

## TEXAS HILL COUNTRY DEER SPRAY

4 large eggs

1 - 1 quart packet of powdered milk, or amount used to make one quart

2 tablespoons liquid dishwashing detergent

2 gallons water

Place two cups water in a blender and add eggs. Blend until eggs are liquefied in the water. Add powdered milk and blend until smooth. Mix in dishwashing detergent. Fill sprayer with slightly less than two gallons of water then add mixture from the blender and stir well. Putting the water in the sprayer first then adding the mixture prevents foaming in the sprayer.

Spray all plants liberally and spray along fence lines and/or yard perimeters. We have not witnessed any plant damage from the spray. Spray must be applied weekly and after heavy rain. The idea is to train the deer to stay away from your yard and plants, but they will return if you quit spraying. If deer persist add two additional eggs, 6 total, to the mixture. It may be a good idea to use the 6-egg mixture for the first few weeks of spraying. Once the deer begin staying away use the 4-egg mixture for weekly maintenance.

The mixture does not keep well in a sprayer. It should be either used or discarded and the sprayer rinsed after use.



## Hill Country Chapter of the Master Naturalist program Class of 2009



## CLASS COOKBOOK



Hill Country Chapter  
of the  
Master Naturalist program  
Class of 2009



**Bob McKinley, Director of New Class Training**

New Class Committee

Diane McMahon

Roger McRoberts

Sandy Peña

Rebecca Shupp

Mary Frances Watson

*and*

Jim Stanley

Priscilla Stanley

Mary Frances Watson - cookbook concept

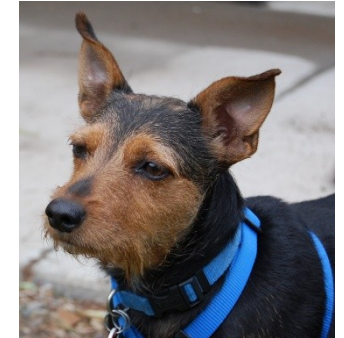
Cynthia Burgin - photography

Kristie Denbow - design

**DOGGIE OATS**

Better food for your dog. No by-products, no artificial colors or flavors. Who needs fake when you can have real? This recipe has been "lab tested."

- 8 cups rolled oats
- 2 pounds (4 cups) turkey
- ½ cup healthy powder (Missing Link)
- ¼ cup vegetable oil
- 1 cup cooked or raw vegetables
- 3 tablespoons bone meal or
  - 1 tablespoon eggshell powder
- 10,000 IU vitamin A
- 400 IU vitamin E
- 1 teaspoon organic tamari soy or
  - ¼ teaspoon iodized salt
- 1 to 2 cloves garlic
- 15 mg iron



Bring one gallon (16 cups) of water to a boil. Add oats, stir once, cover, and turn off heat. Let stand 10 to 15 minutes.

Combine ingredients and serve. It is better to let the oats cool a little so as not to cook the meat, but do not let the oats get cold - too difficult to mix. I leave out the garlic and feed it per bowl. When mixed in, the garlic odor becomes overwhelming.

Store remaining food in refrigerator.

Grain Substitutions:

4 cups bulgur + 10 to 12 cups water

With poultry or lean beef:

4 cups millet + 12 cups water

3 cups brown rice + 6 cups water

4 cups cornmeal + 16 cups water

4 cups barley + 8 to 12 cups water

Meat Substitutions:

chicken, hamburger, chuck or beef heart, lean or medium – don't use fatty

With oats or bulgur:

2 pints cottage cheese + 4 eggs

32 ounce tofu + 8 eggs

Kristie Denbow  
Kendall County

## HOMEMADE CHOCOLATE PUDDING

4 tablespoons cocoa  
 3/4 cups sugar  
 5 tablespoons flour  
 1/4 teaspoon salt  
 1/2 cups of milk  
 1/2 teaspoon of vanilla  
 2 eggs, beaten slightly  
 1 tablespoon butter



Mix sugar, flour, salt, cocoa, eggs, and milk in a saucepan. Cook on medium heat, stirring constantly until it thickens. Remove from heat and stir in vanilla and butter. Spoon into individual serving dishes or you will end up eating the whole pan. Also good for chocolate pie filling.

Paul Pedersen  
 Kendall County

## SNICKERDOODLES

*An old-time recipe for a favorite cookie. The original recipe calls for shortening, but you may substitute butter. If you prefer shortening, the green can at HEB has no hydrogenated oil - it's palm oil, or you can buy the organic shortening (palm oil) for twice the price.*

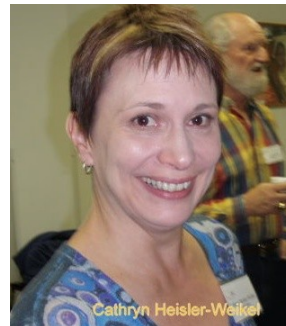
1 cup butter or shortening  
 1 1/2 cups sugar  
 2 eggs  
 2 3/4 cups flour, sifted  
 2 tablespoons cream of tartar  
 1 tablespoon baking soda  
 1/4 teaspoon salt  
 Sugar and cinnamon

Preheat oven to 400 degrees.

Cream shortening, sugar, and eggs.

Combine flour, tartar, soda and salt. Add to shortening and mix well.

Form dough into balls and roll in sugar and cinnamon. Bake 8 to 10 minutes. Do not over bake. The best snickerdoodles are soft.



Cathryn Heisler-Weikel  
 Gillespie County

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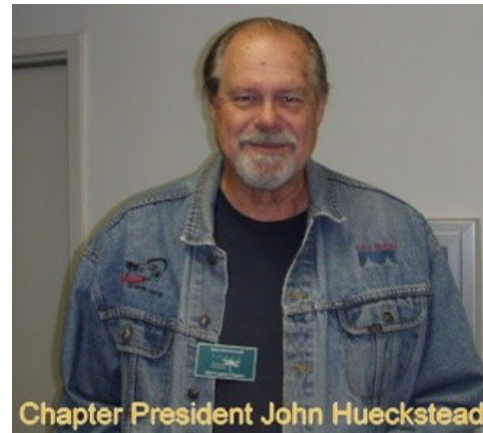
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 Nita J. Hazle  
 Cathryn Heisler-Weikel  
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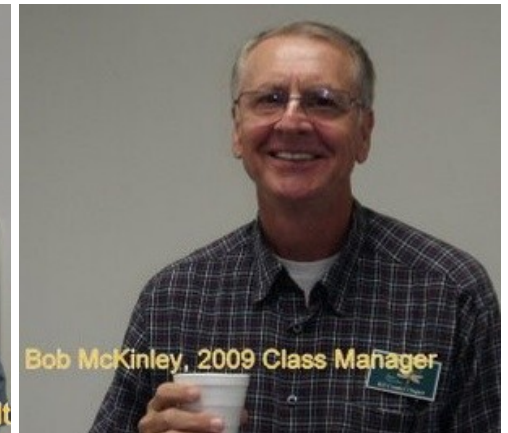
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 Robert L. Hansen  
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 Barbara Thomas

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 Sharon Walling



Chapter President John Huecksteadt



Bob McKinley, 2009 Class Manager

### Texas Master Naturalist mission:

To develop a corps of well-informed volunteers to provide education, outreach, and service dedicated to the beneficial management of natural resources and natural areas within their communities.



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### SWEET

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Snickerdoodles



Chill the dough until fairly stiff. Gather a ball of dough about the size of a golf ball in one hand. Place a Rolo™ chocolate covered caramel in the center of the ball. Press the ball of dough closed over the caramel.

