

# ST. OLIVER'S SPICE PEOPLE



*MANGIA E STAIPI ZITTO*

*COOKING CLASSES FOR THE MASSES*

## LESSON 10 - 11 Smoked Meats 2010



**November 6, 2010**

## Prayers

Spice People is a ministry of St. Oliver Plunkett Catholic Church. It is designed to celebrate and enjoy the cultural diversity of the members of our parish by learning to cook and to enjoy the foods and customs from around the world. Each lesson begins with a prayer, and our traditional Catholic blessing is prayed before serving the foods. We hope that you will enjoy having these copies and praying with us.

### Prayer before the Spice People Sessions

We give You thanks from grateful hearts for this meal, for our fellowship, for Your love, for Your provision of food and those who prepared this meal. Help us to remember that You are with us around the table and may our hearts and words be a blessing to You in return.

Amen

### The Catholic Blessing of the Food

Bless us O Lord, and these Thy gifts, which we are about to receive from Thy bounty through Christ our Lord.

Amen.

**SPICE PEOPLE**

Sandy Walsh, BMCIC

**Crew:**

Barbara Aho

Teresa Barczak

Debbie Cliche

Nita Ellington

Cathy Hedges

Candida Jimenez

Geri Spudich

Elena Porras Trejo

Vicki Ziegler

**2010 — 11 Guest Chefs:**

Elena Porras

Sandy Walsh

Tim McVay

Mark McCagg

Fr. Neil Jones

Geri Spudich

## Menu

Smoked Meats

Cornbread Salad    Barbecue Bean Salad

Southern Potato Salad    Dominican Potato Salad

Corn Casserole

Macaroni Salad    Macaroni and Cheese

Pig Pickin' Cake

Christmas Pie

Apple Nut Lattice Tart

Chocolate Delight

Lemon Guava Cake

Beer and Wine

## Smoking Meat with Various Woods

By Ted McVay

Hello, my name is Ted and I am from an area known as South West Texas. My cooking hero was Justin Wilson for his cooking and jokes. By the way, he was a safety engineer and if he can cook then I can dream too. As a chemist, experimentation is first nature with me and in the kitchen that can be dangerous. Please allow me to share with you a little of my background on the smoking of meat. Most of these techniques were learned from many others especially my stepfather who once was asked to put on a Bar-B-Q for President Lyndon Johnson at the White House and my father who was in the restaurant business in Fort Worth and later Corpus Christi, Texas. Let's agree that there is something called smoked meat and then there is Bar-B-Q, and they may or may not even be similar. Smoked meat is just that all over the world but Bar-B-Q is highly varied and based upon cooking sauces that are either typically based on tomato's, mustard or vinegar and are unlimited in variety. I once had Bar-B-Q in South Carolina that never saw any smoke. It had simply been a pork roast that had been cooked in a standard kitchen oven then pulled (pulled pork) and saturated with weak vinegar. Thus, each to his own desires.

This presentation not about Bar-B-Q, rather it is about the process of smoking of meat generally and to demonstrate the effect and taste of various types of woods on one type of meat called beef. It is also not about cooking sauces, special rubs or aging. I love smoked meats and while the rubs and sauces have their place, the real art and taste is in the smoking of the meat, in my opinion, as anyone can get a good recipe for a good sauce or rub while the selection of good meat and the smoking process is both science and art. My smoked meat has no spices or flavorings added before, during or after cooking. I do use a little spray olive oil to help keep it from drying out but no salt, pepper etc. The meat cooked for this presentation is un-aged Black Angus Choice chuck roast that I purchase from Wilkes Meat market in Snellville. I like the smoked beef just as it comes out of the smoker or dressed up in a nice port wine based gravy that does contain spices and an example is provided for you to sample. Please realize that the dressed up beef requires some further cooking techniques in order to get the flavor into the gravy and to take the meat to another level. But that is a subject for another time.

The category called smoked meat includes a lot of animal names but cuts of pork, chicken, turkey, beef and fish seem to be most popular. This presentation has as its main focus the impact of different woods on smoking of beef but I can never start my smoker without including some Salmon because it does so well and is so good that I am also including a teaser for a possible future event that specializes in the meats instead of the woods. For the record I use a double barrel smoker where the smoke is generated in a separate chamber and the heat and smoke travels over to where the larger chamber where the meat is located. I prefer this style to the vertical single barrel type only because of my experience but both are excellent and both designs came from South West Texas.

