Lyn Jarvis’ Recipes

The Shed’s Shepherd Pie

1 Tbsp. vegetable oil
1 small yellow onion, finely chopped
1 1/2 lbs. ground beef
3/4 tsp. dried oregano
2 Tbsp. flour
1 Tbsp. plus 1 teaspoon dry sherry, optional
1 Tbsp. plus 1 teaspoon soy sauce
1 1/2 tsp. Kitchen Bouquet® browning and seasoning sauce

3 1/2 tsp. garlic powder
1 tsp. (1 packet or 1 cube, crumbled) beef bouillon
1/2 cup water
Pepper to taste

1 1/2 lb. potatoes, mashed following the recipe of your choice, or instant mashed potatoes
1 cup (about 4 oz.) shredded sharp cheddar cheese

Preheat oven to 375°F with oven rack in top position. In a large sauté pan or skillet set over medium-high heat, warm vegetable oil. Add onions, ground beef, and oregano and cook, stirring occasionally, until onion is soft and beef is cooked through, about 7 to 9 minutes. Drain off any excess fat before continuing. Sprinkle flour over meat and cook, stirring, another 1 to 2 minutes until flour is absorbed. Add sherry, soy sauce, canned corn with juice, Kitchen Bouquet®, garlic powder, beef bouillon, and water to pan and stir to combine. Simmer about 10 minutes to combine flavors and thicken gravy. Taste and add pepper as desired. Divide meat evenly into ovenproof crocks or pour into a baking dish. Top with mashed potatoes and a sprinkle of cheddar cheese. Warm through in oven (12 to 15 minutes for individual crocks, about 25 minutes for larger baking dish). If cheese is not golden and bubbly, broil for a minute at the end. Yield: 4 to 6 servings.

Cider House Mac 'n Cheese

1 pkg. (16-oz) rotini (corkscrew) pasta
2 Tbsp. olive oil
4 Tbsp. unsalted butter
1/4 cup all-purpose flour
2 cups whole milk plus 1/2 cup, divided
1 cup heavy cream
1 cup (about 4 oz.) shredded whole milk mozzarella
2 cups (about 8 oz.) shredded sharp cheddar cheese, divided
1 tsp. salt plus more to taste
Pepper to taste

Cook pasta according to package directions. Drain, and toss with olive oil to prevent sticking. Set aside. In a pot large enough to fit pasta, melt butter over medium heat. When butter is bubbling, whisk in flour and cook, whisking constantly, until the mixture is light tan and smells slightly nutty, about 3 to 4 minutes. Carefully pour in milk and cream, whisking constantly to prevent lumps from forming, and bring the sauce to a simmer. Cook until the mixture is thick enough that a line drawn by your finger across a coated spoon leaves a mark, another 2 to 3 minutes. Take pot off the heat and immediately stir in mozzarella and 1 cup of the cheddar until melted. Stir in salt. Stir pasta into sauce along with the remaining cup of cheddar. Add remaining milk to adjust creaminess as desired. Taste and adjust seasoning as desired. Serve immediately. Yield: 4 to 6 servings.
### Tacos in a Skillet

<table>
<thead>
<tr>
<th>Ingredient</th>
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<tbody>
<tr>
<td>1 lb. ground beef</td>
<td>1 can</td>
</tr>
<tr>
<td>½ cup water</td>
<td>(10¾ oz.)</td>
</tr>
<tr>
<td>Corn chips, amount desired</td>
<td>½ cup salsa</td>
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<tr>
<td>Shredded cheddar cheese, amount desired</td>
<td>(spiciness to taste)</td>
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Cook beef in 10-inch skillet until well browned, stirring to break up meat. Pour off fat. Stir in soup, salsa, and water. Heat to a boil. Reduce heat to low and cook for 5 min. Stir in corn chips and top with cheese. Serve immediately. Yield: 4 servings.

### Lyn’s Banana Pudding

<table>
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<tr>
<th>Ingredient</th>
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<tbody>
<tr>
<td>1 large pkg. (5.1 oz.) instant vanilla pudding</td>
<td>1 ct. (12 oz.) whipped topping</td>
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<tr>
<td>2½ cups cold milk</td>
<td>4 to 5 sliced bananas</td>
</tr>
<tr>
<td>1 can (14 oz.) sweetened condensed milk</td>
<td>Ginger snaps (crushed into bite-size pieces)</td>
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Mix pudding and milk, add condensed milk. Blend well; fold in half the whipped topping. Alternate layers of pudding, bananas and ginger snaps. Top with remaining topping and a few banana slices just before serving. Yield: 12 to 15 servings. Recipe can be halved.