Place each ball on a cookie sheet and keep refrigerated until the cookie sheet is filled. Leave plenty of room between the cookies. Only a trial run will tell you how much. I just leave plenty of room and don't get too many baked at a time, it is sort of a long, drawn out process.

In my oven, they bake in 17 minutes. Do not over bake and don't aggravate them. Let cool a bit before removing from the cookie sheet

## CHOCOLATE CHIP SHORTBREAD COOKIE LOGS

*Perfect with a glass of cold milk!*

1 cup butter, softened  
½ cup confectioners' sugar, sifted  
1 teaspoon vanilla extract  
2 cups all purpose flour  
2 cups miniature semi-sweet chocolate chips  
1 tablespoon shortening  
¾ cup finely chopped walnuts

Preheat oven to 350 degrees.

Grease cookie sheets.

Cream together butter and confectioners' sugar until smooth. Stir in vanilla. Mix in the flour, and then one cup of the chocolate chips.

Shape dough into 2x½ inch logs. Place logs two inches apart on prepared cookie sheets.

Bake for 10 to 13 minutes in preheated oven, or until firm.

Let cookies cool completely before removing from pan (shortbread is brittle).

Melt the remaining one cup chocolate chips and shortening over a double boiler, stirring frequently until smooth.

Dip one end of each cookie into the chocolate, then into the nuts.

Place onto waxed paper until set.



Reidun Hilleman  
Kendall County

## GRAMMY'S CHOCOLATE CHIP COOKIE

When my son, The Younger, tasted one of these for the first time, he said, "Mom, these are awesome!" He now makes them and won't share the recipe. When he was offered a store-bought cookie by a friend, he said, "I don't eat a cookie (and paused apologetically) unless my Mom makes it."

This cookie is exactly the same as the "Original Nestle Toll House Chocolate Chip Cookies" recipe on the Toll House bag, with some exceptions. I always cut my pecans by hand with a paring knife to preserve the rich oil. I use four cups of cut, or chopped, pecans. I use as many chocolate chips as the dough will absorb, at least three cups, sometimes it will accept four cups of chips before they start rattling in the mixer bowl.

- 2¼ cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cup (2 sticks) butter, softened
- ¾ cup granulated sugar
- ¾ cup brown sugar, packed
- 1 teaspoon vanilla extract (I use two)
- 2 large eggs
- 4 cups Nestle Toll House™ Semi-Sweet Chocolate Morsels
- 4 cups pecans, cut or chopped
- Rolo™ chocolate covered caramels

Preheat oven to 375 degrees.

Combine flour, baking soda, and salt in a small bowl. Beat butter, granulated sugar, brown sugar, and vanilla extract in large mixer bowl until creamy. Add eggs, one at a time, beating well after each addition. Gradually beat in flour mixture. Stir in morsels and nuts.

Note: I add the pecans first and mix them in, then the chocolate chips. If you mix the chips first, it turns the dough too dark to suit me. It is a very stiff dough and climbs the beaters of my KitchenAid.

*This is where the innovation comes in.*



## CHICKEN SALAD

Delicious served chilled on croissants or saltines.  
Enjoy!

- 3 large chicken breasts, cooked and diced
- 1 box Uncle Ben's Long Grain Rice™, cooked
- 2 green onions, chopped
- 2 stalks of celery, chopped
- 1 cup mayonnaise
- ½ cup sour cream
- 1 cup pecans or almonds

Combine all ingredients.

Add any seasoning for taste.



Laura Baker  
Kerr County

## ROCKIN' C RANCH CREAM OF POBLANO AND POTATO SOUP

This recipe is good on a cold day.

- 4 poblano peppers, roasted, peeled, and pureed
- 1 quart chicken stock
- 3 russet potatoes, pre-cooked and pureed
- 1 whole yellow sweet onion, caramelized and pureed
- 2 cups whole milk
- 1 cup heavy cream
- 2 bay leaves
- 1 teaspoon thyme
- sea salt
- white pepper
- 2 tablespoons flour, sifted
- 1 ½ tablespoons butter
- 2 slices smoked bacon
- green onions, diced

Fry two slices of smoked bacon until crisp. Crumble bacon and set aside. Bacon will be used later as a garnish.

Sauté chopped onion in bacon fat until caramelized. As an option, you may sauté the onion in olive oil. Remove onion from pan and puree in food processor.

Roast poblano peppers over flame until skin turns black, then place in paper sack to steam for 10 to 15 minutes. Remove peppers from sack



and peel skins. Chop and puree peppers in food processor.  
 In pot, melt butter, then add sifted flour. Add chicken stock and milk. Stir in pureed peppers and onion.  
 Pre-boil potatoes, then mash. Stir potatoes into soup stock.  
 Add bay leaves, thyme, and salt and pepper to taste. Cook on low heat for 45 minutes. Add heavy cream and remove from heat.  
 Garnish individual servings with crumbled bacon and green onions.

Yvonne Carlyle  
 Gillespie County

## CHICKEN-N-DUMPLINGS

1 (3 pound) whole chicken  
 1 onion, sliced  
 2 lemon slices  
 salt and pepper  
 3 cups water  
 1 bay leaf  
 ½ teaspoon dried thyme  
 2 cups all-purpose flour  
 3 tablespoons shortening  
 1 teaspoon salt



In a heavy pot with a lid place the chicken, onion, lemon, salt, pepper, water, bay leaf, and thyme. Simmer over low heat until tender, about one hour.

Let chicken cool slightly in pot, then take out and remove meat from bones.

For less fat, skim excess fat off broth. (I leave mine in.) Take out bay leaf and lemon, leave the onion in. Since the meat is now cool, break up chicken and put pieces back into the broth in the pot. Simmer over low heat while making the dumplings.

To make dumplings: In a medium mixing bowl, cut shortening into the flour and salt. Stir in one-quarter cup water (more if needed) to form a soft dough. Roll dough out until very thin on a floured surface with a rolling pin. Using a knife, cut dough into one inch wide strips. Tear off one inch long pieces from these strips and drop into simmering broth and chicken meat. Simmer for 10 minutes with the lid off, then 10 minutes more with the lid on. Serve immediately. *Yummm good!*

Koy Coffey  
 Kerr County

## PATTICAKES

*I have this recipe framed in my kitchen. It ends with "As made with love for Patti Mac Rabb."*

*My daddy always wished he could find teacakes such as his mother made. There are hundreds, perhaps thousands of recipes for teacakes, especially in the South. When I presented cookies from this recipe he was satisfied. My husband liked them, particularly, because they were not too sweet. My son, The Younger, was especially fond of them, but "no one" liked them better than Patti Mac, a little girl who lived across the street. I made special batches for her. When she came over to pick them up and reached for the bag on the counter, her arm would plummet with the weight of them. It is a pretty heavy cookie. At that point I named them, "Patticakes." Today, Patti makes them for her two daughters for school functions. She says there is never even one left.*

3¼ cups flour  
 1 teaspoon baking soda  
 ½ teaspoon salt  
 ½ cup butter  
 1 cup sugar  
 1 egg  
 1 teaspoon vanilla extract  
 ½ cup sour cream

Sift flour, soda, and salt. (I never sift this.)

In mixer, whip butter with sugar until creamy; add egg, vanilla, and sour cream, and blend in (un)sifted ingredients.

Chill dough, roll out, cut, and bake at 425 degrees for 8-10 minutes, OR roll dough into cylinder, chill and slice.

You can dip the cookie in sugar before baking and it will be crispier. Larger sugar crystals, more crispy.



Mary Frances Watson  
 Gillespie County



## CHOCOLATE MOUSSE PIE

Easy, decadent, luscious holiday dessert..

