

OHIO STATE UNIVERSITY EXTENSION

# FAIRFIELD COUNTY FAVORITES



*CELEBRATING 100 YEARS  
OF COOPERATIVE EXTENSION*



**THE OHIO STATE UNIVERSITY**

COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES

**OSU Extension – Fairfield County**  
831 College Ave, Suite D  
Lancaster, Ohio 43130-6789  
Phone: 740-653-5419

**fairfield.osu.edu**

# A celebration through food....

In 2014, we celebrated the Smith-Lever Act which established the Cooperative Extension Service, a unique educational partnership between the U.S. Department of Agriculture and the nation's land-grant universities that extends research-based knowledge through a network of extension educators. For 100 years, the Smith-Lever Act has stimulated innovative research and vital educational programs for youth and adults through progressive information delivery systems that improve lives and shaped a nation.

This booklet of favorite recipes was part of Fairfield County's centennial celebration of Cooperative Extension. The general public was asked to participate in this effort from May through October of 2014. Participants were asked to submit recipes and favorite memories of the recipes submitted, if applicable.

Contributors represent a cross-section of people across Fairfield County...those who have participated in Extension programming over the years, those who have been community partners with Extension, and those who are our neighbors and friends in the community.

We hope you enjoy this collection of favorite recipes as we continue celebrating 100 years of extending knowledge and changing lives, and look forward to the next 100 years!

*Eating is an agricultural act.*

— Wendell Berry

# TABLE OF CONTENTS

---

STARTERS & SNACKS .....	1
SOUPS, SALADS, & DRESSINGS .....	4
BREADS & ROLLS.....	9
MAIN EVENTS & SIDEKICKS .....	15
SWEET ENDINGS .....	26
SAUCES & RELISHES .....	37

# STARTERS & SNACKS

---

## CUCUMBER DILL SANDWICHES

---

Submitted by Sarah Cory  
Fairfield County Master Gardener Volunteer

**White bread rounds cut with cookie cutter**  
**1 cucumber, sliced**

### Spread

**1 package (8 oz.) cream cheese**  
**1/2 cup mayonnaise**

**1 Tbsp. finely chopped green onion**  
**1 tsp. dried dill weed**

Combine ingredients, spread on top of bread, place cucumber on top with a **sprig of dill**.

---

## BLACK BEAN HUMMUS

---

Submitted by Kendra Hess  
Pickerington, Ohio

**1 can (14.5 oz.) black beans, drained and rinsed**  
**1½ Tbsp. lime juice**  
**1½ tsp. dried cilantro**  
**1½ tsp. cumin**  
**1 tsp. chili powder**

**1 tsp. dried oregano**  
**1/4 tsp. sage**  
**1/2 tsp. coarse kosher salt**  
**2 Tbsp. minced onion**  
**2 garlic cloves, minced**  
**1-2 Tbsp. Extra Virgin Olive Oil**

Blend until smooth in a food processor.

*I created this recipe in 2013 after having a black bean hummus at a restaurant and loved it. I couldn't find a recipe that sounded like what I had so I tried my hand at experimenting with ingredients until I come up with something tasty. This actually ended up better than what I was trying to replicate and has been a big hit with people we know!*

---

## MEXICAN MELT DIP

---

Submitted by Dianna Wears  
Fairfield County Master Gardener Volunteer

**1½ pounds hamburger**  
**1 bottle chili sauce**  
**1/2 package taco seasoning**

**2 packages (8 oz. each) taco cheese**  
**2 packages (8 oz. each) cream cheese**

Brown hamburger; drain grease. Add next 3 ingredients, heating until cheese melts.

Meanwhile, press cream cheese in bottom of warming dish or electric skillet set on low. Pour hamburger mixture over cream cheese. Serve with **dip size Fritos or Doritos**.

---

## KAREN'S SPINACH DIP

---

Submitted by Leslie Risch  
Fairfield County Extension Staff

**1 cup mayonnaise**  
**2 cups sour cream**  
**1/2 cup chopped onions**  
**1 package Knorr Vegetable Soup Mix**

**1 can chopped water chestnuts, drained**  
**1 package frozen chopped spinach, thawed  
and drained**

Mix and let sit overnight in refrigerator. Serve with **crackers or Hawaiian Bread**.

---

## SEASONED DRIED CHERRY TOMATOES

---

Submitted by Kendra Hess  
Pickerington, Ohio

Cut **cherry tomatoes** in half and place cut side up on a baking pan close together. Sprinkle with:

**Dried Italian seasoning**  
**Garlic powder**

**Pepper**  
**Coarse kosher salt**

Bake 3-4 hours at 225°, checking periodically. Remove any that feel like the texture of a raisin (no moisture under them but not dried out hard). Eat as is, use in pasta dishes or chop up and put onto pizzas or subs. Put into a freezer container and freeze; they will last over a year. They are good at room temperature and even good from the freezer. I fill my oven full of pans of tomatoes when doing this to make the most out of the energy use!

*Created this recipe in 2011. This made a tomato eater out of a non-tomato eater.*

---

## SWEET AND SPICY MIX

---

Submitted by Louise Smith  
Fairfield County Master Gardener Volunteer

**8 cups Kellogg's Crispix cereal**  
**1 cup unsalted pecans**  
**1 cup pretzels, any shape**  
**1½ sticks butter**

**¾ cup lightly packed brown sugar**  
**½ tsp. cayenne pepper – omit all or most of  
cayenne pepper if serving to very young  
children**

Preheat oven to 350°. Lightly grease a 9 x 13 inch baking dish or for easier cleanup, line the pan with parchment paper. Pour the cereal, pecans and pretzels into a 3 quart or larger bowl and toss to mix.

In a small saucepan, melt butter over medium high heat. Stir in the brown sugar and cayenne pepper and bring to a boil. Cook at a moderate boil for 1 minute. Remove from heat and immediately pour over the cereal mix. Toss lightly to coat the mix as well as possible.

Pour the cereal mix into the prepared baking dish. Bake 8 minutes. Stir gently. Bake 8 minutes more. Remove from the oven and allow the mix to cool completely in the pan. Keeps for up to 2 weeks in an airtight container or tin.

---

## CARAMEL CORN

---

Submitted by Robin Leja  
Fairfield County Master Gardener Volunteer

**1 cup butter**  
**2 cups brown sugar**  
**½ cup corn syrup**

**½ tsp. baking soda**  
**1 tsp. vanilla**  
**6 quarts of popped corn**

Bring butter, sugar and corn syrup to a rolling boil. Remove from heat and stir in soda and vanilla. Drizzle over popcorn, mix well. Place in two 9x13 pans. Bake at 250° for one hour, stirring every fifteen minutes.

*I am a fairly new master gardener, but I've already had some wonderful times working with the Fairfield Extension office. I especially loved the Lunch and Learn seminars last winter. Who knew that a whole classroom full of people could have so much fun doing bird calls together?*

# SOUPS, SALADS & DRESSINGS

---

## BIRRCHEER FAMILY CHICKEN AND SAUSAGE GUMBO

---

Submitted by Barbara Kochick  
Fairfield County Master Gardener Volunteer

### For the Roux

1/4 cup plus 2 tablespoons of flour

1/4 cup canola or vegetable oil

### For the Gumbo

2 cartons (32 oz. each) of chicken stock

1½ cup sliced frozen okra, thawed (I usually thaw it in the microwave)

1 large container of chopped seasoning from the produce section. (If you prefer to chop your own, you will need 1 onion, 1 green bell pepper, 3 stalks celery, some chopped parsley and anything else you would want to add.)

3 pounds (approximately) boneless skinless chicken breasts or thighs or a combination of both

1 pound of smoked sausage (any type), sliced  
Tony Chachere's creole seasoning

2 toes of chopped garlic (optional)

### First you make a roux

Heat up ¼ cup oil on high heat until it starts sizzling. Add all of the flour and stir constantly. (You can lower the heat to a medium high if it is getting too dark too fast.) It is important to keep stirring until the flour turns a dark golden brown. It will get a kind of nutty aroma. At this point you have to move quickly. Have one of the cartons of stock open in advance and ready to go.

**IMPORTANT**...back away from the stove so that your face is not over the pot! Even with your stove vent on you will get lots of steam and smoke when you pour in your stock. Start with just a little (about a cup) and stir with a long spoon. When the consistency gets smooth, slowly start adding the remaining stock as well as the second box of stock and keep stirring until all of the stock is added. Keep the fire on high until the liquid starts to bubble. Add in 3/4 of the container of chopped seasoning, garlic, sausage and okra.

Sprinkle Tony's seasoning on the chicken and just drop it in raw. No need to cut it up now. At the end of cooking, you can take out any large pieces of chicken and cut them smaller and return to the pot. Normally the chicken will fall apart as it is cooking.