### **Background of meat smoking:**

No one knows the true origin of smoking meat but what is referred to as Texas Smoked meat is refuted to have started in New Braunfels, Texas that was established in 1845 by the German Prince, Carl of Solms-Braunfels. Smoking meat was a common method of curing-drying of meat used by the German

and Polish people but it was the German folks that get most of the credit for Texas smoked meat and early Bar B-Q. It is interesting today that one of the better woods for smoking meat is Mesquite (the Weisach variety – yes a bush and not a tree) and that was the only wood available in New Braunfels so they got started on the right foot to my way of thinking. Now let's consider all the more common woods that are used to smoke meat for eating directly or for Bar B-Q.

### **Various types of wood for smoking:**

I have listed all of the popular types of hardwood below with a short description of each however I highly recommend that you do not take anyone's word for it (including my own) but that you will experiment.

**Apple:** Produces a sweet, fruity taste. Good mild wood which works well on poultry and ham or any pork.

**Alder:** It is the wood that is greatly preferred for most any fish especially salmon but it has to be specially ordered from Alaska.

**Hickory:** Probably the most well known woods and while lots of folk may disagree, it tends to be a bit too pungent for my own taste therefore great care must be taken so that it is not overused. Most feel it is excellent on ribs and most red meats. Hickory can also be used very sparingly on cuts of poultry.

**Maple:** Gives a light and sweet taste which best compliments poultry and ham or any pork cut.

**Mesquite:** My personal favorite barbecue or smoking wood, however, great care must be taken or it can become overpowering. Best not used for larger cuts of meat that require longer smoking times although it can be quite successful by using it in tandem with another type of wood that is not as overpowering like Apple or Maple.

**Oak:** Good choice for larger cuts which require longer smoking times. Produces a strong smoke flavor but usually it is not overpowering. Good wood for Brisket and Flank steak which requires a long cook time at lower temperatures in order to achieve tender meat.

**Pecan:** Gives somewhat of a fruity flavor and burns cooler than most other barbecue woods. It is similar to Hickory and is best used on large cuts like brisket and pork roast, but can also be used to compliment chops, fish and poultry and, is another favorite of mine.

**Pear, Peach and Plum:** These woods require a certain level of expertise in their use. Peach and Plum woods tend to lose their flavor shortly after being cut. For the best results, make sure you use the fruit bearing kind of Plum. These woods cannot be used by purchasing dried wood. However fresh cut and frozen, these woods really add a neat and unusual flavor.

**Grapevine cuttings:** add a nice flavor to fish, poultry and beef. You could achieve the same effect by soaking wood chips in an inexpensive wine before throwing the wood on the coals. This is a really neat trick to kick up the flavor of what I call light meats like non-oily fish, poultry and low fat pork loins.

**Softwoods: Do not use softwoods** like any type of pine found in the south for smoking meat because these woods contain a lot of sap and tannin based lignin's that burn too hot, too sooty and will very quickly ruin the meat with creosote-like flavor whatever that tastes like.

**Herb woods, such as Basil, Thyme and Rosemary** are usually used in combination with other woods. A good combination would be Alder with Basil, and Maple with Rosemary but these are above my pay grade and experience.

**Special note about Cedar wood:** Cedar is a hardwood but it tends to contain a lot of tannins (even more than Mesquite but less than pine) that must be used very carefully or it will ruin your meat. It is best if used with a light hard wood like maple.

Bottom line... you must experiment to find out what works for you and what does not. The woods that I like will most likely not be the ones you find most tasty and vice versa. Regardless, please realize that there is a peak time when the meat will achieve its best flavor. Too much smoke can make the meat bitter or taste like tar and too much time in the smoker (even without wood chips) can dry it out even using a pan of water on the coals.

Here are the results from a 2004 poll on the internet on Smokingmeat.com which is an excellent source for ideas and they sell all kinds of smoked meats from fish to the exotic. To purchase specialty wood chips go to "www.charcoalstore.com." Predominant use of wood type nationally and by state follows.

