



# JOHNSON COUNTY

## 4-H

## 2023

# FOOD FARE

## "DECADES OF TIME"



**FRIDAY, MARCH 31**

**6:00 PM – 8:00 PM**



**Johnson County  
K-State Research & Extension Office**

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Olathe, KS 66061-7057

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**Hosted by:  
Johnson County 4-H Clubs & Extension Master Food Volunteers**

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# BLUE RIVER WRANGLERS 1850'S

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## Johnny Cake

2 eggs  
2 cups buttermilk  
1/2 cup flour  
2 Tbsp. molasses  
1 tsp salt  
2 cups cornmeal  
1 tsp baking powder  
2 Tbsp. butter

## Instructions

1. Beat eggs, then add buttermilk and molasses.
2. Mix the cornmeal, flour, salt, and baking powder.
3. Add butter.
4. Bake the cake mixture in a Dutch oven until done or you can make individual small "pancakes", using a skillet.

## Traditional Cowboy Beans - Cowboy Kent Rollins

1 pound Pinto Beans	2 tablespoons Chile Powder
1 pound Kidney Beans	2 tablespoons Smoked Paprika
1 Ham Hock	1 tablespoon Cumin
2 Dried Guajillo Chiles	2 tablespoons Kent's Mesquite Seasoning
2 Garlic Cloves (minced)	(See substitute)
2 White Onions (coarsely chopped)	1 tablespoon Kent's Original Seasoning
1/4 cup Dried Cilantro	(See substitute)

## Instructions

1. Add the beans to a large pot and cover with about 1 inch of warm water.
2. Stir in the ham hock , guajillo chiles, garlic, onion and jalapenos.
3. Bring the beans to a boil for about 10 minutes.
4. Stir in the remaining seasonings. Cover and cook over a low boil for about 3 hours, or until the beans are tender, stirring occasionally. Be sure the beans stay covered with water as the cook. Stir in hot water as needed. The cooking time can greatly vary depending on your elevation.

## Great Grandma's Pioneer Trail Biscuits

2 cups flour  
2 1/2 Tbsp baking powder  
1/2 tsp ground nutmeg  
1 Tbsp salt  
3 Tbsp sugar  
1 cup lard (Crisco or margarine)  
1 cup buttermilk

## Instructions

Place all dry ingredients into a large bowl. Cut in the lard, until mixture looks like meal. Stir in buttermilk. If dough is not pliable, add just enough buttermilk to make a soft, puffy dough that is easy to roll out. Knead dough on lightly floured board about one to two minutes or 25 to 30 times. Roll out dough to about 3/4 inch thick. Cut with floured biscuit cutter or use a glass of the right size. Place on greased baking sheet. Bake in a 450-degree oven for 10 to 12 minutes.

## **Ms. Ruth's Jumbles - Old Fashioned Sugar Cookies**

1 cup butter  
1 cup Sugar  
2 large eggs  
3 cups Flour  
1 cup milk  
1/2 tsp Baking Soda  
1 lemon juice and zest

### **Instructions**

1. Cream butter and sugar
2. Add eggs, milk, lemon juice and zest - mix well.
3. Mix baking soda with flour and slowly add to mixture.
4. Spread batter onto greased baking sheet.
5. Bake at 350 degrees for 10 - 15 minutes. depending on how thick you spread the batter.
6. Let cool and cut into squares - do not stack them on each other.

## **HAPPY HELPERS 1860'S**

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### **Venison Stew**

1 lb. venison, diced - all sinew removed (leg meat)  
1 Tbsp. Olive oil  
2 1/2 cups diced potatoes -  
    skin on (3 medium potatoes)  
2 cups diced carrots.  
1 cup diced celery.  
1 large onion, diced.  
2 garlic cloves, minced.

2 tsp. herbs de Provence\*  
1 tsp. salt  
3/4 tsp. black pepper  
1, 15 oz. - canned diced tomatoes  
4 cups, unsalted beef stock/ venison stock  
3 to 4 dashes Worcestershire sauce

### **Instructions**

1. Dice the venison into bite-sized chunks, being sure to remove any of the silvery sinew tissue. Leaving this on makes the meat tough.
2. Add the olive oil to a large pot or Dutch oven and heat over medium-high heat.
3. When the oil is hot, allow the venison to saute for 5-7 minutes or until the edges start to brown. Remove the venison from the pot and set aside.
4. Turn the heat down to medium and add the potatoes, carrots, celery and onion. Allow the vegetables to saute for about 8-10 minutes, or until they begin to soften.
5. Then, add the garlic, herbs de Provence, salt and pepper and cook for an additional minute before adding the tomatoes, broth and Worcestershire sauce. Then, add the venison back to the pot. Stir well and bring the stew to a boil.
6. Once a boil is reached, turn the heat to low, cover the pot with a lid, and allow the stew to simmer for 1-2 hours until the venison is tender.
7. Serve hot (is amazing with crusty bread).

### **Ginger Water**

1/2 to 3/4 cup packed brown sugar.  
1 tsp. powdered ginger  
1/2 cup cider vinegar

1. Dissolve the brown sugar and ginger in the vinegar by shaking or stirring.
2. Add 1 quart of cold water, mix, and serve.

## **Lemonade**

**5 or 6 medium lemons**  
**1 1/2 cups, granulated sugar**  
**Ice - Crushed or Cubes**

### **Instructions**

- 1. Put the lemons in a bowl, cover with boiling water, and let stand for 2 minutes.**
- 2. Pour off the water, wipe out the bowl, and place the lemons on a kitchen towel. Roll each on go and press as you go.**
- 3. Slice the lemons thin. So you do not lose any juice, either hold them over the bowl while slicing or cut on a saucer or grooved board.**
- 4. Place the slices in the bowl, sprinkling each layer with sugar until it is all used up. Let stand 25 to 30 minutes.**
- 5. Press well with spoon, taking care not to break up the slices.**
- 6. Put the contents of the bowl in a pitcher and fill with 3 quarts of cold water.**
- 7. Stir and pour into tall glasses containing ice.**

## **Gingerbread**

**1 cup packed brown sugar**  
**1/2 c shortening**  
**1 cup molasses**  
**2 tsp baking soda**  
**1 cup boiling water**  
**3 cups all-purpose flour**  
**1 tsp ground ginger**  
**1 tsp cinnamon**  
**1 tsp allspice**  
**1 tsp nutmeg**  
**1 tsp cloves**  
**1/2 tsp salt**

### **Instructions**

- 1. Preheat the oven to 350 degrees F. Grease a 9x9" baking pan.**
- 2. Blend the sugar and the shortening in a mixing bowl and mix in the molasses.**
- 3. Add the baking soda to the boiling water and mix well.**
- 4. Combine the flour and the spices and sift into a large bowl.**
- 5. Combine the sugar-molasses mixture with the flour mixture and the baking soda-water liquid. Mix the ingredients well and pour the batter into the prepared pan.**
- 6. Bake for 45 minutes, or until a cake tester inserted in the center of the gingerbread comes out clean.**

## **Old Fashioned Apple Pie**

**Crust -**

**2 cups all-purpose flour, plus more for work surface**  
**1 cup cold unsalted butter or cold vegetable shortening, cut into small pieces.**  
**1 teaspoon kosher salt**