Bring all to a rolling boil then reduce the heat to medium low or low. Simmer for about 5 hours or longer. I just keep it on a simmer until we are ready to eat. Stir occasionally and you may want to play with the temperature depending on how closely you want to watch it. If you are going to add seafood, add it in the last hour of cooking. *(Continued on next page.)*

You will know your gumbo is done and the flavors are well incorporated when the chopped seasoning has cooked down completely and the okra is no longer visible. The absorption of the okra helps to thicken the gravy. This amount will serve 8 and it freezes well.

A final note: There are so many various ways to make a good gumbo. Tweak it to what suits you best...you can't go wrong.

*We lived in New Orleans for several years. This gumbo recipe from a friend is the best and I think her explicit directions are grand.*

---

## CHICKEN TORTILLA SOUP

---

Submitted by Missy Koenig  
Fairfield County Extension Staff

**2 cans cream of chicken soup**  
**2 cans cream of mushroom soup**  
**2 cans cream of celery soup**  
**2 cans cheddar cheese soup**  
**1 can diced tomatoes**

**1 can (4 oz.) diced green chilies**  
**1 small onion, diced**  
**4 cloves minced garlic**  
**1 box (32 oz.) chicken stock**

Simmer the ingredients for 1 hour, then add **4 cups shredded or diced chicken**. Simmer another hour. Top with **cheese and taco chips**. (My friend Jan puts a bag of shredded cheddar on top when she adds the chicken and uses bite size chips on the side.)

For a kick, you can use Rotel tomatoes with chilies rather than the individual cans. There is also a zesty cheddar cheese soup that can be used. I found tortilla strips in the salad fixings aisle to use.

This can be put in a large crock pot and cooked on low for several hours.



---

## STUFFED PEPPER SOUP

---

Submitted by Robin Leja  
Fairfield County Master Gardener Volunteer

- |  |  |
|--|--|
| 1 Tbsp. olive oil                      | 1 can (15 oz.) tomato sauce                  |
| 1 pound ground beef                    | 2 cups chicken or beef broth                 |
| 1 cup chopped green and/or red peppers | 1 tsp. Italian seasoning                     |
| 1 medium onion, chopped                | Salt and pepper to taste                     |
| 3 cloves of garlic, minced             | Small amount of red pepper flakes (optional) |
| 2 (14.5 oz.) cans of diced tomatoes    | 1 cup cooked brown rice                      |

Heat a large pot to medium high and add oil. Once hot, brown ground beef till no longer pink. Reduce heat slightly, add peppers and onions. Cook till tender, about 5 minutes. Add garlic, cook briefly, and then add tomatoes and broth, plus seasonings. Bring to a boil, and then reduce heat to low. Cover and simmer 30 minutes. Just before serving, add rice. Good with **shredded cheddar cheese** on top!

---

## KAREN'S TACO SALAD

---

Submitted by Leslie Risch  
Fairfield County Extension Staff

- |                                      |                                      |
|--------------------------------------|--------------------------------------|
| 1 pound of ground beef               | <b>Dressing:</b>                     |
| 1 package of taco seasoning, divided | 8 ounces of Thousand Island Dressing |
| 1 medium head of lettuce, chopped    | 1/3 cup of sugar                     |
| 1 small can of kidney beans          | 1 Tbsp. taco seasoning               |
| 1 large onion, chopped               | 1 Tbsp. taco sauce                   |
| 4 medium tomatoes, diced             |                                      |
| 8 ounces of shredded cheddar cheese  |                                      |
| <br>                                 |                                      |
| 1 package of taco flavored chips     |                                      |

Brown ground beef and add taco seasoning. Save 1 tablespoon of taco seasoning for dressing! Select large salad bowl to allow room to toss. Layer other salad ingredients in salad bowl starting with lettuce and ending with cheese. Cover and refrigerate. At serving time, toss salad with dressing and broken taco chips.

Makes a large amount!

---

## HOT DUTCH POTATO SALAD

---

Submitted by Dianna Wears  
Fairfield County Master Gardener Volunteer

<b>6 medium potatoes, cubed and cooked</b>	<b>1/3 cup minced onion</b>
<b>2 hard-boiled eggs, cut up</b>	<b>1/4 cup vinegar</b>
<b>4 slices bacon</b>	<b>1 tsp. salt</b>
<b>1 egg, beaten</b>	

Combine potatoes and boiled eggs. Cook bacon until crisp and crumbly; set aside. Reserve bacon drippings.

Add a little of cooled drippings to beaten egg and mix well. Stir into remaining drippings, then add onions, vinegar and salt. Cook, stirring constantly until thickened. Pour over potato mixture, add bacon and toss lightly.

Can be eaten warm or cold.

---

## LAYERED BEAN SALAD (BEET SALAD)

---

Submitted by Sarah Cory  
Fairfield County Master Gardener Volunteer

<b>1 can (15 oz.) <u>each</u> kidney, black and garbanzo beans, drained and rinsed</b>	<b><u>Dressing:</u></b>
<b>2 lbs. asparagus, cut in 1½ inch pieces</b>	<b>1 cup sugar</b>
<b>1/2 cup sliced celery</b>	<b>1 cup white vinegar</b>
<b>1/2 cup sliced red onion</b>	<b>1/3 to 1/2 cup salad oil</b>
<b>1 can (15 oz.) beets, drained and diced</b>	
<b>Chopped fresh parsley</b>	

Blanch asparagus in boiling salted water three minutes. Shock in cold water.

Layer kidney beans, celery, red onion, black beans, garbanzo beans, asparagus and beets. Refrigerate until ready to serve. You may want to add beets closer to serving time to avoid bleeding into other vegetables. Garnish with fresh parsley closer to serving time. (I mixed all beans, asparagus and dressing together and then added beets at serving time. I also used less dressing.)

*This recipe I made for our potluck at the last day of our 2011 Fairfield Master Gardeners class. It was very popular.*

---

## AMBROSIA

---

Submitted by Norma Bobbitt  
Greencastle Homemakers

**1 can (20 oz.) chunk pineapple, in juice or  
syrup**  
**1 can (11 oz.) mandarin orange segments**  
**1½ cups seedless grapes**

**1 cup miniature marshmallows**  
**1 cup flaked coconut**  
**1/2 cup nuts**  
**3/4 cup vanilla yogurt**

Drain pineapple and oranges. Combine pineapple, oranges, grapes, marshmallows, coconut, and nuts. Stir yogurt into mixture. Makes 4-6 servings.

*I have met many wonderful women and become good friends. Always enjoyed the programs. Great memories from being a homemaker.*

---

## ORANGE-CRANBERRY JELLO SALAD

---

Submitted by Peggy Roberts  
Sugar Grove Homemakers

**1 large package orange Jello**  
**1 can cranberry sauce**  
**1 Tbsp. grated orange rind**

**1 small can crushed pineapple**  
**1/2 cup chopped celery**

Dissolve Jello in 1 cup boiling water; add cranberry sauce and orange rind. Chill until slightly thickened. Add pineapple and celery. Chill.

*I enjoy the friends I have made while I have been in homemakers.*

---

## QUICK SALAD DRESSING

---

Submitted by Norma Bobbitt  
Greencastle Homemakers

**1/2 cup mayonnaise in bowl**

Stir in...

**1/4 cup sugar**  
**1 Tbsp. vinegar**  
**1½ tsp. prepared mustard**

Mix with vegetables so all pieces are coated.

# BREADS & ROLLS

---

## BLUEBERRY COFFEECAKE

---

Submitted by Sarah Cory  
Fairfield County Master Gardener Volunteer

3/4 cup sugar  
1/4 cup margarine  
1 egg  
1/2 cup milk  
1/2 tsp. salt  
2 cups flour  
2 tsp. baking powder  
2 cups frozen or fresh blueberries

Streusel Mix  
3/4 cup brown sugar  
2 Tbsp. flour  
2 tsp. cinnamon  
3 Tbsp. melted margarine

Heat oven to 375°; grease and flour 9x13 inch pan. Mix sugar, margarine, and egg. Blend dry ingredients and blend in. Gently stir in blueberries. Sprinkle top with streusel mix. Bake 45-50 minutes.

---

## SOUR CREAM COFFEE CAKE

---

Submitted by Shannon Carter  
Fairfield County Extension Staff

### Cake Batter

1 stick butter  
1 cup sugar  
2 eggs  
1 cup sour cream  
2 cups sifted flour

1 tsp. baking soda  
1 tsp. baking powder  
1 tsp. vanilla  
Pinch of salt

### Topping

1/4 cup sugar  
1/4 cup chopped nuts

1 tsp. cinnamon

Set oven at 350°. Grease a 13x9 inch pan. Cream butter. Gradually add sugar. Add eggs. Add remaining ingredients and mix well. Spread half batter in bottom of pan, sprinkle half of topping over it. Add remaining batter and topping. Bake for 28-30 minutes.

