 18 to 20 minutes at 350 degrees.

### Insides:

#### Mix together:

4 Eggs

2 cups Sugar

4 tbsp. Flour

1 tsp. Baking Powder

7 tbsp Real Lemon Juice

Take crust out of the oven and pour mixture (insides) over crust. Bake at 350 degrees for 20-25 minutes--not too brown on top! Take out of the one and sprinkle with powdered sugar. Cool and cut. Enjoy!



# Pistachio Marble Cake

Submission from: Jo Ann Stern, Treasurer of the GEC and  
State Mother Adviser for GA 2022, Napa #7

1 box yellow cake mix  
1 3.4 oz. pistachio Jell-o  
4 eggs  
1 cup water  
1/2 cup oil  
1/2 teaspoon almond extract  
1/4 cup chocolate syrup

Mix all ingredients (except chocolate syrup) together and beat for at least 2 minutes.

Pour 3/4 of batter into floured bundt pan.

Mix chocolate syrup with remaining batter. Pour into bundt pan and swirl to get a marbled effect.

Bake 60 minutes at 350 degrees.





# Candy Cane Cookies

Submission from: Gloria Dobson, GECMA and PG  
Patriotism, Camellia Assembly

- ½ cup butter (softened)
- ½ cup shortening
- 1 cup powdered sugar
- 1 egg
- ½ tsp almond extract
- 1 tsp vanilla
- 2 ½ cups flour
- 1 tsp salt
- Red food coloring

## Topping

- 1 cup granulated sugar
  - 1 cup crushed peppermint candy
- 
- Mix wet ingredients together and then mix in dry ingredients together, mix together
  - Split dough into 2 equal balls
  - Add red food coloring to one of the balls
  - Make candy cane shaped cookies
  - Bake at 375 degrees for 9 minutes until golden brown
  - Place cookies on platter and sprinkle with sugar and candy cane mixture



# Cherry Pie

Submission from: Beverly McIntosh Sherman  
Past Grand Religion – Kendy's Kids 1967-68

## Ingredients:

- 1¼ cups sugar
- 3 tablespoons flour
- ¼ teaspoon salt
- Red food coloring, just a few drops
- 1 can cherries, less ¼ cup juice (Oregon brand "tart cherries for pies")
- Pastry for two crusted pie. Refrigerated pie crust works well. Pillsbury works better than store brands.

## Directions:

1. Mix sugar, flour, salt & cherries together.
2. Line pie pan with pastry.
3. Add cherry mixture.
4. Cover with top crust. (I usually use a crisscross basket style).
5. Crimp edges of top with bottom crust.
6. Cover edges with foil.



# Cherry Pie

7. Bake at 450 degrees for 10 minutes.
8. Lower oven to 350 degrees and bake for 25 minutes.
9. Remove foil from edges and bake for another 10 minutes.
10. Pies are done when center is somewhat firm.
11. Serve with vanilla ice cream.

My mother, Dorothy McIntosh was a great pie maker. This one was my favorite and is my daughter Mindy Sherman Parsons' (Past Grand Charity 2003) favorite too.





# Coffee Cake

Submission from: Hope Rodrigues, Grand Musician and  
Rep. to NJ and NY 2022, Chico-Paradise

## Ingredients for streusel-

1/3cup bisquick  
1/3cup brown sugar  
1/2tsp cinnamon  
2tbsp butter

## Ingredients for batter-

2cup bisquick  
2/3cup water  
1/4cup white sugar  
2tbls vegetable oil  
1 egg

## Instructions-

Heat oven to 375. Mix cake ingredients til blended in a glass bowl(preferred). In separate glass bowl stir streusel together with fork. Spread a layer of batter in greased 9" round pan. Put a layer of streusel on the batter. Then a second layer of batter. Last put the rest of the streusel on top of batter. Bake for 18-22.