**Filling -**

**9 to 10 tart apples such as Granny Smith or McIntosh (about 4 lb. total), peeled and thinly sliced.**  
**1/2 cup granulated sugar**  
**1/4 cup all-purpose flour**  
**1 teaspoon ground cinnamon**  
**Dash of kosher salt**  
**2 tablespoons unsalted butter, cut into small pieces.**

## **Instructions**

- 1. Prepare the Crust:** Using your fingers, mix together flour, butter, and salt in a large bowl until butter is well incorporated. Gradually sprinkle 2 to 4 tablespoons very cold water into mixture, kneading as you add water, until dough just comes together. (You may not need to add all the water.) Turn dough out onto a lightly floured work surface; knead until it forms a smooth ball, 2 to 3 times. Divide dough in half, and shape into 2 disks. Wrap each disk in plastic wrap; chill at least 2 hours or up to overnight.
- 2. Unwrap 1 chilled dough disk, and place on a lightly floured work surface. Let stand at room temperature until slightly softened, about 5 minutes. Sprinkle with flour; roll into a 12-inch circle. Carefully fit dough round into a 9-inch deep-dish glass pie plate, leaving a 1 ½-inch overhang around edges. Refrigerate until ready to use.**
- 3. Prepare the Filling:** Preheat oven to 425°F with oven rack in lowest position. Stir together apples, sugar, flour, cinnamon, and salt in a large bowl until apples are evenly coated. Spoon mixture into prepared piecrust; sprinkle mixture with butter.
- 4. Unwrap remaining chilled pie dough disk, and place on a lightly floured work surface. Let stand at room temperature until slightly softened, about 5 minutes. Sprinkle with flour; roll into a 12-inch circle. Cut into 12 (¾-inch-wide) strips. (Discard remaining dough scraps or use for another purpose.) Arrange strips in a lattice design over Filling; trim strips as needed to meet the bottom Crust overhang. Fold dough edges under, and crimp using your fingers or a fork.**
- 5. Place assembled pie on a rimmed baking sheet. Bake in preheated oven 15 minutes. Reduce oven temperature to 350°F (leaving pie in oven); continue baking 45 minutes. Cover loosely with aluminum foil to prevent excessive browning; continue baking until juices are thick and bubbly, crust is golden brown, and apples are tender when pierced with a long wooden pick, about 30 minutes. Transfer pie to a wire rack, and cool at least 1 hour.**

## **GREAT PLAINS 1890'S**

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### **Cream Cheese and Olive Sandwiches for Tea**

12 slices - White bread frozen  
1/2 cup cream cheese - room temperature  
1/2 cup black and green olive tapenade  
12 green olives with pimentos

Prep Time - 15 minutes  
Total Time - 15 minutes  
Servings - 12 tea sandwiches

## **Instructions**

- 1. Cut two rounds of each slice of frozen bread using a 1 1/2-inch cookie cutter.**
- 2. Add 2 tsp olive tapenade to 12 of the bread rounds and top with the other 12 rounds.**
- 3. To garnish - skewer a green olive with a toothpick and insert into the center of each tea sandwich.**

## **Cucumber Sandwiches**

**1 ½ package (12-ounces) cream cheese, softened.**  
**1/3 cup sour cream**  
**1/3 cup mayonnaise**  
**1 ½ tablespoon freshly squeezed lemon juice.**  
**2 cloves of garlic, minced.**  
**1 tablespoon dried chives**

**1/2 teaspoon Kosher salt**  
**¾ teaspoon onion powder**  
**¼ teaspoon dried dill**  
**Pinch of black pepper**  
**1/3 cup room temperature unsalted butter**  
**2 English cucumbers sliced thin.**  
**1 (1 pound) loaf sliced white bread (preferably from the bakery), crust removed**

### **Instructions**

- 1. Add the cream cheese, sour cream, mayonnaise, lemon juice, garlic, chives, salt, onion powder, dill, and pepper to a medium-sized mixing bowl.**
- 2. Using a handheld mixer, mix on medium speed until smooth and well combined. This can be made and kept refrigerated up to 2 days in advance.**
- 3. To assemble the sandwiches, begin by very lightly buttering each slice of bread all the way to the edges. Then, spread a scant tablespoon of the dill sauce across each slice of bread. Reserve/use any leftover spread as a vegetable dip, if desired.**
- 4. Divide the sliced cucumber over half of the bread slices, slightly overlapping them. Top with the remaining bread slices and cut into triangles or rectangles. Serve and enjoy!**

### **How to Cut Tea Sandwiches**

**Triangles | Cut the assembled sandwich in half on the diagonal. Then, cut each diagonal in half.**

**Squares | Cut the sandwich into quarters. This means you'll cut each sandwich in half, then, cut each half in half crosswise!**

**Rectangles | Cut each sandwich into three narrow strips.**

**Rounds | Use a decorative cookie cutter or a biscuit cutter to cut out shapes from the slices of bread. Note, you will probably need double the bread if using this method of cutting. Depending on the size of your cookie cutter, there will likely be lots of wasted scraps.**

## **Easy Sourdough Discard Crumpets**

**1 to 2 tablespoons unsalted butter, or butter substitute, divided.**  
**1 cup sourdough starter discard, unfed, cold or room temperature.**  
**1 teaspoon granulated sugar**  
**3/8 teaspoon baking soda**  
**1/4 teaspoon kosher salt**

### **Equipment**

**English Muffin rings (1x4 inches) or wide mouth canning jar bands**  
**Electric skillet or griddle**  
**Infrared temperature gun**  
**Canola oil spray**  
**Large cookie scoop**  
**Spatula tongs**



## **Instructions**

- 1. Use a paper towel, a napkin, or your finger to grease the insides of 4 or 5 English muffin rings with some butter. Make sure that the butter is spread evenly, but not too heavily. Set aside.**
- 2. In a medium bowl, whisk together the sourdough starter discard, sugar, baking soda, and salt. The batter will rise and bubble a bit, becoming almost billowy.**
- 3. Heat an electric skillet or griddle over medium-low heat (around 300 °F if measuring with an infrared temperature gun). Spray the surface with a bit of canola oil spray, then add a pat of butter to melt and sizzle.**
- 4. Place 2 to 4 English muffin rings on the griddle close to the heat source. Use a large cookie scoop to portion out about ¼ cup of the batter. Don't overfill the rings. Cook the crumpets until the tops look dry and pockmarked with small bubbles, about 5 minutes.**
- 5. Carefully flip the crumpets over, then remove the ring. Be careful - the rings are hot if you use your fingers. The rings should slide right off, but you might have to poke at the crumpets a bit to loosen them.**
- 6. Cook the crumpets until the bottoms are golden brown, about 3 minutes. Remove the crumpets to a plate.**
- 7. Repeat with any remaining batter, re-greasing the rings and adding another pat of butter to the griddle if needed.**
- 8. Serve the crumpets warm with butter and jam, or toast them to get even more crunch.**
- 9. Crumpets can be stored at room temperature in an airtight container for several days, or frozen in an airtight bag for longer storage.**

## **Notes**

**Butter is used just to grease the English muffin rings and the griddle, so you can use a butter substitute to make this a dairy-free and vegan recipe.**

**The nature of your sourdough starter will determine how much baking soda and salt to use. Increase the salt to ½ teaspoon if the discard is weak, and increase the baking soda to ½ teaspoon if starter is very sour. If you're unsure, use the lesser amount - too much baking soda and the crumpets will have a metallic taste, and too much salt will make them bitter.**