*This recipe is a family favorite. My daughter, Allie used this recipe to bake muffins for her 4-H project last year and won 1<sup>st</sup> place!*

---

## **SOUR CREAM COFFEE CAKE**

---

Submitted by Missy Koenig  
Fairfield County Extension Staff

1 cup butter or margarine  
2 cups sugar  
2 eggs  
1 cup sour cream  
1/2 tsp. vanilla  
2 cups flour  
1 tsp. baking powder  
1/4 tsp. salt

**Topping**  
2 Tbsp. sugar  
2 Tbsp. cinnamon  
2 Tbsp. brown sugar  
1 cup chopped nuts (optional)

Heat oven to 350°. Grease and flour a bundt or tube pan (or 5 individual small loaf pans). Cream butter and sugar together; add eggs and mix well. Stir in vanilla and sour cream. Mix dry ingredients together in a small bowl. Add dry ingredients a little at a time to wet mixture. Mix well.

Pour 1/3 of the batter into the pan. Sprinkle with 2/3 of the topping. Add remaining batter on top. Spoon on the rest of the topping. Bake for 45-50 minutes. Let cool for 5 minutes and invert onto a plate.

This easily doubles and freezes well once baked.

*This recipe was given to my sister by the restaurant she worked at in high school. They sold individual slices warmed with melted butter every day. On weekends, they would sell 10-15 bundt cakes...it's that good.*

---

## **BREAKFAST CAKE**

---

Submitted by Verna Gingerich  
Lancaster, Ohio

3 cups flour  
1/2 tsp. salt  
4 Tbsp. sugar  
3 tsp. baking powder  
3 Tbsp. shortening  
1 cup milk  
1 egg, slightly beaten

**Top Mixture**  
2 Tbsp. flour  
1 Tbsp. cinnamon  
5 Tbsp. sugar  
Mix together and rub in 3 Tbsp. butter

Stir dry ingredients together. Add shortening, milk, and egg. Spread 1/2 inch thick in greased pan. Add the top mixture. Bake about 30 minutes in moderate oven.

---

# BLUEBERRY POPPYSEED BRUNCH CAKE

---

Submitted by Robin Leja  
Fairfield County Master Gardener Volunteer

## Cake

2/3 cup sugar

1/2 cup butter, softened

2 tsp. lemon peel

1 egg

1½ cups flour

2 Tbsp. poppy seeds

1/2 tsp. baking soda

1/4 tsp. salt

1/2 cup sour cream

## Filling

2 cups fresh or frozen blueberries, thawed  
and drained on paper towels

1/3 cup sugar

2 tsp. flour

1/4 tsp. nutmeg

## Glaze

1/3 cup powdered sugar

1 or 2 tsp. milk

Preheat oven to 350°. Grease and flour a 9 or 10 inch spring form pan. In large bowl, beat together 2/3 cup sugar and butter until fluffy. Add lemon peel and egg; beat two minutes at medium speed. In medium bowl, mix flour, poppy seeds, soda and salt; add to butter mixture alternately with sour cream. Spread batter over bottom and one inch up sides of spring form pan. Mix filling ingredients, spoon over batter and bake 45 to 55 minutes until crust is golden brown. Cool, remove from pan, and drizzle glaze over.

---

## ZUCCHINI BREAD

---

Submitted by Kelli Lamneck  
Lancaster, Ohio

<b>4 eggs</b>	<b>1½ tsp. baking soda</b>
<b>1½ cups oil</b>	<b>1½ tsp. baking powder</b>
<b>3 cups sugar</b>	<b>4½ tsp. cinnamon</b>
<b>3 cups grated zucchini</b>	<b>1½ tsp. cloves</b>
<b>3 tsp. vanilla</b>	<b>1½ tsp. allspice</b>
<b>4½ cups flour</b>	<b>Chopped nuts and raisins (optional)</b>
<b>1½ tsp. salt</b>	

Beat eggs until light and foamy; add oil, sugar, zucchini and vanilla. Mix lightly but well. Mix together all the dry ingredients. Mixing lightly, add to the liquid mixture. If used, stir in nuts and raisins. Pour into 2 greased and floured 9x5x3 loaf pans and bake at 325° for 60-70 minutes.

*Kelli is the wife of WLRV Radio General Manager Mike Lamneck. WLRV Radio airs the 'Saturday Morning Farm Page', a weekly program that spotlights OSU Extension in Fairfield County.*

---

## PUMPKIN CRANBERRY BREAD

---

Submitted by Dianna Wears  
Fairfield County Master Gardener Volunteer

<b>2¼ cups flour</b>	<b>2 cups sugar</b>
<b>1 Tbsp. pumpkin pie spice</b>	<b>1/2 cup vegetable oil</b>
<b>1 tsp. baking soda</b>	<b>1 cup canned pumpkin</b>
<b>1/2 tsp. salt</b>	<b>1 cup cranberries, chopped</b>
<b>2 eggs</b>	

In large bowl, combine flour, pie spice, baking soda and salt. In small mixer bowl, beat eggs. Beat in sugar, oil and pumpkin. Pour pumpkin mixture into dry ingredients. Stir just until moistened. Stir in cranberries (I have used fresh or frozen).

Spoon batter into 2 greased and floured 8x4 inch loaf pans. Bake in preheated 350° oven for 60 minutes or until wooden pick comes out clean. Cool 5 to 10 minutes, then remove from pans to cool completely on wire racks. Makes 2 loaves.

---

## RAISIN BRAN MUFFINS

---

Submitted by Shannon Carter  
Fairfield County Extension Staff

<b>2½ cups sugar</b>	<b>1 box (15 oz.) of bran cereal (raisins optional)</b>
<b>1 cup vegetable oil</b>	<b>5 cups flour</b>
<b>4 eggs</b>	<b>5 tsp. baking soda</b>
<b>1 quart buttermilk</b>	<b>2 tsp. salt</b>

Mix all ingredients together well. Cover tightly. Chill several hours before baking, if desired. Bake 20 minutes at 375°. NOTE: You can keep the batter in the refrigerator for 2 weeks and bake as needed. Makes 4-6 dozen muffins, depending on size.

*My memories of 4-H and Extension go back as far as I can remember. My dad was the Williams County 4-H Agent for 26 years. I was a 10 year 4-Her in Williams County and my children are now 4-Hers in Fairfield County. I am the third generation of Family & Consumer Science Educators in my family.... My grandmother (1907-2003) was a "Home Demonstration Agent" in the 1930-40s in Ohio, Illinois & Hawaii. My mother was a Home Economics Agent in Williams County, Ohio from 1990-2005, and I am a Family & Consumer Science Educator, going on 12 years now in Fairfield County.*

---

## HOT CROSS BUNS

---

Submitted by Beverly Rowles  
Former 4-H Member, Advisor and Current Extension Supporter

<b>2 cakes or packages of yeast</b>	<b>2 beaten eggs</b>
<b>¼ cup lukewarm water</b>	<b>1 tsp. cinnamon</b>
<b>1 cup milk</b>	<b>¼ tsp. allspice</b>
<b>¼ cup shortening</b>	<b>6 cups sifted flour</b>
<b>½ cup sugar</b>	<b>1 cup currants</b>
<b>1 tsp. salt</b>	

Soften yeast in lukewarm water, in a large mixing bowl. Scald milk. Add shortening, sugar and salt. Cool to lukewarm. Add milk mixture and eggs to softened yeast. Add spices to flour and mix with above mixture to make a soft dough. Add currants. (Use 4 cups flour in dough, use balance when kneading.)

Turn out on lightly floured board and knead until satiny. Place in greased bowl, cover and let rise until doubled. When light, punch down and let rest 10 minutes.

Shape into small buns and place on greased baking sheet. Let rise until doubled. (Cut cross with scissors or sharp knife – optional.)

Bake at 375° for 20-25 minutes. Make cross of, or just daub on, powdered sugar icing. Yield: 3 dozen.



---

## GLUTEN FREE “SOFT WHEAT BREAD”

---

Submitted by Verna Gingerich  
Lancaster, Ohio

**2¼ tsp. yeast**  
**1½ cups warm water**

**1 Tbsp. sweetener**

Combine yeast, sweetener, and water. Let stand until yeast foams, about 5 minutes, and then add the rest of the ingredients.

**1½ cup brown rice flour**  
**1/2 cup white rice flour**  
**1/4 cup dry milk powder (soy or rice)**  
**1½ tsp. xanthan gum**  
**1 tsp. unflavored gelatin**

**3/4 tsp. salt**  
**1/4 tsp. soy lecithin**  
**1 egg**  
**1 Tbsp. butter or shortening**  
**1/2 tsp. cider vinegar**

Beat well with a spatula about 3 minutes. Dough should fall gracefully off spatula in “globs” rather than cling firmly or drip like water. It should look like fluffy frosting or stiff cake batter. If you have to pry dough from spatula, it’s too thick. Add more water. If it runs off in a steady stream, it’s too wet. Add more flour.