#### Nationwide:

| Hickory | Mesquite | Apple | Oak | Pecan | Cherry | Alder | Maple | Walnut | Birch |
|---------|----------|-------|-----|-------|--------|-------|-------|--------|-------|
| 30%     | 22%      | 14%   | 11% | 7%    | 7%     | 4%    | 3%    | 1%     | 1%    |

#### And here it is broken down by state:

| US State    | Alder | Apple | Birch | Cherry | Hickory | Maple | Mesquite | Oak | Pecan |
|-------------|-------|-------|-------|--------|---------|-------|----------|-----|-------|
| Alabama     |       |       |       |        | X       |       |          |     | X     |
| Alaska      | X     |       |       |        | X       |       |          |     |       |
| Arizona     |       |       |       |        |         |       | X        |     |       |
| Arkansas    |       |       |       |        | X       |       |          |     |       |
| California  |       |       |       |        |         |       | X        |     |       |
| Colorado    |       | X     |       | X      | X       |       | X        | X   |       |
| Connecticut |       | X     |       |        |         |       |          |     |       |
| Delaware    |       |       |       |        | X       |       |          |     |       |

|                |  |   |  |   |   |   |   |   |   |
|----------------|--|---|--|---|---|---|---|---|---|
| Florida        |  |   |  |   | X |   |   | X |   |
| Georgia        |  | X |  |   |   |   | X |   | X |
| Hawaii         |  |   |  |   |   |   | X |   |   |
| Idaho          |  |   |  |   |   |   |   |   |   |
| Illinois       |  | X |  |   |   |   |   | X |   |
| Indiana        |  |   |  |   | X |   |   | X |   |
| Iowa           |  |   |  |   | X |   |   |   |   |
| Kansas         |  |   |  |   | X |   |   |   |   |
| Kentucky       |  |   |  | X |   |   | X |   |   |
| Louisiana      |  |   |  |   |   |   | X |   |   |
| Maine          |  |   |  |   | X |   |   |   |   |
| Maryland       |  |   |  |   | X |   |   |   |   |
| Massachusetts  |  |   |  |   | X |   |   |   |   |
| Michigan       |  | X |  |   |   |   |   |   |   |
| Minnesota      |  |   |  |   | X |   |   |   |   |
| Mississippi    |  |   |  | X |   |   |   |   | X |
| Missouri       |  |   |  |   | X |   |   |   |   |
| Montana        |  | X |  |   |   |   |   |   |   |
| Nebraska       |  | X |  |   | X |   |   |   |   |
| Nevada         |  |   |  |   |   |   | X |   |   |
| New Hampshire  |  |   |  | X |   |   |   |   |   |
| New Jersey     |  |   |  |   | X | X |   |   |   |
| New Mexico     |  |   |  |   | X |   | X |   |   |
| New York       |  |   |  |   | X |   |   |   |   |
| North Carolina |  |   |  |   | X |   |   |   |   |
| North Dakota   |  | X |  |   |   |   |   |   |   |
| Ohio           |  |   |  |   | X |   |   |   |   |
| Oklahoma       |  |   |  |   | X |   |   |   |   |
| Oregon         |  |   |  |   | X |   |   |   |   |

|                       |  |   |  |   |   |  |   |  |   |
|-----------------------|--|---|--|---|---|--|---|--|---|
| <b>Pennsylvania</b>   |  |   |  | x |   |  | x |  |   |
| <b>South Carolina</b> |  |   |  |   | x |  |   |  |   |
| <b>South Dakota</b>   |  |   |  |   |   |  |   |  |   |
| <b>Tennessee</b>      |  |   |  |   | x |  |   |  |   |
| <b>Texas</b>          |  |   |  |   |   |  | x |  | x |
| <b>Utah</b>           |  |   |  |   |   |  |   |  |   |
| <b>Vermont</b>        |  |   |  |   |   |  |   |  |   |
| <b>Virginia</b>       |  |   |  |   |   |  |   |  |   |
| <b>Washington</b>     |  | x |  |   |   |  |   |  |   |
| <b>Wisconsin</b>      |  |   |  |   |   |  |   |  |   |