## **Victorian Tea Cookies w/ Icing**

**3 cups all-purpose flour  
3/4 teaspoon baking powder 1/4 teaspoon salt  
1 cup unsalted butter softened 1 cup sugar.  
1 egg, beaten.**

### **Icing**

**1 tablespoon milk  
1 cup confectioners' sugar, plus more for rolling  
2 teaspoons milk  
1/4 teaspoon flavoring such as vanilla or almond extract  
any additions you would like (lavender flowers, lemon zest, etc.)**

## **Instructions**

**In a medium-sized bowl, sift together flour, baking powder, and salt. Set aside.**

**Place butter and sugar in a large bowl; beat together until well blended.**

**Add egg and milk and continue to beat together.**

**Slowly stir in the flour mixture and continue to mix until the dough begins to pull away from the sides of the bowl.**

**Divide the dough in half, wrap in waxed paper, and refrigerate for 2 hours.**

**Preheat oven to 375 degrees.**

**Sprinkle a clean surface with confectioners' sugar. Remove one wrapped pack of dough from refrigerator at a time.**

**Sprinkle rolling pin with confectioners' sugar and roll out dough to 1/4-inch thick.**

**Cut into desired shape and place onto a parchment lined baking sheet at least 1 inch apart.**

**Bake for 7 to 9 minutes or until cookies are just beginning to turn brown around the edges rotating cookie sheet halfway through baking time.**

**Remove from the oven and let sit on baking sheet for 2 minutes prior to placing them on a cooling rack.**

**Once the cookies are completely cooled, prepare the icing by combining the confectioners' sugar, milk, and flavoring extract until well blended.**

**Use the back of a spoon or pastry bag to frost the cookies and let stand for another 3 to 4 minutes before serving.**

## **Tea Cakes**

**1 stick (4 ounces) unsalted butter**

**1 large egg**

**1 1/3 cup gluten free flour blend**

**1/2 teaspoon baking soda**

**1/4 teaspoon kosher salt**

**2/3 cup granulated sugar**

**1 tablespoon vanilla extract**

## **Instructions**

**1. Place 1 stick unsalted butter in a stand mixer (or large bowl if using an electric hand mixer). Place 1 large egg on the counter. Let them sit at room temperature until the butter is softened, at least 1 hour.**

**2. Place 1 cup gluten free flour blend, 1/2 teaspoon baking soda, and 1/4 teaspoon kosher salt in a medium bowl and whisk to combine.**

**3. Add 2/3 cup granulated sugar to the bowl of butter. Beat on medium speed with the paddle attachment until fluffy, 3 to 4 minutes. Stop the mixer and scrape down the paddle and sides of the bowl. Beat in the egg. Stop and scrape down the bowl again. Beat in 1 tablespoon vanilla extract.**

**4. With the mixer on the lowest speed, beat in 1/3 of the gluten free flour mixture at a time until just combined. Cover the bowl and refrigerate the dough for at least 2 hours.**

**5. Arrange a rack in the middle of the oven and heat the oven to 350°F. Line 2 baking sheets with parchment paper or silicone mats. Scoop out the dough with a 1 1/2-inch cookie scoop or into 12 (about 2 rounded tablespoon) portions and roll into balls. Place the dough balls at least 3 inches apart spaced evenly on the prepared baking sheets. Bake one sheet at a time until the cookies have browned slightly around the edges and are firmly set in the middle, 10 to 12 minutes. Keep the second batch of dough refrigerated until ready to bake. Let cool on the baking sheets for 10 minutes.**

## **Lemon Muffins**

**¾ cup all-purpose flour (220g)**  
**¾ cup granulated sugar (150g)**  
**2 Tablespoons cornstarch**  
**2 teaspoons baking powder**  
**½ teaspoon baking soda**  
**½ teaspoon table salt**  
**¾ cup sour cream (180g)**

**½ cup unsalted butter melted (113g)**  
**1 large egg**  
**3 Tablespoons lemon zest**  
**2 Tablespoons lemon juice**  
**½ teaspoon lemon extract optional,**  
**but will give your muffins a stronger lemon**  
**flavor.**

## **Lemon Glaze**

**1 ¼ cup powdered sugar (160g)**  
**1 ½ - 3 Tablespoons lemon juice**

## **Instructions**

**Preheat your oven to 425F (220C) and line a 12-count muffin tin with paper liners. Set aside. In a large mixing bowl, whisk together flour, sugar, baking powder, baking soda, cornstarch, and salt. In a separate bowl, whisk together sour cream, melted butter, egg, lemon juice, lemon zest, and lemon extract (if using) until well-combined. Add the wet ingredients to the dry ingredients and use a spatula to gently combine until you have a uniform batter (don't over-mix or your muffins will be dense!). This is a very thick muffin batter. Evenly divide batter into prepared muffin tin – for larger, taller muffins only divide the batter into 10 cavities rather than all 12. Bake in center rack of 425F (220C) for 8 minutes, then, without opening the oven door, reduce temperature to 350F and continue to bake for another 5-6 minutes (may need a minute longer if only baking 10-12 muffins), until a toothpick inserted in the center of a muffin comes out clean or with a few moist crumbs. Allow muffins to cool in their pan for about 5-10 minutes before carefully removing from pan and allowing to cool on cooling rack before adding glaze.**

### **Lemon Glaze**

**Whisk together powdered sugar and 1 ½ Tbsp lemon juice. If glaze is too thick to whisk easily, add more lemon juice a splash at a time, until a smooth consistency is reached that drizzles off the whisk in a ribbon. Drizzle over muffins or dip completely cooled muffin tops in the glaze. If you're the patient type, allow glaze to sit and become firm before serving.**

# **LUCKY CLOVERS 1900'S**

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## **Jell-O**

**1 - 3-ounce box Instant  
Jell-O mix**  
**1 cup boiling water**  
**1 cup cold water**

## **Instructions**

**Pour the powdered gelatin into a medium-sized mixing bowl. Add boiling water to the gelatin mix, and stir for 2 minutes until it's completely dissolved. Stir in the cold water. Refrigerate for at least 4 hours, or until the gelatin is firm and doesn't stick to your fingers. Once your Jell-O has firmed up, it's ready to eat. If you're making it for dessert, you can scoop some into a dish and top it off with whipped cream or Dream Whip.**

## **Ambrosia Salad**

1 can (15 ounces) mandarin oranges, drained  
1 can (8 ounces) pineapple tidbits, drained  
1 cup miniature marshmallows  
1 cup sweetened shredded coconut.  
1 cup sour cream

## **Instructions**

In a large bowl, combine the oranges, pineapple, marshmallows and coconut. Add sour cream and toss to mix. Cover and refrigerate for several hours.

## **Lady Baltimore Cake**

1-2/3 cups raisins  
Chopped 8 dried figs  
1/2 cup brandy  
cake, finely chopped  
2-1/2 cups all-purpose flour  
2 cups sugar  
1 teaspoon grated orange zest  
1 teaspoon baking powder  
1/2 teaspoon baking soda  
1/8 teaspoon salt

1-1/3 cups buttermilk  
1/2 cup butter, softened  
1 teaspoon vanilla extract  
4 large egg whites frosting:  
2 cups butter, softened  
6 cups confectioners' sugar, sifted  
2 teaspoons vanilla extract  
1/4 to 1/3 cup heavy whipping cream  
1 cup finely chopped pecans, toasted

## **Instructions**

In a small bowl, combine raisins and figs. Add brandy; toss to combine. Let stand, covered, at room temperature until brandy is absorbed, about 2 hours, stirring occasionally.