Put dough into pan immediately (it only needs 1 rising) or shape dough into buns. Dough can be smoothed with a wet spatula. Let rise until even with the top of the pan. Bake bread 55 to 60 minutes at 350°; buns 20 to 25 minutes. Loaf can be covered with a foil tent to prevent over browning. Do not under bake! Use 8x4 pan.

# MAIN EVENTS & SIDEKICKS

---

## 3-CHEESE BAKED MACARONI & CHEESE

---

Submitted by Kelli Lamneck  
Lancaster, Ohio

<b>2 cups macaroni, cooked and drained</b>	<b>1/2 cup sour cream</b>
<b>2½ cups shredded cheddar cheese</b>	<b>1 egg</b>
<b>¾ cup shredded mozzarella cheese</b>	<b>Salt and pepper to taste</b>
<b>1½ cups small-curd cottage cheese</b>	

Combine all ingredients. Bake in a 2 to 3 quart greased baking dish. Bake at 325° for 35 minutes.

*Kelli is the wife of WLRV Radio General Manager Mike Lamneck. WLRV Radio airs the 'Saturday Morning Farm Page', a weekly program that spotlights OSU Extension in Fairfield County.*

---

## BAKED MACARONI & CHEESE

---

Submitted by April Swinehart  
Snip-N-Mousse 4-H Club Advisor

<b>2 cups uncooked macaroni</b>	<b>1 pound shredded sharp cheddar cheese</b>
<b>1 cup bread crumbs</b>	<b>¼ cup melted unsalted butter</b>
<b>½ cup grated parmesan/romano cheese</b>	<b>2 beaten eggs</b>
<b>2 Tbsp. melted unsalted butter</b>	<b>1 cup milk</b>

Cook macaroni in boiling water until tender. DO NOT OVERCOOK.

Combine bread crumbs, parmesan/romano cheese and 2 tablespoons melted unsalted butter and mix. If possible make with fresh bread crumbs, this is awesome.

Take shredded cheese and reserve a ½ cup for topping. Drain the macaroni and return to pan. Add the ¼ cup unsalted butter with the remaining cheese and mix well. Add the eggs and mix well. Stir in the milk. Cook over medium heat for 3 minutes, stirring constantly. Pour into a greased 2 quart casserole dish and top with remaining cheese. Bake at 350° for 10 minutes. Remove from oven and stir. Top with the bread crumb mixture. Bake for 15 minutes. Serves 8.

*This recipe comes in some form of the one I learned from Edith L. Johnson, the lady from West Virginia that taught me to love needle crafts. She came to The Ohio State University to become a teacher and also participated in the textile and clothing classes. Thank heavens she did.*

---

## CHICKEN-MACARONI CASSEROLE

---

Submitted by Marcia Shell  
Baltimore Homemakers

<b>3 cups cooked chicken, cut up</b>	<b>2 cans cream of mushroom soup</b>
<b>2 cups uncooked macaroni</b>	<b>2 cups milk</b>
<b>1/2 pound sharp cheddar cheese, shredded</b>	<b>1 Tbsp. onion</b>
<b>1 tsp. salt</b>	

Mix and let stand overnight in refrigerator. Next day, bake at 350° for 1½ hours.

*A great dish the Baltimore Homemaker group enjoyed at the carry-in lunch. Recipe from Helen Potts.*

---

## GOLDEN CHICKEN & NOODLES

---

Submitted by Ellen Shaw  
Fairfield County Extension Staff

<b>1 fryer/stew chicken</b>	<b>1 small onion</b>
<b>2 cans broccoli cheese soup</b>	<b>1/2 to 1 tsp. salt</b>
<b>2 cups milk</b>	<b>1 tsp. basil</b>

Put chicken in crock pot. Mix the rest of the ingredients and pour over the chicken. Cook on HI for 1 hour, reduce heat to LOW for 6 hours. When cooked, debone and cube chicken, and return meat to hot mixture. Add **1/2 to 1 bag cooked noodles**, stirred in.

---

## CHICKEN & RICE CASSEROLE

---

Submitted by Norma Bobbitt  
Greencastle Homemakers

<b>4 cups cooked chicken, cut up</b>	<b>2 cups cooked rice</b>
<b>2 cans cream of chicken soup</b>	<b>2 Tbsp. minced onion</b>
<b>1½ cups Hellman's mayonnaise</b>	<b>1 Tbsp. lemon juice</b>
<b>2 cups diced celery</b>	<b>2 cups buttered corn flakes</b>

Stir thoroughly, put in casserole, and refrigerate overnight. Before baking, sprinkle the 2 cups buttered corn flakes on top. Sprinkle **slivered almonds** on top of this. Bake at 350° for 50 minutes. Serves 14-15.

---

## CHICKEN CASSEROLE

---

Submitted by Sarah Cory  
Fairfield County Master Gardener Volunteer

**3 chicken breasts, skinned and boned**  
**1 box long grain wild rice**  
**1 can cream of celery soup**  
**1/2 cup mayonnaise**  
**1 can water chestnuts, drained and chopped**

**2 Tbsp. onion, chopped**  
**2 Tbsp. pimento, chopped**  
**1 tsp. salt**  
**1/2 cup white wine**

Cook chicken and cube. Cook rice according to package directions. Mix together chicken, rice, and remaining ingredients. Put in a large casserole and cover. Bake at 350° for 25-30 minutes. Serves 6-8.

---

## CHICKEN PARMESAN

---

Submitted by Brenda Stepp  
Carroll Country 4-H'ers Advisor

**1/2 cup grated parmesan cheese**  
**1/4 cup dry bread crumbs**  
**1 tsp. dried oregano**  
**1 tsp. dried parsley flakes**  
**1/4 tsp. paprika**

**1/4 tsp. salt**  
**1/4 tsp. black pepper**  
**1/4 cup butter, melted**  
**6 boneless, skinless, chicken breasts**

Preheat oven to 400°. In a large bowl, combine first seven ingredients. Dip chicken breasts into melted butter and then into crumb mixture. Place in a greased 15x10x1 inch baking pan. Bake uncovered 20-25 minutes or until juices run clear. Serve with spaghetti or linguine pasta and marinara sauce. Sprinkle with freshly grated parmesan cheese, if desired.

*My favorite memories of the 4-H program have been watching my son go through his very first judging. He entered nervous and shaking but exited smiling and excited! Through 4-H, he has emerged from a shy child to the confident leader he is today.*

---

## **ARTICHOKE CHICKEN**

---

Submitted by Robin Leja  
Fairfield County Master Gardener Volunteer

**1 can (14 oz.) water packed artichokes,  
drained well and chopped**  
**1/2 cup parmesan cheese**

**1/2 cup mayonnaise**  
**Garlic powder, salt, and pepper**  
**4 boneless, skinless chicken breasts**

Preheat oven to 375°. Spray a baking pan with cooking spray, place chicken breasts in pan, and sprinkle with garlic powder, salt and pepper. In a bowl, combine artichoke hearts, parmesan, and mayo. Spread on chicken breasts and bake 30 to 35 minutes until chicken is fully done and topping is golden.

---

## **CHICKEN ENCHILADAS**

---

Submitted by Leslie Risch  
Fairfield County Extension Staff

**1 can (10<sup>3</sup>/<sub>4</sub> oz.) cream of chicken soup**  
**1/2 cup sour cream**  
**1 Tbsp. butter**  
**1 medium onion, chopped (approx. 1/2 cup)**  
**1 tsp. chili powder**

**2 cups cooked chicken, chopped**  
**1 can (4 oz.) chopped green chilies**  
**8 flour tortillas (8 inch)**  
**4 ounces (approx. 1 cup) shredded cheddar  
or monterey jack cheese**

In a small bowl, mix soup and sour cream.

In medium sauce pan on medium heat, combine butter, onion, chili powder. Cook until tender. Add chicken and chilies. Add one tablespoon of soup mixture.

In a 9x13 inch pan, spread 1/2 cup of soup mixture in the bottom of the pan. In each tortilla, spread 1/4 cup of chicken mixture and roll up. Place each filled tortilla seam side down in the 9x13 pan. Spread remaining soup mixture on top. Sprinkle with cheese and bake at 350° for 25 minutes or until hot.

---

## TURKEY IN A POT

---

Submitted by Ellen Shaw  
Fairfield County Extension Staff

1 turkey breast (3-4 pounds)	2 garlic cloves, minced
1 can (16 oz.) whole berry cranberry sauce	1 tsp. ground mustard
1/2 cup sugar	1/2 tsp. cinnamon
1/2 cup apple juice	1/4 tsp. ground cloves
1 tsp. cider vinegar	1/4 tsp. ground allspice

Place turkey breast in the crock pot. Combine all other ingredients and pour over turkey breast. Cook on LOW 4-6 hours. **GRAVY: 2 Tbsp. flour, 1/4 cup cold water, and juices strained from turkey; combine as usual for gravy.**

---

## SLOW COOKED PEPPER STEAK

---

Submitted by Ellen Shaw  
Fairfield County Extension Staff

Mix together...