# Lemon Bars

Submission from: Gloria Dobson, GECMA and PG  
Patriotism, Camellia Assembly

## Crust:

1 cup (2 sticks) butter  
½ cup granulated sugar  
2 cups flour

## Filling:

4 eggs room temp  
1 ½ cup granulated sugar  
¼ cup flour  
2/3 cup lemon juice

## Instructions:

### Crust:

- Preheat oven to 350 degrees
- In a medium bowl, blend together softened butter, 2 cups flour and ½ cup sugar with pastry cutter, a fork, or hands. Press into the bottom of a 9x13 pan lined with foil.
- Bake for 15 to 20 minutes in the preheated oven or until firm and golden



# Lemon Bars

## Filling:

- Whisk together 1 ½ cup sugar and ¼ cup flour. Crack eggs into a separate bowl, then whisk them into the sugar and flour mixture. Add 2/3 cup lemon juice. Pour over baked crust.
- Bake for additional 20 minutes in the oven uncovered.
- Allow bars to cool in fridge for at least 2 hours then dust with confectioners' sugar.
- Cut into squares.





# Basil Cheesecake

Submission from: Darlene Marvin-Nilsen, Vice Chair and  
PMA , Redwood City Assembly #16

## Ingredients

- 1 tablespoon butter
- 1/2 cup breadcrumbs
- 1/4 cup parmesan cheese, grated
- 2 1/2 cups basil, fresh
- 1/2 cup parsley, fresh
- 1/4 cup olive oil
- 1/2 teaspoon salt
- 1/ clove garlic
- 1 lb ricotta cheese, room temperature
- 2 lbs cream cheese, room temperature
- 1/2 lb parmesan cheese, grated
- 5 eggs
- 1/2 cup pine nuts, lightly toasted

## Directions

1. Preheat oven to 325 degrees (F)
2. Butter bottom and sides of 10" spring form pan
3. Mix breadcrumbs and 1/4 cup parmesan cheese
4. Sprinkle mixture into pan, turning to coat completely
5. Mix basil, parsley, oil, salt and garlic in food processor until smooth paste forms, about 2 minutes, scrape sides occasionally



# Basil Cheesecake

6. Put ricotta cheese, cream cheese, and parmesan in a mixer bowl and mix until smooth, about 2 minutes
  7. Mix in the eggs
  8. Remove about 1/3 of this mixture to a small bowl
  9. Into the original 2/3 cheese mixture, fold in the basil mixture until well blended
  10. Pour the basil mixture into the prepared pan and carefully spread an even layer of the cheese mixture on top
  11. Sprinkle with pine nuts
  12. Set pan on a baking sheet
- Bake 1 1/2 hours
- 14 Turn oven off and cool cheesecake about 1hour with the oven door slightly ajar
  15. Transfer to a rack and cool completely
  16. Serve at room temperature, or slightly warm

Great Appetizer, Serves at least 12 people

(I have also cut the receipt in half and used 5 or 6" spring form pan, adjust time)



# Banana/Blueberry/Bacon Muffins

Submission from: Laurel Browning (Poulton), Past Grand Fidelity 2004, Ridgecrest Assembly 169

Preheat oven 400\*

## Ingredients:

- 1 stick butter
- 1 cup sugar
- 3 large bananas
- 1 egg
- 1 tsp salt
- 1 tsp baking soda
- 1 tsp vanilla
- 3 tbs milk
- 2 tbs OJ or Limeaid
- 2 cups flour
- ½ cup blueberries
- 4 pieces of bacon chopped





# Banana/Blueberry/Bacon Muffins

Streusel topping:

½ cup sugar

½ cup flour

½ cup oats

1 tsp salt

½ tsp cinnamon

1 stick butter (melted)

Extra bacon for inserting after topping

Mix together batter in order. Mix topping in order. Dish into lined muffin tin. Sprinkle topping evenly. Poke pieces of bacon on top. Bake 15-20 min until golden brown and delicious.



# Nian Gao (Mochi Cake)

Submission from: Marty Cusing, Redwood City Assembly  
Advisory Board Member

## Ingredients

1. 1/2 cup unsalted butter, melted and cooled to room temperature, plus more for the pan
2. 3 cups milk, warmed to a little hotter than a fever
3. 1 1/4 cups sugar
4. 3 large eggs, lightly beaten
5. 1 teaspoon vanilla extract
6. 1 pound glutinous rice flour
7. 1 teaspoon baking powder
8. 1/3 cup red bean paste or sweetened red beans (optional)

## Directions

1. Heat the oven to 350°F. Butter a 13-by-9-inch inch baking pan.
2. In a medium bowl, whisk the melted butter, milk, sugar, eggs, and vanilla.
3. In a large bowl, whisk the flour and baking powder. Add the milk mixture to the flour mixture in 5 to 7 increments, stirring well after each addition to prevent lumps from forming. Pour the batter into the prepared pan.