Preheat oven to 350°. Line bottoms of 3 greased 8-in. round cake pans with parchment, grease paper.

In a large bowl, mix flour, sugar, orange zest, baking powder, baking soda and salt until blended. Add buttermilk, butter and vanilla; beat on low speed 30 seconds or just until dry ingredients are moistened. Beat on medium for 2 minutes. Add egg whites; beat 2 minutes longer.

Transfer batter to prepared pans. Bake until a toothpick inserted in center comes out clean, 20-25 minutes. Cool in pans 10 minutes before removing to wire racks to cool completely.

In a large bowl, cream butter until fluffy. Gradually beat in confectioners' sugar. Beat in vanilla and enough cream to reach desired consistency. For filling, remove 1 cup frosting to a small bowl; stir in pecans and raisin mixture.

Place 1 cake layer on a serving plate; spread with half the filling. Add another cake layer; top with remaining filling. Add remaining cake layer; spread remaining frosting over top and sides of cake.

# SPRING HILL RUSTLERS 1910'S

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## Spaghetti au gratin/Baked Spaghetti

1 pound uncooked spaghetti  
1 pound lean ground beef  
1/2 medium onion chopped  
1/2 teaspoon dried oregano or Italian seasoning  
1/2 teaspoon red pepper flakes optional  
4 cloves garlic minced  
4 cups marinara sauce  
1 cup shredded mozzarella  
1 cup shredded cheddar  
1 cup freshly grated parmesan cheese  
Salt & pepper to taste

Prep Time 10 minutes  
Cook Time 35 minutes  
Total Time 45 minutes  
Serving Size 8

### Instructions

1. Preheat oven to 375F and move the rack to the top third of the oven.
2. Boil a salted pot of water for the pasta. Cook it for 2 minutes less than the package directions indicate. Once it's done, drain it and add it to a 9x13 casserole/baking dish.
3. Meanwhile, add the beef, onion, oregano, and red pepper flakes to a skillet. There should be enough fat released by the beef to cook the onion, but if it's particularly lean, add a tablespoon of olive oil. Cook over medium-high heat, stirring occasionally, until the meat has browned/cooked through (about 10 minutes). If there's a lot of excess fat, spoon most of it out.
4. To the skillet, stir in the garlic and cook for about a minute, then add in the marinara sauce and cook for a few more minutes until it's warmed through. I stir in some salt & pepper as well.
5. Pour the beef mixture over top of the spaghetti. Toss until everything is coated. Smooth it out into an even layer.
6. Top with the cheeses and bake, uncovered, for 20 minutes. Broil for a few minutes to brown the cheese if you want (watch it carefully). Let it sit for 5-10 minutes, then serve by cutting it into squares using a spatula. I garnished it with some chopped parsley, but that's totally optional.

## Rainbow Sherbet Punch

2 liters lemon lime soda  
2 cups fruit punch  
2 quarts of rainbow sherbet

### Instructions

1. Add chilled lemon lime soda and 2 cups fruit punch to a large punch bowl. Stir gently to combine.
2. Scoop sherbet on top of the soda combination, allowing it to float and fizz to create a colorful presentation.

## Slow-Cooker Baked Apples

6 medium tart apples  
1/2 cup raisins  
1/3 cup packed brown sugar  
1 tablespoon grated orange zest  
1 cup water  
3 tablespoons thawed orange juice concentrate  
2 tablespoons butter

### Instructions

1. Core apples and peel the top third of each if desired. Combine the raisins, brown sugar and orange zest; spoon into apples. Place in a 5-qt. slow cooker.
2. Pour water around apples. Drizzle with orange juice concentrate. Dot with butter. Cover and cook on low for 4-5 hours or until apples are tender.

## Titanic's Cabin Biscuits

2 cups flour  
1/2 tsp salt  
1 tsp shortening  
3/4 cup water

**Pep Time 15 minutes**  
**Cook Time 20 minutes**  
**Total Time 35 minutes**

### Instructions

### Topping Variations

Spray each unbaked biscuit with water and sprinkle with rock salt. Brush unbaked biscuits with melted butter then sprinkle a mixture of cinnamon and sugar. After 10 minutes sprinkle with parmesan cheese and chopped parsley, return to oven for an additional 5 minutes.

1. Mix the flour and salt together in a bowl.
2. Work shortening into mixture until it resembles fine crumbs.
3. Make a well in the flour, add water and mix until you have stiff dough. - Add 1 to 2 additional tablespoons if required.
4. Place on a lightly floured board and roll into a 1 inch diameter log/cylinder shape. Cut the log into 25 discs and place on a cookie sheet.
5. Cover with clear plastic wrap and let rest for 15 minutes.
6. Roll each disk into 2 1/2-inch circles. Prick holes with a fork. Bake at 375 degrees for 15 minutes.

## **MASTER FOOD VOLUNTEERS 1920'S**

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### Lemon Ginger Icebox Cake

8 ounces cream cheese, softened  
2 teaspoon grated lemon zest  
10 ounces lemon curd  
2 cups heavy whipping cream  
10.5 ounces then ginger cookies  
2 tablespoons crystalized ginger, chopped

### Instructions

1. In a large bowl beat cream cheese and lemon curd until creamy
  2. Beat in lemon zest until smooth.
  3. Gradually add cream, beating on medium high until soft peaks form
  4. Line bottom of an 8-inch square dish with 9 cookies.
  5. Spread with 2/3 cup cream cheese mixture.
  6. Repeat layer six times
  7. Sprinkle with crystalized ginger
- Refrigerate. Covered 2 hours or overnight

<b>Nutrition Facts</b>	
12 servings per container	
Serving size	1 piece (109g)
Amount per serving	
<b>Calories</b>	<b>390</b>
% Daily Value*	
Total Fat 26g	33%
Saturated Fat 15g	75%
Trans Fat 0.5g	
Cholesterol 90mg	30%
Sodium 210mg	9%
Total Carbohydrate 37g	13%
Dietary Fiber 0g	0%
Total Sugars 22g	
Includes 1g Added Sugars	2%
Protein 4g	
Vitamin D 1mcg	6%
Calcium 65mg	6%
Iron 2mg	10%
Potassium 150mg	4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## **Simple Waldorf Salad**

- 2 large Gala or Honeycrisp apples, unpeeled and chopped (about 3 cups)**
- 2 cups chopped celery**
- 1/4 cup raisins**
- 1/4 cup chopped walnuts, toasted**
- 1/3 cup reduced-fat mayonnaise**
- 1/3 cup plain yogurt**

### **Instructions**

- 1. Combine apples, celery raisins and walnuts**
- 2. Add mayonnaise and yogurt, toss to coat**
- 3. Refrigerate covered, until serving.**

<b>Nutrition Facts</b>	
6 servings per container	
Serving size	3/4 cup (112g)
Amount per serving	
<b>Calories</b>	<b>100</b>
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	7%
Total Sugars 12g	
Includes 0g Added Sugars	0%
<b>Protein 2g</b>	
Vitamin D 0mcg	0%
Calcium 48mg	4%
Iron 0mg	0%
Potassium 220mg	4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## **Tea Sandwiches**