1/2 cup cold water	1 Tbsp. cornstarch
--------------------	--------------------

Combine with...

1/4 cup soy sauce	1/2 tsp. salt
1 cup chopped onion	1/4 tsp. pepper
1 garlic clove, minced	1/4 tsp. ginger
1 tsp. sugar	1 green pepper, cut into strips

Pour over **1½ to 2 pound beef round steak**. Cook on LOW until meat is tender (6-8 hours). Serve over cooked rice.

---

## TENDER PORK ROAST

---

Submitted by Ellen Shaw  
Fairfield County Extension Staff

3 pound (approx.) boneless pork roast  
1 can (8 oz.) tomato sauce  
3/4 cup soy sauce

1/2 cup sugar  
2 tsp. ground mustard

Cut roast in half and place in crock pot. Mix rest of ingredients and pour over roast. Cook on LOW 8-9 hours.

---

## MEATBALLS AND BBQ SAUCE

---

Submitted by April Swinehart  
Snip-N-Mousse 4-H Club Advisor

### Sauce

1 large bottle of Open Pit sauce  
3/4 cup packed brown sugar  
2 Tbsp. red pepper flakes (this is a hot level;  
can reduce if you want)

1½ tsp. garlic powder  
1 Tbsp. Worcestershire sauce  
1 Tbsp. dry mustard

Cook in a sauce pan until sauce boils, but stir carefully and constantly. Simmer at least 30 minutes at a low heat.

### Meatballs

4 pounds lean sausage (pork or goat)  
4 eggs

1½ cups Italian bread crumbs

Mix all ingredients and make into cocktail size meatballs. Place on broiler pan and bake until done. Remove from oven and place in a crock pot with the BBQ sauce. Cook at least one hour so the meatballs can absorb some sauce, the longer you cook the better they will be.

*This recipe is from a wife of one of the owners of Buckeye Honda.*

---

## **PORCUPINE MEATBALLS**

---

Submitted by Kelli Lamneck  
Lancaster, Ohio

**1/2 cup uncooked long grain rice**  
**1/2 cup water**  
**1/3 cup finely chopped onion**  
**1 tsp. salt**  
**1/2 tsp. celery seed**  
**1/8 tsp. pepper**  
**1/8 tsp. garlic powder**

**1 pound ground beef**  
**2 Tbsp. cooking oil**  
**1 can (15 oz.) tomato sauce**  
**1 cup water**  
**2 Tbsp. brown sugar**  
**2 tsp. Worcestershire sauce**

In a bowl, combine the first seven ingredients. Add beef and mix well. Shape into 1½ inch balls. In a large skillet, brown meatballs in oil; drain. Combine tomato sauce, water, brown sugar, and Worcestershire sauce; pour over meatballs. Reduce heat; cover and simmer for 1 hour. Serves 4-6.

*Kelli is the wife of WLRV Radio General Manager Mike Lamneck. WLRV Radio airs the 'Saturday Morning Farm Page', a weekly program that spotlights OSU Extension in Fairfield County.*

---

## **SLOPPY JOE**

---

Submitted by Louise Smith  
Fairfield County Master Gardener Volunteer

**1 pound ground beef**  
**1/2 cup water**  
**2 Tbsp. brown sugar**  
**1 tsp. mustard**

**1 tsp. vinegar**  
**1 cup ketchup**  
**2 Tbsp. Worcestershire sauce**  
**Onion (optional)**

Mix water, brown sugar, mustard and vinegar together. Brown ground beef and drain grease. Add water with mustard, vinegar and brown sugar to cooked ground beef. Add onion, if desired. Stir together. Add ketchup and Worcestershire sauce. Stir together and allow to bubble slowly for about 5 minutes.



---

## PIZZA CASSEROLE

---

Submitted by Charlotte Anderson  
Greencastle Homemakers

<b>8 ounces Kluski noodles, cooked and drained</b>	<b>1 can (4 oz.) mushrooms, drained</b>
<b>1 pound sausage, cooked and drained, divided</b>	<b>12 ounces shredded cheddar cheese</b>
<b>1 bottle (32 oz.) spaghetti sauce</b>	<b>8 ounces shredded mozzarella cheese, divided</b>
<b>14 ounces pizza sauce</b>	<b>8 ounces sliced pepperoni</b>

Mix noodles, half of sausage, the spaghetti and pizza sauces, mushrooms, cheddar cheese and half of mozzarella. Put into 13x9-inch dish. Sprinkle with pepperoni. Sprinkle remaining sausage and mozzarella cheese on top of pepperoni. Bake at 350° for 45 minutes.

This can be assembled ahead and refrigerated. If made ahead, bake at 350° for 1 hour.

*I have made very wonderful and lasting friendships in my over 30 years in homemakers.*

---

## TEXAS BAKED BEAN CASSEROLE

---

Submitted by Charlotte Anderson  
Greencastle Homemakers

<b>1/2 pound bacon, diced</b>	<b>1 can (15 oz.) light red kidney beans, rinsed, drained</b>
<b>1 pound hamburger</b>	<b>1 cup ketchup</b>
<b>1 cup chopped onion</b>	<b>1 cup brown sugar</b>
<b>1 can (28 oz.) pork and beans</b>	<b>1 Tbsp. mustard</b>
<b>1 can (17½ oz.) lima beans, rinsed, drained</b>	<b>1 tsp. salt</b>
<b>2 cans (15½-16 oz.) butterbeans, rinsed, drained</b>	<b>1/2 tsp. chili powder</b>

In a large skillet, cook bacon, beef and onion until meat is browned and onion is tender, drain. Transfer to a greased 2½ quart baking dish or a 9x13x2-inch oblong pan. Add all the beans and mix well. In a small bowl combine the remaining ingredients, stir into beef and bean mixture. Bake uncovered 1 hour at 350°. Yield: 12 servings.

---

# LASAGNA

---

Submitted by Kendra Hess  
Pickerington, Ohio

Spray an 8x8 inch non-stick baking pan with oil. Boil **9 lasagna noodles** in well salted water until desired tenderness.

## Sauce

In a pan, add a **drizzle of Extra Virgin Olive Oil** and **1/4 cup of minced onion**. Sauté until onions are translucent, then add **1-2 small cloves of garlic (minced)**. Sauté until you really smell the garlic, then add:

<b>1 (14.5 oz.) can of diced tomatoes</b>	<b>Grind in fresh pepper</b>
<b>1/2 Tbsp. fresh thyme leaves (minced) or to taste</b>	<b>Salt to taste</b>
<b>1 Tbsp. fresh oregano leaves (minced) or to taste</b>	<b>2 Tbsp. tomato paste</b>

Cook until tomatoes break down and then mash with a potato masher. Looking for a chunky tomato sauce texture. Remove from heat.

## Beef Mixture

Drizzle a small amount of Extra Virgin Olive Oil in skillet. Add:

<b>1/2 pound of ground chuck</b>	<b>1-2 small cloves minced garlic</b>
<b>1/4 cup minced onions</b>	<b>Salt and pepper</b>

Cook until ground beef is no longer pink, then add **1/2 Tbsp. fresh thyme leaves (minced) or to taste** and **1 Tbsp. fresh oregano leaves (minced) or to taste**. Sauté a minute or two, then remove from heat.

## Spinach/Cheese Mixture

In a bowl add together and mix well:

<b>3-4 ounces of cream cheese</b>	<b>2-3 cups of fresh baby spinach (minced) –</b>
<b>1-2 Tbsp. of parmesan cheese</b>	<b>NOTE: measure before mincing</b>
	<b>Fresh ground pepper</b>

## **PUTTING IT ALL TOGETHER...**

Add a small amount of sauce to the bottom of the 8x8 inch pan. Add 1/3 of your cooked noodles in a layer, add 1/3 of your meat mixture, and add 1/3 of the remaining sauce mixture. Sprinkle with **shredded mozzarella cheese** and **parmesan cheese**. Then repeat: 1/3 of the noodles, 1/3 of the meat, 1/3 of the sauce. Drop spoonfuls or spread spinach/cheese mixture (whichever is easiest). Sprinkle with **shredded mozzarella cheese** and **parmesan cheese**. *(Continued on next page.)*

Then repeat: final 1/3 of your cooked noodles in a layer, final 1/3 of your meat mixture, final 1/3 of the remaining sauce mixture. Sprinkle with **shredded mozzarella cheese** and **parmesan cheese**.

Sprinkle the top with **dried oregano**.