### **Selection of Meat by fat content and size to be smoked:**

Fat content: Smoking meat is done for two basic reasons with enhanced flavor being the predominate one today. Not many people smoke meat in a smokehouse as a way to cure it for storage today. Smoked meat is one of the more healthy forms of any meat to eat. This is because most of the fat has been cooked out of it and the fat is discarded in contrast to a pot roast in the oven where the fat is used to make gravy but I know that is so good. Also, the meat is not exposed to extremes of temperature from char-broiling that is suspected of cause cancer causing agents. However, starting with a chunk of very lean meat is difficult to smoke because it will dry out and get tough more easily than the same size of meat containing more fat. Thus, the cooking process will always cause a loss of fat so take this into consideration. There are ways to get around this problem by choice of cooler wood and by basting with a fat or oil based sauce. But for most wood smoking especially when first learning to smoke, it is best to start with meat that has at least 30% fat content like chuck roast. You know, much of the flavor of meat comes from the fat.

There are eight beef quality grades. The grades are based on two main criteria: the degree of marbling (intramuscular fat content) in the beef, and the maturity (estimated age of the animal at slaughter). Some meat scientists object to the current scheme of USDA grading since it is not based on direct measurement of tenderness, although marbling and maturity are indicators of tenderness. USDA Prime has the highest fat content and costs much more than USDA Choice which is the preferred grade for smoking although USDA Good can also be used. The cost is higher because Choice grade beef requires 110 to 150 days in a feed lot eating prime grains and no exercise while Prime grade beef requires up to a year. USDA Good grade beef is reasonably fat cattle right off the range.

In my opinion, any breed of beef can be excellent if prepared but some seem to have a slight advantage. The top breed in my opinion is Charlay (white with gold trim, hard to get and expensive) which originally was bred in France (we raised on folks ranch) then Black Angus (all black, available and reasonable price) and then English Herford (red and white, was the most common breed in the 20<sup>th</sup> century).

**Size of meat to be smoked:** We need to remember two concepts here; one is that a one inch cube of meat will smoke and cook ten times faster than a ten inch cube of meat and we are all pretty well aware of that but based upon pounds when in reality it is the distance the heat and smoke have to travel to the center of the meat that is proportional on a linear scale while weight is not. That ten inch cube will weigh 36 pounds while the one inch cube will weigh less than 0.04 pounds. So we are most concerned with limiting the average depth of the meat from the surface to the center of the meat to 1.5 to 2 inches. The second concept is that the smoke will penetrate only about 0.4 inches per hour and the highest concentration of smoke will be in the meat near the surface. Since a one inch cube of meat only has about ½ inch of radius (roughly) then it will not take long to smoke and cook and, about any wood type can be used.

**Smoking process:** There are two processes going on here. The first is that we are cooking the meat and the second is that we are attempting to penetrate the meat with wood smoke. Heat can penetrate the chunk of meat faster than can the smoke and this presents us with a problem regarding the size of meat to be smoked and the way the smoker is operated.

If you like really smoky meat then keep the size of the meat down to thin slabs resembling a steak (any length or width but no more than an inch thick) and use a combination charcoal for heat and your choice of wood and keep the smoke coming. If you like less smoky meat then use thicker meat and less wood (more charcoal) so you have less smoke. Using 100% wood and no charcoal is very expensive and not necessary since the smoke can only penetrate the meat at a slow rate no matter how much smoke is provided. If you have to use large chunks of meat (for a large party due to smoker capacity limitations) then use a cooler fire, cooler wood and take much more time. It is normal for the surface of large cuts of meat to be over smoked and this may need to be trimmed off and discarded. The rule of thumb is to vary your smoking time by the average radius of the meat and not its weight.

The temperature in the smoker is controlled by the ratio of wood to charcoal, the amount of charcoal and the amount of intake air and exhaust. I use enough charcoal to get the smoker to the desired temperature then add hands full of wood chips to generate the smoke. Please remember that wood smoke is volatile like water and it will vaporize so be very careful with smoker temperature. If you let it get too hot late in the process then the smoke will be driven out of the meat back into the air and up the stack. Most of the smoking occurs by way of condensation on the surface of the meat and by the vapors penetrating the meat. As the meat gets hotter it will absorb less smoke. Thus it is common for some folks to use more smoke at the start of the process than at the end but do not let the heat drive out all your hard work. I once completed a pork roast and brought it in to the house too soon. It was smoky looking but not done enough. The oven was turned on at 350 degrees, so I put the roast in the oven. Man did it smell good but

after an hour of more cooking, it tasted just like my wife's pot roast only the smoke flavor was gone.

