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# & Appetizers Beverages



I am grateful for what I am and have. My thanksgiving is perpetual.

- Henry David Thoreau

## Camino Spice's Mock Hollandaise Sauce

*In our family, this is also known as broccoli sauce, but it's great with artichokes, broccoli, chicken salad, salmon or as a simple vegetable dip. Best if made in advance as the tumeric turns it a fresh yellow color.*

### Ingredients:

1 cup good quality mayonnaise  
1 lemon juiced  
1 tsp. Divine Inspired Spice (either variety) from Camino Spice

1. Juice lemon into a bowl.
2. Add mayonnaise and Divine Spice.
3. Combine.

Submitted by Sascha Woods



## Toasty Onion Sticks

### Ingredients:

12 slices white bread  
1 envelope dry onion soup mix  
1/2 pound (2 sticks) butter

Blend soup mix with butter. Trim crusts from bread. Spread butter mixture on each slice. Cut each slice into 4 or 5 strips. Place strips on an ungreased cookie sheet. Bake at 375 degrees for 10 minutes. Yields 4-5 dozen sticks.

Submitted by Ginny Aguilar

## Vegetable Dip

### Ingredients:

1 pint mayonnaise  
1 cup cottage cheese  
Dry onion flakes  
1/2 tsp. dry mustard  
1/2 tsp. caraway seed  
1/2 tsp. garlic salt  
1 Tbsp. Worcestershire sauce

Mix well and refrigerate overnight.

Submitted by Joyce Herauf

## Spiced Milk Punch

### Ingredients:

4 cups milk  
2-inch stick of cinnamon  
4 whole cloves  
Dash of ground mace  
Dash of ground saffron, optional  
1/4 cup sugar  
1 Tbsp. cornstarch  
4 cinnamon sticks, optional

In sauce pan combine milk, the 2-inch stick of cinnamon, cloves, mace and saffron (if desired).

Bring almost to boiling. Reduce heat, cover and simmer over very low heat for 15 minutes. Remove cinnamon and cloves. Combine sugar and cornstarch. Stir into milk mixture. Cook and stir till bubbly.

Cook and stir for two minutes more. If desired, beat with rotary beater till foamy. Ladle into mugs. Serve warm with cinnamon stick stirrers. Makes 4 8-ounce servings.

Submitted by Joyce Herauf



## FoodWorks Carrot Turmeric Ginger Smoothie

*This recipe makes about four pints which will hold in the fridge for at least a week so you have healthy grab-and-go fuel any time.*

### Ingredients:

Approximately 1 pound carrots (no need to peel)  
2 stalks celery  
1 apple, peel on  
1 orange  
1 grapefruit  
Splash of lemon juice  
1 chunk of fresh ginger, about the size of your thumb (no need to peel)  
Small nob of fresh turmeric, about 1/2 inch (if fresh not available, 1/4 tsp. ground)

Fill blender with water to about 1/4 full. Add ingredients. Add enough water to cover, then blend well. (A fancy juicer isn't needed. Our starter blender came from our Livingston's Ace Hardware.)

Submitted by Lynette Larson-DeSmet



## Energy Smoothie

### Ingredients:

1 1-pound bag unsweetened, frozen strawberries, partially thawed  
2 medium, ripe bananas, peeled  
1 8-ounce container lemon or vanilla yogurt  
1 cup vanilla soy milk (or milk)  
1/3 cup powdered sugar  
2 tsp. vanilla



### Energy Smoothie (continued):

Purée all ingredients with a blender. Makes 4, 1-cup servings.

Submitted by Joyce Herauf

## Hot Buttered Rum

### Ingredients:

1 pound dark brown sugar  
1 pound powdered sugar  
1 pound. butter  
1 tsp. nutmeg  
2 tsp cinnamon  
1 quart vanilla ice cream

Cream sugars and butter. Mix in spices. Fold in softened ice cream. Place in container and freeze. To serve, place 2 Tbsp. of mix in mug. Add a jigger of dark rum. Fill with boiling water. Stir and serve.

Submitted by Arlyth Sarver

## French Silk Coffee

*Decadent.*

### Ingredients:

3 cups brewed coffee  
1 1/2 cups sugar  
1 pint whipping cream  
1 quart milk, must be at least 2%  
2 tsp. vanilla

Mix all ingredients and freeze. Take out to thaw 1-2 hours before serving. Should be slushy to serve.

Submitted by Linda Tang



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To adjust for altitude, the general rule is more flour as you go up.

- Lin Martin, Livingston ACE Instructor



# & Soups Salads



I live on good soup, not on fine words.

- Molière

## Vegetarian Chili

*Or as my chef son-in-law says, "Chili has meat! Call this what it is, bean soup." Ha, ha!*

### Ingredients:

2 Tbsp. olive oil  
1 medium red onion, chopped  
1 large red bell pepper, chopped  
2 medium carrots, peeled and chopped  
2 ribs celery, chopped  
1/2 tsp. salt, divided  
4 cloves garlic, minced  
2 Tbsp. chili powder  
2 tsp. ground cumin  
1 1/2 tsp. paprika  
1 tsp. dried oregano  
1 large can (28 ounce) diced tomatoes, undrained  
2 cans (15 ounce each) black beans, drained & rinsed  
1 can (15 ounce) pinto beans, drained & rinsed  
2 cups vegetable broth  
1 bay leaf  
1 to 2 tsp. red wine vinegar

In large pot, heat olive oil over medium heat until simmering. Add onions, bell peppers, carrots, celery, and 1/4 tsp. salt. Stir to combine and cook, stirring occasionally, until vegetables are tender, about 7-10 minutes. Add the garlic, chili powder, cumin, paprika and oregano. Cook until fragrant while stirring constantly, about 1 minute.

Add the tomatoes, black beans, pinto beans, broth and bay leaf. Stir to combine and let the mixture come to a simmer. Maintain a gentle simmer, stirring occasionally, for 30 minutes. Remove bay leaf (discard).

Remove chili from heat and let stand a few minutes. For best texture (chili-like) and flavor, use an immersion blender (this will not take long (30 seconds?) or potato masher. Or, remove 1 1/2 cups and put in a blender; when blended, put back into pot.

Start with 1 tsp. of red wine vinegar. Add to pot. Taste. Can add second tsp. if desired. Add last 1/4 tsp. of salt. Yields 6-8 servings.

**Submitted by Ginny Aguilar**

## Miso Pesto Soup with Sea Vegetables

### Ingredients:

4 cups water  
2 to 3 Tbsp. dark red miso (or to taste)  
2 Tbsp. pesto  
1/4 cup arame or other sea vegetable, reconstituted  
1/4 cup each carrots, celery, broccoli

Bring the water to a boil, add veggies and arame then turn heat to a simmer. Dissolve miso and pesto in half a cup of water before adding to the pot. Incorporate but then is ready to eat!

**Submitted by Marcia Ann Evans**



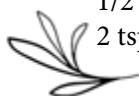
## Knephla Soup (German)

### Soup Ingredients:

6 cups water  
1 large onion, diced  
4 medium potatoes, diced  
1/4 cup butter  
5 cups milk  
1 cup cream  
Chicken stock to taste  
Salt & pepper to taste

### Dough Ingredients:

2 cups flour (approximately)  
1 tsp. salt  
2 eggs  
1/2 cup water  
2 tsp. baking powder



**Knephla Soup** *(continued):*

Use basic dumpling dough from flour, eggs, water, *etc.* (above) to form tough dough. Cook together potato and onion in water. Add chicken stock, salt and pepper. When onion and potato are soft, add butter, milk and cream.

When mixture is real hot, take small pieces of dough (about a handful) and cut smaller pieces of dough into the hot mixture with clean scissors, making the knephlas. These will swell as they cook so the smaller, the better.

Cook about 20 minutes or until knephla is done.