Spray aluminum foil with cooking spray and cover the lasagna. Bake at 350° oven for 20-30 minutes. Uncover and bake until cheese starts to brown. Remove from oven and let rest around 5 minutes.

TIP: If you cook too many pasta noodles, coat with a little oil and put into a freezer bag. Squeeze out air and freeze. They come out of the freezer for the next use after thawed beautifully!

*Created this recipe in 2014 from my garden goods and those who aren't a fan of spinach loved this recipe. It has now become my favorite lasagna recipe.*

---

## **BROCCOLI RICE CASSEROLE**

---

Submitted by Dianna Wears  
Fairfield County Master Gardener Volunteer

**1½ cups water**  
**1/4 cup chopped onions**  
**1 stick margarine**  
**1 (10 oz.) package chopped broccoli**

**1 can cream of celery soup**  
**1½ cups uncooked minute rice**  
**1 small jar Cheez Whiz**

Bring water, onions and margarine to a boil. Add broccoli and cook for 3 minutes. Add rice and let stand for 5 minutes. Add remaining ingredients and mix well. Put in well-greased casserole dish. Bake at 325° for 45 to 60 minutes. Variation: Add cut up chicken breasts before baking.

---

## **CORN SOUFFLE**

---

Submitted by Marcia Shell  
Baltimore Homemakers

**1 can (16 oz.) cream-style corn**  
**2 Tbsp. flour**  
**2 tsp. sugar**  
**2 eggs**  
**Dash salt**

**Topping:**  
**1 cup cracker crumbs**  
**2 Tbsp. butter**

Mix well. Pour in greased dish, top with crumbs. Bake at 350° for 30 minutes.

---

## **SWEET POTATO CASSEROLE**

---

Submitted by Norma Bobbitt  
Greencastle Homemakers

**3 cups cooked, mashed sweet potatoes**  
**3/4 cup granulated sugar**  
**1/4 cup milk**

**2 eggs**  
**1/2 cup soft butter or margarine**  
**1 tsp. vanilla**

Combine and mix with mixer. Spoon into greased dish.

### **Topping**

**1 cup brown sugar**  
**1/2 cup flour**

**1/2 cup melted butter**

Combine and spread over potato mixture. Bake at 350° for 30-35 minutes.

---

## **ZUCCHINI CASSEROLE**

---

Submitted by Charlotte Anderson  
Greencastle Homemakers

**4 cups medium diced zucchini**  
**1 medium onion, chopped**  
**3 large eggs**  
**1/2 cup oil**

**1/2 cup grated cheddar cheese**  
**1 cup bisquick**  
**1 tsp. each salt, pepper, oregano**  
**1 diced tomato**

Mix zucchini, onion, cheese, and bisquick in greased 2 quart casserole. Beat eggs, add oil and pour over. Bake at 350° uncovered for 45-60 minutes. Prepare and enjoy.

---

## **ITALIAN STYLE GREEN BEANS**

---

Submitted by Robin Leja  
Fairfield County Master Gardener Volunteer

**1 pound fresh green beans, washed/trimmed**  
**1/2 cup water**  
**1/4 cup Italian style bread crumbs**  
**2 Tbsp. extra virgin olive oil**  
**Salt and pepper to taste**

**1/4 tsp. garlic powder**  
**1/4 tsp. dried oregano**  
**1/4 tsp. dried basil**  
**1/4 cup grated parmesan**

Combine the green beans and water in a medium pan. Cover, bring to a boil. Cook covered for ten minutes, or until tender, reducing heat to medium. Drain well. Place beans in serving bowl, and mix in bread crumbs, olive oil, salt, pepper, garlic, oregano, and basil. Toss mixture until beans are well coated. Sprinkle with parmesan and serve.

# SWEET ENDINGS

---

## PUMPKIN PIE

---

Submitted by Beverly Rowles  
Former 4-H Member, Advisor and Current Extension Supporter

2 cups strained pumpkin  
1 cup sugar  
1/2 tsp. salt  
1 tsp. allspice

2 cups milk  
2 eggs  
1½ tsp. cinnamon  
1/4 tsp. cloves

Add sugar, salt, spices and eggs to pumpkin and beat well. Then add milk and beat again. You can save the egg whites or one of them and beat stiff and fold in after the other is mixed. Makes a nice top. Bake 10 minutes at 400°, then almost 60 minutes at 325°. This makes a little too much for one big pie, would make 2 small ones, I think real nice. Can bake the leftovers in custard cups.

---

## WASHINGTON COUNTY APPLE PIE

---

Submitted by Verna Gingerich  
Lancaster, Ohio

### Bottom Part

1 Tbsp. flour

1/2 cup sugar

Apples, quartered

### Top Part

2 Tbsp. flour

2 Tbsp. butter

1/2 cup sugar

1/2 cup water

Line pie pan with **crust**. Mix bottom part and place in bottom of crust.

Fill with quartered apples and other ingredients over top. Sprinkle lightly with cinnamon and bake. This doesn't have a top crust, just crumbs. Bake 45 minutes. Start at 400° and reduce to 350° after 10 minutes.

---

## STRAWBERRY PIE

---

Submitted by Beverly Rowles  
Former 4-H Member, Advisor and Current Extension Supporter

**2 quarts strawberries**  
**1 cup sugar**

**3 Tbsp. cornstarch**  
**16 ounces whipped cream**

Line the crusts with the best berries, whole or sliced. Crush the small ones and add to the sugar mixed with the cornstarch. Cook until clear and thick, and pour over the berries and the crust. Cool and cover with whipped cream. Yield: Two (9 inch) pies.

---

## MIKE'S FAVORITE GRAHAM CRACKER CREAM PIE

---

Submitted by Kelli Lamneck  
Lancaster, Ohio

### Crust

**9 whole graham crackers, rolled fine (about  
1½ cups of crumbs)**  
**1 tsp. flour**

**1/3 cup sugar**  
**1 tsp. cinnamon**  
**1/3 cup butter, melted**

Blend together ingredients. Reserve ¼ cup of mixture; press the rest into a 9-inch pie pan. Bake at 350° for 10 minutes. Cool.

### Custard Filling

**1/2 cup sugar**  
**2½ Tbsp. cornstarch**  
**2 cups milk**

**3 egg yolks**  
**2 Tbsp. butter**  
**1 tsp. vanilla**

Combine sugar and cornstarch in saucepan. Combine milk and egg yolks and stir into sugar mixture. Cook over low heat, stirring to keep from scorching, until mixture starts to boil and it thickens. Remove from heat; stir in butter and vanilla. Pour into prepared crust.

### Meringue

**3 egg whites**  
**1/4 tsp. cream of tartar**

**6 Tbsp. sugar**

Beat egg whites with cream of tartar until frothy. Gradually beat in sugar, a little at a time. Continue beating until stiff and glossy. Pile onto hot filling; seal to edge of crust. Sprinkle remaining crumb mixture on meringue.

Bake at 400° until meringue is browned, 8 to 10 minutes. Chill thoroughly.

---

## **CRAZY CRUST PEACH PIE**

---

Submitted by Dianna Wears  
Fairfield County Master Gardener Volunteer

### Filling

**3-4 cups fresh peaches (about 5 or 6)**

**3/4 cup granulated sugar**

**1 Tbsp. and 1 tsp. corn starch**

Peel peaches, cut up and place in sauce pan. Add cornstarch and sugar and cook, stirring constantly, until done. Set aside to cool.

### Crust

**1 cup flour**

**3/4 cup water**

**2 Tbsp. granulated sugar**

**2/3 cup vegetable shortening**

**1 tsp. baking powder**

**1 egg**

**1/2 tsp. salt**

In small mixer bowl, combine flour, sugar, baking powder, salt, water, shortening and egg. Blend well. Spread batter in 9" or 10" deep dish pie pan. Carefully spread filling into center of batter. Do not stir. Bake at 425° for 40 to 45 minutes until crust is golden brown.

---

## **GLUTEN FREE CHOCOLATE CAKE**

---

Submitted by Verna Gingerich  
Lancaster, Ohio

**2 cups all purpose gluten free baking mix**

**1 tsp. baking powder**

**2 cups white sugar**

**1/2 tsp. salt**

**1/2 cup cocoa**

**3/4 tsp. xanthan gum**

**2 tsp. soda**

Mix well then add:

**1 cup milk**

**1 cup coffee**

**2 eggs**

**1/2 cup melted butter**

Stir real well. Pour batter in a greased cake pan 8x10 inches. Bake at 350° for 45-50 minutes.

NOTE: You can also pour batter in cookie sheets and bake. Then cut into bars when finished. Bake at 350° for 20 minutes.