Smoking time for a turkey is 5 to 8 hours depending upon the size and temperature of the smoke. I like to use 250 degrees in the oven for fowl and do not use a turkey larger than 12 pounds and take eight hours. For ham that is already cooked but you want to be more smoky then get a radial cut ham (easier for the smoke to penetrate) and smoke it 1-3 hours but at 200 degrees max to keep it from drying out. If the ham is raw, then cook at 250 degrees and use a meat thermometer. Small freshwater fish slabs will be ready in less than an hour while larger cuts like salmon may take two to three hours depending again upon the size and thickness.

Remember when smoking with many woods especially Mesquite, the outside quarter inch or so of the meat will be red after smoking and look raw while the interior of the meat will appear done. This is normal and is not a sign of under cooking but the result of smoking. Use a meat thermometer but only cook to the lowest temperatures because you will be cooking for a much longer time than in a house oven. Do not expect the turkey pop-out ready button to pop out as the turkey will be fully cooked and may never pop out

If you like very tender smoked meats then keep the fat content higher, the smoke temperature lower and the time longer. Remember, higher oven temperature will drive moisture and fat out of the meat. If you do this then you can cook many meats including brisket long enough to make it tender without drying it out. In a real smokehouse, the smoke temperature would often not be more than 100 degrees in the winter so a large ham could take weeks or longer to smoke-cure properly but, the smoke flavor would be all through the ham and not as concentrated just on the surface.

Meat temperature before smoking: The meat to be smoked should be close to room temperature or slightly warm before being put into the smoker. If you put it in the smoker right out the icebox then creosote will condense on the meat by condensation from the partially burned wood and make it very bitter. If necessary, warm the meat in the microwave first.

Use of water: Many folks recommend a pan of water on the fire with the expectation that the meat will be less dry. This works well in a vertical single chamber electric smoker where the moisture or smoke cannot get out.

However, in an open double barrel smoker where the smoke and heat flow through and out the chamber it is a waste of time and here is my reasoning. The rate of water vapor being boiled off the pot is not sufficient to even remotely saturate the air with moisture and with the higher surface area of the meat compared to the pot of water, the meat will still dry out if too hot. A similar effect can be obtained by using lower smoker temperature, and longer time. The effect of adding water to a closed smoker is dramatic but I have never been able to tell much difference in an open smoker. It would be better to put the water on the meat in the form of a sauce it seems to me especially in the case of a brisket or ribs that can dry out quickly.

Well I hope you have learned something and will experiment because the joy of smoking and eating smoked meats and is really a special thing to me. It can be very cheap by using branches off a hard wood in the back yard, or its smoking cost can be as high a \$20-30.00 per pound because some of the specialty woods are very expensive. It can be as simple as smoking a little piece of meat over an open fire or as complex as using special flavor enhancers and spices as well as special woods and liquors or wines. I have learned that most cooks like to cook with wine but if you have not tried smoking with wine as well then I encourage you to experiment as this is at least half of this game called "The Joy of Eating Well!"

## Dressed up Smoked Roast

1. Preheat the kitchen oven to 300 degrees.
2. In a 4 qt. pot with good lid, add the following ingredients:
  - a. Add one 10 oz can of Campbell's "Cream of Mushroom with Roasted Garlic" soup in the pot.
  - b. Rinse the empty can with 8-10 oz of a good red wine of your choice into the pot.
  - c. If you want a thick gravy or sauce, then reduce the wine to half volume first -- otherwise, continue.
  - d. Heat the mixture over a low to medium fire until hot but not boiling.
  - e. Add mushrooms, and two tablespoons of chopped fresh garlic.
  - f. Add one tablespoon of fennel seeds.
  - g. Add pepper to taste.
  - h. Add ½ tablespoon of cilantro or basil.
  - i. Add one teaspoon of sea-salt.
  - j. Mix the ingredients well.
3. Place the meat warm from the smoker in the pot, place the lid and place in the middle rack of the oven pre-warmed oven.
4. Cook at 275 (if warm from smoker) or 300 degrees (if cold from ice box) for 30-45 minutes or until you smell the food then reduce the heat 25 degrees.
5. Cook for 30-45 minutes or until you smell the food then reduce the heat another 25 degrees.
6. Cook at this temperature until very fork tender. (Can cut it with a fork!)
7. Remove from oven and let set for 10-15 minutes.
8. Remove meat and pour up gravy. Taste gravy and make final adjustment for saltiness.