# Nian Gao (Mochi Cake)

4. Drop the red bean paste by scant teaspoonfuls onto the top of the cake, if using. If the spoonfuls are too big, the filling will sink to the bottom.

5. Bake for about 1 hour and 10 minutes, until the cake springs back when lightly touched. It should be golden and crusty. Let cool completely before serving.





# White Chocolate Oatmeal Cranberry Cookies

Submission from: Gloria Dobson, GECMA and PG  
Patriotism, Camellia Assembly

- 1 cup butter room temp
- 1 cup brown sugar
- ½ cup granulated sugar
- 2 eggs
- 1 tsp vanilla
- 1 ½ cups flour
- 1 tsp baking soda
- 1 tsp cinnamon
- ½ tsp salt
- 3 cups old fashioned oats
- 1 cup fresh cranberries quartered
- 1 cup white chocolate chips

## Instructions:

- Preheat oven to 350
- In a large mixing bowl, cream the butter and sugars together until creamy.
- Mix in eggs one at a time.



# White Chocolate Oatmeal Cranberry Cookies



- Mix in vanilla
- In separate bowl, whisk together the flour, baking soda, cinnamon and salt.
- Add flour mixture to the butter/sugar mixture.
- Stir in oats, cranberries and white chocolate chips
- Drop a tablespoon of dough onto ungreased cookie sheet leaving 2 inches of space between each cookie
- Bake approximately 10-12 minutes or until cookies start to brown the edges
- Cool on a cooling rack.



# Banana Bread

Submission from: Jordan Murphy, Member of the GEC,  
Grand Lecturer & Rep. to AR LA & MS 2022

My roommates and I like to make this when our bananas start to go bad. It's always fun and delicious!

Serving size: 8-10

## Ingredients:

- 2 to 3 medium very ripe bananas, peeled (about 1 1/4 to 1 1/2 cups mashed)
- 1/3 cup butter, unsalted or salted, melted
- 1/2 teaspoon baking soda
- 1 pinch salt
- 3/4 cup sugar (vary for desired sweetness)
- 1 large egg, beaten
- 1 teaspoon vanilla extract
- 1 1/2 cups all-purpose flour

## Directions:

- Preheat the oven to 350°F, and butter a 4 x 8-inch loaf pan.
- In a mixing bowl, mash the ripe bananas with a fork until completely smooth. Stir the melted butter into the mashed bananas.



# Banana Bread

- Mix in the baking soda and salt. Stir in the sugar, beaten egg, and vanilla extract. Mix in the flour.
- Pour the batter into your prepared loaf pan. Bake for 50 minutes to 1 hour at 350°F (175°C), or until a toothpick or wooden skewer inserted into the center comes out clean. A few dry crumbs are okay; streaks of wet batter are not. If the outside of the loaf is browned but the center is still wet, loosely tent the loaf with foil and continue baking until the loaf is fully baked.
- Remove from oven and let cool in the pan for a few minutes. Then remove the banana bread from the pan and let cool completely before serving. Slice and serve. (A bread knife helps to make slices that aren't crumbly.)
- Wrapped well, the banana bread will keep at room temperature for 4 days. For longer storage, refrigerate the loaf up to 5 days, or freeze it.





# A Christmas Tea with Concord Assembly

These recipes for a three-course Christmas tea celebration were sent to us from Concord Assembly #15. Serve them together and in order for a festive and fun meal!