**Submitted by Bob & Juanita Fatouros**

## Guacamole Dressing

**Ingredients:**

1 gallon extra thick mayonnaise  
1 cup sugar or honey  
1 cup hot sauce (tomato sauce and Tabasco)  
1 1/2 cups dried green peppers  
1 cup dried onions  
48 ounces milk  
Green and yellow food coloring

**Submitted by Bob & Juanita Fatouros**

## Blue Cheese Dressing

**Ingredients:**

2 cups mayonnaise  
8 ounces sour cream  
4-8 ounces blue cheese (personal taste)  
1/2 tsp. pepper  
1/2 tsp. garlic powder  
1 tsp. grated parmesan cheese  
1 tsp. lemon juice  
1/2 tsp. Worcestershire sauce  
Just enough buttermilk to get right consistency  
(2-4 Tbsp. )

**Roger Tang's recipe submitted by Martha Fossum**

## Green Salad with Almonds & Apple

**Dressing ingredients:**

2/3 cup canola oil  
1/4 cup red wine vinegar  
2 Tbsp. soy sauce  
1/2 tsp. dry mustard  
1 tsp. sugar  
1 tsp. salt  
2 Tbsp. lemon juice

**Salad ingredients:**

1 pound mixed greens  
1 granny smith apple cut in pieces  
1 cup sugared slivered almonds  
1 medium red onion  
Gorgonzola cheese

Mix dressing first and set aside. Mix together salad ingredients and add dressing just before serving.

**Submitted by Denise Nevin**



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## Grape Salad

### Ingredients:

2 pounds green grapes (seedless)  
 2 pounds purple grapes (seedless)  
 8 oz. cream cheese (softened)  
 8 oz. sour cream  
 1/2 cup sugar  
 1 tsp. vanilla  
 1/2 cup brown sugar  
 1 cup chopped pecans

Mix together cream cheese, sour cream, sugar and vanilla, then add grapes. Top with brown sugar and pecans.

Keeps for several days in fridge. Best if made one day before serving.

Submitted by Denise Nevin

## Wilted Spinach Salad

### Ingredients:

1 bunch spinach, washed and dried  
 1/2 medium red onion, thinly sliced  
 4-8 ounces bacon, cut in 1/4 inch pieces  
 4-8 ounces button or crimini mushrooms, sliced (optional)  
 Olive oil  
 Balsamic vinegar  
 Salt & pepper

In a wide skillet, brown bacon to desired crispness, remove from pan and drain grease. Add up to a Tbsp. or two olive oil to the pan and heat to between medium and medium-high. Saute onion and mushrooms in pan until slightly soft and browned.

Return bacon to pan. Place spinach in pan and remove immediately from heat. Drizzle with up to a Tbsp. balsamic vinegar, sprinkle with salt and pepper and turn over once to warm spinach, do not leave in pan long enough for spinach to shrink or darken. Plate right away, placing spinach as bed for other ingredients.

Submitted by Emily Jones



## Kate's Potato Salad

*This is my mom's recipe for potato salad that doesn't use mayonnaise but still has a delicious creaminess. There was never enough at family gatherings because everyone would take second and third helpings.*

### Ingredients:

6 medium potatoes, cooked to fork tender but not falling apart, cubed  
 6 hard-cooked eggs, chopped  
 2 medium onions, finely chopped  
 1 small jar chopped pimento  
 1/4 cup chopped, stuffed olives  
 Add as desired: celery, cucumbers, tomatoes, etc.

### Dressing Ingredients:

2 tsp. salt  
 2 tsp. sugar  
 1 tsp. celery salt  
 1/4 tsp. pepper  
 1 Tbsp. mustard  
 2 Tbsp. vinegar

Blend and pour dressing over potato mixture. Mix until all ingredients are coated. Store in refrigerator until ready to serve. Best if made a day in advance.

Submitted by Sydney Wiley



## Vegetable Bowl Salad

### Ingredients:

6 green onions  
 3 stalks chopped celery  
 1 shredded carrot  
 1 onion, thinly sliced  
 1 cup sliced cucumbers

**Vegetable Bowl Salad** *(continued):*

1/2 cup raw cauliflower  
6 sliced radishes  
1/2 cup oil and vinegar dressing  
1 head of lettuce  
Sliced tomatoes

Marinate all ingredients, except lettuce and tomato for half an hour or more. When ready to serve, break up lettuce and add marinated ingredients and sliced tomatoes. Toss lightly and serve immediately.

**Submitted by Joyce Herauf**

## Wheat Salad

**Ingredients:**

1 1/2 cups cooked wheat (scant 3/4 cup raw)  
1 8-ounce package cream cheese, room temperature  
2 packages instant vanilla or lemon pudding  
3 Tbsp. lemon juice  
1 large can pineapple, do not drain  
1 12-ounce container whipped topping

Cook wheat in about 2 inches water for 1 1/2 hours (very slowly), drain and chill.

Mix cheese and lemon juice. Add undrained pineapple. Work in pudding thoroughly. Add cooked wheat. Fold in whipped topping and chill.

**Submitted by Joyce Herauf**

## Mediterranean Chicken Salad

**Ingredients:**

2 cups spring salad greens  
1/2 cup diced or shredded chicken breast  
1 plum tomato, sliced  
1/2 cup croutons

**Mediterranean Chicken Salad** *(continued):*

2 Tbsp. chopped fresh basil  
2 Tbsp. lowfat, reduced sodium  
Italian salad dressing

Combine all and toss well. Transfer to serving plate. Serve with fresh-ground, black pepper. Makes 6 1-cup servings.

**Submitted by Joyce Herauf**

## Quinoa Chickpea Salad

**Salad Ingredients:**

1 1/2 cups cooked quinoa (or 1/2 cup uncooked)  
1 cup matchstick carrots  
4 scallions, thinly sliced  
1 15-ounce can chickpeas, rinsed and drained  
1/2 cup raisins, dates, or raisins  
1/4 cup sunflower seeds  
1 small bunch flat leaf parsley, mint, or cilantro, chopped

**Dressing Ingredients:**

1/2 tsp. cumin powder  
1/3 cup olive oil  
2 Tbsp. lemon juice  
1 Tbsp. honey  
1/2 tsp. salt  
1/8 tsp. chili powder

Cook the quinoa according to directions. Toasting dry quinoa in a tsp. of oil before adding water to boil gives a nice flavor for salads. Allow quinoa to cool completely. Toss with salad ingredients.

Combine the ingredients for the dressing in a small mason jar and shake until mixed thoroughly. Drizzle the dressing into the salad and toss to combine. Serve immediately or store in the refrigerator for up to a couple days.

**Submitted by Emily Jones**





# & Vegetables Side Dishes



An onion can make people cry, but there has never been a vegetable invented to make them laugh.

- Will Rogers

## Refrigerated Pickles

**Ingredients:**

7 cups sliced cucumbers  
1 cup sliced onion  
1 Tbsp. canning salt  
1 cup vinegar  
2 cups sugar  
1 tsp. celery seed

In a large bowl combine cucumbers, onion and salt. Let set for 1 hour.

In a separate bowl mix together vinegar, sugar and celery seed. Add to cucumber mixture.

Place in jars and refrigerate. No cooking needed.

**Submitted by Arlyth Sarver**

## Company Potatoes

**Ingredients:**

Potatoes  
1/2 cup margarine (I use less.)  
1 can cream of chicken soup  
1/2 cup green onions, chopped  
1 cup shredded cheddar cheese  
1/2 cup sour cream  
1/4 cup butter  
1/2 cup coarsely crushed corn flakes

Boil potatoes. Cool and slice into buttered 9 x 13 pan, 3/4" layer. Combine and heat together remaining ingredients except butter and corn flakes. Pour heated mixture over sliced potatoes.

Melt butter and add crushed corn flakes. Sprinkle on top of potatoes. Bake at 350 degrees for 30 minutes uncovered.

**Submitted by Linda Tang**

## Ultimate Slow Cooker Mashed Potatoes

**Ingredients:**

3 cups boiling water  
1 1/2 cups milk  
1/2 cup butter, cut in pieces  
1/2 cup sour cream  
8-ounce package cream cheese, cut in pieces  
1 tsp. garlic salt  
1/4 tsp. pepper  
4 cups Betty Crocker mashed Potato Buds, dry

In crock pot, mix boiling water, milk, butter, sour cream, cream cheese until blended. Add garlic salt, pepper, Potato Buds. Mix just until blended. Cover and cook on low heat 1 1/2 hours, stirring after 1 hour.

Before serving, stir potatoes, OR "hold" for up to 3 hours on low heat, stirring every 30 minutes. Serves 12. Refrigerate for up to a couple days.

**Submitted by Ginny Aguilar**

## Mediterranean Pasta

**Ingredients:**

4 cups tomatoes, chopped  
2 Tbsp. chopped, fresh basil  
3 Tbsp. sliced black olives  
1 Tbsp. olive oil  
2 tsp. red wine vinegar  
1/4 tsp. salt  
1 tsp. sugar  
1 clove garlic, minced  
Couple shakes onion powder  
4 cups cooked pasta  
Crumbled feta cheese  
Fresh basil

Combine first nine ingredients in a bowl and let stand for 10 minutes. Serve at room temperature over pasta. Sprinkle with feta cheese, and garnish with fresh basil.