- 1/2 teaspoon dried tarragon**
- 1/4 teaspoon pepper**
- 1 pound boneless, skinless chicken breasts or 2 12-ounce cans of low-sodium chicken**
- 1/2 cup reduced fat mayonnaise**
- 1 tablespoon finely chopped red onion**
- 1 teaspoon dill weed**
- 1/2 teaspoon lemon juice**
- 24 slices soft, multigrain bread, crusts removed**
- 1 medium cucumber, thinly sliced**
- 1/4 medium cantaloupe, cut into 12 thin slices**

### **Instructions**

- 1. Combine the tarragon, 1/4 teaspoon pepper; rub over chicken or add to canned chicken in a bowl.**
- 2. If using chicken breasts, place on a baking sheet coated with cooking spray.**
- 3. Bake at 350 degrees for 20 to 25 minutes or until a thermometer reads 170 degrees. Cook to room temperature, thinly slice.**
- 4. In a small bowl, combine the mayonnaise, onion, dill and lemon juice. Spread over 12 bread slices. Top with cucumber, chicken breasts or canned chicken, cantaloupe and remaining bread.**
- 5. Cut sandwiches in half diagonally.**

<b>Nutrition Facts</b>	
12 servings per container	
Serving size	2 Sandwich Halfs (139g)
Amount per serving	
<b>Calories</b>	<b>200</b>
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 450mg	20%
Total Carbohydrate 25g	9%
Dietary Fiber 0g	0%
Total Sugars 4g	
Includes 0g Added Sugars	0%
<b>Protein 16g</b>	
Vitamin D 0mcg	0%
Calcium 102mg	8%
Iron 2mg	10%
Potassium 42mg	0%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## **Warm Spiced Cider Punch**

- 4 cups apple cider or unsweetened apple juice**
- 2 1/4 cups water**
- 6 ounces (1 can) frozen orange juice concentrate, thawed**
- 3/4 teaspoon ground nutmeg**
- 3/4 teaspoon ground ginger**
- 3 whole cloves**
- 2 cinnamon sticks**
- Optional: Orange slices and additional cinnamon sticks**

### **Instructions**

- 1. In a 3-quart slow cooker, combining the apple cider, water, orange juice concentrate, nutmeg**
- 2. and ginger**
- 3. Place the cloves and cinnamon sticks on a double thickness cheesecloth, bring up the**
- 4. corners and tie with string to form a bag.**
- 5. Place the bag in the slow cooker**
- 6. Cover and cook on low 4-5 hours or until heated through**
- 7. Remove and discard spice bag,**
- 8. Garnish with orange slices and additional cinnamon sticks if desired.**

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>3/4 cup (144g)</b>
<hr/>	
Amount per serving	
<b>Calories</b>	<b>140</b>
<hr/>	
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 19g	7%
Dietary Fiber 0g	0%
Total Sugars 16g	
Includes 1g Added Sugars	2%
Protein 0g	
<hr/>	
Vitamin D 0mcg	0%
Calcium 6mg	0%
Iron 0mg	0%
Potassium 46mg	0%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

## **COMET TECH 1930'S**

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## **Mandarin Orange Jell-O Salad**

- 1 package vanilla tapioca pudding**
- 1 package orange jell-o**
- 1 package instant vanilla pudding**
- 2 cups hot water**

### **Instructions**

- Mix above and cook until thick; stir as it will stick.**
- Let cool.**
- Then add: 1 small tub Cool Whip**
- small can mandarin oranges, drained**
- Fold together - Let chill**

## **Miracle Artisan Bread**

- 1c. unbleached all-purpose flour**
- 1 1/4 cups whole wheat flour**
- 1 1/2 t. sugar**
- 1 1/2 t. salt**
- 1 1/2 t. yeast**
- 1 1/2 c. warm water**
- 2 T. olive oil**

### **Instructions**

- Add yeast and sugar to warm water and allow to activate for about 5 minutes. Add remaining ingredients and mix well. No kneading necessary.**
- Cover with towel and let dough rise until doubled, 1 1/2-2 hours. Punch down and shape into a round loaf on a baking stone. Let rise again for about an hour. Bake at 450 for 20 minutes. Brush the top with butter right out of the oven.**



## **Amish Potato Salad**

6 cup of potatoes (3 cups)  
6 eggs, boiled (3 eggs)  
¼ medium onion, chopped fine  
2/4 cup of cut-up celery  
2 tsp. salt (1 tsp.)  
½ cup milk (1/8 cup)  
1 scant tablespoon of mustard (1/2  
tablespoon)  
¼ cup of vinegar (1/8 cup)  
1 ¼ cup of white sugar (5/8 cup)  
1 ½ cup of salad dressing (3/4 cup)

## **Instructions**

Cook potatoes in skins, till not quite soft. Chill till cold. Put through salad maker or peel and dice. Mash boiled eggs with potato masher and add to potatoes. Add cut-up celery and onions as you like. Mix remaining ingredients in separate bowl. Add to potato mixture and mix well. This keeps for several days. Note: The Amish use hand-cranked "salad makers". Simply dicing the potatoes will give the same effect. I use a cheese grater. This recipe makes a large amount. The measurements to the side in ( ) are ½ the recipe.

## **Hoover Stew**

This meal would be common during the depression. What you had is what you put in.

Potatoes

Carrots

Ground beef or chuck or round – Ground beef will make it go farther Beef stock

Pasta – if you have it

# **COUNTRY HEARTS 1940'S**

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## **Allied Punch**

1 pint pineapple juice  
1 pint raspberry juice  
1 cup granulated sugar  
½ cup lemon juice  
½ cup ice (per cup)  
Carbonated water

## **Instructions**

1 - Mix the juices together with the sugar until the sugar dissolves.  
2 - Chill.  
3 - Serve with ice and top with carbonated water.  
4 - Double recipe as needed.

## **Peanut Butter Cornflake Cookies**

5 ½ cups plain corn flakes(unsweetened)  
1 cup light corn syrup  
1 cup granulated sugar  
1 cup creamy peanut butter  
1 teaspoon vanilla extract, optional  
¼ cup semi-sweet chocolate chips  
½ teaspoon vegetable oil or coconut oil

## **Instructions**

- 1 - Line your countertop or several baking sheets with parchment paper.**
- 2 - Add cornflakes to a large bowl.**
- 3 - In a medium pan add the corn syrup and sugar and heat over medium heat until sugar dissolves.**
- 4 - Once dissolved, remove from heat and stir in the peanut butter and vanilla until combined and smooth.**
- 5 - Pour mixture over the cornflakes and stir gently until all the corn flakes are coated.**
- 6 - Using a medium size cookie scoop, drop heaping scoops onto the parchment paper. Let cookies cool for about 30 minutes to set up.**
- 7 - Once they are set, mix together the vegetable or coconut oil with the chocolate chips in a small bowl. Microwave in 30 second intervals, stirring in-between, until chocolate is melted.**
- 8 - Place chocolate in a small piping bag and cut the tip off and drizzle over cookies (or use a Ziploc bag and cut the tip off). Let chocolate sit for about 15 minutes to set up.**

