Lyn Jarvis’ Recipes
Sweet Cinnamon Biscuits

2 cups sifted all-purpose flour  4 Tbsp. butter, softened
1 Tbsp. baking powder  ¼ cup sugar
1 tsp. salt  1 tsp. cinnamon
¼ tsp. baking soda  ½ cup chopped nuts, optional
¼ cup vegetable oil  1 cup milk, optional
¾ cup buttermilk

Combine flour, baking powder, salt and baking soda in a medium bowl and mix well. Stir in vegetable oil. Add buttermilk and stir just until blended. Knead the dough on a lightly floured surface until smooth. Roll dough into a 15x8-inch rectangle. Preheat the oven to 400°F. Grease a 9-inch round baking pan lightly. Spread butter over the dough. Combine sugar, cinnamon, and nuts (if desired) in a small bowl and mix well. Sprinkle over butter. Roll up rectangle, jelly roll fashion, starting from one long side. Pinch seam to seal. Cut the roll into ½-inch slices. Arrange the slices, cut side up, in prepared baking pan. Bake until lightly browned, about 20 to 30 minutes. Remove from oven. Pour milk over the top, if desired. Serve hot. Note: For a frosted biscuit, mix 1 cup confectioners sugar, 1 tsp. vanilla and 1 Tbsp. milk. Spread over biscuits when cool.

Johnnycake Bread from the Bryant House, Weston, Vt.

¼ cup vegetable oil, plus more for pans  ¼ tsp. kosher salt
1¼ cups all-purpose flour  2 large eggs
¾ cup cornmeal  1 cup milk
¼ cup sugar  ¼ cup mild-flavored (light) molasses
1½ tsp. baking powder  1 Tbsp. maple sugar or raw sugar

Heat oven to 325°. Lightly oil two 5x2½-inch loaf pans (or one 8½x4¼-inch loaf pan). Whisk flour, cornmeal, granulated sugar, baking powder and salt in a large bowl. Make a well in the center, add eggs, milk, molasses, and ¼ cup oil; whisk in dry ingredients. Divide batter between pans. Sprinkle with maple sugar. Bake bread until golden and a tester inserted in the center comes out clean, 40 minutes for small loaves (50 to 55 minutes for large loaf). Transfer pan(s) to a wire rack and let bread cool 10 minutes before turning out. Note: Bread can be made 1 day ahead. Store wrapped tightly at room temperature. If you do not have maple sugar, substitute ½ the molasses and ½ the vegetable oil with Vermont maple syrup.

Crunchy Onion Chicken

1 box (6 oz.) French fried onions  4 boneless, skinless chicken breasts
2 Tbsp. flour  1 egg, beaten

Preheat oven to 400°F. Crush French fried onions with flour in a plastic bag. Dip chicken into egg, then coat in onion crumbs. Bake for 20 minutes until cooked through.
### 30-Minute Chili Mac

1 lb. extra-lean ground beef  | 1 can (15 oz.) tomato sauce
2 tsp. chili powder          | 1 cup thick and chunky salsa
1 1/2 cups water             | 1/4 cup elbow macaroni, uncooked
1 can (15.5 oz.) kidney beans, rinsed | 1 cup shredded Pepper Jack cheese

Brown meat with chili powder in large saucepan. Add all remaining ingredients except cheese; mix well. Bring to a boil; cover. Simmer on low heat 15 minutes, stirring after 8 minutes. Serve topped with cheese. **Optional**: Top each serving with chopped fresh cilantro.

### Venison BBQ in the Slow Cooker

1 medium onion            | 2 tsp. seasoned salt
4 cloves garlic           | 1 lb. bacon strips
3 lbs. cubed venison      | 2 cups ketchup
1 cup red wine vinegar    | 1/2 cup molasses
1/2 cup Worcestershire sauce | 1/2 cup brown sugar
2 tsp. tenderizing salt  |

Dice onion and mince garlic. In 5 or 6-quart slow cooker, place onion, garlic, venison, red wine vinegar, Worcestershire sauce, tenderizing salt and seasoned salt. Cover and cook on high for 1 to 2 hours. Meanwhile, in large skillet over medium-high heat, cook bacon strips until tender but not crispy. Remove bacon from skillet and chop into 1/2-inch pieces. After 1 or 2 hours, add bacon, ketchup, molasses and brown sugar to slow cooker. Cover and cook on low for an additional 8 to 9 hours. To serve, stir ingredients in slow cooker and transfer to serving plates. Serve with rice, potatoes or toast.