**Submitted by Denise Nevin**



## Make Ahead Manicotti

*When I make it the same day, I cook the manicotti al dente and delete the water. Cook for 30-40 minutes.*

### Ingredients:

- 1 15-ounce container ricotta cheese
- 1 10-ounce package frozen chopped spinach, thawed and drained
- 1 1/2 cups shredded mozzarella cheese, divided
- 3/4 cup shredded parmesan cheese, divided
- 1 egg
- 2 tsp. minced, fresh parsley
- 1/2 tsp. each: pepper, garlic powder and onion powder
- 2 28-ounce jars spaghetti sauce
- 1 1/2 cup water
- 1 8-ounce package manicotti shells

In a large bowl combine Ricotta, spinach, 1 cup Mozzarella, 1/4 cup Parmesan, egg, parsley, onion powder, pepper and garlic powder. Combine spaghetti sauce and water. Spread 1 cup sauce in an ungreased 13x9x2 baking dish. Stuff uncooked manicotti with spinach mixture and arrange over sauce. Pour remaining sauce over manicotti. Sprinkle with remaining mozzarella and parmesan. Cover and refrigerate overnight.

Remove from refrigerator 30 minutes before baking. Bake uncovered at 350 degrees for 40-50 minutes or until heated through. Serves 6.

Submitted by Tracy Whitmire

## Toni's Brussels Sprouts

### Ingredients:

- 1 1/2 - 2 pounds Brussels sprouts, washed, trimmed and halved
- Carrots, cut matchstick-style, just enough for color
- 1/3 cup slivered almonds
- 2 Tbsp. butter (or more)
- Garlic powder
- Salt & Pepper

Melt 1 Tbsp. butter in medium to medium-high skillet and toss almonds to toast. Remove from heat

### Toni's Brussels Sprouts (*continued*):

Set aside. In steamer, steam Brussels sprouts and carrots just until soft or to desired color and texture. Add second Tbsp. butter to skillet, return to heat and toss sprouts and carrots in butter. Add toasted almonds. Sprinkle with garlic powder (not too much), salt and pepper.

Submitted by Emily Jones

## Kale Chips

### Ingredients:

- 1 bunch kale, washed and allowed to dry
- Oil to drizzle—safflower, olive, canola, any on-hand
- Salt & pepper

Preheat oven to 375 degrees. Tear kale onto large cookie sheet, Drizzle with oil and sprinkle with salt and pepper. Toss and spread into mostly single layer, do not flatten. Cook 2 or 3 minutes, take out and turn over with spatula. Cook 2 or 3 minutes more. Keep watch for burning.

Submitted by Emily Jones

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# & Main Dishes Meat



After a good dinner one can forgive anybody, even one's own relations.

- Oscar Wilde

## Dude Ranch Chili

### Ingredients:

2 pounds ground beef or stew meat cut into 1/2-inch cubes  
 2 onions, chopped  
 2 cloves garlic, minced  
 1 29-ounce can tomatoes with juice  
 1 8-ounce can tomato sauce  
 1 cup water  
 1 16-ounce can kidney beans, drained  
 1 16-ounce can refried beans  
 1 tsp. chopped red hot pepper ( I use 1 tsp. crushed red pepper. )  
 1 tsp. salt  
 1/2 tsp. pepper  
 3 Tbsp. molasses or brown sugar  
 1 tsp. oregano  
 1 tsp. cumin  
 3 to 4 Tbsp. chili powder  
 2 green or red sweet peppers, diced  
 Tabasco to taste

Brown beef with onions and garlic in Dutch oven. Pour off fat. Add remaining ingredients. Cover and simmer at least 1 hour, stirring occasionally. I simmer on low about 4 hours to marry all the flavors together.

Submitted by Tracy Whitmire

## Homemade Spaghetti Sauce

### Ingredients:

1/2 pound sweet Italian sausage  
 3/4 cup diced onion  
 3/4 cup dried celery  
 1 diced green pepper  
 1 diced red pepper  
 About 10 medium tomatoes, skins removed  
 1 tsp. oregano  
 1 tsp. sweet basil  
 1 tsp. garlic salt  
 1 tsp. salt  
 1 tsp. pepper

### Homemade Spaghetti Sauce (*continued*):

Brown sausage in large pot. Add onions, celery and peppers. Put tomatoes in blender and add to mixture. Add spices and cook slowly for several hours, uncovered.

Pour over spaghetti and serve. Freezes well.

Submitted by Karen Durow

## Italian Pepper Steak

### Ingredients:

1 large onion, sliced  
 1 large green pepper, sliced  
 1/4 cup Italian dressing  
 1 large tomato, sliced  
 6 hard rolls  
 6 cube steaks, broiled or grilled

Saute onion, pepper, tomato in salad dressing till soft. Cut rolls lengthwise and butter. Place steaks on roll bottom. Cover steaks with cooked vegetable mixture and top with cheese slices. Broil 3 to 4 minutes or until the cheese melts and buttered side of the tops is slightly browned. Close sandwich and enjoy.

Submitted by Joyce Herauf

## Party Meatballs

### Ingredients:

2 eggs, beaten  
 1 12-ounce can evaporated milk  
 2 cups quick cooking oats  
 1 cup finely chopped onion  
 2 tsp. salt  
 2 tsp. chili powder  
 1/2 tsp. garlic powder  
 1/2 tsp. pepper  
 3 pounds ground beef

### Sauce ingredients:

2 cups ketchup  
 1 1/2 cups packed brown sugar  
 1/2 cup chopped onion



**Party Meatballs** *(continued)*:

Combine all meatball ingredients except beef. Add beef and mix well. Shape into 1-inch balls. Place in 3 9x13x2 baking dishes.

Combine sauce ingredients and pour over meatballs. Bake uncovered at 325 degrees for 1 hour or until meat is no longer pink. Yields 7 dozen.

Submitted by Joyce Herauf

## Tex Mex Carnitas

**Ingredients:**

1 3 to 5-pound pork roast  
1 1 1/4 -ounce package taco seasoning  
1 cup water  
1 4-ounce can green chilies, chopped  
12 flour tortillas

Cook pork roast in Dutch oven with 1 inch of water for 3 hours at 325 degrees. (I cook mine in a slow cooker on low overnight). Cool. Shred meat, and discard any fat. Place meat, taco seasoning, water and green chilies in a large sauce pan and simmer over low heat for 2 hours.

When ready to serve, steam tortillas to soften. Place a generous portion of shredded pork mixture on each tortilla, and fold over. Serve with guacamole, shredded cheese, sour cream, chopped lettuce and picante sauce.

Submitted by Tracy Whitmire

## Sweet 'n' Sour Pork

**Ingredients:**

1 pound pork, cubed  
2 Tbsp. olive oil  
1 cup water  
1 13-ounce can pineapple tidbits (reserve syrup)  
3 Tbsp. cornstarch  
1 cup brown sugar  
1/4 cup vinegar  
3 Tbsp. soy sauce  
1/2 tsp. salt  
1 large green pepper, diced  
1 medium onion, diced

**Sweet 'n' Sour Pork** *(continued)*:

2 medium tomatoes, diced  
Hot, cooked rice

Brown pork over low heat. Add water, cover and cook. In small bowl, combine syrup, cornstarch, vinegar, soy sauce, sugar and salt. Add to pork. Cook and stir over medium heat until thickened. Add green pepper, onion, tomato and pineapple. Cook over medium heat for 4 to 5 minutes. Serve over rice.

Submitted by Tracy Whitmire

## Mandarin BBQ Pork

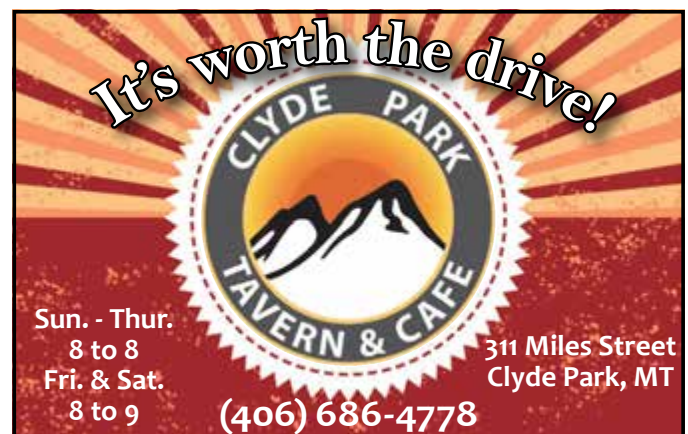
**Ingredients:**

5 pounds pork butt or shoulder, trimmed of fat  
1/4 cup hoisin sauce  
5 Tbsp. catsup  
1 cup sugar  
1/2 cup sherry  
4 Tbsp. soy sauce  
1/4 cup honey, warmed

Cut pork into 1 x 2-inch pieces and place in a shallow pan. Mix together all ingredients except honey. Pour over pork and marinate for 8 hours, turning pieces over several times.