## **Carrot Cake**

- 2 cups of white sugar**
  - 1 ¼ cups of vegetable oil**
  - 4 large eggs**
  - 2 cups of all-purpose flour**
  - 2 teaspoons of baking soda**
  - 1 tablespoon of cinnamon**
  - 1 teaspoon of salt**
  - 3 cups of carrots, grated**
  - 1 cup of walnuts, chopped (pecans can be substituted)**
- For the Frosting:**
- 12 oz. confectioners' sugar**
  - 6 oz. cream cheese, at room temperature**
  - 1 teaspoon vanilla extract**
  - 2 tablespoons butter**
  - 2 tablespoons milk**

## **Instructions**

- 1 - Preheat the oven to 350 degrees.**
- 2 - In a large bowl, beat sugar and oil. Add eggs and beat well.**
- 3 - Sift together flour, soda, cinnamon, and salt into egg mixture; mix well; fold in carrots and nuts.**
- 4 - Place batter in a greased 9x13 pan; bake for 45 minutes.**
- 5 - FROSTING: Beat together powdered sugar, cream cheese, vanilla, butter and milk; spread on cooled carrot cake.**

## **Mock Turkey**

- 2 cups breadcrumbs**
- 2 cups water**
- 2 cups finely chopped mixed nuts (1 cup peanuts and 1 cup pine nuts)**
- 2 cups cooked rice**
- 6 hard-boiled eggs, finely chopped**
- 3 raw eggs, slightly beaten**
- 1 tbsp grated onion**
- 1 tbsp salt and pepper**
- melted butter**
- dry macaroni (optional)**

## **Instructions**

1. Put the breadcrumbs and water in a saucepan and heat over medium heat for a few minutes.
2. Add the chopped hard-boiled eggs and mix together.
3. Move the mixture to a bowl and mix in the nuts, rice, onion, and salt and pepper.
4. Pour in the raw eggs and mix well.
5. Form the mixture into the shape of a turkey, using smaller lumps of the mixture for the wings and legs. Press the legs and wings to the side of the turkey. Optionally, use dry macaroni to represent the bones in the turkey's legs; I didn't try this so I'm not sure how it would look.
6. Brush the "turkey" all over with butter.
7. Bake at 350 degrees for about an hour or longer – I took mine out after an hour, but it probably could have gone a little longer. I also turned the broiler on for about 30 seconds to give the "turkey" some color.

## **STANLEY BUCCANEERS 1960'S**

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### **Party Punch**

- 1 (16 ounce) can frozen pineapple juice concentrate
- 1 (12 fluid ounce) can frozen orange juice concentrate
- 2 (2 liter) bottles lemon-lime flavored soda, chilled
- 1 (4 ounce) jar maraschino cherries
- 4 oranges, sliced into rounds
- Ice

**Prep Time: 10 mins**  
**Total Time: 10 mins**  
**Yield: 48 (4 ounce) servings**

### **Instructions**

In a punch bowl combine pineapple and orange juice concentrates. Pour in lemon-lime soda. Float cherries and orange slices on top. Add ice before serving.

### **Broken Glass Jell-O**

#### **For the Jell-O Cubes:**

- 4 different flavors of Jell-O
- 4 cups boiling water

#### **For the Condensed Milk Jell-O:**

- 3 tbsp gelatin powder
- 1/4c cold water
- 1 14oz can sweetened condensed milk
- 1 cup hot water

### **Instructions**

1. Start by preparing the four different flavors of Jello by dissolving each flavor into one cup of boiling water.
2. Let the Jello set in separate containers in the fridge for about 1 hour or so.
3. While the Jello is setting, dissolve the gelatin powder in 1/4 cup of cold water. Once it's completely dissolved, add 1 cup of hot water and the condensed milk. Mix to combine.
4. Cut the set Jello into cubes and place randomly into a serving dish, like a 9 x 13 pan.
5. Pour the condensed milk mixture over the cubes and transfer the dish to the fridge to chill for 1-2 hours or until completely set.
6. When ready to serve, cut the broken glass jell-o with a sharp knife into cubes.
7. Serve immediately.

## **Orange Creamsicle Jell-O Mold**

### **For the Orange Jell-O:**

**2 envelopes unflavored gelatin**  
**½ cup cold water**  
**½ cup boiling water**  
**½ cup sugar**  
**2 cups freshly squeezed orange juice, or orange juice from a carton/bottle**

**Prep Time**        **30 minutes**  
**Cook Time**        **10 minutes**  
**Chilling time**    **12 hours**  
**Total Time**       **40 minutes**  
**Servings**         **16**

### **For the Vanilla Ice Cream Jell-O:**

**2 cups vanilla ice cream**  
**3 envelopes unflavored gelatin**  
**½ cup cold water**  
**1 cup boiling water**  
**¼ cup sugar**

## **Jell-O Pudding Brownies**

**1 package (5 ounces) Jell-O Chocolate Fudge or Chocolate Pudding & Pie Filling (cook & serve - NOT instant)**  
**½ cup unsifted all-purpose flour**  
**¼ teaspoon baking powder**  
**⅓ cup butter**  
**⅔ cup sugar**  
**2 eggs**  
**1 teaspoon vanilla**  
**½ cup chopped walnuts, or chocolate chips**

## **Instructions**

### **For the Orange Jell-O:**

- 1. Sprinkle 2 packets of gelatin over the cold water. Let sit until absorbed and softened.**
- 2. Pour the boiling water over the gelatin and stir until completely dissolved.**
- 3. Stir in the sugar and orange juice and stir until sugar is dissolved.**
- 4. Pour into a 9x13 baking dish and refrigerate for at least 4 hours, or until firm.**
- 5. Cut into small cubes and transfer to a Jell-O mold or square baking dish. Store in the refrigerator.**

## **Instructions**

### **For the Vanilla Ice Cream Jell-O:**

- 1. Melt the vanilla ice cream in a small saucepan on the stove or in the microwave. Set aside to come to room temperature.**
- 2. Sprinkle 3 packets of gelatin over the cold water. Let sit until absorbed and softened.**
- 3. Pour the boiling water over the gelatin and stir until completely dissolved.**
- 4. Add in sugar and stir to dissolve.**
- 5. Stir in the melted ice cream.**
- 6. After ensuring the mixture is at room temperature, pour the ice cream mixture over the orange cubes and refrigerate overnight.**
- 7. Cut into slices or cubes.**

## **Instructions**

- 1. Combine pudding mix, flour, and baking powder. Set aside.**
- 2. Melt butter in saucepan; remove from heat. Add sugar, then beat in eggs, one at a time.**
- 3. Blend in vanilla, and pudding mixture. Stir in nuts or chocolate chips.**
- 4. Spread in greased 8-inch square pan. Bake at 350 degrees for 25-35 minutes.**
- 5. Cool in pan, then cut into bars. Makes 18 bars.**

## **Pigs in a Blanket**

1 can (8 oz) refrigerated crescent rolls (8 Count)  
24 fully cooked cocktail wieners  
Ketchup, mustard, BBQ sauce, or sweet and sour  
sauce for dipping

Prep Time 10 minutes  
Total Time 25 minutes  
Serving Size 8

## **Instructions**

1 Heat oven to 375°F. Grease cookie sheet or use parchment paper. Unroll dough; separate into 8 triangles. Cut each triangle into 3 smaller triangles.  
2 Place 1 wiener on shortest side of each triangle; roll up to opposite point. Place, point side down, on greased cookie sheet.  
3 Bake at 375°F. for 11 to 15 minutes or until deep golden brown. Immediately remove from cookie sheet. Serve with dipping sauce of your choice.