### Special Notes:

Our objective here is to make the gravy and complete the tenderization of the meat. It is not to cook the meat further. If we smell the meat cooking now, it means that the meat is too hot and we are driving off the smoke back into the oven and into the house. It is critical to prevent this if we are to achieve success. This is the reason for the special cooking temperature profile. As the meat gets hotter, we want to reduce the oven temperature to prevent loss of smoke and thus flavor. However, we do want some smoke flavor and some fat to go into the gravy so that it will have great taste and this is why we want a good tight fitting lid and careful heating profile.

We could have cooked the meat longer in the smoker but that will tend to dry it out and with Mesquite wood, we do not want to over smoke the meat. The kitchen oven cooking in the pre-gravy mix tends to make the meat moist and very tender throughout yet without losing flavor. Also, the smoke is attracted more to the fat in the meat than the protein in the lean meat so late in the smoking process there is very little fat and the smoking process is really complete. We could continue cooking with charcoal but again without adding water to the fire the meat will become too dry.

**CORN BREAD SALAD****'taint none better'**

Step ONE

1 pkg. Jiffy cornbread mix (do not substitute)  
 Prepare according to instructions on package

Cook, cool and set aside.

Step TWO

Combine the following and toss to mix:

4 med. ripe, good quality tomatoes, chopped  
 1/4 bell pepper chopped  
 1 med. onion chopped  
 1/2 to 3/4 cup of sweet pickles, chopped  
 4 slices of bacon cooked crisp and crumbled (optional)

Step THREE

Dressing:

Combine:

1 to 1 1/2 cup of mayonnaise  
 1/4 cup or more sweet pickle juice

Assemble: In a large glass bowl.

Layer half each of cornbread, tomato mixture and mayonnaise. Repeat layers. Smooth the dressing over the top and garnish if desired. Chill for at least 2 hours. Longer is better.

— Sandy Walsh

**CHRISTMAS PIE**

1 small can crushed pineapple well drained  
 1 can Eagle Brand condensed milk  
 1/3 C lemon juice  
 1 tsp vanilla  
 1/2 cup pecans chopped  
 1 small jar cherries drained and chopped  
 1 large Cool Whip  
 2 9 inch graham or shortbread pie crusts

Mix first 4 items together and fold in Cool Whip. Add cherries and pecans mixing lightly. Pour into pie crusts and chill for several hours - preferably overnight.

\*Note: You can be pretty creative in what you use in the pie - Add mandarin orange segments, or substitute chopped peaches, coconut, walnuts, dates - whatever you like - You are the boss in the kitchen!

Hugs and blessings!

Sandy Walsh, BMCIC

SPICE PEOPLE at St. Oliver's

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## **Barbecue Bean Salad**

Makes 10 Servings

Preparation time: 10 minutes, plus 3 or more hours' refrigeration

Cooking time: 10 minutes

### **Ingredients:**

|   |                                    |
|---|------------------------------------|
| 3 (15 ½-ounce) cans pinto beans, rinsed and drained | ¼ cup olive oil                    |
| ½ (14 ½-ounce) can whole-kernel corn, drained       | ¼ cup cider vinegar                |
| 2 tablespoons Dijon mustard                         | 3 tablespoons brown sugar          |
| ½ medium red onion, chopped coarsely                | 1 tablespoons Worcestershire sauce |
| ½ green bell pepper, chopped coarsely               | 1 tablespoon chili powder          |
| ½ red bell pepper, chopped coarsely                 | 1 teaspoon ground cumin            |
| ¼ cup chili sauce                                   | ½ teaspoon salt (optional)         |
|   | ¼ teaspoon pepper                  |

In a large bowl, combine pinto beans and corn. Stir in the onion and green and red peppers. In a saucepan, combine chili sauce, olive oil, vinegar, brown sugar, mustard, Worcestershire sauce, chili powder, cumin, salt and pepper and simmer for 10 minutes, stirring frequently. Pour the dressing over the bean mixture. Refrigerate at least 3 hours or overnight.