### Carolyn Peake's Recipes

#### Fudge Ecstasies

1 pkg. (12 oz.) semi-sweet chocolate pieces (2 cups) | 1/2 cup sugar
2 oz. unsweetened chocolate, chopped | 1/4 cup all-purpose flour
2 Tbsp. butter | 1 tsp. vanilla
2 eggs | 1/4 tsp. baking powder
1 cup chopped nuts |

Preheat oven to 350°F. Grease cookie sheets and set aside. In a heavy medium saucepan, combine one cup of the semi-sweet chocolate pieces, unsweetened chocolate and the butter. Cook and stir over low heat until melted. Remove from heat and add the eggs, sugar, flour, vanilla and baking powder. With a sturdy wooden spoon, stir together vigorously until combined, scraping sides of pan to get everything mixed together. Stir in the remaining chocolate chips and the nuts. Drop dough by rounded teaspoons 2-inches apart onto the prepared cookie sheets. Bake for 8 to 10 minutes or until edges are firm and surfaces are dull and crackled. Transfer to wire rack and allow to cool. Makes about 3 dozen cookies.
**Turnip Soup**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>¼ lb. butter</td>
<td></td>
</tr>
<tr>
<td>3 lbs. turnips, peeled and chopped</td>
<td></td>
</tr>
<tr>
<td>4 large onions, chopped</td>
<td></td>
</tr>
<tr>
<td>1 clove garlic, minced</td>
<td></td>
</tr>
<tr>
<td>8 cups chicken stock</td>
<td></td>
</tr>
<tr>
<td>1 cup half and half or light cream</td>
<td></td>
</tr>
<tr>
<td>¼ tsp. ground nutmeg</td>
<td></td>
</tr>
<tr>
<td>Salt and pepper to taste</td>
<td></td>
</tr>
</tbody>
</table>

Melt butter in a large pot and sauté onions and garlic until soft. Pour in chicken stock and turnips and cook until the turnips are tender. Drain and reserve some of the liquid. Purée the vegetables in a blender until smooth. You may also need to put it through a sieve or food mill to get the right smoothness. Return to pot. Add salt and pepper to taste and half and half, mixing well. If the soup is too thick, add some of the reserved cooking water. Serve hot with a nice crusty bread or biscuits. **Note:** Put the rest of the reserved cooking water into a container and freeze it to use later in a chicken soup or turkey soup made with the leftovers from Thanksgiving!

**Lemon Angel Cake Bars**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 pkg. angel cake mix</td>
<td></td>
</tr>
<tr>
<td>1 can (15¼ oz.) lemon pie filling</td>
<td></td>
</tr>
<tr>
<td>1 cup finely shredded unsweetened coconut</td>
<td></td>
</tr>
<tr>
<td>1 pkg. (8 oz.) cream cheese softened</td>
<td></td>
</tr>
<tr>
<td>½ cup butter, softened</td>
<td></td>
</tr>
<tr>
<td>1 tsp. vanilla extract</td>
<td></td>
</tr>
<tr>
<td>2½ cups confectioner's sugar</td>
<td></td>
</tr>
<tr>
<td>3 tsp. grated lemon peel</td>
<td></td>
</tr>
</tbody>
</table>

Preheat oven to 350°F. In a large bowl, mix cake mix, pie filling and coconut until blended. Spread into a greased 15x10x1-inch baking pan. Bake 20 to 25 minutes, or until toothpick inserted in the center comes out clean. Cool completely in the pan on a wire rack. Meanwhile, in a large bowl, beat cream cheese, butter and vanilla until smooth. Gradually add confectioner's sugar. Spread over cooled bars, sprinkle with lemon peel. Refrigerate, covered, at least 4 hours. Cut in bars or triangles. Makes about 4 dozen.

**Mom's Tuna Casserole**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 lb. box macaroni</td>
<td></td>
</tr>
<tr>
<td>2 cans (7 oz. each) tuna fish packed in water</td>
<td></td>
</tr>
<tr>
<td>2 cans (10¼ oz. each) cream of chicken soup</td>
<td></td>
</tr>
<tr>
<td>1 cup milk</td>
<td></td>
</tr>
<tr>
<td>1 to 2 cups grated strong Cheddar cheese</td>
<td></td>
</tr>
</tbody>
</table>

