



My Grammy's Fudge Recipe

Christina Ferguson

- 3 cups white sugar*
- 3/4 cup margarine*
- 2/3 cup evaporated milk*
- 1 (12 ounce) bag of semisweet chocolate chips*
- 1 (7 ounce) jar marshmallow creme*
- 1 teaspoon vanilla extract*

- 1. Grease a 9x13 inch pan.*
 - 2. Mix sugar, margarine, and evaporated milk in a large saucepan over medium heat. Stir constantly. Once mixture is boiling, stir constantly at a full boil for 4 minutes.*
 - 3. Remove from heat. Stir in chocolate chips until melted and thoroughly combined.*
 - 4. Stir in marshmallow creme and vanilla extract.*
 - 5. Transfer fudge to the prepared pan and let cool before cutting into squares.*
- This is actually just the recipe that was on the original jar of kraft marshmallow creme, but it is the way my Grammy always made fudge and my whole family loved it. She spent a lot of time teaching me how to cook different things she would make before she died, and I cherish those moments I had learning those recipes with her. She always said I would be the one who knew how to cook like she did for my family once she was gone. Now that she is passed, I like making her fudge around Christmas every year.*

Meme's Brown Sugar Pound Cake.

Kimberly Nester

*1 box of light brown sugar
1 cup of white sugar
1 cup of Crisco
1 stick of butter
1 cup of Milk
3 cups of cake flour
1 cup of chopped pecans
1 teaspoon of vanilla
5 eggs
1/2 teaspoon of baking power*

Cream butter, Crisco and sugars together in a mixing bowl with electric mixer. Add eggs one at a time and continue to mix. Alternately, add cake flour and milk. Then mix in baking powder and vanilla. After all is mixed well add in 3/4 cup of pecans leaving the remainder for the top. Pour into loaf pans or a Bundt cake pan. Be sure to spray the pan with a nonstick spray for easy removal. Bake at 300 degrees for 1.5-2 hours or until cake turns loose of the pan at the edges. (It depends on individual oven.) Great with coffee or for a brunch.

I always called her from the grocery store to make sure I had all the ingredients. She always said, "I'm waiting on your call." when I asked if she was busy. Then I would call her again when I was ready to make it to ask her the order of putting it together. She was always so patient, loving and kind as she told me and we would catch up in between. When she was gone, I missed the conversations with her as I prepared her recipes.

Nonnie's Toffee Bars

Margaret Ross

*1 lb. butter
2 cups brown sugar
2 eggs
4 cups flour
2 teaspoons vanilla
1 bag semi-sweet chocolate chips*

- Mix all ingredients well, excluding the chocolate chips*
- Press into jello roll pan and bake. If pan is large, use 1. If the smaller pans are used, use 2.*
- Bake at 350° for 30 minutes*
- While oven is still on, open oven door and place chocolate chips on top. Allow them to melt and spread them out over the top.*
- Add chopped nuts to the top, if desired*
- Allow to cool for 10 minutes*
- Cut into squares while still in pan. Allow to cool after removing from pan. Store carefully.*

Nonnie's Wedding Cookies

Margaret Ross

1 cup butter

1/3 cup sugar

2 teaspoons water

2 teaspoons vanilla

2 cups flour

1 cup chopped pecans

-Cream butter and add sugar

-Add water and vanilla and mix well

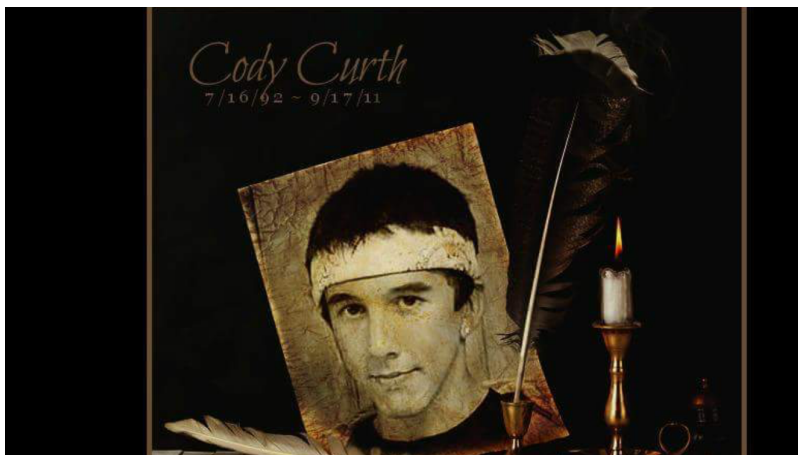
-Add flour and nuts and mix well

-Chill 3-4 hours

-Shape dough into balls and place on ungreased cookie sheet

-Bake at 325° for 20 minutes

-Cool slightly and roll in confectioner's sugar



Cody's Secret Super Ultimate Sauce
Gabrielle Prendergast

Ingredients (Preferably from a High School Cafeteria)