1 Pillsbury rolled pie crust (supermarket refrigerated section)

Egg white

Chocolate Mousse Filling:

½ cup confectioner's sugar, sifted

1 quart heavy whipping cream

16 ounces cream cheese, room temperature

1 cup cocoa, measured, then sifted

1 tablespoon vanilla

Garnish:

1 cup heavy whipping cream  
(or ReddiWip)

chocolate curls

Place rolled pie crust in nine-inch pie pan. Trim overhanging dough evenly and form crimped edge decoratively. With a fork, poke holes in bottom of crust to prevent bubbling up. Brush egg white on crust to prevent a soggy crust. Bake in 350 degree preheated oven approximately 15 minutes, or until golden. Remove and cool shell to room temperature.

Filling:

Beat confectioner's sugar and whipping cream together until stiff peaks form. In another bowl, beat softened cream cheese, cocoa, and vanilla together until thoroughly blended. Add cream cheese mixture to whipped cream and combine gently but thoroughly. Spoon into cooled pie shell. Chill at least one hour (until firm) before serving.

To serve: Garnish with whipped cream and chocolate curls, if desired.

Refrigerate, if any is left.



Sharon Walling and Floyd Walling  
Kerr County

## NEW MEXICO HATCH GREEN CHILE SAUCE

I get my Hatch Green Chiles at Central Market (HEB) in San Antonio during their Hatch Green Chile Festival in August. We buy a case of roasted chiles and freeze them in plastic zipper bags. Remember when peeling and seeding/deveining the chiles to use gloves, as the chiles will burn your hands.

¼ cup salad or olive oil

1 clove garlic, chopped fine

½ cup onion, minced

1 tablespoon flour

1 cup water

1 chicken bouillon cube

1 cup Hatch green chiles, chopped

I sauté garlic and onion in oil using a heavy saucepan until the onions are opaque or about to turn light brown. Blend in flour with a wooden spoon.

I dissolve the chicken bouillon cube in the 1 cup of water before adding it to the flour/onion/garlic mix. Add the green chile and bring to a low boil and reduce heat. Simmer, stirring frequently for five minutes.

I like to freeze the green chile sauce in small containers to be used on eggs or whatever.

If I am making chicken enchiladas, I make a larger batch of this sauce. I don't double the oil but most everything can be doubled with no problem. Sometimes I put a little cumin and crushed oregano in the sauce, but not much.



Bob Hansen  
Kendall County

## CHEESE WAFERS

These are great savory nibbles!

- 1 cup butter
- 2 cups flour
- 2 cups sharp cheddar cheese,  
grated
- ½ teaspoon cayenne pepper  
(or less, to taste)
- ½ teaspoon salt
- 1 cup Rice Krispies™ cereal

Cut butter into flour. Blend in cheese, cayenne, and salt; mix with cereal. Roll into marble size balls. Press with a fork and place on ungreased cookie sheet. Bake at 350 degrees for 15 minutes. Makes about 60.



Nita Hazle  
Gillespie County

## MEXICAN WASTE BASKET SOUP

- 2 cans diced tomatoes
- 1 can Ranch Style™ beans
- 1 can zucchini and tomatoes
- 1 can corn
- 1 cup onion, diced
- 1 package Beefy Onion Soup Mix
- 1 package Little Smokey Sausages™
- Monterey Jack cheese, cubed
- 1 small can black olives
- 1 can Snappy Tom™ tomato juice

Dump canned goods into pot. Do not drain off liquid. Add package of Beefy Onion Soup mix and Smokey sausages. Add olives. Heat 30 minutes to one hour, until heated throughout. Add several cheese cubes into soup bowl, ladle soup over cheese, and serve.



Janet Lindley  
Gillespie County

## BAKED PANCAKE

This makes a beautiful presentation for company. The edges rise forming a well to hold the fruit. If a little undercooked it resembles a custard, but cooked until done it is more like a pancake. It's delicious.

- 2½ tablespoons butter
- 1/3 cup sugar
- 1¼ cup milk
- ¼ teaspoon salt
- ¾ cup flour
- ¼ teaspoon vanilla
- 3 eggs
- powdered sugar
- fresh berries
- syrup

Preheat oven to 400 degrees.

Melt butter in nine-inch pie pan. I have always used a nine-inch glass pie plate.

Combine milk, flour, eggs, sugar, salt, and vanilla in blender and process until smooth.

Remove pan from oven and increase temperature to 425 degrees.

Pour batter into pan and bake 20 minutes.

Reduce heat to 325 degrees leaving pan in the oven for 8-10 minutes longer.

Remove from oven, sprinkle with powdered sugar and your favorite berries – blueberries raspberries, strawberries.

Serve straight from the pie pan with syrup.



Garry Speir  
Kerr County



## WELSH COOKIES

This recipe was given to me by my mother. Her father and my father's mother were both immigrants from Wales. They came to the USA thru Ellis Island (alone, with tags around their necks at ages 13) to seek their fortune in the anthracite coal region of north-eastern Pennsylvania. Coal mining was what their families did for centuries in Wales. These cookies, or cakes, as some call them, were my dessert for much of my childhood. My father insisted that they be made with currants. I do the same, although I can't really tell much difference. But, I wouldn't vary for anything! I make them often in remembrance of such brave and wonderful parents and grandparents.

4 cups flour  
½ teaspoon salt  
1 cup shortening  
¼ teaspoon baking soda  
2 tsp. baking powder  
1½ cups sugar  
2 teaspoons nutmeg  
1 cup raisins or currants  
½ cup milk  
2 eggs



Mix flour, nutmeg, baking soda, and baking powder.  
Cream dry ingredient with shortening.  
Add sugar and raisins or currants.  
Add eggs and milk. Mix well.  
Roll out on floured board with floured rolling pin to one-quarter inch thick.  
Cut with floured two inch biscuit cutter.  
Fry on griddle or electric fry pan at 225 to 250 degrees, until light brown on both sides.

\*For shortening: 1/2 cup Crisco and 1/2 butter or use either all Crisco or all butter.

\*To soften raisins or currants: before using, pour hot water over the dried fruit and let stand until soft., then drain off the water. **DO THIS FIRST.**

Tom Schall  
Gillespie County

## BAKED EGGS

Grease or spray muffin tins.  
Using a slice of bacon, encircle muffin cup (inside cup).

Crumble crackers into center of cup.  
I use Ritz or saltines.

Crack egg and drop into muffin cup over cracker crumbs.

Bake at 375 degrees for 45 minutes.

Using a spoon, lift cooked eggs out of tin and place on serving platter.

Note: Eggs may be whisked with some tasty tidbits and seasonings for a mini omelet.



Jim Lindley, M.D.  
Gillespie County

## FOOLPROOF CHICKEN

1 can cream of celery soup  
1 can cream of chicken soup  
1 package onion soup mix  
1 soup can dry white wine or chicken stock  
1 small carton mushrooms, sautéed in butter or olive oil  
1 cup wild rice, well washed  
6 chicken tenders, sprinkled with your favorite seasoning

Mix soups, rice, and wine or stock.

Let stand several hours in the refrigerator. Arrange chicken on top of mixture in a casserole dish. Cover. Bake one hour at 350 degrees. Stir gravy. Bake one more hour uncovered. If it starts to get a little dry during second hour, replace cover. Serves 6.



Darrin Potter  
Kerr County

## BLACK BEAN AND CORN SALAD

This recipe is quick, easy, and flexible. It is good with any bean and adapts well to what is on hand. Italian or Ranch dressing is good with bits of fresh garlic, olives, or small cubes of cheese; forget the cumin and add tomatoes and fresh basil.