## First Course





# Cranberry Scones with Orange Glaze

3 cups all-purpose flour  
1 cup sweetened dried cranberries  
1 ½ tbsp baking powder  
½ cup sifted confectioners' sugar  
½ tsp salt  
1 tsp freshly grated orange zest  
¼ cup sugar  
1 tbsp fresh orange juice  
1 ¼ cups plain yogurt  
6 tbsps melted butter  
1 egg, lightly beaten

Preheat oven to 400°F. Line 2 baking sheets w/parchment paper. Stir flour, baking powder, salt and sugar in large bowl and make a well... Mix yogurt, butter and egg in small bowl and pour into well. Stir with fork until moistened and then stir in cranberries. Flour your hands and gently knead dough in bowl just until it comes together.



# Cranberry Scones with Orange Glaze

Lightly sprinkle work surface with flour. Turn out dough and pat into 9-inch square, about 1 inch thick. Cut into nine 3-inch squares with a pizza wheel or small knife. Cut each square into 2 triangles, making 18. Place scones 1 inch apart on lined baking sheets. Bake until golden, about 15 minutes.

Meanwhile, set wire rack on piece of wax paper, parchment or foil. Stir confectioners' sugar, orange zest and juice in small bowl. Transfer scones to wire rack with spatula and drizzle glaze over scones with a small spoon.

You can also substitute golden raisins or other dried fruit in place of the cranberries.



# Simple Scones

2 cups all-purpose flour  
8 tbsp unsalted butter, frozen  
1/3 cup sugar  
1/2 cup raisins (or dried currants)  
1 tsp baking powder  
1/2 cup sour cream  
1/4 tsp baking soda  
1 large egg  
1/2 tsp salt

Adjust oven rack to lower middle position and preheat oven to 400 \*F. In a medium bowl, mix flour, sugar, baking powder, baking soda and salt. Grate butter into flour mixture on the large holes of a box grater. Use your fingers to work in butter (mixture should resemble coarse meal), then stir in raisins.



# Simple Scones

In a large bowl, whisk sour cream and egg until smooth. Using a fork, stir sour cream mixture into flour mixture until large dough clumps form. Use your hands to press the dough against the bowl into a ball. (The dough will be sticky in places and there may not seem to be enough liquid at first, but as you press, the dough will come together.)

Place on a lightly floured surface and pat into a 7 to 8 inch circle about  $\frac{3}{4}$  inch thick. Sprinkle with about a tsp of sugar. Use a sharp knife to cut into 8 triangles, place on a parchment lined cookie sheet about 1 inch apart. Bake until golden about 15 to 17 minutes. Cool for 6 minutes and serve warm or at room temperature.





# Dark Zucchini Bread

3 eggs  
1 cup vegetable oil  
2 cups Brown Sugar- Firmly packed  
3 teaspoons vanilla  
3 cups grated zucchini  
1 tablespoon Molasses  
4 cups Flour-unsifted  
1 teaspoon salt  
1 teaspoon baking soda  
¼ teaspoon baking powder  
2 teaspoons Cinamon  
1 teaspoon pumpkin pie spice  
½ cup chopped nuts

Beat Eggs; add oil and brown sugar; beat well. Add vanilla, grated zucchini, and molasses; beat. Mix dry ingredients together; add nuts and beat well. Bake in a greased and floured small loaf pans at 350 degrees for 1 hour. Cool in pan until bread removes easily, then cool on a rack.

Yield: 3 small loaves

Note: This freezes well. Allow bread to cool completely, wrap well and freeze.



# Classic Cranberry Nut Bread

**Prep time:** 10 minutes

**Cook time:** 55 minutes

**Yield:** Makes 1 loaf, 16 servings

## Ingredients:

2 Cups flour

1 cup sugar

1 ½ teaspoons baking powder

1 teaspoon salt

½ teaspoon baking soda

¾ cup orange juice

1 Tablespoon grated orange peel

2 tablespoons shortening

1 egg, well beaten

1 ½ cups fresh or frozen cranberries, coarsely chopped

½ chopped nuts

## Directions

Preheat oven to 350 degrees. Grease a 9 x 5 inch loaf pan.

Mix together flour, sugar, baking powder, salt and baking soda in a medium mixing bowl. Stir in orange juice, orange peel, shortening and egg. Mix until well blended. Stir in cranberries and nuts. Spread evenly in loaf pan.