Preheat oven to 450 degrees. Roast meat for 30 minutes, turning pieces over once. Lower heat to 375 degrees and roast 15 minutes longer. Remove from oven and pour warmed honey over pork. Stir to coat. Serve with warm rice.

Submitted by Tracy Whitmire



## Pineapple Dr. Pepper Spare Ribs

### Ingredients:

8 to 10 boneless pork spare ribs  
1 yellow onion diced  
1 20-ounce can pineapple tidbits  
1 12-ounce can Dr. Pepper  
1 6-ounce can tomato paste  
1 cup medium pace picante sauce  
3/4 cup brown sugar  
4 cloves garlic, minced  
2 tsp. coarse ground black pepper

Trim most of the fat from the ribs. Arrange ribs in the bottom of a 12-inch Dutch oven. Drain pineapple, reserving juice. Sprinkle Dr. Pepper, onions and pineapple evenly over ribs. In a large bowl stir together remaining ingredients including the reserved pineapple juice and pour over ribs.

Bake at 325 degrees for 2 hours. Turn and baste ribs in oven juices carefully every 1/2 hour.

Submitted by Tracy Whitmire

## Saucy Barbecue Franks

### Ingredients:

8 ounces tomatoe sauce  
2 Tbsp. brown sugar  
2 Tbsp. onion finely chopped  
1 tsp. worcestershire sauce  
1/2 tsp. mustard  
Dash of Tabasco sauce  
1 pound franks cut into 1/2 to 1-inch pieces

In medium sauce pan, combine all ingredients and mix well. Simmer over low heat for 5 to 10 minutes, stirring occasionally. If more sauce is wanted, simmer shorter time. For less sauce, simmer longer time.

Submitted by Arlyth Sarver

## Crockpot Ham & Scalloped Potatoes

### Ingredients:

2 cups sliced ham  
1 Tbsp. parsley  
1 small onion, diced  
8 to 10 medium potatoes, sliced  
7 slices of American cheese, cut into 1/2-inch slices  
1 can cream of mushroom soup  
1 can of cream of celery soup

Combine ham, parsley and onions in skillet and brown. In lightly greased crockpot place meat, potatoes, soup and cheese and stir well. Cook on low for 8 to 10 hours or high 4 to 6 hours.

Submitted by Arlyth Sarver

## Cheesy Ham & Broccoli Casserole

### Ingredients:

1 1/2 cups fully cooked smoked ham, cut into bite-size pieces  
3/4 cups (3 ounces) shredded cheddar cheese  
1 10-ounce package frozen chopped broccoli, thawed and drained  
1 can condensed cream of mushroom soup  
1 1/2 cups Bisquick baking mix  
1/2 cup milk  
3 Tbsp. butter, melted  
1 egg

Heat oven to 350 degrees. Mix ham, cheese, broccoli and soup in a 1 1/2-quart casserole dish. Stir remaining ingredients together until dough form. Drop by spoonfuls evenly over broccoli mixture. Bake uncovered for 40 to 45 minutes or until top is golden brown. Yields 4 servings.

Submitted by Tracy Whitmire



## Crustless Vegetable Quiche

### Ingredients:

1 16-ounce container egg whites (or about 10 eggs)  
 3 large eggs  
 1 1/2 cups shredded cheddar cheese  
 1 1/2 cups shredded Monterey Jack cheese  
 1/2 cup milk  
 1/2 cup flour  
 1/2 tsp. salt  
 1 tsp. baking powder  
 1 16-ounce cottage cheese  
 Fresh, sliced mushrooms (desired amount)  
 1 cup green pepper, chopped  
 4 cups unpeeled, sliced zucchini  
 1/4 cup onion, chopped  
 2 small tomatoes, seeded and chopped  
 1/2 cup fresh parsley, chopped  
 2 cups frozen hash browns, thawed

Beat all eggs together. Add cheeses, milk, flour, salt, baking powder, cottage cheese. Set aside. Saute all vegetables, except parsley, until tender. Add vegetables and parsley to egg mixture.

Grease a 9x13 pan. Put hash browns in bottom of pan. Pour egg and vegetable mixture over hash browns. Cook uncovered at 400 degrees for 15 minutes. Reduce heat to 350 degrees and bake for another 35-40 minutes, until lightly browned and set. Yields 12 servings.

Submitted by Ginny Aguilar

## Honey Mustard Chicken

### Ingredients:

1/3 cup Dijon mustard  
 1/3 cup honey  
 2 Tbsp. chopped fresh dill or 1 Tbsp. dried dill  
 1 tsp. freshly grated orange peel  
 1 chicken, quartered

Preheat oven to 400 degrees. Combine mustard and honey in a small bowl. Stir in dill and orange peel. Line a baking sheet with foil. Place chicken, skin side down, on prepared pan. (I remove the skin.) Brush sauce on top of chicken and coat well. Turn chicken over.



### Honey Mustard Chicken *(continued)*:

Gently pull back skin and brush meat with sauce. Pull skin back over sauce. Brush skin with remaining sauce. Bake until juices run clear when thickest portion of meat is pierced with knife, about 30 minutes.

Submitted by Tracy Whitmire

## Roast Chicken

### Ingredients:

Whole roasting chicken, about 6 pounds, thawed  
 3 Tbsp. safflower or canola oil (olive oil or butter works)  
 1 medium or large onion  
 1 apple  
 5 medium potatoes, red or russett or assorted fingerling  
 4-5 carrots  
 3-4 celery stalks  
 2 tsp. dried thyme  
 Salt & pepper  
 1 bouquet garni, bundle of fresh herbs tied with kitchen twine (optional), use parsley, thyme, and bay leaf, add rosemary, sage or other fresh herbs as available

Preheat oven to 350 degrees. Place thawed, clean, dry chicken in a large (about 9-quart) Dutch oven. A self-basting lid and seasoned cast iron work well. Freeze giblets for another recipe. Rub a bit of oil on the outside of the bird and sprinkle dried thyme, salt and pepper inside and out. Cut the apple and onion into large pieces and place the whole apple and about 1/3 of the onion inside the bird. Cover the Dutch oven and roast for 35-40 minutes.

While chicken roasts, wash celery, scrub potatoes and carrots and cut all into large pieces. Place in a bowl with remaining onion and toss with oil, a bit of dried thyme, salt and pepper.

Bring chicken out and place herbs on top of bird and then surround it with vegetables. Replace cover of Dutch oven and roast chicken with vegetables for an additional hour. Check that juices run clear and remove bird to a board for carving, allow to rest a few minutes first and discard herbs. Stir vegetables and juices together and serve warm from Dutch oven.

Submitted by Emily Jones



# Bread, Rolls & Pastry



Acorns were good until bread was found.

- Francis Bacon

## Buckwheat Groat Bread (Gluten Free/Vegan/Yeast Free)

### Ingredients:

2 1/2 cups buckwheat groats (available in bulk section at FoodWorks)  
Water  
Sea salt

Place buckwheat in bowl and cover with at least 2 inches of water. Soak for at least three hours. Drain. (It will naturally be a bit slimy.) Place in a food processor and add 1 1/4 cups water and 1/4 tsp. salt. Process until blended but still has some texture. Pour mixture back into a bowl, cover with dish towel and let sit on the counter for 8 hours. Natural fermentation will occur causing it to become slightly bubbly.

Preheat oven to 425 degrees, grease your pan, bake for 35 to 40 minutes until browned. Crispy edges will help indicate a cooked interior.

Submitted by Don DeSmet



## Scones

### Ingredients:

2 cups flour  
1 1/2 tsp. Kosher salt  
1/2 cup sugar  
1/2 cup shredded, cold butter  
1 cup heavy cream

### Scones (continued):

Mix first four ingredients thoroughly. Add cream and mix just until all moist. Over-mixing will make tough dough. You can add raisins, berries, etc. at this point if you choose. For fresh blueberries, carefully fold in so they don't turn the whole batch blue.