- 1 - 14 ounce can black beans, rinsed and drained
- 1 - 14 ounce can whole sweet corn, rinsed and drained
- ½ to 1 small red pepper, seeded and chopped
- ½ to 1 small green pepper, seeded and chopped
- ¼ to ½ red or mild white onion, chopped
- ½ teaspoon ground cumin
- Splashes of Tabasco™ to taste
- Juice of 1 - 2 limes or lemons
- 2 tablespoons of olive oil
- Salt and Pepper to taste



Combine ingredients in a bowl. Add seasonings to taste. Keeps well. Serves 4.

Linda Ross  
Gillespie County

## RED BEAN AND HOMINY SALAD

- 2 - 14 ounce cans red beans, drained and rinsed
- 2 - 14 ounce cans yellow hominy, drained and rinsed
- 1 - 14 ounce can black beans, drained and rinsed
- 1 - 14 ounce can navy beans, drained and rinsed
- 1 - 14 ounce can black olives, chopped
- ¾ mild onion, chopped



## BANANA PUDDING

- 2 large boxes instant vanilla pudding
- 6 - 7 bananas, sliced
- 1 box vanilla wafers
- 1 container whipped cream or Cool Whip

Line a large pan or bowl with vanilla wafers.

Top with a layer of pudding and a layer of bananas.

Cover with a layer of whipped cream.

Repeat layers of wafers, pudding, bananas, and whipped cream.

Top with crushed vanilla wafers.

Refrigerate at least two hours before serving, but not so long that bananas begin to turn.



Mark Tresselt  
Bell County



## AMBROSIA

*This recipe came from Mission, Texas where grows the finest citrus in all the world!*

2 cups fresh or canned Red Grapefruit  
2 cups fresh or canned Pink Grapefruit  
2 cups fresh or canned Pineapple  
2 cups Mandarin orange sections,  
drained and rinsed  
2 large bananas, sliced in rounds  
½ cup pecans, chopped  
½ cup Coconut, shredded

Cut all citrus into bite-size pieces.

Mix all ingredients in serving bowl

OR provide the shredded coconut in a separate dish to appease grouchy coconut-hating male relatives. Number of servings varies by how many people get into it before it gets to the table.

### Variations:

To serve "**Old School Style**" as my Nana does, every portion must be meted out into crystalline goblets that are only used once a year, and reserved specifically for Ambrosia.

For "**Whipper Snapper Punk Ambrosia**", as my sister prefers, add a cup of miniature marshmallows and consume directly from serving dish, heavily favoring the mandarin oranges until Nana screeches at you and hits you on the forehead with a spatula.

Jennifer Pittl  
Kerr County



There are some who can live without wild things, and some who cannot. ... Like winds and sunsets, wild things were taken for granted until progress began to do away with them. Now we face the question whether a still higher 'standard of living' is worth its cost in things natural, wild, and free. For us of the minority, the opportunity to see geese is more important than television, and the chance to find a pasque-flower is a right as inalienable as free speech.

Aldo Leopold, A Sand County Almanac, 1949

2 to 4 tablespoons pimento, chopped or  
¼ to ½ red pepper, chopped  
4 ounce sharp cheddar cheese, cubed  
6 ounce mozzarella cheese, cubed  
¼ cup virgin olive oil  
Juice of 3 limes and 3 lemons  
20 garlic chive leaves, snipped  
Himalayan Crystal Salt to taste  
McCormick Peppercorn Medley to taste  
1 to 2 tablespoons of Clint's Texas Salsa, Medium  
2 garlic cloves, peeled and sliced once

Combine ingredients except for garlic and gently stir. Place garlic slices on top and refrigerate overnight. Try to remember to remove garlic before stirring the next day. Taste and adjust seasonings. Serves 20 - 30.

Linda Ross  
Gillespie County

## RAMEN SLAW

*This recipe belongs to my daughter. She, her husband (Navy), and two kids are stationed in Sicily. They have been over there for three years.*

### Mix dressing:

1¼ cup vegetable oil  
½ cup apple cider vinegar  
½ cup sugar or substitute  
½ tablespoon pepper  
1 chicken flavored ramen soup seasoning packet

### Add, and marinate overnight:

1 medium head of cabbage, thinly sliced  
¼ cup onion, finely chopped  
½ cup tomato, chopped (optional)

### An hour or two before serving, add:

1 package Raman noodles, crushed  
1½ cup almonds, slivered  
½ cup sunflower or sesame seeds (optional)



Wayne Seifert  
Gillespie County



## TACOS A LA RAQUEL GARCIA

This recipe from my mom, Cathy Shindle, won first place a few years ago in a San Antonio Express-News contest. It feeds an army.

1 (2½ to 3 pound) pork roast  
1 (2½ to 3 pound) beef roast  
1 whole head garlic  
2 teaspoons salt  
2 onions, chopped  
2 green bell peppers, chopped  
3 tablespoons vegetable oil  
2 cups water  
2 to 3 New Mexico red dried peppers  
1 can tomatoes or Rotel™ tomatoes with chiles  
Salt, to taste



Put pork and beef in large pot or pressure cooker. Add water just to cover. Add unpeeled garlic and salt. Cover and cook the meat until well done and very tender. (It took 1 hour in a pressure cooker for the pork, 1 ½ hours for the beef; a regular pot will probably take about an hour longer.) Add water as needed.

After meat is tender, take out and chop into small pieces. Reserve broth. Fry onion and bell peppers in oil until tender and golden (about 15 or 20 minutes). You may add a habenero pepper if you like it spicy. Set aside. Put two cups water in pan; add dried peppers and cook about 10 minutes. Remove chiles from water, clean out seeds. and put chiles into blender with canned tomatoes. Blend to desired consistency.

Pour blended tomatoes and peppers into large skillet. Bring to a boil. Add meat. Mix. (At this point, some of reserved broth may need to be added; about 1 cup to moisten the mixture.)

Cook 10 minutes. Add salt to taste.

To serve: Spoon into crisp corn taco shells (mini shells are good for parties). Sprinkle with cilantro and add pico de gallo as desired. Makes 10 to 12 servings.

Note: A side of borracho beans is good with this dish. The leftover broth makes a great base for vegetable soup.

Michael Shindle  
Gillespie County

## ROSEMARY-LEMON SANDWICH COOKIES

1 cup unsalted butter, softened  
¾ cup granulated sugar  
2 teaspoons fresh rosemary, snipped  
2 teaspoon lemon peel, finely shredded  
½ teaspoon baking powder  
¼ teaspoon salt  
1 teaspoon vanilla  
2¼ cups all purpose flour  
½ cup lemon curd  
½ cup mascarpone cheese  
1 tablespoon powdered sugar



Prep: 30 minutes Bake: 8 minutes Stand: 30 minutes Cool: 30 minutes.  
Preheat oven to 400 degrees.

In mixing bowl, beat butter with electric mixer on medium speed for 30 seconds. Add granulated sugar, rosemary, lemon peel, baking powder, and salt. Beat until combined; scraping sides of bowl. Beat in vanilla. Beat in as much of the flour as you can. Stir in remaining flour.

Shape dough into one inch balls. Place two inches apart on parchment paper-lined cookie sheet.

With bottom of glass dipped in sugar, flatten to one-half inch thickness. Bake 8 minutes or until bottoms are lightly browned. Cool one minute. Transfer to wire rack; cool.

Meanwhile, in small bowl combine lemon curd and mascarpone cheese. Spread on flat side of half of cookies. Top with remaining cookies, flat side to filling. Sprinkle with powdered sugar.

Serve immediately or refrigerate in layers separated by wax paper in an airtight container up to 24 hours. Let stand at room temperature for 30 minutes before serving. Sprinkle with powdered sugar. Makes 20 cookies.