### Heather Fischer’s Recipes

#### Cheese Garlic Biscuits

<table>
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<tr>
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<tr>
<td>1¾ cups all-purpose flour</td>
<td>1 cup milk</td>
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<tr>
<td>½ tsp. salt</td>
<td>1 cup shredded cheddar cheese</td>
</tr>
<tr>
<td>½ tsp. baking powder</td>
<td>¼ cup butter, melted</td>
</tr>
<tr>
<td>5 Tbsp. butter</td>
<td>1 clove garlic, minced</td>
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Preheat oven to 450°F. In a large bowl, sift together flour, salt, and baking powder. Cut in butter until mixture resembles coarse crumbs. Make a well in the center of flour mixture. Add the milk and cheddar cheese; stir to combine. Drop batter by spoonfuls onto an ungreased baking sheet. Bake in preheated oven for 12 to 15 minutes, until lightly browned. While biscuits are baking mix melted butter and minced garlic. Brush garlic butter over hot baked biscuits.
**Artichoke, Spinach and Feta Stuffed Shells**

- 1 tsp. dried oregano
- ¼ cup chopped pepperoncini peppers
- 1 can (28 oz.) fire-roasted crushed tomatoes with added puree (such as Progresso®)
- 1 can (8 oz.) no-salt-added tomato sauce
- 1 cup (4 oz.) shredded mozzarella cheese, divided
- 1 cup (4 oz.) crumbled feta cheese
- ½ cup (4 oz.) fat-free cream cheese, softened
- ¼ tsp. freshly ground black pepper
- 1 pkg. (9 oz.) frozen artichoke hearts, thawed and chopped
- ½ pkg. (10 oz) package frozen chopped spinach, thawed, drained, squeezed dry
- 2 garlic cloves, minced
- 20 cooked jumbo pasta shells (about 8 oz. uncooked pasta)
- Cooking spray

Preheat oven to 375°F. Combine first 4 ingredients in a medium saucepan. Place over medium heat; cook 12 minutes or until slightly thick, stirring occasionally. Remove from heat; set aside. Combine ½ cup mozzarella and the next 6 ingredients (through garlic) in a medium bowl. Spoon or pipe about 1½ tablespoons cheese mixture into each pasta shell; place stuffed shells in a 13x9x2-inch baking dish coated with cooking spray. Spoon tomato mixture over shells; sprinkle with remaining ½ cup mozzarella. Bake at 375° for 25 minutes or until thoroughly heated and cheese melts.

**Chewy Chocolate Chip Cookies**

- 2 sticks unsalted butter
- 2¼ cups bread flour
- 1 tsp. kosher salt
- 1 tsp. baking soda
- ¼ cup sugar
- 1⅛ cups brown sugar
- 1 egg
- 1 egg yolk
- 2 Tbsp. milk
- 1½ tsp. vanilla extract
- 2 cups semisweet chocolate chips
- Ice cream scooper
- Parchment paper

Heat oven to 375°F. Melt the butter in a heavy-bottom medium saucepan over low heat. Sift together the flour, salt, and baking soda and set aside. Pour the melted butter in bowl. Add the sugar and brown sugar. Cream the butter and sugars on medium speed. Add the egg, yolk, 2 tablespoons milk, and vanilla extract and mix until well combined. Slowly incorporate the flour mixture until thoroughly combined. Stir in the chocolate chips. Chill the dough, then scoop onto parchment-lined baking sheets, 6 cookies per sheet. Bake for 14 minutes or until golden brown, checking the cookies after 5 minutes. Rotate the baking sheet for even browning. Cool completely and store in an airtight container.

**Carolyn Peake’s Recipes**

**Impossible Coconut Pie (from Virginia Kennedy)**

- 1 cup sugar
- 4 eggs
- 1 tsp. vanilla extract
- 1 cup shredded coconut
- 2 cups evaporated milk
- ½ cup all-purpose flour
- ¼ cup butter, melted

Place all ingredients in a blender and mix until smooth. Pour mixture into greased 10-inch pie plate and bake at 350°F for 45 to 50 minutes.
### Dreamy Chicken Stew

- 2 cans (10.5 oz.) condensed cream of chicken soup
- 3 cups water
- 1 to 2 cups sliced celery
- 1 medium onion, chopped coarsely
- 6 boneless, skinless chicken breasts, cut into bite-sized pieces
- 4 medium potatoes, cut into bite-sized pieces
- 6 medium carrots, cut into bite-sized pieces
- Basil, oregano, and garlic to taste
- ½ cup barley

Put all ingredients (except barley) in large crock-pot and cook on medium for 4 hours. Add barley and cook another 2 hours or until carrots and potatoes are tender.

### Roland’s Shepherd’s Pie

- 5 large potatoes, peeled, cooked and mashed
- 1 lb. ground beef
- 1 medium onion, chopped
- 2 cans cream style corn

In a large skillet sprayed with non-stick cooking spray, cook onions until tender. Add ground beef and cook until no longer pink. Mix corn into beef mixture and place in 9x13x2-inch pan which has been sprayed with cooking spray. Spread mashed potatoes evenly over the ground beef mixture. Bake at 350°F until bubbly and potatoes have browned slightly. **Note:** Any mixture of vegetables can be mixed into the ground beef, whatever your family likes. Also, the potato can be topped with grated cheese when the casserole is hot and allowed to brown lightly.