1 tbsp mayo

1 tbsp mustard

1 tbsp ketchup

1 tbsp bbq sauce

- 1) Place each of the ingredients together on a Styrofoam tray (a regular bowl will suffice)*
- 2) Using a new, clean plastic spoon that you just unwrapped, mix the ingredients together for appx 8 seconds until combined but still able to see the different colors. DO NOT OVERMIX*
- 3) Dip chicken nuggets, French fries, or pizza rolls into the sauce and enjoy!*

** It is not recommended that you add any additional ingredients. Don't mess with perfection.*

** Use non-biodegradable tray and spoon for ultimate perfection. Mother nature will understand.*

** Try this on mashed potatoes, bread rolls, corndogs, or even honey buns. Goes great with everything!*



Heavenly Salad or "Green Stuff"

Katherine Parker

1 Box Lime Jello-O 2 Oz.

1 small can of crushed pineapple

1 small package of Philadelphia cream cheese

½ pint of whipping cream

1 small bag of marshmallows

1 cup of water

Dissolve Jell-O in hot water, let to begin to set, beat; whip whipping cream and add pineapple and whipped cream cheese, stir in marshmallows. my family recipe that my maternal grandmother, who I call Ma, always makes for Thanksgiving. It is called Heavenly Salad that her mother, my great-grandmother, would make, but my entire life it has been called "Green Stuff"! I have been known to eat the green stuff first on my plate and my grandparents would always make sure I had plenty to take home with me!



Nonna's Famous Meatballs

Adrienne Capeless

- 1 package ground chuck*
- ½ cup grated parmesan/romano blend*
- 1 tsp. garlic powder*
- ¼ cup seasoned breadcrumbs*
- 1 tsp. basil*
- Some chopped parsley*
- ¾ tsp. salt*
- ½ tsp. pepper*
- 1 egg, stirred*

Mix all ingredients in a mixing bowl and add a little water to smooth consistency. Roll up and fry in hot vegetable oil (olive oil makes them too heavy), turning with spoon until golden brown on all sides. Best to fry in an electric frying pan. All the memories I have of family get-togethers involve love, laughter, and delicious Italian food. My grandmother, Nonna, passed down this recipe for family members like myself, and my cousin, Madelyn to learn and enjoy!

Salute!



Grandad's Chocolate Sauce

Adrienne Capeless

½ cup of cocoa

1 cup of milk

2 cups of sugar

2 tablespoons of butter

pinch of salt

Mix sugar, salt, and cocoa together in a bowl. Melt butter in saucepan over low heat. Add dry mixture slowly while stirring. Slowly add milk and continually stir. Remove from heat when sauce has thickened. Serve over vanilla ice cream. I remember my grandad bent over the stove making this delicious sauce for me as a child. Although he was not alive during my adulthood, I know he would be proud of me. In Massachusetts, there is an elementary school named after him for serving his town as mayor. He is remembered well by all and we miss him.

Aunt Wendy's Yellow Cake

Jenna Froug

- 1 Box Betty Crocker Yellow Cake*
- 1 can of Duncan Hines Chocolate Frosting*
- 1 ¼ cups of water*
- ½ cup vegetable oil*
- 3 eggs*

Heat oven to 350 deg. F for shiny metal or glass pan or 325 deg. F for dark or nonstick pan. Mix Cake Mix, water, oil and eggs in large bowl with mixer on medium speed or beat vigorously by hand 2 minutes. Pour into cake pans. Bake as directed in chart or until toothpick inserted in center comes out clean. Cool 10 minutes before removing from pan. Cool completely before frosting. My aunt and I were very close, and she made this Yellow cake for everyone's birthday.

Grandma's Kourabiedes

Marisa Pereira

1 lb. whipped sweet butter, at room temperature
¾ cup confectioners' sugar, plus more for dusting
2 teaspoons vanilla extract
2 tablespoons Brandy
4 ½ cups all-purpose flour

Preheat oven to 350 degrees. Whip butter until white. Slowly add confectioners' sugar, vanilla extract, and brandy. Gradually, add flour, 1 cup at a time. Place into small crescents and place on ungreased cookie sheets. Bake for 20 minutes, or until cookies are sand-colored. Sift Confectioner sugar onto a large sheet of wax paper. Upon moving cookies from the oven, carefully place on sugar and sift additional sugar over tops and sides. Cool thoroughly on racks before serving. For a variation on the original recipe, add one cup finely chopped blanched almonds to the batter.