Alexis McRoberts and Roger McRoberts  
Kerr County

1 cup dark brown sugar, packed  
 ½ cup all-purpose flour  
 1 cup pecans, chopped  
 2/3 cup (10 tablespoons) butter, melted and cooled  
 2 eggs (at room temperature and beaten with a spoon)

In a bowl, combine brown sugar and flour, mix well, then add pecans and set aside. Combine butter and eggs, mix well with spoon. Stir into flour mixture just until moistened. Fill greased and floured mini muffin tin.

Bake at 350 degrees for 20 minutes until done. Muffins will be brown on the edges. Let stand about one minute. Remove with small-tined fork to cool on wire rack. Yields about 2 dozen.

Lou McKaughan  
 Blanco County

## QUICK SAND TARTS

*These sand tarts are great when you want a fresh, warm cookie, but you don't want to do the whole lot. The dough keeps well.*

Cream together:

1 cup butter, softened  
 2 cups flour, sifted  
 4 tablespoons powdered sugar  
 ¼ teaspoon salt

Then blend in:

1 cup pecans, finely chopped  
 2 teaspoon vanilla

Shape dough into bite-size balls, crescents or rolls. Place on ungreased cookie sheet; bake at 325 degrees for 20 minutes. Roll or dust cookies with sifted powdered sugar while they are still slightly warm.



Linda Ross  
 Gillespie County

## CHILE BLANCO

*I find that chile blanco is one of those dishes that offers flavor and relative ease of preparation, LOL. It is more like stew and has more substance than soup and it is a meal by itself, but goes well with side of guacamole and chips. Now I am a stickler for freshness and my penchant for fresh ingredients can complicate the preparation of this meal.*

First, one needs to have a fresh chicken, one that is free-range raised, not too old, a hen, and preferably a Dominecker. You should use a coat hanger making a loop in the end to catch the chicken in the yard by hooking its leg as you chase it around the yard. Of course, the chicken must be dispatched using a method of your choosing. I know some people are squeamish and it may be easier to purchase a prepped chicken from HEB, but then the freshness is compromised.



If you are a vegetarian, then this meal is not for you and I do not know if faux soy chicken works in this recipe. Remember, cannibals are not vegetarian, so when venturing into remote areas try to look like a tree. As Peter Cedarstacker aka Hondo might say, "Fight cannibalism."

Now that we have the chicken issue settled, then we must find Great Northern Beans. The best ones, according to Army people, may be found in warship commissaries, at Navy BXs, in Minnesota, or possibly your major natural foods grocer. But as my agriculturist friend says, "Legumes are legumes." So the dried ones at HEB can substitute. Now soak those beans overnight, then drain them.

Boil the chicken, and add water to the pot until you have the necessary chicken broth to form the basis of the recipe. We need 10 cups of broth. After boiling the chicken, separate the meat from the bone and trim cartilage from the meat. Don't feed the dog or cat the bones.

We need two garlic cloves as a minimum (I use three); mince the garlic cloves. Try to find fresh cloves, not the desiccated dry ones found in the store. It is best to grow your own.

Two medium onions are to be chopped and divided. Those hot, bulbous, green-skinned onions are best for cooking and adding flavor. Add one tablespoon of virgin olive oil from the Tuscany region of Italy. Be sure the olives have not been involved in pollination as we need virgin olives.

Two four ounce cans of sliced green chiles from Hatch, New Mexico are required.

Measure three cans of tomatoes quarters and juice, again, growing your own and canning them is preferable.

You will need two teaspoons of ground comino, not the Mexican road tar, but the herb. Measure one and one half teaspoons of oregano.

Measure one fourth teaspoon of cayenne pepper (*Capsicum frutescens*). Taste the cayenne on the tip of your tongue to be sure it is fresh and hot. It should have Scoville Heat Units of 41,000. This is the stuff that gets your heart working.

Finally, dice the cooked chicken and you should have four-plus cups. Add salt (NaCl) to taste, sea salt has more nuance than Morton's table salt.

Garnish with grated Monterrey Jack, not the tree, and chopped green onions.

1. Combine beans, chicken broth, garlic, and half of the onions in a large pot (olla) and bring to a boil. Reduce heat and simmer until the beans are very soft, about two hours. Add more broth as necessary.

2. In a skillet, sauté remaining onions in olive oil until tender.

3. Add chiles, tomatoes, juice, and seasonings. Mix thoroughly. Add to bean mixture.

4. Add chicken and continue to simmer for one hour. Taste for salt.

Garnish with grated cheese and chopped green onions. Serves 16.

Bob Spencer  
Gillespie County

## DISHPAN COOKIES

This recipe for dishpan cookies made with corn flakes is an old one. Some of the ingredients--chocolate chips, coconut, raisins, or nuts can be changed. I like chocolate chips added. Make lots of chewy cookies.

1 cup brown sugar  
1 cup sugar  
1 cup oil  
2 eggs  
1 teaspoon vanilla  
2 cups flour  
1 teaspoon soda  
¼ teaspoon salt  
1 cup oats  
1 cup coconut, may omit  
2 cups corn flakes, do not crush  
Chopped nuts, raisins, or chocolate chips

Cream sugars, oil, eggs, and vanilla. Mix in remaining ingredients. Drop by spoonfuls onto cookie sheet. Bake at 350 degrees for 10-12 minutes until light tan.

Linda Ekenstam  
Gillespie County



## PECAN PIE MINI MUFFINS

This is Jane Crone's recipe that is currently making its way across the planet. It is easy and delicious. When you serve it, be sure to have plenty of copies of the recipe on hand. If made "correctly" it needs only one bowl, one spoon, no mixer to wash. You need a nonstick mini muffin pan. You can buy one for \$22.00 at Der Kuchen Laden in Fredericksburg or pay \$4.00 for one that looks just like it (and may be) at Wal-Mart. One 24-muffin pan exactly fits this recipe.





## PUMPKIN BREAD

3 cups sugar  
1 cup oil  
4 eggs  
2 cups canned pumpkin  
¾ cup water  
3½ cups flour  
2 teaspoons baking soda  
1½ teaspoons salt  
2½ teaspoons cinnamon  
2½ teaspoons nutmeg



In large mixing bowl combine sugar oil eggs and pumpkin. Sift dry ingredients together and add to sugar mixture, alternating with water. Pour batter into a lightly greased Bundt pan or in to four ungreased one pound coffee cans, filling cans half full. Bake at 350 degrees for one hour. For a heartier cake, add one cup pecans and/or one cup raisins just before pouring into Bundt pan. Slice bread rounds and serve with orange cream cheese for a sweet sandwich.

Carol and Ken Dexter  
Gillespie County

## TEXAS FIG SPECIAL

*If you are blessed with a very fruitful fig tree, you'll love this recipe. Look for Texas goat cheese and Texas Honey for a very local snack!*

Halve or quarter figs and open them up.  
Crumble goat cheese (fresco) over the figs.  
Drizzle with honey.  
Top with cracked pepper.  
ENJOY!!!

Stephanie Perry and Jason Perry  
Kerr County



## SAUSAGE SOUP

*This recipe is from the Peach Tree Cookbook. I make it on cold nights for a hearty meal. I usually make it a day ahead, because it's better the second day.*

2 pounds smoked link sausage, sliced  
(we use Fredericksburg's own Opa's Sausage)  
1 medium onion, chopped  
2 cups carrots, sliced  
1 - 28 ounce can whole tomatoes, un-drained  
and chopped  
1 cup celery, chopped  
4 cups potatoes, peeled and cubed  
16 cups rich beef broth  
1 garlic clove, minced  
1 tablespoon brown sugar  
1 teaspoon pepper  
4 cups cabbage, shredded  
Salt to taste  
Parsley, chopped for garnish

In a large stock pot brown sausage. Drain off fat. Add remaining ingredients except cabbage and salt. Bring to boil, reduce heat and simmer, covered, for one hour. Add cabbage and cook for 15 minutes more. Taste for salt. Garnish with chopped parsley. Serves 18 to 20.