Spread in pie plate or 8x8 square pan. Cut before baking. Bake 14-18 minutes at 375 degrees.

Submitted by Martha Fossum

## Italian Honey Twists

### Ingredients:

1/2 cup oil  
1/2 cup beer  
Pinch of salt  
Flour  
Honey

Add flour to liquids and salt to make a firm dough. Roll out thin and cut into strips. Knot loosely and let stand for 5 minutes. Drop in deep fat heated to 375 degrees. Fry till golden brown. Drain on absorbent paper and cool. Pile in a mound on a serving plate.

Drizzle with heated honey. Dust lightly with 10X sugar. ("10X" is confectioner's or powdered sugar.)

Submitted by Joyce Herauf

## Santa Claus Bread

### Ingredients:

3 eggs, beaten until thick & lemon colored  
2/3 cup sugar  
3/4 cup chocolate chips  
2 cups walnuts, chopped  
1 cup dates, cut up  
1 cup drained maraschino cherries, sliced  
1 1/2 cups flour  
1 1/2 tsp. baking powder  
1/4 tsp. salt



**Santa Claus Bread** (*continued*):

Add sugar to eggs gradually, mixing well. Add chips, walnuts, dates, cherries. Mix well. Add flour, baking powder, salt. Mix well. Pour in greased and floured 9x5 bread pan. Bake at 325 degrees for 1 1/2 hours. Cool 10 minutes, remove from pan and cool on wire rack. Yields 1 loaf.

Submitted by Ginny Aguilar

## Speckled Lemon Bread

**Ingredients:**

3/4 cup shortening  
1 cup sugar  
3 eggs  
1 1/2 cup flour  
1/2 tsp. salt  
1 tsp. baking powder  
3-ounce package instant lemon pudding  
1/2 cup milk  
2 tsp. poppy seeds

**Topping ingredients:**

1/2 cup sugar  
Juice of 1 lemon

Mix together topping ingredients and set aside.

Beat shortening, sugar and eggs. Stir in milk and dry ingredients. Add poppy seeds. Grease and flour 1 large or 2 small loaf pans. Bake at 350 for 1 hour. Bake a little less time for small loaf pans. Remove from pans immediately.

Brush top of bread with topping mixture while bread is still hot.

Submitted by Denise Nevin

## Norwegian Sweet Cakes

**Ingredients:**

2 eggs  
6 Tbsp. sugar  
12 heaping Tbsp. flour  
About 2 cups old whole milk  
Vanilla to flavor  
About 1/4 cup butter

**Norwegian Sweet Cakes** (*continued*):

Mix and cook up like pancakes.

Submitted by Bob & Juanita Fatouros

## Fluffy Buttermilk Pancakes

*My mom's buttermilk pancake recipe. Basic, but so light and fluffy! When my husband tasted them he declared he would never use a pancake mix again!*

**Ingredients:**

1 cup buttermilk (no substitutes!)  
1 egg  
1 Tbsp. oil  
1 cup flour  
1 tsp. baking powder  
1/2 tsp. baking soda  
Pinch of salt

Place egg into large mixing bowl and whip with a wire beater until smooth. Add buttermilk and oil, beat until well mixed. In a separate small bowl, mix dry ingredients until blended. Sprinkle over the wet ingredients, then gently fold in with a spatula just until mixed. Do not beat! The batter may be slightly lumpy. Let sit for a few minutes while pre-heating an oiled griddle or cast iron pan. Spoon or scoop about 1/4 cup of batter onto the griddle. When bubbles begin to rise and the bottom is golden, flip the pancake over and cook until golden on the other side.

Submitted by Sydney Wiley  
Glenn's Shopping Center, Clyde Park

## Sticky Buns

**Ingredients:**

2 Tbsp. butter, melted  
1/4 cup packed brown sugar  
1/4 cup pancake syrup  
1/4 cup chopped pecans  
10 refrigerated biscuits

Combine butter, brown sugar, syrup and nuts. Pour into a greased pie pan. Top with biscuits. Bake at 350 degrees for 15 minutes or until biscuits are golden brown.



Submitted by Arlyth Sarver



**LEFT:** Students Christina White and Kaley Thomas prepare to place sourdough in the oven during the Baking with Sourdough class offered by Livingston ACE and taught by Lin Martin. **RIGHT:** Sourdough bread and rolls finish cooling.

## Lin's Sourdough Bread

*Lin Martin, and other experienced bakers and cooks, teach a wide variety of food and cooking classes through Livingston Adult Community Education (ACE). Lin shares the following sourdough recipe with her students in her sourdough class. For more information about upcoming classes, visit [livingstonace.org](http://livingstonace.org).*

### Ingredients:

1 package dry yeast or 1 Tbsp. dry yeast  
 1/3 cup and 1 1/3 cups warm (not hot) water (If the water is too hot, it will kill the yeast, and your bread dough will not rise.)  
 1 1/3 c. warm water  
 1 tsp. salt  
 2 Tbsp. canola oil  
 3. Tbsp. honey (You can use sugar.)  
 1 cup sourdough starter  
 6-7 cups flour

Dissolve yeast in 1/3 cup water. Add remaining water and salt, oil, honey and sourdough starter. Mix this together then slowly add 6-7 cups of flour. Once you have added the first 5 cups you can change to the dough hook on your mixer to add the last 1-2 remaining cups of flour. If you are using a mixer, let the dough hook knead the bread for 8-10 minutes.

If you don't have a mixer, place dough on a flour-covered surface and knead for 8-10 minutes by hand. You will be adding flour to your board to keep it from sticking. When you are done kneading the bread dough, place it in a greased bowl so that it can double in size. Cover the bowl with a towel and place in a slightly warm oven to rise. In the summer you can cover it with plastic wrap and leave it on your counter to rise. It will take about an hour to rise, less time if you have used quick rising yeast. Punch down the dough to get the extra air out of the dough. You can now form it into loaves, rolls or cinnamon rolls. Grease your pans. Let it rise again for an hour (or less). Bake your loaves at 350 degrees for 30 minutes. Check bread at 25 minutes, as oven heat varies. Remove bread from pans onto a wire cooling rack. Brush butter on the top of bread loaves Cinnamon rolls and dinner rolls will take less time to cook than bread loaves.

Maintaining your Sourdough starter is easy. Each time you take a cup of starter out, just replace it by adding 1/2 cup of water and 1 cup of flour to the starter that is left over, stir this well. Keep it out on your counter for a few hours, then refrigerate until you are ready to use it again.



**Submitted by Lin Martin**



# & Desserts Sweets



The secret of success in life is to eat what you like and let the food fight it out inside.

- Mark Twain

## Cherry Nut Bars

**Ingredients:**

2 cups flour  
1 tsp. soda  
2 cups quick oats  
1 1/2 cups sugar  
1/2 cup chopped walnuts or pecans  
1 1/4 cups butter, melted  
1 can (21-ounce) cherry pie filling  
1 1/4 cups mini-marshmallows

Mix flour, soda, oats, sugar, nuts and melted butter until crumbly. Save 1/2 cup of mixture for topping. Press remaining mixture into greased 9x13 pan. Bake crust at 350 degrees for 12-15 minutes. Spoon pie filling over crust. Sprinkle marshmallows over top. Sprinkle remaining 1/2 cup crumb topping. Bake another 25-35 minutes. Serves 15. (Note: Can use any flavor fruit pie filling.)

**Helen Mockenhaupt**  
submitted by **Carol Anselment**

## Chewy Walnut Squares

**Ingredients:**

1 egg, unbeaten  
1 cup brown sugar, packed  
1 tsp. vanilla  
1/2 cup sifted, all-purpose flour  
1/4 tsp. baking soda  
1/4 tsp. salt  
1 cup coarsely chopped walnuts

Grease 8-inch square pan. Stir together the egg, brown sugar and salt. Add walnuts. Spread in pan and bake at 350 degrees for 18 to 20 minutes.

Cookies should be soft in center when taken from oven. Leave in pan. Cut into 2-inch squares. Makes 16 squares.