Bake for 55 minutes or until a toothpick inserted in the center comes out clean. Cool on a rack for 15 minutes. Remove from pan; cool completely. Wrap and store overnight. Makes 1 loaf (16 slices)

## Second Course





# Brie Fall Harvest

Makes about 60 servings

3 wheels of Brie cheese from Costco or equivalent

Dried Fruit: 2 bags of apricots, 1 bag of apples, 2 bags of cranberries, 1 bag of currants: available at Trader Joes

Nuts: 1 bag roasted almonds, 1 bag of cashews, 1 bag of walnuts: available at Trader Joes

3 long, skinny baguettes, also available at Trader Joes or most grocery store bakeries

Place dried fruit in Cuisinart and pluse a few times, until fruit is the size of lentils. Chilling the fruit first makes the task easier. Pour fruit into a mixing bowl then pulse the nuts in the food processor until slightly larger pieces than the dried fruit. Combine fruit and nuts and leave at room temperature.

Slice the Brie to fit thin slices of the baguette. Place on a lined cookie sheet and chill before handling. Slice the baguettes right before assembling ( try for 20 slices per loaf). Remove brie from refrigerator and press into the dried fruit and nuts, covering both sides. Place on the prepared baguette slices.



# Curry Chicken Sandwiches

Makes 2 loaves, or about 64 quarters

1 lb. whole cooked chicken breast

1 c mayonnaise

1Tbsp. curry powder

1/2 tsp. salt

1/2 c. chopped celery

1/2 c. currants

1/4c. chopped green onions

1/4 c. chopped slivered almonds

1/4 c. mango chutney

Dice chicken. Mix mayonnaise, curry powder, and salt until blended. Mix chicken, celery, currants, green onions, almonds, and chutney. Mix with dressing and chill for at least 30 minutes. Use trimmed bread to make sandwich quarters.





# Mrs. Y's Pineapple Cream Cheese Sandwiches

1 8 oz package of cream cheese softened

1 8 oz can of crushed pineapple (well drained)

1 loaf white bread

mix cream cheese and pineapple, spread on white bread,  
remove crusts, serve





# Caper and Salmon Sandwiches

A spiced little sandwich with smoked salmon, capers and horseradish. These bold sandwiches are not for the faint of heart. The flavours are strong and potent.

## Ingredients:

1/4 cup mayonnaise  
1 tbs chives, minced  
1 tbs dill, chopped  
1 tbs capers  
1 1/2 tsp horseradish  
8 slices of bread  
1 1/2 tsp butter, soft  
4 slices smoked salmon  
12 slices cucumber, thin

## Preparation:

Combine mayo, chives, dill, capers and horseradish. Spread bread with butter, then mayo mixture. Layer with slices of salmon and cucumber, then top with bread. Slice each salmon sandwich into triangles.

Dessert Course





# Peppermint Meringues

2 egg whites

1/8 teaspoon salt

1/8 teaspoon cream of tartar

1/2 cup sugar

crushed candy canes

In a bowl, beat egg whites until foamy. Sprinkle the salt & cream of tartar and beat until soft peaks form. Drop by teaspoonful onto ungreased foil or parchment paper lined baking sheets. Sprinkle with crushed candy. Bake 225 degrees for 1 1/2 hours. Turn off oven: leave cookies in the oven with the door ajar for at least 1 hour.

Makes about 3 dozen





# Florentine Bars

Makes about 70 cookies cut 1" x 2"

1 c. salted butter, room temperature

13/4 c sugar

1 egg plus one egg yolk

21/2 c. cake flour

1/2 c plus 6 Tbsp. unsalted butter

1/2 c. each honey and heavy whipping cream

12 oz sliced almonds

1/2 c raisins, finely chopped

1/2 c. dried apricots and 1/2 c dried cherries, finely chopped

Preheat oven to 375 degrees. In a large bowl cream salted butter with 1/2 cup sugar until light and fluffy. Add egg and egg yolk and beat to combine. Gradually add flour and mix well. (Dough will be very soft.) Transfer to a floured 15 by 11 inch parchment paper. With a floured rolling pin, roll dough to same size as parchment. Trim any overhang, then transfer dough (on parchment) to a large rimmed baking pan. Bake until golden brown, about 12 minutes. Remove from oven (leave oven on) and set aside.