---

## BANANA CAKE

---

Submitted by Kelli Lamneck  
Lancaster, Ohio

<b>2¼ cups flour</b>	<b>1/2 cup shortening</b>
<b>1¼ cups sugar</b>	<b>1½ cups mashed bananas</b>
<b>2½ tsp. baking powder</b>	<b>2 eggs</b>
<b>1/2 tsp. baking soda</b>	<b>1 tsp. vanilla</b>
<b>1/2 tsp. salt</b>	<b>Walnuts and raisins (optional)</b>

Preheat oven to 375°. Sift together flour, sugar, baking powder, soda, and salt. Add shortening, ½ cup bananas and eggs. Beat 2 minutes at medium. Scrape bowl. Add remaining 1 cup bananas and vanilla. Beat 1 minute. Stir in nuts and raisins, if used. Baked in greased 13x9x2 pan for 25 minutes. Great with butter-cream frosting.

### Butter-Cream Frosting

<b>1 cup sugar</b>	<b>1/2 cup butter</b>
<b>1/2 cup shortening</b>	

Cream sugar, shortening, and butter in electric mixer. Put **3 Tbsp. cornstarch** and **1 cup cold milk** in saucepan. Cook until thick. Remove from heat and mix until cold. (Keep stirring or it will become lumpy.) Add cooked mixture to other ingredients a spoonful at a time. Mix until well blended.

*Kelli is the wife of WLRV Radio General Manager Mike Lamneck. WLRV Radio airs the 'Saturday Morning Farm Page', a weekly program that spotlights OSU Extension in Fairfield County.*

---

## CREAM PUFF CAKE

---

Submitted by Marcia Shell  
Baltimore Homemakers

Bring **1 cup water** and **1/2 cup Oleo** to a boil. Remove from heat. Add **one cup flour**, mix well. **Add 4 eggs (one at a time, beat after adding each egg)**. Spread in a 9x13 pan. Bake at 400° for 25 minutes. When done, press down in center.

### Filling

<b>4 ounces cream cheese</b>	<b>1 large box of instant vanilla pudding</b>
<b>2½ cups milk</b>	

Mix filling ingredients together. Pour in crust. Cover with **Cool Whip**. Drizzle with **chocolate**.



---

## MOM'S FAMOUS COCONUT CAKE

---

Submitted by Brenda Stepp  
Carroll Country 4-H'ers Advisor

<b>1 package (2 layer size) yellow cake mix</b>	<b>4 large eggs</b>
<b>1 package (4 serving size) instant vanilla pudding</b>	<b>1/4 cup vegetable oil</b>
<b>1 1/3 cups water</b>	<b>2 cups angel flake coconut</b>
	<b>1 cup chopped nuts (walnuts or pecans)</b>

Preheat oven to 350°. Grease and flour two 10" round cake pans. Blend cake mix, pudding mix, water, eggs and oil in large mixer bowl. Beat at medium speed with electric mixer four minutes. Stir in coconut and nuts. Pour into cake pans. Bake for 35 minutes or until toothpick inserted in the middle comes out clean.

### Toasted Coconut Frosting

<b>4 Tbsp. margarine</b>	<b>2 tsp. milk</b>
<b>2 cups angel flake coconut</b>	<b>3½ cups powdered sugar</b>
<b>1 package (8 oz.) of cream cheese</b>	<b>1/2 tsp. vanilla</b>

Melt 2 tablespoons of margarine in a skillet. Add coconut and stir constantly over low heat until golden brown. Spread on absorbent towels to cool. Cream 2 tablespoons margarine with cream cheese. Add milk and sugar alternately, beating well. Add vanilla and combine. Stir in 1¾ cups of toasted coconut. Spread frosting between cooled cake layers and on tops and sides of cake. Sprinkle remaining coconut on top and sides of cake.

*Besides her apple pie, this was my mother's most requested dessert. She had to bring that cake to every family reunion and church function for years! It is simple but very good.*

---

## POUND CAKE

---

Submitted by Louise Smith  
Fairfield County Master Gardener Volunteer

Mix...

<b>1 package cake mix</b>	<b>1/2 cup Crisco oil</b>
<b>1 package instant pudding mix</b>	<b>1 cup water</b>
<b>4 eggs</b>	

Pour into a greased bundt cake pan and bake at 350° for 45-55 minutes. Cool for 25 minutes, remove from pan. Sift powdered sugar lightly on top or glaze with frosting. Vary by using different flavored cake mixes, i.e. chocolate, strawberry, lemon etc.

---

## CHOCOLATE MUD CAKE

---

Submitted by Ellen Shaw  
Fairfield County Extension Staff

Coat the inside of a 2½ to 5 quart slow cooker with cooking spray. (The cake's cooking time and final appearance will vary depending on your crock pot size.)

Melt together in the microwave, mix well...

**6 Tbsp. butter** **1/3 cup semi sweet chocolate chips**

Whisk into the above mixture...

**2/3 cup sugar** **1/4 tsp. salt**  
**3 Tbsp. cocoa** **1/3 cup milk**  
**1 Tbsp. vanilla extract** **1 egg yolk**

Whisk together and combine with previous mixture...

**1 cup flour** **2 tsp. baking powder**

Pour batter into slow cooker and spread evenly.

Whisk together, until sugar is dissolved...

**1/3 cup each, white and brown sugar** **1/3 cup cocoa**  
**1½ cups hot water**

Pour mixture over the batter in the slow cooker. Cover and cook on high for 1¼ to 2¼ hours. When done, the cake will be very moist and floating on a layer of molten chocolate. Let cool 25 minutes. Serve topped with **ice cream or whipped cream**.

---

## CHOCOLATE TRIFLE

---

Submitted by Sarah Cory  
Fairfield County Master Gardener Volunteer

**1 large Sara Lee Pound Cake, cubed** **3 cups milk**  
**1 jar Hershey's chocolate fudge** **3 small boxes of vanilla instant pudding**  
**1/4 cup amaretto** **3 bananas, sliced**  
**8 Skor or Heath bars, chopped** **1 large container of Cool Whip**  
**3 cups whipping cream**

Layer bottom of bowl with pound cake. Melt Hershey's chocolate fudge and add amaretto. Let cool and pour over cake. Put ¾ of chopped Skor or Heather bars over fudge. Mix instant pudding, milk, and whipping cream, pour over cake, and let set. Put sliced bananas over pudding, cover with Cool Whip. Put remaining chopped Skor or Heath bars over the Cool Whip. Cover loosely with plastic wrap and refrigerate.

---

## APPLE DUMPLINGS

---

Submitted by Beverly Rowles  
Former 4-H Member, Advisor and Current Extension Supporter

**2 cups flour**  
**1 tsp. baking powder**  
**1/2 cup lard**  
**Pinch salt**

**2/3 cup milk**  
**1 1/3 cups sugar**  
**1 cup water**  
**1 Tbsp. butter**

Mix dough of flour, baking powder, lard, salt, and milk. Roll and divide into squares and place **pared and quartered apples** in each. Sprinkle with **nutmeg or cinnamon**, wet edges of dough and pinch together. Make syrup of sugar, water, and butter. Pour over dumplings and bake at 350° for one hour or until golden brown. Usually double the recipe.

---

## SCOTCHERBOTCH (BUTTERSCOTCH) PUDDING

---

Submitted by April Swinehart  
Snip-N-Mousse 4-H Club Advisor

**2 cups evaporated milk**  
**2 cups packed light brown sugar (you can use dark brown sugar if you desire an extremely rich pudding)**

**1/2 cup sifted flour**  
**2 eggs**

Cook over medium heat, stirring constantly. Pour into a bowl and cover with wax paper or use as a pie filling and top with meringue (if you like).

*We had a friend that could not say butterscotch so we changed the name for them. This pudding is always gone before it can actually chill (if not put in a pie shell). It is very sweet.*

---

## BUCKEYE BARS

---

Submitted by Marcia Shell  
Baltimore Homemakers

**1 cup peanut butter**  
**1 cup butter**

**2 cups graham crackers, crumbed**  
**2½ cups powdered sugar**

Press in a 9x13. Melt **10 oz bag of chocolate chips** and mix with **6 Tbsp. vegetable oil**. Pour over 9x13. Refrigerate for an hour.

---

## PEANUT BUTTER BARS

---

Submitted by Louise Smith  
Fairfield County Master Gardener Volunteer

Mix until smooth...

**1 cup margarine**  
**1 cup white sugar**

**1 cup brown sugar**

Add...

**2 eggs**  
**1 cup peanut butter**

**1 tsp. vanilla**

Sift together and add to mixture...

**2 cups flour**  
**1 tsp. soda**

**1/2 tsp. salt**

Stir in...

**2 cups oats**

Pour into a greased 11x15 inch baking pan (9x13 inch will be very thick). Bake at 350° for 25-30 minutes. DO NOT over bake. Middle should be moist, soft.

After cooled, frost with icing...