Cook macaroni according to directions on box. Drain and place in large bowl. Drain the tuna and add to the macaroni. Add cream of chicken soup. Mix thoroughly. Place mixture into large casserole dish. Pour milk over the mixture. Top with cheese. Bake at 350°F until cheese is melted and casserole is bubbly.
Deb Plumley's Recipes

**Black Bean Soup**

1 lb. dried black beans (about 2 cups), rinsed, soaked in 4 quarts of water overnight or 6 hours, drained
½ lb. uncooked bacon, diced
2 bay leaves
5 cups water
½ tsp. baking soda
½ tsp. salt
4 Tbsp. olive oil
1 large yellow onion, chopped fine
1 medium sweet potato, chopped into ½-inch pieces
½ carrot, chopped fine
1 celery rib, chopped fine
½ tsp. salt
4 medium garlic cloves, minced
1 Tbsp. ground cumin
1 tsp. chili powder
2 cups chicken stock
1 Tbsp. molasses
1 red bell pepper, roughly chopped
3 to 4 Tbsp. lime or lemon juice
Salt to taste
Sour cream for garnish

Place beans in a 4-quart, thick-bottomed pot. Add 5 cups water, bay leaves, salt and baking soda. Bring to a boil, reduce heat to a low simmer. Cover and let cook 1 hour 15 minutes to 1 hour 30 minutes, until beans are tender. Remove bay leaves. Heat olive oil in a large 8-quart thick-bottomed pot on medium high until the oil is hot, but not smoking. Add the onions, celery, sweet potato, bacon and ½ teaspoon salt. Cook, stirring occasionally, until lightly browned and softened, about 10 to 15 minutes. Reduce heat to medium, add the cumin, chili powder, and garlic, cook for an additional 2 minutes, stirring constantly. Add the beans, their cooking liquid, chicken stock, molasses, and bell pepper. Bring to a boil then reduce heat to a simmer. Cook, stirring occasionally, for 20 to 30 minutes. Remove 4 cups of the soup (about half of it) to a blender. Purée until smooth and return to the pot of soup (You may need to purée the soup in smaller portions, depending on the size of your blender. Don't fill the blender more than half way at a time and hold the lid while blending). Add 3 Tbsp. of lime or lemon juice. Adjust seasonings. If on the sweet side, add a bit more lime juice. Salt to taste. Serve with garnishes. Note: Soup may continue to thicken. If you would like it thinner, just add some water to desired consistency.

**Molasses Brown Bread**

2¼ cups whole wheat flour
1⅛ cups all-purpose flour
2 tsp. baking soda
1 tsp. salt
2 beaten eggs
2 cups sour milk or buttermilk*
⅓ cup molasses
½ cup honey

In a large mixing bowl, stir together dry ingredients. Set aside. In another bowl combine eggs, sour milk or buttermilk, molasses and honey. Add to flour mixture, stirring until combined. Turn batter into 2 greased and floured 8x4x2 inch loaf pans. Bake in a 350°F oven about 55 minutes, covering with foil the last 15-20 minutes to prevent over browning. Remove from pans and cool on wire racks. Makes 2 loaves.

*Note: For sour milk, place 2 tablespoons lemon juice or vinegar in a large glass measuring cup. Add enough milk to make 2 cups liquid. Stir and let stand 5 minutes.
### Double Chocolate Cranberry Chunkies

| 1¾ cups all-purpose flour | ½ cup packed brown sugar |
| ½ cup unsweetened cocoa powder | 1 egg |
| ½ tsp. baking powder | 1 tsp. vanilla |
| ½ tsp. salt | 2 cups semisweet chocolate chips |
| 1 cup butter, softened | ¼ cup Craisins® |
| 1 cup sugar | Additional sugar |

Preheat oven to 350°F. Combine flour, cocoa powder, baking powder and salt in a small bowl; set aside. Beat butter and sugars in a large bowl at medium speed until light and fluffy. Beat in egg and vanilla until well blended. Gradually beat in flour mixture on low speed until blended. Stir in chocolate chips and Craisins®. Drop dough by level ¼ cupfuls onto parchment lined cookie sheets, spacing 3 inches apart. Flatten dough until 2 inches in diameter with bottom of a glass dipped in additional sugar. Bake 11 to 12 minutes or until cookies are set. Cool cookies 2 minutes on cookie sheets, transfer to wire racks. Cool completely. Yield: About 1 dozen (4-inch) cookies.