— *Cathy Hedges*

## **Pig Pickin' Cake**

### CAKE

1 box yellow cake mix  
One 11-ounce can mandarin Oranges, with juice  
4 eggs  
¼ cup vegetable oil

### FROSTING

One 16-ounce can crushed pineapple, drained  
One 3.4-ounce package instant vanilla pudding mix  
Two 8-ounce containers Cool Whip, or 1 quart heavy cream, whipped and sweetened with 1 cup sugar

Preheat the oven to 350 degrees. Grease and flour three 8-inch round pans. Mix together the cake mix, the oranges with their juice, eggs and oil. Divide the batter among the prepared pans; layers will be thin. Bake for 15 to 20 minutes, or until the cakes test done. Cool the layers on wire racks.

While the cake cools, make the frosting: Mix the drained pineapple with the pudding Mix and fold this mixture into the Cool Whip. Fill with the pudding mix and fold this Fill and frost the cooled cake layers. Refrigerate until ready to serve.

— *Cathy Hedges*

**SOUTHERN POTATO SALAD**

3 pounds potatoes, peeled, cubed, cooked until tender, cooled.

5 or 6 hard boiled eggs, cooled, coarsely chopped

¼ to ½ cup chopped onion

¼ to ½ cup sweet pickle salad cubes

**Dressing:**

¾ cup mayonnaise (a little more or less, as desired) Do **NOT** use salad dressing!!

1 to 2 tablespoons prepared mustard

Salt and Pepper to taste

Celery seed, if desired.

**Preparation:**

Combine potatoes, egg, onions, pickles and celery salt.

Stir in mayonnaise, mustard and salt and pepper to taste.

(Stir the mayonnaise and mustard in a little at a time, until you

Have the flavor and consistency you like. ) Serves 6 to 8.

Recipe may be doubled. I usually do.

— *Nita Ellington*

**DOMINICAN POTATO SALAD**

Potatoes

Mayonnaise

Eggs

Corn

Carrots

Sweet Peas

Olive Oil

Salt and Pepper

Same method of preparation — a little variation in the ingredients. Potato salad is always free form. Make it to suit yourself.

— *Candida Jimenez*

### **Corn Casserole**

1 can creamed corn  
1 can whole kernel corn  
8 oz. sour cream  
2 sticks butter, melted  
3 eggs, beaten  
1 box Jiffy Corn Muffin Mix

Preheat oven to 350°F. Grease an 11x13 baking pan. Combine all ingredients. Sprinkle with allspice or nutmeg if desired. Bake 45-60 minutes.

— *Teresa Barczak*

### **Chocolate Delight**

1 cup flour  
½ cup butter  
½ cup chopped nuts  
8 oz. cream cheese  
1 cup confectioner's sugar  
1 (9oz.) container Cool Whip  
2 small boxes chocolate instant pudding  
3 cups milk

First layer — Combine flour and butter and work like pie crust and then add the chopped nuts. Press in 9 x 13 pan. Bake at 350 degrees for 15 minutes. Let cool.

Second layer — Mix softened cream cheese with powdered sugar. Add one cup of Cool Whip; beat and spread over first layer.

Third layer — Mix chocolate instant pudding and milk. Spread over second layer when thick.

Fourth layer — Spread remainder of Cool Whip and refrigerate.

— *Teresa Barczak*

### **Macaroni and Cheese**

1 lb. macaroni (any style)  
 1/2 c. butter or margarine  
 1/2 c. onion, chopped fine  
 1 tsp. salt  
 1/2 tsp. pepper  
 1/2 c. all-purpose flour  
 3 1/2 c. milk  
 1 lb. cheese (I use a mixture of 4-5 different kinds, white or yellow American, cheddar, mozzarella, provolone, Swiss, farmers cheese, Monterrey, pepper jack)

Be adventurous!

If you like it spicy and don't get the pepper jack cheese, you can add about 1/8-1/4 cayenne pepper to the cheese sauce. It depends on how spicy you want it.

Cook macaroni as directed on package. Cook and stir butter, onion, salt and pepper over medium heat until onion is tender. Blend in flour. Add milk and cook over low heat, stirring constantly. Boil and stir 1 minute; remove from heat. Stir in cheese until melted.