# Florentine Bars

In a medium saucepan over medium heat, stir together unsalted butter, remaining 1 1/4 cups sugar, honey and cream. Cook mixture, stirring frequently, until it registers 250 degrees on a candy thermometer. Remove pan from heat and stir in almonds and fruit.

Using a spatula, gently spread warm topping over shortbread. Bake until topping is caramelized and almonds are lightly browned, about 10 minutes. Remove from oven; while still warm, cut into 1 by 2 inch bars.





# Madeleines

1 1/2 tablespoons melted butter, to grease the pans, plus  
1/4 pound (1 stick) unsalted butter, melted and cooled  
3 extra-large eggs, at room temperature  
2/3 cup sugar  
1 teaspoon pure vanilla extract  
1 cup all-purpose flour  
1/4 cup cornstarch  
1/2 teaspoon baking powder  
1/4 teaspoon kosher salt  
Confectioners' sugar, optional

## Directions:

- Preheat the oven to 375 degrees F. Thoroughly butter and flour the madeleine pans.
- In the bowl of an electric mixer fitted with the paddle attachment, beat the eggs, sugar, and vanilla on medium speed for 3 minutes, or until light yellow and fluffy. Add 1/4 pound of butter and mix. Sift together the flour, cornstarch, baking powder, and salt, and stir into the batter with a rubber spatula.
- With a soup spoon, drop the batter into the pans, filling each shell almost full. Bake the madeleines for 10 to 12 minutes, until they spring back when pressed. Tap the madeleines out onto a baking pan lined with parchment paper and allow to cool. Dust with confectioners' sugar, if desired.



# Lemon Blossom-OREO Cookie Balls

**Prep: 30 min**

**Total time: 1 hr 40 min**

**40 servings**

## **what you need**

**1 pkg. (8 oz.) Cream Cheese, softened**

**1 pkg. (15.5 oz.) Golden OREO Cookies, finely crushed**

**1tsp. lemon zest**

**3 pkg. (4 oz. each) BAKER'S White Chocolate, broken into pieces, melted**

**1 Tbsp. assorted decorating icings**

**40 white nonpareils (about 1/2 tsp.)**

**MIX** cream cheese, cookie crumbs and zest until well blended.

**SHAPE** into 40 (1-inch) balls. Freeze 10 min. Dip balls in melted chocolate; place in single layer in shallow waxed paper lined pan. Fit tubes of icings with star tip; use to pipe small flower onto top of each ball. Gently press nonpareil into center of each.



# Lemon Blossom-OREO Cookie Balls

REFRIGERATE 1 hour or until firm.

## HOW TO MELT CHOCOLATE

Place chocolate in microwaveable bowl. Microwave on HIGH 2 ½ min. or until chocolate is completely melted, stirring every 30 sec.

## HOW TO EASILY DIP COOKIE BALLS

To easily coat cookie balls with the melted chocolate, add balls, in batches, to bowl of melted chocolate. Use 2 forks to roll balls in chocolate until evenly coated. Remove balls with forks, letting excess chocolate drip back into bowl. Place balls in prepared pan; let stand until chocolate coating is firm.





# Raspberry Kisses

**Prep: 10 min**

**Total time: 10 min**

**Servings: 24 cookies**

## what you need

**48 vanilla wafers**

**1/2 cup (1/2 of 8-oz. tub) Cream Cheese Spread**

**1 1/4 cup seedless raspberry jam or preserves**

**1 Tbsp. powdered sugar**

**SPREAD** 24 wafers each with 1 tsp. cream cheese spread; top each with 1/2 tsp. jam.

**COVER** with remaining wafers to make sandwiches.

**SPRINKLE** with sugar.

## NOTE

For crisper texture, serve immediately. Or for a cake-like texture, place in airtight container and store in refrigerator overnight before serving.

## NOTE

Store leftovers in airtight container in refrigerator.



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## Thank you!

We have loved reading through all of your special recipes, and we hope everyone who uses this book feels the love and memories that are a part of each dish. Thank you again to everyone who has participated!



# 100 YEARS OF RECIPES