**Submitted by Bob & Juanita Fatouros**

## Breakfast Bars

**Ingredients:**

1/2 cup butter  
2 cups mini-marshmallows or 32 large, cut-up  
1/2 cup peanut butter  
1/2 cup dry powdered milk  
1/4 cup orange instant drink (Tang)  
1 cup raisins  
4 cups regular Cheerio's

In large saucepan, melt butter and marshmallows over low heat, stirring constantly. Stir in peanut butter until melted. Mix in dry milk powder and orange powder. Remove pan from heat. Stir in raisins and cereal until evenly coated. With buttered hands, pat evenly into a buttered 9x9" pan. Cool. Cut into 3x1-inch bars. 2 bars and a glass of milk make a nutritious breakfast-on-the-run, furnishing 1/4 of the Minimum Daily Requirements. Yield: 24 bars/12 servings

**Submitted by Ginny Aguilar**

## Mincemeat Squares

**Ingredients:**

1 cup brown sugar  
1 cup flour  
1 cup regular oatmeal  
1/2 cup margarine  
1 pint jar mincemeat  
1/2 cup nuts

Mix brown sugar, flour, oatmeal and margarine together. Put 2/3 of mixture in bottom of 9-inch, greased pan. Spread mincemeat on top. Add nuts to remaining mixture and spread over mincemeat. Bake at 350 degrees for 40 minutes.

**Submitted by Joyce Herauf**



## Almond Bars

### Ingredients:

1 cup butter or margarine  
2 cups all purpose flour  
1/2 cup water  
1 8-ounce can almond paste  
2 eggs  
3/4 cup sugar  
1/2 tsp. vanilla

In a mixing bowl, cut butter or margarine into flour till mixture resembles fine crumbs. Add water, stir till moistened. Divide dough in half, wrap each portion in waxed paper. Chill for several hours or overnight. Let dough rest at room temperature about 3 minutes or till soft enough to handle.

For filling, crumble almond paste, add eggs, sugar and vanilla. Beat with mixer till combined. On a lightly floured surface, roll dough, half at a time, into a 10x14 rectangle. Lay one rectangle on the bottom and half an inch up the sides of a 13x9x2 baking dish. Spread almond filling over dough. Lay the remaining rectangle atop filling. Fold edges under. Bake at 400 degrees in the oven for 30-35 minutes. Cool thoroughly. Cut into bars. Should make 36 bars.

Submitted by Joyce Herauf

## Peanut Butter Krispie Bars

### Ingredients:

1 cup white corn syrup  
1 cup sugar  
1 cup peanut butter  
6 cups Rice Krispies  
6 ounces butterscotch chips  
6 ounces semi-sweet chocolate chips

Heat corn syrup and sugars in sauce pan until sugar is dissolved. Add peanut butter and mix until melted. Add Rice Krispies. Spread into a greased 9x13 pan. In glass bowl, microwave butterscotch chips and chocolate chips until smooth. Spread over bars and let set.

Submitted by Arlyth Sarver

## Grandma Angie's Rhubarb Dessert

*This recipe was my grandmother's. We had several rhubarb plants that grew so well on our farm in Minnesota that the leaves were as large as a cow's head and the stalks were bright red and three fingers wide. This dessert has been and still is a family favorite. It works well with fresh or frozen rhubarb.*

### Ingredients:

2 - 3 cups diced rhubarb

### Batter Ingredients:

2 Tbsp butter  
3/4 white sugar  
1 cup flour  
1 tsp baking powder  
1/8 tsp salt  
1/2 cup milk


### Topping Ingredients:

1 cup sugar  
1 Tbsp cornstarch  
1/8 tsp. salt

Press rhubarb down in a well-greased 8x8 pan. Pour batter over rhubarb. Sprinkle topping on top of batter. Pour 1 cup of boiling water over all. Bake at 375 degrees for 45 to 60 minutes. Serve warm with vanilla ice cream.

Submitted by Sydney Wiley

Glenn's Shopping Center, Clyde Park



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## Mary's Sugar Cookies

### Ingredients:

1 1/2 cups sifted powdered sugar  
1 cup softened butter (2 sticks)  
1 egg  
1 tsp. vanilla  
1/2 tsp. almond flavoring  
2 1/2 cups flour  
1 tsp. baking soda  
1 tsp. cream of tartar

### Buttercream Frosting Ingredients:

1 1-pound box (or bag) of powdered sugar  
1/2 cup softened butter  
1/8 tsp. salt  
1 tsp. vanilla  
3-4 Tbsp. milk

Cream sugar and butter. Mix in egg and flavorings. Blend in dry ingredients. Chill dough for 2-3 hours. Preheat oven to 375 degrees. Divide dough in half and roll out on lightly-floured surface to 1/4-inch thickness. Use a floured cookie cutter and place cookies on a lightly greased baking sheet. Bake 7-8 minutes until edges start to brown. Cool completely on racks before decorating. Frost with buttercream frosting.

Submitted by Nancy Hatfield

## Fruit Pizza

### Crust Ingredients:

2 cups flour  
1/2 cup powdered sugar  
1 cup butter, room temperature

### Filling Ingredients:

1 8-ounce package cream cheese, room temperature  
2/3 cup powdered sugar  
2 tsp. vanilla

### Glaze Ingredients:

4 Tbsp. lemon juice  
2 Tbsp. cornstarch  
2 cups water

Mix together and spread crust ingredients in pizza pan. Bake at 350 degrees 10-15 minutes. Mix together and spread filling ingredients over cooled crust.



### Fruit Pizza (continued):

Slice assorted fruit and place accordingly. Mix and cook glaze till it comes to a boil. Boil 2 minutes. Remove and cool for 10 minutes. Spread over fruit.

Submitted by Denise Nevin

## Chocolate Tahini Cookies

*Gluten-free and vegan with no refined sugars, but will please all diets and all ages. The dry ingredients are available in FoodWorks bulk section.*

### Dry Ingredients:

3/4 cup almond flour  
1/2 cup cacao powder  
1/4 cup coconut sugar  
1/2 tsp. baking powder  
1/2 tsp. baking soda  
1/2 tsp. salt  
1/2 cup bittersweet chocolate chips

### Wet Ingredients:

2 flax eggs (2 Tbsp. flax, 6 Tbsp. warm water)  
1/2 cup tahini  
1/2 cup grade b maple syrup (available in the bulk liquids section)  
1 tsp. vanilla

In one bowl, combine flax and warm water for "flax egg." While the ground flax is absorbing the water, in a separate bowl, combine all dry ingredients.

Add the rest of the wet ingredients into your flax egg and mix with a fork. Add dry ingredients into the wet and stir until combined (no electric mixer needed). This will be a really wet batter. Place covered in refrigerator overnight for it to set up. Roll in about 1-inch balls, then roll in hulled sesame seeds. Cook for 12-15 minutes at 350 degrees until cookies feel set but not overbaked. Once they come out of the oven, they will firm up but still have a "brownie like" center.

Submitted by FoodWorks



## Jello Cookies

### Ingredients:

4 cups sifted flour  
1 tsp. baking powder  
1 1/2 cups butter  
1 cup sugar  
1 package (303) Jello gelatin, any flavor  
1 egg  
1 tsp. vanilla

Sift flour with baking powder. Cream the butter with sugar and gelatin. Add the egg and vanilla. Beat well. Gradually add in the flour mixture till smooth. Use cookie press, don't use a greased pan. Heat oven to 400 degrees. Bake 13-14 minutes or until golden brown at edges. Makes 5 dozen.

Submitted by Joyce Herauf

## Potato Chip Cookies

### Ingredients:

1 c. butter or oleo  
1/2 c. sugar  
1 1/2 tsp. vanilla  
1 c. potato chips- crushed  
1 3/4 c. flour

Cream butter, add sugar and vanilla and cream till fluffy. Add potato chips and flour. Mix well. Using 1 tsp. for each, shape into balls. Place on ungreased cookie sheets. Crease each cookie with fork. Bake at 350 degrees for about 8-10 minutes. Makes about 5 dozen.

Submitted by Joyce Herauf

## Peanut Butter Blossoms

### Ingredients:

1 cup sugar  
1 cup brown sugar  
1 cup butter  
1 cup peanut butter  
2 eggs  
1/4 cup milk

### Peanut Butter Blossoms (*continued*):

3 1/2 cups flour  
1 tsp salt  
1 tsp baking soda  
1 10-oz. bags chocolate kisses

Cream sugars and butters. Add eggs, milk and vanilla. Add flour, salt and soda. Shape into balls the size of quarters. Roll in sugar and place on ungreased cookie sheet. Bake at 350 degrees for 10-12 minutes. Add kisses while cookies are warm. Makes 7 dozen.