# **OXFORD HUSTLERS 1970'S**

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## **Cowboy Stew**

2 lbs. ground beef  
4 cans (16 oz. each) baked beans 8 hot dogs, sliced  
1/2 cup barbeque sauce  
1/2 cup grated Parmesan cheese

## **Instructions**

Brown the ground beef until no longer pink; drain. Stir in remaining ingredients. Bring to a boil. Reduce heat, and simmer for 4-6 minutes or until flavors are blended.

## **Classic Cheese Ball**

16 oz. cream cheese, softened  
2 cups freshly grated sharp cheddar cheese  
2 green onions, chopped  
1 tsp. Worcestershire sauce  
1 tsp. hot pepper sauce  
1 tsp. dried parsley flakes  
1/2 tsp. garlic powder  
1/2 tsp. dried oregano leaves  
dash of freshly ground black pepper  
2/3 cup pecans, finely chopped

## **Instructions**

Place cream cheese in a mixing bowl and mix until smooth. Add cheese, green onion, Worcestershire sauce, hot sauce, parsley, garlic powder, oregano, and pepper. Mix well to combine. Use a rubber spatula to scrape the sides of the bowl and gather the mixture into one lump. Lightly grease your hands and form the mixture into a round ball. Place the pecans on a plate. Hold the cheese ball in one hand and use the other hand to scoop the pecans onto the outside of the ball, pressing them in gently and turning the ball to coat all sides. Cover the cheese ball in plastic wrap and refrigerate for about 1 hour to allow it to firm up. Take it out of the refrigerator about 20 minutes before serving to allow it to soften just slightly.

## **Watergate Salad**

1 (3.4 oz) package instant pistachio pudding mix  
1 (8 oz) can crushed pineapple with juice  
1 cup miniature marshmallows  
1/2 cup chopped walnuts  
4 oz frozen whipped topping, thawed

## **Instructions**

Combine crushed pineapple with juice, instant pudding mix, mini marshmallows, and walnuts in a large bowl. Mix until well combined, then fold in whipped topping. Chill for 1 to 2 hours before serving.

## **Chocolate Fondue**

**12 oz. milk chocolate, semisweet chocolate, or any combination**  
**3/4 cup heavy cream**

### **Instructions**

**In a heavy saucepan, melt chocolate in cream over low heat, stirring until smooth. Remove from heat. Pour into fondue pot or small slow cooker to keep warm. Serve with dippers such as fruit, pretzels, marshmallows, or angel food cake squares.**

## **Rainbow Jell-O Mold Dessert**

<b>2 (3 oz) packages of red gelatin</b>	<b>1 (3 oz) package of blue gelatin</b>
<b>1 (3 oz) package of orange gelatin</b>	<b>1 (3 oz) package of purple gelatin</b>
<b>1 (3 oz) package of yellow gelatin</b>	<b>1 1/2 cups vanilla yogurt</b>
<b>1 (3 oz) package of green gelatin</b>	<b>8 3/4 cups boiling water cooking spray</b>

### **Instructions**

**Line up heat-proof containers and place the gelatin mixtures into each of them. Add 2 1/2 cups boiling water into the container with the red gelatin. Add 1 1/4 cups boiling water into the other gelatins. Using a clean spoon for each color (or rinsing between colors) mix your gelatin until it is fully dissolved. Spray bundt pan with cooking spray. Pour 3/4 cup of the purple gelatin into the bottom of your bundt pan and place it in the refrigerator for 15 minutes. Immediately mix 1 1/2 tablespoons of yogurt into the remaining purple gelatin and stir until the yogurt is completely dissolved (no clumps of yogurt present). Then, place this in the refrigerator as well. After 15 minutes, check to see that your first layer of gelatin has set. Gently touch the surface with your finger; the gelatin is set if it sticks slightly to your finger and leaves a faint fingerprint when you lift your finger. Using a spoon, very carefully pour the purple gelatin and yogurt mixture over the set purple layer. Once you have added your purple gelatin and yogurt layer, return the bundt pan to the refrigerator for an additional 15 minutes. Repeat this process with the remaining colors, in the order of blue, green, yellow, and orange. Note that as you progress, your layers will likely not need the full 15 minutes to set; the best way to know if they are ready is to use the fingerprint test. The final color that you will add is the red gelatin. Pour in 1 1/2 cups of red gelatin and place the mold in the refrigerator. To the remaining red gelatin add 5 tablespoons of yogurt. The 12th and final layer will be the red gelatin and yogurt. When this is done, cover your mold with plastic wrap (try not to touch the surface of the Jell-O) and allow your dessert to set completely in the refrigerator overnight. When you are ready to release the mold, fill your sink with warm water (not hot) and submerge your bundt pan into the water, being very careful not to bring the water too close to the top of your pan (you don't want any water accidentally entering into your Jell-O mold). Remove the pan from the water after 10 to 15 seconds. You will notice that the edges of your Jell-O become a little liquidy and shiny. This is a good sign as it means the Jell-O has released from the sides of the mold. Invert the Jell-O old onto a flat serving dish that is a few inches larger than the mold itself. Sprinkle a bit of water onto the dish; this will help the Jell-O mold adjust itself as it gets transferred onto the serving dish. Place the dish on top of the bundt pan and holding both the pan and the dish very carefully, invert the Jell- O mold. Lift the pan very carefully; your Jell-O mold should be released quite easily.**

# DOG CLUB 1980'S

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## Texas Sheet Cake

**Bake at 400\***

**½ cup sour milk  
(1/2 cup milk and 2 tsp vinegar)  
2 sticks butter  
¼ cup cocoa  
1 cup water  
2 cups flour  
2 cups sugar  
1 tsp baking soda  
1 tsp vanilla  
2 T. cinnamon  
2 eggs**

### Frosting

**¼ cup cocoa  
5 T milk  
1 stick butter  
1 tsp vanilla  
1 box powdered sugar**

### Instructions

**Make sour milk first to give it a few minutes to get thick. Boil water, butter and cocoa in small saucepan. Save butter wrappers to grease cookie sheet. Pour boiling liquid over sugar and flour and mix. Add sour milk, eggs and the rest of the ingredients. Mix until bubbly. Bake at 400\* for 20 minutes on greased cookie sheet. Frost while warm.**

### Instructions

**Melt butter in small saucepan. Once melted add milk and cocoa and whisk together. Pour over vanilla and powdered sugar. Mix until very smooth. Put on the cake while the cake is warm. You can make the frosting about 5 minutes after cake comes out of the oven and it will melt perfectly once it hits the warm cake.**

## Cheddar Sausage Balls

**1 cups Bisquick  
1 lb pork sausage raw  
10 oz sharp cheddar cheese**

**Mix all three ingredients and form quarter size balls Bake 350 degrees for 15 minutes. Put on paper towel to cool off. This will help soak up the extra sausage grease.**