Barbara Thomas

Barbara Thomas  
Kendall County



## ENCHILADAS BANDERA

(Flag Enchiladas)

The Mexican flag is colored red, white, and green. These enchiladas have the same colors. As a note to the cook, the recipes for “Chile Sauce” and the “Tomatillo Sauce” are described in large quantities because the process for preparation is tedious and time consuming. I make these two sauces on different days and freeze the completed products in small portions (8 ounce Bell plastic cup containers filled to the 7 ounce mark). Once you freeze the sauces, you can pull them out and use them in all sorts of recipes such as beef chile, enchiladas, eggs, dips, etc.

2 pounds cheddar cheese  
2 pounds jack cheese  
2 pounds Queso Fresco (HEB brand)  
Chile Gravy from below  
Chicken Filling from below  
Guajillo Chile Sauce from below  
60+ fresh corn tortillas  
Light olive oil



Grate the cheddar and jack cheeses (use fresh cheese, not the plastic bag grated cheese, as fresh melts better). Crumble the Queso Fresco in a separate bowl.

Spray a Pyrex or aluminum casserole pan with olive oil spray. Scoop out a ladle of the “Chile Gravy” into the casserole and smooth thinly over the bottom.

In a heavy cook pot, add about one inch of olive oil and heat until hot, but not smoking. Take two fresh corn tortillas held together with kitchen tongs and dip into hot oil; first one side; then flip to other side maybe 10 seconds per side. This softens up the tortillas so you can roll them into enchiladas. Keep an eye on your oil and adjust heat repeatedly so it does not scorch or get too cool. Soften up about 15 tortillas at a time.

Lay tortilla flat, put in a line of “Chicken Filling” three-quarters of the way down the tortilla. Add crumbled Queso Fresco and roll the tortilla up into

Peel and finely chop enough apples to equal three cups. Set aside. Stir together sugar and next three ingredients in a large bowl. Stir together flour and next three ingredients; add to sugar mixture, stirring just until blended, batter will be stiff. Fold in chopped apples and one cup pecans.

Divide batter evenly between two greased and floured 9x15 inch loaf pans. Bake at 350 degrees for one hour or until a wooden toothpick inserted in center comes out clean. Remove from pans and cool on wire racks.

Carol and Ken Dexter  
Gillespie County

## CHOCOLATE CHUNK COOKIES

This recipe is from the *Barefoot Contessa Parties! Cookbook*. These cookies are crisp on the outside and creamy on the inside. Be sure to use chocolate chunks.

½ pound unsalted butter, at room temperature  
1 cup light brown sugar, packed  
½ cup granulated sugar  
2 teaspoons pure vanilla extract  
2 extra large eggs, at room temperature  
2 cups all purpose flour  
1 teaspoon baking soda  
1 teaspoon kosher salt  
1½ cups walnuts, chopped  
1¼ pounds semi-sweet chocolate chunks  
Preheat oven to 350

Cream butter and two sugars until light and fluffy in the bowl of an electric mixer fitted with the paddle attachment. Add vanilla, then the eggs, one at a time, and mix well. Sift together the flour, baking soda, and salt and add the butter with the mixer on low speed, mixing only until combined. Fold in the walnuts and chocolate chunks.

Drop the dough on a baking sheet lined with parchment paper using a ¾-inch diameter ice cream scoop or a rounded tablespoon. Dampen your hands and flatten the dough slightly. Bake for exactly 15 minutes (the cookies will seem underdone). Remove from the oven and let cool slightly on the pan, then transfer to wire rack to cool completely.

Carol and Ken Dexter  
Gillespie County



## APRICOT OATMEAL BARS

### Crumb Mixture:

- 1¼ cups flour
- ½ cup flour
- ½ cup sugar
- ½ teaspoon baking soda
- ¼ teaspoon salt
- 1¼ cups quick oatmeal
- ¾ cup butter, melted
- 2 teaspoons vanilla

### Filling:

- 10 ounce apricot preserves or marmalade
- ½ cup flaked coconut or pecans

Combine all crumb mixture ingredients until mixture is crumbly, about one to two minutes, reserving one cup crumb mixture. Press remaining crumb mixture into greased 13x9x2 inch pan. Spread apricot preserves to within one-half inch from edge of unbaked crumb mixture, sprinkle with reserved crumb mixture and coconut/pecans. Bake near the center of a 350 degree oven for 25 to 30 minutes, or until edges are lightly browned. Yield: 4 dozen



Valeska Danielak  
Kerr County

## APPLE BREAD

- 1 - 3 pound bag small apples, 12 to 14 apples
- 2 cups sugar
- 1 cup vegetable oil
- 3 large eggs, lightly beaten
- 2 teaspoons vanilla extract
- 3 cups all purpose flour
- 2 teaspoons cinnamon
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 cup pecans, chopped and toasted



a pretty cigar shape. If the tortillas crack, you need to soften longer in hot olive oil.

Place the “seam” side down into your “Chile Gravy” casserole dish. Keep going until dish is full. Ladle out more “Chile Gravy” over the enchiladas and smooth out. Top with lots of grated cheddar and jack cheeses. Garnish with paprika or green chiles.

Bake at 350 degrees, covered with foil, until hot and bubbly. Remove foil in the last 10 minutes to crisp top. Garnish with guacamole, sour cream, pico de gallo, etc.

*If you make a few pans, you can freeze the extras. First, cover pan with plastic wrap and then aluminum foil and freeze. This is a very good lousy weather project and can involve the whole family for hours. Now charge into the kitchen and get started!*

### Glossary

**po·bla·no** (pō-blā'nō) n. A cultivar of the tropical pepper, *Capsicum annuum*, having a mild or fairly pungent dark green, thick-skinned fruit used in cooking.

**to·ma·til·lo** [toh-muh-tee-oh, -teel-yoh] n. a plant, *Physalis ixocarpa*, of the nightshade family, native to Mexico, having yellow flowers with five blackish spots in the throat and bluish, sticky berries in a purple-veined calyx.

**guajillo chile** (gwah-HEE-yoh) The skin of this dried chile is shiny-smooth and a deep, burnished red. The chile is very tough and must be soaked longer than most dried chiles. The flavorful guajillo is pointed, long and narrow (about four inches by one inch). Because it can be quite hot, the guajillo is also sometimes called the *travieso* (“mischievous”) *chile* in reference to its not-so-playful sting. It is used in both sauces and cooked dishes. Guajillo chile peppers are very common to Mexican cooking. To quote chile expert, Rick Bayless, “These are workhorse chiles with a lot of dazzle... a puree of toasted, rehydrated guajillo sings with a chorus of bright flavors that combine spiciness, tanginess (like cranberry), a slight smokiness...”

### Guajillo Chile Sauce

- 2 produce bags of dry guajillo chiles (check for bugs)
- 4 yellow onions



- 2 - 8 ounce jars of "Better than Bouillon" chicken base (proportioned)
- 1 - 3 ounce jar of cumin
- 6 fresh bay leaves (produce section)
- 1 1.25 ounce jar of cloves (proportioned)
- 6 cloves of garlic
- Kosher salt

Take the dry guajillo chiles, split them open, and remove the seeds. Rinse husk under running water and put into a colander. This takes a while and may make your eyes weep, your nose run, and your throat choke. But, persevere; you will get it done. In a large stock pot of boiling water add the rinsed clean chiles, chopped yellow onions, garlic, and one quarter cup of kosher salt, bay leaves, and one to two tablespoons cloves. Water should cover the chiles.