Submitted by Bob & Juanita Fatouros

## Whole Orange Cake

### Ingredients:

2 oranges (about 1 lb total), ends trimmed, then cut into chunks and seeded.  
1 cup softened butter  
1 1/4 cups granulated sugar  
3 large eggs  
2 3/4 cups flour  
1/4 tsp. salt  
1/4 tsp. baking soda  
1/2 tsp. baking powder

### Topping Ingredients:

1 1/2 c. powdered sugar  
7 tsp. orange juice

Coat 10-cup Bundt pan with oil and flour. Grind oranges in food processor until mostly smooth but not pureed. (1 1/2 cup needed). Set aside. Beat butter and sugar until fluffy. Beat in eggs. Add 1 1/2 cups orange mixture to batter and beat until blended. Add dry ingredients and beat until smooth. Spread batter in Bundt pan.

Bake at 375 degrees about 55-60 minutes. Test with toothpick. Cool 10 minutes then invert onto rack and let cool completely. Whisk together powdered sugar and orange juice and drizzle over cooled cake.

Submitted by Martha Fossum



## Texas Sheet Cake

2 cups sugar

2 cups flour

1/2 tsp. salt

Combine above and set aside. (Possibly add 1/4 cup flour for higher altitude.)

2 sticks butter

1 cup water

3-4 Tbsp. cocoa powder

Bring above to a boil and pour over dry mixture.

Add: 2 eggs, 1 tsp. vanilla, 1 tsp. baking soda, 1/2 cup buttermilk. Mix well. Pour into greased and floured 10 1/2" x 15 1/2" pan. Bake 20 min. at 400.

Ice while hot!

1 stick butter

3 Tbsp. cocoa

6 Tbsp. milk

Bring above to a boil. Stir in ingredients below.

1 box (1 pound.) powdered sugar

1 tsp. vanilla

1 cup chopped walnuts (optional)

Submitted by Linda Tang

## Apple Spice Snack Cake

### Ingredients:

1/2 cup butter or margarine

1 cup sugar

1 egg

2 cups chopped peeled apples

1 cup all-purpose flour

1 tsp. baking soda

1 tsp. cinnamon

1/4 tsp. salt

1/4 cup chopped pecans or walnuts

### Caramel Sauce Ingredients:

1/2 cup sugar

1/2 cup packed brown sugar

1/2 cup butter or margarine

1/2 cup whipping cream

### Apple Spice Snack Cake (continued):

Grease and flour a 9-inch square pan. Cream butter and sugar till light and fluffy. Beat in egg. Add apples. Mix well. Mix flour, soda, cinnamon and salt. Add to apple mixture. Mix well. Fold in pecans. Pour into prepared baking pan. Bake for 35 minutes or till the toothpick comes out clean. Cut into squares.

While the cake is baking, prepare caramel sauce. Combine brown sugar, butter and cream in a saucepan over medium heat. Boil and stir continuously for two minutes. Serve sauce over cake. Serves 9.

Submitted by Joyce Herauf

## Pepsi Cola Cake

### Ingredients:

3 Tbsp. cocoa

1 cup Pepsi

2 sticks butter or oleo

2 cups sugar

2 cups flour

1/4 tsp. salt

2 eggs

1 tsp. vanilla

1/3 cup buttermilk

1 tsp. soda

### Icing Ingredients:

1 stick oleo

3 Tbsp. cocoa

6 Tbsp. Pepsi

1 pound powdered sugar

1 tsp. vanilla

1/2 cup nuts

Boil together cocoa, Pepsi, and butter or oleo. Put in large mixer bowl, sugar, flour, salt. Put boiling Pepsi over and beat until smooth. Beat in eggs and vanilla. By hand, mix in buttermilk and soda. Pour batter into a greased 13x2 pan. Bake at 350 degrees for 30-35 minutes.

For icing, boil oleo, cocoa, pepsi. Beat in the powdered sugar till smooth. Add vanilla and nuts. Nuts are optional.

Submitted by Joyce Herauf



## Cream Cheese Frosting

### Ingredients:

4 ounces cream cheese, softened  
 3/4 stick margarine  
 1 Tbsp. milk  
 1 tsp vanilla  
 2 cups powdered sugar

Mix cream cheese, margarine, milk and vanilla, gradually mixing in powdered sugar. Milk and powdered sugar can be increased to make larger amounts of frosting. Makes enough frosting for a jelly roll pan.

Submitted by Arlyth Sarver

## Salted Caramel Sauce

### Ingredients:

1 cup granulated sugar  
 6 Tbsp. salted butter, room temperature,  
 1/2 cup heavy cream  
 3/4 tsp. salt (start with 3/4 tsp., but may want a bit more)

I use a deep saucepan because this will bubble and splatter. (OUCH!)

Heat sugar over medium heat, stirring constantly. Sugar will form clumps and eventually melt into a liquid. DON'T OVERCOOK. (This can burn in a few seconds if you are not careful.) Add butter. (It will bubble.) Very slowly drizzle cream, stirring constantly. Boil 1 minute. Remove from heat and add salt. Cool.

Submitted by Martha Fossum

## Old-fashioned Rice Pudding

### Ingredients:

4 cups milk  
 1/2 cup granulated sugar  
 1/4 cup raw white rice  
 2 Tbsp. butter or margarine  
 1/4 tsp. salt

### Old-fashioned Rice Pudding *(continued)*:

1/2 tsp. nutmeg  
 1 tsp. vanilla

Put rice in strainer and wash under cold water. Drain well and place in a 1 1/2-quart buttered casserole. Add sugar, salt, nutmeg, vanilla and milk and stir all ingredients together. Add butter.

Bake uncovered in 325 degree oven for 2 1/2 hours or till rice is tender. Stir occasionally as it bakes. You may add raisins and 2 beaten eggs at the end of the first hour in the oven. Serve slightly warm or chilled with whipped cream or topping. Serves 4-6.

Submitted by Joyce Herauf

## Rhubarb Cobbler Crisp

### Ingredients:

4 cups rhubarb, diced  
 1/2 cup water  
 1 1/2 cups sugar  
 1 tsp. vanilla  
 2 cups whole wheat flour  
 1 cup rolled oats, loosely packed  
 1 1/2 cups brown sugar  
 1 tsp. salt  
 2 tsp. baking powder  
 Pinch of nutmeg  
 2/3 cup butter or margarine

Put rhubarb, water and sugar in a saucepan and bring to a boil, stirring so sugar does not burn. Add vanilla. Simmer for 2 minutes and put into 9x9 baking dish.

Put flour, brown sugar, salt, baking powder, oats and nutmeg into a bowl and mix thoroughly with a fork. Add butter, cut in small pieces. Sprinkle crumbs over rhubarb mixture.

Bake 25-30 minutes at 350 degrees. Serve with ice cream.

Submitted by Joyce Herauf



## Microwave Brownies

*My aunt gave me this recipe when I was in fourth grade. I still think it's great for a chocolate emergency.*

### Ingredients:

1/2 cup butter  
3/4 cup sugar  
2 eggs  
1/4 tsp. salt  
3/4 cup flour (or 1 cup at Livingston altitude)  
1/2 cup cocoa  
1/2 cup chocolate chips (optional)  
1/2 cup walnuts (optional)

Melt butter in pan on stove or in microwave-in a small bowl. Cover butter in microwave with waxed paper or paper towel. Mix sugar, eggs and vanilla in microwave-safe, 8-inch baking dish. Mix in salt and then add flour, cocoa and chocolate chips or walnuts and mix well.

Microwave on high heat for about 7 minutes. Microwaves vary, so it may take from 6 to 9 minutes. If microwave plate doesn't turn, rotate dish every 2 minutes. Remove from microwave and allow to sit 5 minutes to finish cooking and cool.

Submitted by Emily Jones

## Bon Bons

### Ingredients:

1/4 pound. butter, melted  
2 cups chunky peanut butter  
1 tsp. vanilla  
1 pound powdered sugar  
2 cups Rice Krispies  
2 toothpicks

### Dip Ingredients:

2 ounces paraffin wax  
12-ounce package semi-sweet chocolate chips

Combine first five ingredients in large bowl. Mix well by hand. Form into 1 to 1 1/2-inch balls and place on waxed paper or aluminum foil. Combine wax and chocolate chips in double boiler. Melt together over medium high heat. Reduce burner to low heat after ingredients are melted.