### Double Chocolate Brownies

- ¼ cup water
- 1½ cups butter (3 sticks)
- 6 squares (1 oz. each) unsweetened chocolate
- 3 cups sugar
- 1⅛ cups flour, sifted
- 6 eggs, slightly beaten
- 3 tsp. vanilla
- 1 pkg. mini chocolate chips

In large sauce pan, combine water, butter, and chocolate. Cook over medium heat until butter and chocolate are melted. Stir frequently. Remove from heat and add sugar. Mix thoroughly and allow to cool until warm. Beat eggs and add to chocolate mixture along with vanilla. Mix well. Add the flour and stir until smooth. Add chocolate chips and stir well. Pour mixture into a 9x13x2-inch pan that has been sprayed with nonstick cooking spray. Bake at 350°F about 40 minutes or until top is crusty and firm to the touch. Do not over bake! Let sit for several hours, or better yet, overnight. Cut into 48 squares and serve. These are very fudgy brownies.
**Viewer Recipes**

**Scalloped Pineapple**  
*Bob & Priscilla Foley, North Hero, Vt.*

1 cup butter  
2 cups sugar  
4 eggs, beaten  
¼ cup milk  
4 cups white bread cubes  
1 can (20 oz.) crushed pineapple, with juice

Cream together butter, sugar, and eggs. Add remaining ingredients and mix well. Place in a buttered 8x10x2-inch casserole. Bake at 375°F for 15 minutes, then at 350°F for 1 hour. Yield: 6 to 8 servings.

**Apple Macaroon Pie**  
*Valerie Bert, Braintree, Vt.*

1 unbaked pie crust  
4 cups apples, thinly sliced  
½ cup sugar  
1 Tbsp. flour  
½ tsp. cinnamon  
½ tsp. salt  
2 tsp. butter


**Cranberry Fruit Bread**  
*Terri Pilch, Burlington, Vt.*

2 cups flour  
1 cup sugar  
1½ tsp. baking powder  
½ tsp. baking soda  
1 tsp. salt  
1 orange, juiced and zested  
1 egg, well beaten  
2 Tbsp. melted butter  
½ cup chopped nuts  
2 cups cranberries, cut in half

Sift dry ingredients. Combine juice and zest and add enough water for ¾ cup liquid. Add beaten egg and melted butter. Pour over dry ingredients and mix until moistened. Add nuts and cranberries. Bake in loaf pan in 325°F oven for 50 to 60 minutes until pick inserted in center comes out clean. Cool before serving.
Cheesy Barbecued Meatballs
Barbara Ailes, St. Johnsbury, Vt.

- 2 cups corn flakes cereal
- 2 eggs
- ½ cup milk
- ½ tsp. salt
- ½ tsp. pepper
- ½ lb. ground beef
- 1 cup (4 oz.) shredded cheddar cheese

1 cup ketchup
¾ cup water
2 Tbsp. cider vinegar
3 Tbsp. firmly packed brown sugar
1 Tbsp. instant minced onion
1 tsp. salt
1 tsp. celery seed

Crush corn flakes cereal slightly in medium-size mixing bowl. Add eggs, milk, salt, and pepper. Mix well. Let stand about five minutes or until cereal is softened. Add ground beef and cheese, mixing until well combined. Shape into 1-inch meatballs. Place in single layer in greased shallow baking pan. Bake at 400°F about 10 minutes or until browned. Remove from oven and immediately loosen meatballs from pan. Do not remove from pan at this time.

For sauce, combine remaining ingredients in a large saucepan. Bring to a boil. Reduce heat to low. Add meatballs and cook uncovered for 15 minutes. Serve over rice or noodles, or as an appetizer.

Yield: 36 meatballs

Rice Pudding

- 4 cups milk
- ½ cup sugar
- ½ cup rice
- ¼ tsp. salt
- ¼ tsp. nutmeg
- ½ cup raisins

Mix all ingredients together in a baking dish. Bake at 350°F for approximately 1½ hours. As the pudding thickens, stir occasionally during baking. Bake until the pudding is the consistency to your liking. Serve warm or cold.

Pennies from Heaven
Lisa Tremblay , Newport, Vt

- 6 potatoes cut into bite-size pieces
- 1 pkg. hot dogs, cut into pennies
- 1 medium onion, chopped
- 1 can cream of mushroom soup
- ½ soup can of milk
- 6 slices American yellow cheese, broken into pieces
- Salt and pepper to taste

Boil potatoes with salt to taste for 10 minutes. Add all ingredients to a 9x13x2-inch baking dish that has been previously sprayed with cooking oil. Bake at 350°F for 45 minutes. Yield: 6 to 8 servings.

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