Grandma's Keftekes (Meatballs)

Marisa Pereira

1 lb. grated onion
 1 tablespoon plus ½ teaspoon salt
 1 lb. ground beef
 salt and pepper to taste
 1 teaspoon dried oregano
 ½ cup breadcrumbs
 ¼ teaspoon vinegar
 ¾ cup water
 1 teaspoon dried mint (optional)
 2 cups all-purpose flour
 1-quart corn or vegetable oil for deep frying

Add 1 tablespoon salt to grated onions and squeeze together. Put this pulp in a cheesecloth bag or strainer and let cold water run through it for 2 minutes. Squeeze the water from the pulp and place pulp in a bowl. Add ground beef, salt, pepper, oregano, breadcrumbs, vinegar, water and mint. Put flour on a sheet of wax paper. Take a tablespoonful of meat mixture and drop on the flour. Roll meat in flour into a ball. Heat oil in a deep fryer or large frying pan. Fry meatballs until golden brown. Serve warm or cold, accompanied with a green salad.

Grandma's Spanakorizo (Spinach and Rice)

Marisa Pereira

2 cups minced onions

½ cup olive oil

1 tablespoon tomato paste

*2 pounds cleaned chopped spinach or four 10-ounce packages frozen
chopped spinach, thawed*

1 cup raw converted rice

2 sprigs fresh mint or 1 tablespoon chopped fresh dill

salt and pepper to taste

2 ½ cups hot water

Sauté onions in oil until wilted, about 5 minutes. Add tomato paste, spinach, rice and sauté. Add mint (or dill), salt, pepper, and hot water, cover, and simmer until rice is cooked and liquid has been absorbed. Do not stir.

Grandma's Tzatziki (Cucumber and Yogurt Dip)

Marisa Pereira

2 cups plain yogurt

2 large cucumbers

1 tablespoon minced garlic

1 tablespoon white vinegar

2 tablespoons olive oil

salt and pepper to taste

Put yogurt in a cheesecloth-lined sieve over a bowl. Drain several hours or overnight in the refrigerator.

Hand Method: Peel, Seed, and coarsely grate cucumbers. Drain well. Add garlic, vinegar, olive oil, salt, and peppers to cucumbers and mix well. Add drained yogurt and blend. Serve with toasted points or crackers.

Food Processor Method: Grate peeled and seeded cucumber; set aside to drain. Add garlic, vinegar, olive oil, salt and pepper. Pulse with a quick on-off. Place in a bowl and combine with cucumber and yogurt

Grandma Betty's Sweet Potato Casserole

Mickey Cassidy

Ingredients:

*Four sweet potatoes
One and a half table spoons of kosher salt
Two table spoons of brown sugar
One and a half table spoons of cinnamon
One pack of store bought marshmallows
Two cups of chopped pecans
Olive Oil*

(Preheat oven to 400 Degrees Fahrenheit)

- 1. Skin sweet potatoes and chop into one inch cubes*
- 2. Prepare a pot of boiling water with one table spoon of kosher salt in the water*
- 3. Put sweet potato cubes into pot of boiling water until cooked halfway*
- 4. Place the sweet potato cubes into a casserole dish and mix in a tea spoon of kosher salt, two table spoons of brown sugar, and one table spoon of cinnamon*
- 5. covered the top of the sweet potatoes with a layer of marshmallows*
- 6. Sprinkle the tea spoon of cinnamon over top of the marshmallows*
- 7. Sprinkle the two cups of chopped pecans on top*
- 8. Place in over for ten minutes or until some marshmallows are golden brown to dark brown*

When I was eight, I had never even heard of a sweet potato before my soon to be step-dad, Greg, invited my family over to his mother, Betty's house. The first time I ever tried a sweet potato I spit it out because I thought it was disgusting, but everyone else around me loved it. Everyone in my family's favorite dish was the sweet potato casserole Grandma Betty cooked. I convinced myself that one day I would love sweet potato's like my new family and I tried them at every family meal for thirteen years before my taste buds had changed. Unfortunately, I never got to eat my Grandma Betty's sweet potato casserole after I had come to love this weird orange potato. In 2014, my Grandma Betty died in a car crash. Now I am a Chef, and whenever I cook a sweet potato at work or for my family I think about Grandma Betty and the struggle I went through to love this root vegetable just to fit in with my step-family. I miss her very much, and my cooking will never be able to live up to the perfection that was my Grandmother's food and the love she put into it.

“Grief is like the ocean. It comes on in waves, ebbing and flowing. Sometimes the water is calm, and sometimes it is overwhelming. All we can do is learn to swim”.

-Vicki Harrison

Thank you to the contributing students for making this cookbook a possibility. Each recipe feeds the flame that keeps the memories alive of those that we miss the most.

Lastly, thank you to my parents and boyfriend for lending an ear to my ideas along this journey and for their never-ending love and support.

*Adrienne Capeless
December 6th, 2017*