### Bon Bons (continued):

Use two toothpicks. Dip balls into chocolate mixture with one toothpick. Use second toothpick to remove chocolate covered ball from first toothpick. Place balls on waxed paper. Use a toothpick to dip into chocolate and drop on balls to cover any bare spots. Makes 100 to 120.

Submitted by Jim Durfey

## Mocha Toffee Crescents

### Ingredients:

1 tsp. instant espresso granules  
1 Tbsp. water  
2/3 cup powdered sugar  
1 cup butter, softened  
2 cups all-purpose flour  
1/4 tsp. salt  
1/2 cup toffee chips  
Additional powdered sugar for sprinkling

### Dip Ingredients:

6 ounces semi-sweet chocolate chips  
2 tsp. shortening

Heat oven to 325 degrees. Dissolve espresso granules in water in small bowl. In large mixer bowl, combine espresso liquid, powdered sugar and butter. Beat at medium speed until creamy, two minutes. Scrape bowl often. Reduce speed to low. Add flour and salt. Beat until well mixed, one to two minutes. Scrape bowl often. Fold in toffee chips.

Shape heaping teaspoonfuls of dough into crescents. Place one inch apart on baking sheet. Bake for 13 to 17 minutes until set but not brown. Allow to stand one minute. Remove from cookie sheet.

Melt chocolate chips and shortening in double boiler. When cookies are cool, dip one end of each cookie into melted chocolate/shortening mixture. Use small strainer to sprinkle powdered sugar on other end of cookie. Use cardboard or stiff magazine paper to cover chocolate end to keep powdered sugar from ending up on chocolate covered end. Makes about three dozen.

Submitted by Jim Durfey

## Dark Chocolate Butterscotch Brownies

### Ingredients:

4 squares (1 ounce each) unsweetened chocolate  
 3/4 cup butter, cubed  
 2 cups sugar  
 3 egg whites  
 1 1/2 tsp. vanilla extract  
 1 cup flour  
 1 cup 60 percent cocoa bittersweet chocolate  
   baking chips  
 1 cup butterscotch chips

Melt chocolate and butter in microwave-safe bowl. Stir until smooth. Cool slightly. In large bowl combine sugar and chocolate mixture. Stir in egg whites and vanilla. Stir in flour. Stir in chips. Spread in greased 9x13 pan. Bake at 350 degrees for 25 to 30 minutes or until toothpick inserted near center comes out clean. Cool on wire rack.

Submitted by Barb Huntley

## Your Own Cake Mix

### Ingredients:

8 cups all-purpose flour  
 5 cups sugar  
 3 Tbsp. baking powder  
 1 tsp. salt  
 2 cups vegetable shortening

Mix flour, sugar, baking powder and salt in very large bowl. Cut in shortening until crumbly. Store in large container with tight fitting lid or metal cooking jar at room temperature up to one month. To make a cake, spoon 3 1/2 cups of cake mix into large bowl. Add two eggs, 3/4 cup milk and one teaspoon vanilla. Beat until smooth. Bake as usual.

Submitted by Joyce Herauf

## Peanut Butter Candy

### Ingredients:

2 cups brown sugar  
 2 cups white sugar  
 1 cup milk  
 2 Tbsp. peanut butter  
 2 Tbsp. marshmallow creme  
 1 tsp. vanilla

Combine sugar and milk in saucepan. Boil to soft ball stage. Remove from heat. Add vanilla, peanut butter and marshmallow creme. Pour into buttered pan. Allow to cool.

Submitted by Joyce Herauf

## Dirt Cake

### Ingredients:

20 ounces Oreo cookies, processed in blender  
 1/2 cup softened butter  
 1 8-ounce package softened cream cheese  
 1/2 cup powdered sugar  
 12 ounces Cool Whip  
 3 1/2 cups milk  
 2 small packages vanilla pudding  
 Gummy worms

Cream together first four ingredients. In separate bowl mix next three ingredients. Make layers of Oreo mixture, Cool Whip mixture and gummy worms in clean, eight-inch plastic flower pot (plug hole with foil). Refrigerate overnight. Serve with garden trowel.

Submitted by Rochelle Moody



## Southern Praline Cookies

### Ingredients:

1 cup brown sugar  
1 egg white, stiffly beaten  
1/2 tsp. pure vanilla extract  
1/4 tsp. salt  
1/4 tsp. cinnamon  
2 cups pecan halves

Stir brown sugar into beaten egg white. Add remaining ingredients. Mix well. drop from teaspoon onto greased baking sheet. Allow two to three pecans per cookie. Bake at 250 degrees for 30 minutes. Remove to rack or paper to cool immediately

Submitted by Barb Huntley

## Old-fashioned Apple Candy

### Ingredients:

1 cup prepared applesauce  
1 cup granulated sugar  
1 3-ounce package cherry or lime gelatin  
1/4 cup chopped walnuts  
Granulated sugar

Combine applesauce and sugar in saucepan. Bring to a boil. Lower heat and simmer, stirring constantly until mixture thickens. Remove from heat. Dissolve gelatin in applesauce mixture. Add nuts. Pour mixture into buttered 8-inch square pan. Chill several hours or until firm. Cut into one inch cubes. Roll in granulated sugar. Store in covered containers in refrigerator. Makes about five dozen.

Submitted by Joyce Herauf

## Coconut Bars

### Ingredients:

2 cups brown sugar  
1 cup shortening

### Coconut Bars (*continued*):

2 eggs  
2 cups oatmeal  
2 1/2 cups flour  
1 tsp. salt  
1 tsp. baking powder  
1 tsp. soda  
1 tsp. vanilla  
1 1/2 cups coconut  
1/2 cup walnuts, optional

Combine ingredients in usual fashion. Drop by tablespoon on large cookie sheet. Bake in 350 degree oven over 10 to 12 minutes. Frost top or sprinkle powdered sugar over bars.

Submitted by Arlyth Sarver

## Oatmeal Carmelitas

### Crust ingredients:

2 cups all-purpose flour  
2 cups quick cooking, rolled oats  
1 1/2 cups firmly packed brown sugar  
1 tsp. baking soda  
1/2 tsp. salt  
1 1/4 cups butter or margarine

### Filling ingredients:

1 12 1/2-ounce jar caramel ice cream topping  
3 Tbsp. all-purpose flour  
1 16-ounce package semi-sweet chocolate chips  
1/2 cup nuts, chopped

Heat oven to 350 degrees. Grease 9x13 pan. Measure flour. In large bowl combine all crust ingredients. Mix until crumbly. Remove half of crumb mixture for topping. Press remaining mixture in bottom of greased pan. Bake for 10 minutes. Combine caramel topping and three tablespoons flour. Remove partially baked crust. Sprinkle with chips and nuts. Drizzle evenly with caramel mixture. Sprinkle with reserved crumb mixture. Bake for an additional 18 to 22 minutes or until golden brown. Cool one hour. Refrigerate one to two hours or until filling is set. Cut into bars. Makes 36 bars.

Submitted by Joyce Herauf



# Of A Note thanks

to all of our contributors. Thank you for a fine collection of favorite recipes. Here are final recipes from Arlyth Sarver and Joyce Herauf, two cooks to whom we are greatly indebted for authoring so many of the recipes in *Park County Cooks*. .



## Window Cleaner

### Ingredients:

1 pint rubbing alcohol  
1/2 cup sudsy ammonia  
1 tsp. Dawn dish soap

Put above ingredients in a gallon jug and fill the rest of the jug with water. Pour desired amount in a spray bottle.

Submitted by Arlyth Sarver



There is no sincerer love than the love of food.

- George Bernard Shaw

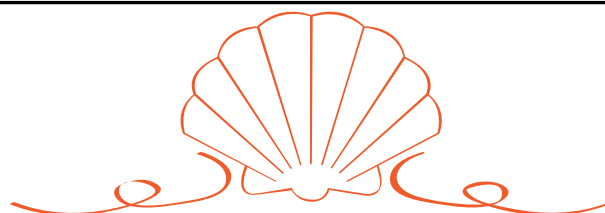
## Health Cereal

### Ingredients:

5 cups oatmeal  
1 cup shredded coconut  
1 cup sesame seeds  
1 cup sunflower seeds  
1 cup chopped almonds or other nuts  
1 cup powdered milk  
1 cup soy flour  
1 cup wheat germ  
1 cup honey  
1 cup vegetable oil  
Raisins if desired

Blend honey and oil by heating. Mix with all other ingredients. Spread on two jelly roll pans. Bake 1 hour at 250 degrees. Stir once. Makes 15 cups.

Submitted by Joyce Herauf



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