Boil the chile husks until tender about 30 minutes or so. Drain into a large colander saving everything but the very red water. Using a blender, scoop a wad of the boiled chile pulp into the blender jar. Add one teaspoon chicken base, one quarter teaspoon cumin to taste, and a small amount of water (not too much, just enough to blend well). Puree mixture until smooth, adding water if necessary. Pour guajillo chile mixture into a fine sieve over a large stainless steel bowl. Using a rubber spatula, push the chile mixture slowly around the sieve. Push the pulp through into the stainless steel bowl leaving the husks, etc., in the sieve. Keep working it until no more chile puree oozes out. Scrape the sieve bottom into the bowl. Then scrape all the chile husks out and discard. Rinse the sieve and repeat until all the chile mixture is strained through the sieve and you have a big bowl of red chile sauce.

This process takes a long time. It works best if you have one person on the blender and a second person on the sieve. Add water to the puree mixture as needed in the final bowl to thin the sauce to desired consistency. It should be like a thick creamy sauce.

Caution: Guajillo chile sauce will stain everything (spatula, grout, clothes, face, etc.) This stuff is concentrated evil. Once you have strained the last of the husk mixture, taste for salt, and add cumin and garlic salt to taste. Thin if needed to a loose dipping consistency. Once sauce is cooled to room temperature, pour into individual freezer cups with lids.

## PECAN SQUARES

*Joseph says he has a fantastic pastry recipe and will never share it. Remember to hound him for it every time you see him.*

- 2 sticks margarine or 1 cup shortening
- 2 cups brown sugar
- 2 eggs
- 2 cups flour
- ½ teaspoon salt
- 2 teaspoons baking powder
- 1 cup pecans, chopped

Melt margarine or shortening. Remove from heat and add brown sugar. Stir in eggs and let this mixture cool. Fold in flour, salt, and baking powder. Add pecans. Pour into a greased and floured 8 x 12 inch pan. Bake at 350 degrees for 30 minutes.



Joseph Bergmann  
Kendall County

## OREO TRUFFLE BALLS

- 8 ounces cream cheese, softened
- 16 ounces Oreo™ chocolate sandwich cookies, broken into quarters
- About 2 cups, white chocolate to be melted

In a large mixing bowl, beat cream cheese for a couple of minutes to smooth out. Add just over one-half of the broken cookies and mix until thoroughly combined.

Add the rest of the cookies and mix just until combined - some bigger pieces are fine. Cover bowl and chill for at least two to three hours.

Scoop out dough with a heaping teaspoon and roll into 50-60 balls. Cover and place back in the refrigerator to firm up.

Slowly melt the white chocolate in a double boiler, stirring occasionally, until smooth.

Dip each truffle ball in chocolate and set aside on wax paper.

Store in the refrigerator after all have been dipped. Decorate with dark chocolate or candy sprinkles, if desired.



Cynthia Burgin  
Kerr County

Cook and stir 5 minutes, until tender.

Dice chicken and mix into the pan with onion and red pepper. Mix in corn, black beans, spinach, jalapeno peppers, parsley, cumin, chili powder, salt and cayenne pepper. Cook and stir 5 minutes, until well blended and tender. Remove from heat and stir in Monterey Jack cheese so that it melts.

Wrap tortillas with a clean, lightly moist cloth. Microwave on high approximately one minute, or until hot and pliable.

Spoon even amounts of the mixture into each tortilla. Fold ends of tortillas, then roll tightly around mixture. Secure with toothpicks. Arrange in a medium dish, cover with plastic, and place in the freezer. Freeze at least four hours.

In a large, deep skillet, heat oil for deep frying to 375 degrees. Deep fry frozen, stuffed tortillas 10 minutes each, or until dark golden brown.

Drain on paper towels before serving.

Marie Miller  
Kerr County



It is important to leave head space in each cup for expansion. This should make about 15 or maybe more. Freeze for future use.

### **Tomatillo Sauce**

3 pounds tomatillos

2 bunches of cilantro, rinsed and chopped

1 pod of garlic, roasted

3 yellow onions, medium chopped

3 - 2.25 ounce cans green chiles (I roast my own poblanos, if using fresh poblanos add less)

Chicken base ("Better than Bouillon")

Kosher salt

Cut pod of garlic in half and roast face-down in a smear of olive oil and kosher salt in a baking pan lined with foil. Bake at 350degrees until face down part of pod is golden brown. Remove, cool, and squeeze end of pod to "pop" out the cloves. Set aside.

Peel the outer leaves off of the tomatillos. The fruit will smell a bit stinky; this is normal. Rinse well. Add onions to large pot of boiling salted water. Add tomatillos. Boil until tender, almost mushy. Pour off all water and cool. Using a blender, add big scoop of tomatillo mush, bit of roasted garlic, chicken base, some green chiles and chopped and rinsed cilantro. Puree adding water if needed. Sauce should be smooth and liquid but not watery. Repeat process until all tomatillo mush is blended. Mix sauce well and season to taste. Divide and freeze in small 8 ounce plastic cups leaving room for expansion.

### **Chicken Filling**

10 pounds of chicken legs and thighs, rinsed

1 tablespoon kosher salt

2 tablespoons chicken base

3 fresh bay leaves (produce section)

10 whole peppercorns

8 whole allspice

3 yellow onions, chopped medium, sautéed to golden brown

2 bunches cilantro, rinsed and chopped

2 to 3 - 7 ounce portions of "Tomatillo Sauce"

2 - 2.25 ounce cans green chiles or roasted poblanos

Cumin to taste  
½ jar Old El Paso™ nacho jalapeños, chopped fine  
½ of the juice from the jar of jalapeños  
Lowry's garlic salt to taste

The filling should make about 60 enchiladas. They freeze well, so when you make them plan to make extra for the future.

Bring water to boil in a very large stock pot. Add chicken base, kosher salt, allspice, bay leaves, peppercorns, and chicken. Broth should be slightly salty. Cook until very tender, but still on bone. Remove chicken reserving broth. Let cool and then de-bone chicken. Strain broth and skim off fat (discarding fat), set broth aside.

In a large seven quart sauce pot, sauté onions in a small amount of olive oil until golden brown. Shred the chicken meat by hand and add. Add two to three jars of "Tomatillo Sauce", green chiles, cilantro, jalapeños, and juice from the jalapeños. Add garlic salt and cumin to taste with a small amount of the chicken stock if needed. Meat mixture should be moist but not drippy.

#### **Chile Gravy**

3 yellow onions, finely chopped  
½ cup olive oil, proportioned  
¾ cup flour  
Fresh chicken broth  
3 to 4 jars of "Guajillo Chile Sauce"  
Gephardt's ground chile powder  
Cayenne or cumin to taste  
Roasted garlic to taste

In a large stock pot, sauté yellow onions in small amount of olive oil until golden. Add remaining olive oil. Add enough flour (¾ cup) to make a loose roux. Cook roux slightly then slowly add fresh chicken broth (from reserve from the chicken filling) to make a smooth sauce. Whisk as you add broth to avoid lumps. When white sauce is a smooth, thick gravy consistency, add three to four jars of "Guajillo Chile Sauce." Whisk mixture until smooth. You can add ground chile powder, cayenne or cumin to adjust seasoning to your taste or more roasted garlic, etc. If the gravy needs salt, use small amounts of chicken base. This adds salt and richness to the gravy.

Floyd Trefny  
Bandera County

Cook ground beef in skillet, season with salt and pepper. When beef is cooked, add crumbled bacon and onion mixture.