**1/2 cup peanut butter**  
**1 tsp. vanilla**  
**Pinch of salt**

**Powdered sugar (approx one 16 oz box)**  
**Milk – enough to make icing or to drizzle,**  
**whichever you prefer**

*This is a favorite from Liberty Union High School, Baltimore.*

---

## CHOCOLATE NO BAKE COOKIES

---

Submitted by Leslie Risch  
Fairfield County Extension Staff

**2 cups sugar**  
**1/2 cup cocoa**  
**1/2 cup milk**  
**1 stick of butter**

**1/2 cup peanut butter**  
**3 cups oatmeal**  
**1 tsp. vanilla**

Boil sugar, butter, cocoa, and milk for 1-2 minutes. Add in remaining ingredients. Drop on wax paper.

---

# YUM-YUM COOKIES

---

Submitted by Peggy Roberts  
Sugar Grove Homemakers

Cream...

**1 cup shortening**  
**2 cups brown sugar**

**2 eggs**  
**1 tsp. vanilla**

Mix...

**1½ cups flour**  
**¾ tsp. salt**

**1 tsp. baking powder**  
**1 tsp. soda**

Add to creamed mixture. Beat well.

Add...

**¾ cup nuts**  
**½ cup coconut**

**2½ cups oatmeal**  
**(can add chocolate bits or raisins)**

Chill dough 1 hour. Shape into small balls and dip in confectioners sugar. Bake 10 minutes on an ungreased sheet at 325° to 350° oven.

*My mother Gladys Ream was a long time homemaker member. She really enjoyed her time with the friends she made while attending the meetings. Her favorite cookie recipe (also her grandchildren's favorite) is Yum-Yum cookies.*

---

# ST. PAUL'S SUGAR COOKIES

---

Submitted by Leslie Risch  
Fairfield County Extension Staff

Cream together...

**2 cups sugar**

**1 cup shortening (use 1/2 Crisco and 1/2 margarine)**

Beat in...

**2 tsp. vanilla**

**1 cup sour cream**

**3 eggs**

Beat until fluffy.

Add in...

**2 tsp. baking powder**

**1/2 tsp. nutmeg**

**1 tsp. baking soda**

**5 1/3 cups of flour**

**1 tsp. salt**

Set overnight in the refrigerator. Roll on flour covered board. Bake at 350° for 6 minutes.

## icing

**1 cup Crisco**

**Water to consistency**

**2 pound bag powdered sugar**

**1 tsp. butter flavoring**

**Pinch of salt**

**1 tsp. almond flavoring**

Beat together and add color! NOTE: Use water at room temperature.

---

## BUTTER CRUNCH (TOFFEE)

---

Submitted by Missy Koenig  
Fairfield County Extension Staff

1 cup butter  
1 cup sugar  
3 Tbsp. water  
1 Tbsp. Karo

1/3 cup roasted almonds, chopped or ground  
course  
1/4 pound melted chocolate  
1/4 cup fine ground unroasted almonds

Roast nuts at 325° for 6-8 minutes.

Melt butter; add sugar, stirring over low heat until sugar is dissolved. Do not boil until sugar is dissolved. Add water and Karo. Cook to 288°. Stir occasionally. Remove from heat; add roasted almonds. Pour onto marble slab or buttered foil lined cookie sheet. When cool, spread with melted chocolate and sprinkle with fine ground nuts. Turn over when chocolate is hardened and repeat on other side. NOTE: This needs to be made in a small sauce pan, preferably an aluminum or steel pan (not a non-stick pan).

*This recipe is from my Grandmother, June Lang. She always made her toffee on a marble slab, and those of us that don't have one had to improvise with the cookie sheets.*

# SAUCES & RELISHES

---

## SPAGHETTI SAUCE

---

Submitted by April Swinehart  
Snip-N-Mousse 4-H Club Advisor

**One large can of tomato paste**  
**Boiling hot water, at least 1½ cups**  
**Garlic powder**

**Onion powder**  
**Marjoram leaves**

Put the paste in a pan or crock pot or oven safe pan. Add the boiling water and then spices. Cook down until it is the texture of spaghetti sauce you desire. You can do this on a stove top, crock pot or overnight in the oven. The color will be darker in a crock pot or oven. You can also use this for a Manwich sauce if you reduce the amount of water and add brown sugar.

*This sauce is my grandfather's from Italy and the only difference is he used raw fresh garlic and a lot of it. Probably whole bulbs not cloves. Growing up you could always tell when Grandma made spaghetti, you could smell the garlic when you pulled in the drive from inside the car....oh memories.*

---

## VELVEETA CHEESE

---

Submitted by Verna Gingerich  
Lancaster, Ohio

Heat **1 gallon sweet milk (whole milk that is not sour)** to 130°. Remove from heat; add **2 tsp. citric acid**, stir gently until separated, drain off whey. To curds add **¾ tsp. soda, 3 Tbsp. cheese powder, salt to taste**.

Put back on stove and keep stirring until lumps are dissolved. Add **¼ cup butter**. Put in containers and set in cool place. If you drain off whey good you can slice the cheese. If you don't dip off the cream you get more cheese. Do not have milk too hot or it won't go in a lump.



---

# MICROWAVE BREAD & BUTTER PICKLES

---

Submitted by Sue Wilson  
Dozen Doers Homemakers

For smaller batch (4 cups)

4 cups unpeeled cucumber

1 sliced onion

Syrup

1/2 cup sugar

1/4 tsp. turmeric

1/2 cup cider vinegar

1/4 tsp. mustard seed

1/2 tsp. salt

1/4 tsp. celery seed

For larger batch (6 cups)

6 cups unpeeled cucumber

1 sliced onion or more if desired

Syrup

3/4 cup sugar

1/4 heaping tsp. turmeric

3/4 cup cider vinegar

1/4 heaping tsp. mustard seed

3/4 tsp. salt

1/4 heaping tsp. celery seed

Pour cold syrup mixture over cucumbers and onion. Microwave on HI 5 minutes (for 4 cups) or 7 minutes (for 6 cups). Stir and repeat. Cool. Store in jars in the fridge. Will keep several months. EASY!!

*This recipe was given to me by my friend and pen pal, Phyllis Rook of Sheldon, Iowa. We met through a diary I had kept in **Farm and Ranch Living Magazine** (Dec/Jan 1984 issue). When her family read the article mentioning the loss of our 21 year old son, Mark, in a farm accident, they related to us they had also lost a son in a farm accident earlier the same month. Her daughters convinced her to write to us. She did and sent the letter to Sue and Larry Wilson, KeLeMar Farms, Lancaster, Ohio and we received it with only that address!*

*We have been fortunate to have visited each other now and then and keep in touch through letters. Both families treasure this friendship. While visiting Rooks one summer, Phyllis served these pickles and we loved them! They are so easy to make and very delicious. I use my own cucumbers in the summer; otherwise I make them with the long English cucumbers from the grocery store. I have never bought a jar of Bread and Butter pickles since I tasted these.*

---

## ITALIAN DILL PICKLES

---

Submitted by Kendra Hess  
Pickerington, Ohio

**A few sprigs of fresh thyme, oregano and a couple sweet basil leaves (stuffed in jars)**

**1½ pints sliced cucumbers, packed in jars (use pickling cucumbers or cucumbers w/small seeds)**

In a saucepan, heat just until boiling:

**1 cup water**

**1 Tbsp. coarse kosher salt**

**2 Tbsp. white vinegar**

**1 Tbsp. fresh garlic (minced)**

**4-6 whole peppercorns**

Remove from heat and steep in brine:

**Few sprigs of fresh thyme, oregano and a couple sweet basil leaves**

**1/8 cup sweet onion (minced)**

When cooled some, remove the herbs from the brine and pour hot brine over the cucumbers in the prepared jars. Put the lids on and refrigerate once they have cooled enough to handle. Shake jars periodically for the next couple weeks. Then enjoy. These are not processed pickles but refrigerator pickles. They are different than any pickle. If there isn't enough brine to cover make more brine so peppers are covered.

*I created this recipe in 2013 as an experiment.*

---

## BREAD AND BUTTER PEPPERS

---

Submitted by Kendra Hess  
Pickerington, Ohio

Fill a pint jar with **long strips of red, yellow, green bell peppers and jalapenos that have been deseeded and deveined.**

In a saucepan:

**1 pinch of coarse kosher salt**

**1/2 cup granulated sugar**

**1/2 cup white vinegar**

**1/16 tsp. celery seed**

**1/16 tsp. turmeric**

**1/16 tsp. mustard seeds**

Heat until sugar has dissolved. Then pour into pepper filled jars. Put on lid and Refrigerate. Shake jar a couple times a day for the next couple weeks. Then enjoy! Can be refrigerated for at least a year. These are not processed so they have to remain refrigerated. If there isn't enough brine to cover make more brine so peppers are covered.

*I created this recipe in 2013 as an experiment and they are so delicious!*