### Viewer's Recipes

#### Easy-Does-It Turkey Quiche

**Joyce LeBlanc, Barre, Vt.**

| 2½ to 3 cups leftover stuffing or one 6 oz. pkg. chicken flavored stuffing mix. | 4 eggs, beaten |
| 1 cup turkey, chopped | 1 can (5.5 oz.) evaporated milk |
| 1 cup shredded Swiss cheese | ¼ tsp. pepper |

Preheat oven to 400°F. If using stuffing mix, prepare according to package directions. Press leftovers or prepared stuffing mix into a 9-inch pie plate or Quiche dish. Bake for 10 minutes. Meanwhile combine turkey and cheese. In another bowl beat together eggs, milk, and ¼ teaspoon pepper. Put turkey cheese mixture into hot crust. Pour egg/milk mixture over top. Lower oven temperature to 350°F. Bake quiche for 30 to 35 minutes or until center is set. Let stand 10 minutes before serving. If desired, garnish with tomato wedges. **Yield:** 6 servings.

#### Date Bread

**Marilyn Fuller, Newbury, Vt.**

| 1 pkg. dates, cut fine | 1 cup brown sugar | ½ tsp. baking powder |
| 1 tsp. baking soda | 1 egg | Pinch of salt |
| 1 cup boiling water | ½ cups flour | ½ cup chopped nuts |

In a bowl, sprinkle baking soda over the dates, then add boiling water and set aside. Mix together butter, brown sugar, egg, flour, chopped nuts, baking powder, and a pinch of salt. Mix all together and pour into 9x5x3-inch greased pan. Bake at 350°F for 45 to 55 minutes or until pick inserted in center comes out clean.
Stove Top Easy Turkey Bake
Carolyn Bourgeois, Vergennes, Vt.

1⅔ cups hot water
1 pkg. (6 oz.) stove top stuffing mix (for turkey)
4 cups chopped cooked turkey
1 pkg. (14 oz.) frozen broccoli florets, thawed, drained

1 can (10⅓ oz.) condensed cream of chicken soup
¾ cup milk
1½ cups shredded Cheddar cheese

Preheat oven to 350°F. Add hot water to stuffing mix and stir just until moistened. Combine turkey and broccoli in a 13x9-inch baking dish. Mix soup, milk and cheese and pour over turkey mixture. Top with stuffing. Bake 30 minutes or until heated through. Note: Turkey can be substituted with chicken (use chicken stuffing mix if so).

Cheeseburger Soup
Katherine Kennedy, Wallingford, Vt.

½ lb. 90% lean hamburger
½ cup minced onion
1 cup shredded carrots
1 tsp. dried basil
1 tsp. parsley flakes
2 Tbsp. butter, divided
3 cups chicken broth
4 cups diced potatoes
8 oz. sharp cheese, cubed
1½ cups milk
Salt and pepper to taste
¼ cup sour cream (last)

Cook hamburger, but do not brown. Transfer to soup pot. Add 1 tablespoon butter to pan and add onions, carrots and spices. Cook for 5 to 6 minutes and add to soup pot. Pour chicken broth into pot and add potatoes. Cook until potatoes are soft. Add cheese and milk and turn off heat. Garnish each serving with a dollop of sour cream.

Cranberry Relish in a Pumpkin
Joan Krans, Williston, Vt.

1 pumpkin, 6 to 7-inch
½ cup raisins
1 cup fresh cranberries
½ cup chopped walnuts
2 cups chopped apples
5 Tbsp. butter
½ cup brown sugar
½ tsp. salt
1 tsp. cinnamon
1 tsp. nutmeg
1 tsp. all-spice
2 to 3 Tbsp. apple cider

Cut a hole around the stem of pumpkin, about 4 to 5-inches in diameter (at an angle, so the stem doesn’t fall in). Save the stem and scoop out all the seeds, be careful not to puncture a hole in the pumpkin. In a large bowl, combine raisins, cranberries, walnuts, apples, butter, sugar, salt, spices and cider. Mix all ingredients together and spoon into the pumpkin. Bake uncovered in a shallow baking dish for about 2 hours at 325°F. Bake stem separately. Can be served over vanilla ice cream. Note: Cider can be substituted with orange or apple juice.

Any reference to commercial products, trade names, or brand names is for information only, and no endorsement or approval is intended.

Contact us at: atfence@uvm.edu, phone: (802) 656-5059, toll free at: 1-888-283-3430 or visit us online at: www.uvm.edu/extension/atf

University of Vermont Extension, and U.S. Department of Agriculture, cooperating, offer education and employment to everyone without regard to race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or familial status. Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture. University of Vermont Extension, Burlington, Vermont.