Meanwhile in a separate skillet, cook beans and Caro syrup, heating thoroughly.

Add hot meat mixture to beans and mix well.

Butter and lightly toast buns. Place a scoop of meat/beans on bun and top with cole slaw.

Mike Kasberg  
Kerr County

## **SOUTHWEST EGG ROLLS**

2 tablespoons vegetable oil  
1 skinless, boneless chicken breast half  
2 tablespoons green onion, minced  
2 tablespoons red bell pepper, minced  
1/3 cup frozen corn kernels  
¼ cup black beans, rinsed and drained  
2 tablespoons frozen chopped spinach,  
thawed and drained  
2 tablespoons diced jalapeno peppers  
½ tablespoon minced fresh parsley  
½ teaspoon ground cumin  
½ teaspoon chili powder  
1/3 teaspoon salt  
1 pinch ground cayenne pepper  
¾ cup shredded Monterey Jack cheese  
5 (6 inch) flour tortillas  
1 quart oil for deep frying



Rub one tablespoon vegetable oil over chicken breast. In a medium saucepan over medium heat, cook chicken approximately 5 minutes per side, until meat is no longer pink and juices run clear. Remove from heat and set aside.

Heat remaining one tablespoon vegetable oil in a medium saucepan over medium heat. Stir in green onion and red pepper.



## SWEET POTATO CASSEROLE

Perfect for Thanksgiving! Adjust the sweetness to your taste.

3 cups sweet potatoes, cooked, peeled,  
and mashed (I steam my potatoes.)

½ cup butter

1 cup sugar

1/3 cup milk

2 eggs

1 teaspoon vanilla

Combine ingredients, mixing well,  
(may beat with electric mixer) and spread in  
casserole dish.

Topping:

1 cup brown sugar            1/3 cup flour

1/3 cup melted butter        1 cup chopped nuts, pecans work well

Combine all ingredients and spread on top of sweet potato mixture.

Bake at 350 degrees for 30 minutes.

Jerold Hjelmstad  
Bandera County



## KERRVILLE SANDWICH

5 strips bacon

1 large onion

3 tablespoons light brown sugar

2 tablespoons apple cider vinegar

2 cans pork and beans

½ cup dark Caro™ syrup

2 pounds ground beef

Salt and pepper to taste

Hamburger buns

Cole Slaw – homemade is always best.

Cook bacon in skillet. Remove bacon and set aside.

Sauté onions in bacon fat until softened. Add brown sugar and cider vinegar. Cook until golden. Remove from skillet and set aside.



## BREAKFAST FRITTATA CASSEROLE

12 eggs (6 whole eggs, 6 yolks only)

3 cups heavy cream

¾ cup sour cream

Dash cayenne pepper

1 tablespoon Dijon mustard

Salt and white pepper

Paprika

Frittata Filling

1 loaf Pepperidge Farm thin sliced white  
bread, crust removed

2 cups cheddar cheese, fresh grated

Butter flavored spray oil

Whisk together six egg yolks, six whole eggs, Dijon, and sour cream until smooth. Add heavy cream and stir. Add spices.

Use a 9x12 baking dish or soufflé dish deep enough (three to four inches) to accommodate two layers. Spray with butter flavored oil.

Arrange one layer of bread on bottom of casserole. Spray the top of bread with butter flavored oil. Add desired filling. Top with grated cheese.

Pour half the egg mixture over the bread, filling, and cheese. Work egg mixture around so that filling and bread are soaked with egg mixture.

While holding a piece of bread in hand, spray the bottom with butter flavored oil. Place on top of the egg mixture covering entire egg mixture with bread. Spray top of bread with butter flavored oil.

Add next layer of filling and remaining egg mixture and work to soak all the bread and filling in the egg mixture. Top with cheese. (If you need more egg mixture to completely soak the bread, make additional egg mixture using more eggs in the same proportions as the first six ingredients.)

Sprinkle top with paprika. Cover with plastic wrap and refrigerate overnight.

Next morning, bring frittata to room temperature. You can use the microwave to help it along by zapping it on defrost for a short time until the chill is gone from the center of the frittata.

Remove the plastic wrap. Cover with greased aluminum foil with several



“vent” holes. Bake at 325degrees until center comes out “clean” when pierced with a toothpick.

This usually takes about one to one and one-half hours. The frittata should start to puff up during baking. Remove foil to crisp top in last 10 minutes of baking. Serve hot.

### **Frittata Fillings**

*Several fillings can be used in frittatas. Make sure the sausage mixture is drained of any excess fat after cooking or the liquid in any vegetable ingredient is discarded prior to using in the frittata. Excess liquid will curdle the egg mixture or make the frittata runny. All vegetables should be cooked and drained. We have used: (1) spinach and roasted red peppers, (2) chorizo and chiles, (3) eggplant, feta and fresh basil, (4) roasted tomato and roasted green hatch chiles, and (5) sausage, mushroom, and green onion all sautéed prior to using as filling.*

*You can use any one of the above fillings or a combination if you desire. The filling must be fairly dry. Use any cheese or cheese mixture you like. This is good for a brunch or a late breakfast with guests because all the work is done the day before.*

### **Roasted Tomato Filling**

12 small Roma tomatoes  
2 poblano peppers, roast by burning peeling off using gas flame or torch, rinse and dice  
3 cloves garlic  
Olive oil  
Kosher salt

Slice Roma tomatoes in half lengthwise. Line baking pan with parchment paper. Pour a bit of olive oil on to the parchment. Sprinkle with kosher salt. Rub the Roma tomatoes face down in the olive oil and salt. Turn them cut side up. Dot the oiled tomato surface with minced fresh garlic. Bake at 300 degrees until most of the tomato juice has cooked out of the fruit. They may get a little browned around the edges. This is the way I remove the liquid from the tomato so that it can be used with the egg mixture. Remember the less moisture in your filling the smoother your egg texture will be.

Layer tomatoes and sprinkle diced chiles over bread; cover with egg mixture and cheese; repeat, finish with cheese.

### **Sausage Filling**

1 pound Jimmy Dean ground breakfast sausage  
1 package mushrooms, sliced  
1 bunch fresh green onions, chopped

Crumble sausage into pan and cook. Drain and pat dry. Sauté mushrooms and green onions until most of the liquid is absorbed. Cool and pat dry. Mix with sausage.

Layer sausage, mushrooms, and green onion over bread; cover with egg mixture and cheese; repeat, finish with cheese.

Karla Trefny  
Bandera County

## **CORN CHOWDER**

¼ cup butter (1/2 stick)  
½ cup onion, chopped  
¾ cup celery, chopped  
2 ½ cups hot water or choice of broth  
2 medium boiling potatoes, peeled and cut into ½ inch cubes  
3 cups corn kernels, fresh, frozen, or canned  
2 teaspoons salt (optional)  
¼ teaspoon white pepper (if on hand or substitute ground black pepper or cayenne)  
¼ teaspoon paprika  
1 quart half-and-half, substitute canned skim milk or nonfat milk or reduced fat milk as desired.



Melt butter in large saucepan over medium heat. Add onion and celery and sauté 5 minutes until soft but not brown.

Add water or stock, potatoes, corn, salt, pepper, and paprika (or cayenne if you like it spicy). Cover and simmer until potatoes are barely tender, about 30 minutes.

Whisk flour into one cup of milk. Stir into soup. Add remaining three cups milk and simmer until soup has thickened to creamy consistency, about 15 minutes. Season to taste.

If too thick, add nonfat milk; if too thin, simmer 5 to 10 more minutes.

Makes about 8 one cup servings.

Floyd Walling  
Kerr County