Place macaroni in ungreased 9 x12 casserole dish. Stir cheese sauce into macaroni. Cook uncovered in a 375 degree oven for 30-40 minutes or until bubbly. ENJOY!

— Vicki Ziegler

### **Macaroni Salad**

1 lb. shells or penne, cook according to directions on package,  
 drain and let cool

Mix next 4 ingredients and add to cool pasta

4 eggs, hardboiled and chopped  
 2 cups celery, chopped  
 2 Tablespoons relish  
 (2 chipotle peppers in adobo for extra kick)

(Can add 1 pkg. coleslaw or broccoli slaw.)

Fold in 1 cup mayonnaise,  
 ½ cup sour cream  
 1 tablespoons Dijon mustard  
 1 tablespoon apple cider vinegar

— Barbara Aho

## **Apple Nut Lattice Tart**

This elegant tart, adapted from several recipes, is a delicious contemporary variation of apple pie.

Prep Time: 30 Min

Total Time: 3 hr. 25 Min

Makes: 8

### **INGREDIENTS:**

#### **Crust**

1 box Pillsbury refrigerated pie crusts, softened as directed on box.

#### **Filling**

3 to 3 ½ cups thinly sliced, peeled apples (3 to 4 medium)

1 ½ cup granulated sugar

3 tablespoons golden raisins

3 tablespoons chopped walnuts or pecans

½ teaspoon ground cinnamon

¼ to ½ teaspoon grated lemon peel

2 teaspoons lemon juice

#### **Glaze**

¼ cup powdered sugar

1 to 2 teaspoons lemon juice

### **Directions:**

Make pie crusts as directed on box for Two-Crust Pie using 10-inch tart pan with removable bottom or 9-inch glass pie pan. Place 1 crust in pan; press in bottom and up side of pan. Trim edge if necessary.

Place cookie sheet on middle oven rack in oven to preheat; heat oven to 400°F. In large bowl, mix filling ingredients to coat. Spoon into crust lined pan.

To make lattice top, cut second crust into ½-inch-wide strips. Arrange strips in lattice design over filling. Trim and seal edges.

Place tart on preheated cookie sheet in oven; bake 40 to 55 minutes or until apples are tender and crust is golden brown. During last 10 to 15 minutes of baking, cover crust edge with strips of foil to prevent excessive browning. Remove from cookie sheet. Cool 1 hour.

In small bowl, blend glaze ingredients, adding enough lemon juice for desired drizzling consistency. Drizzle over slightly warm tart. Cool completely, about 1 hour. Remove sides of pan.

— *Elena Porras Trejo*

## **LEMON GUAVA CAKE**

### **INGREDIENTS:**

1 (18.25 ounce) package  
lemon cake mix  
1/3 cup white sugar  
3/4 cup vegetable oil  
1 cup guava nectar  
1 tablespoon vanilla extract  
4 eggs

### **GLAZE:**

2 cups confectioner's sugar  
3 tablespoons lemon juice  
3 drops vegetable oil

### **DIRECTIONS:**

1. Preheat oven to 325 degrees. Grease one 10 inch Bundt pan.
2. Combine the cake mix, white sugar, 3/4 cup vegetable oil, and guava nectar together. Beat in the eggs one at a time, mixing well after each addition. Pour the batter into the prepared pan.
3. Bake at 325 degrees for 45 minutes. If toothpick inserted in center comes out clean, it's done. Let cake cool in pan for 10 minute then invert onto a serving dish and pour glaze over cake while it is still warm.
4. To Make Glaze: Combine the confectioners' sugar, lemon juice and the 3 drops of oil, mixing until smooth. Use immediately to pour over still warm cake.

— *Teresa Barczak*

## **Down Home Baked Beans**

1 lb bacon  
2 (28 oz) cans baked beans  
1 (12oz) bottle chili sauce  
1 large sweet onion, chopped  
2 cups packed brown sugar

1. Preheat oven to 350
2. Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside.
3. In a large bowl, combine beans, chili sauce, onion, brown sugar and bacon. Pour into a 9x13 inch casserole dish.
4. Bake in preheated oven for 45 minutes to 1 hour.

— *Debbie Cliche*