## Oscar Mayer Lunchables Ham & Cheddar Cheese Cracker Stackers

**Oscar Mayer Ham Cheddar Cheese block Ritz Crackers**

**Cut cheese into 1/8-inch-deep pieces.**

**Cut ham and cheddar cheese into 1-inch pieces.**

**Stack crackers, cheese and ham on top of each other**

## Jell-O

**2 cups boiling water 2 cups cold water**

**ADD boiling water to gelatin mix; stir 2 minutes until completely dissolved.**

**STIR in cold water.**

**REFRIGERATE 4 hours or until firm.**

## Tang

**Stir until dissolved 3 table spoons of Tang drink mix for every 1 ½ cups cold water.**

## PRAIRIE STAR 1990'S

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### "Eggo" Waffles

1 egg  
2 cups of all-purpose flour  
1 tablespoon sugar  
4 teaspoons baking powder  
¼ teaspoon salt  
1 ¾ cups milk  
½ cup oil or melted butter

### Instructions

Heat waffle iron. (Waffle irons w/out a nonstick coating may need to be brushed with oil or sprayed w/ cooking spray before batter for each waffle is added.) In large bowl, beat eggs with wire whisk until fluffy. Beat in remaining ingredients except berries just until smooth. Pour slightly less than ¾ cup batter onto center of hot waffle iron. Close lid of waffle iron. Bake about 5 minutes or until steaming stops. Carefully remove waffle. Serve immediately.

### Rice Krispy Treats

3 tablespoons butter  
1 package (10oz) of large marshmallows  
or  
5.5 cups of mini marshmallows  
6 cups of Rice Krispies cereal

### Instructions

1. In a large saucepan melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat.
2. Add Rice Krispies cereal. Stir until well coated.
3. Using buttered spatula or wax paper evenly press mixture into 13 x 9 x 2-inch pan coated with cooking spray. Cool. Cut into 2-inch squares. Best if served the same day.

### Microwave Directions

In microwave-safe bowl heat butter and marshmallows on HIGH for 3 minutes, stirring after 2 minutes. Stir until smooth. Follow steps 2 and 3 above. Microwave cooking times may vary.

## PRAIRIE MOON 2000'S

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### Chocolate Cupcakes

¾ cup all-purpose flour  
½ cup unsweetened cocoa powder  
¾ teaspoon baking powder  
½ teaspoon baking soda  
¼ teaspoon salt  
2 large eggs at room temperature  
½ cup granulated sugar  
½ cup packed light brown sugar  
⅓ cup vegetable oil  
2 teaspoons pure vanilla extract  
½ cup buttermilk

### Instructions

Preheat oven to 350 and line muffin tins with cupcake liners.  
Whisk together the flour, cocoa powder, baking powder, baking soda, and salt together in a large bowl. Set aside. In a medium bowl whisk together the eggs, granulated sugar, brown sugar, oil, and vanilla extract until combined. Pour half of the wet ingredients into the dry ingredients with half of the buttermilk. Gently whisk until combined. Repeat with remaining ingredients being sure not to overmix.  
Pour or spoon the batter into the liners. Only fill the liners halfway  
Bake for 18-21 minutes.



## **Vanilla Cupcakes**

**2 cups granulated sugar**  
**½ cup vegetable oil**  
**3 large eggs**  
**1 tablespoon vanilla extract**  
**½ cup light sour cream**  
**2 ½ cups all-flour**  
**3 teaspoons baking powder**  
**1 teaspoon salt**  
**1 ¼ cups milk**

## **Instructions**

**Preheat oven to 350 and line tins with cupcake liners**  
**In a large bowl combine the sugar, vegetable oil, eggs, and vanilla extract. Beat on medium until the eggs and oil are well incorporated and the batter is lighter in color, about 2 minutes. Scrape down the sides as needed. Next mix in the sour cream and beat until well combined.**  
**In a separate bowl combine the remaining dry ingredients: flour, baking powder, and salt. Add half of the dry ingredients and the milk into the large bowl. Mix just until the flour starts to incorporate. Add the remaining ingredients and mix until well combined. Use a rubber spatula to scrape down the sides of the bowl and stir the batter from the bottom to the top to make sure it is well-mixed. Using a large cookie scoop divide the batter evenly, filling each liner  $\frac{2}{3}$  full. Bake for 14-16 minutes.**

## **Buttercream Frosting**

**1 cup unsalted butter, softened to room temperature**  
**4-5 cups powdered sugar**  
**¼ cup heavy cream**  
**2 teaspoons vanilla extract**  
**Pinch of Salt**

## **Instructions**

**Beat the butter on medium speed until creamy, about 2 minutes. Add 4 ½ cups powdered sugar, heavy cream, vanilla extract, and salt. Beat on low speed for 30 seconds, then increase speed to medium-high and beat for 2 full minutes. Adjust if needed by adding more powdered sugar.**

## **Trail Mix**

**Peanuts**  
**Dried Cranberries**  
**Yogurt covered raisins**  
**Chocolate chips**

## **Instructions**

**Mix an equal amount of each ingredient.**  
**Add more of ingredients until the desired proportions are reached.**

## **Mac & Cheese Bar**

**½ lb uncooked elbow macaroni, about 1 ½ cups**  
**3 tablespoons butter**  
**2 tablespoons all-purpose flour**  
**½ teaspoon salt**  
**⅛ teaspoon ground black pepper**  
**1 ½ cup milk, any kind**  
**¾ cup half and half**  
**2 ½ cups shredded cheddar cheese**

## **Toppings**

**Bacon Bits**  
**Fried hotdogs**  
**Shredded Chicken**  
**Pepperoni**  
**Mushrooms**  
**Broccoli**  
**Tomatoes**  
**Cheese**

## **Instructions**

**Preheat oven to 325 degrees and lightly grease a baking dish.**

**Cook the macaroni noodles to al dente according to package directions. Drain and set aside.**

**Melt the butter in a medium saucepan over medium heat. Blend in the flour, salt, and pepper.**

**Cook for 2 minutes.**

**Slowly add the milk and half and half, stirring constantly, and cook over medium-low heat until the mixture is just barely thickened. Remove from heat and stir in 1 cup of cheese stirring just until melted.**

**Add the cooked macaroni noodles and toss to coat. Pour half of the pasta mixture into the prepared baking dish. Sprinkle ½ cup cheese over the top. Add the remaining pasta and sprinkle with the remaining cheese.**

**Bake for 15-20 minutes or until the cheese is melted on top.**

## **PIONEER 2010'S**

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### **Avocado Toast**

**One 8-ounce ripe avocado, halved,  
pitted and peeled**

**Fine salt and freshly ground black  
pepper**

**4 slices whole grain or whole wheat  
bread**

**1 clove garlic, peeled and halved**

**2 tablespoons extra-virgin olive oil  
or unsalted butter, softened**

**Flaky sea salt, for serving**

**Crushed red pepper flakes, optional**

### **Instructions**

**Mash the avocado with a fork in a shallow bowl until chunky. Season with fine salt and black pepper. Toast the bread until browned and crisp. Lightly rub 1 side of each slice with the cut side of the garlic until fragrant; discard the garlic. Lightly brush the toasts with oil, and season with fine salt and pepper. Divide the mashed avocado evenly among the toasts, and top with more flaky sea salt, more black pepper and red pepper flakes if using.**

### **Edible Cookie Dough**

**1 cup all purpose flour, \*see below**

**½ cup softened butter**

**½ cup brown sugar**

**3 tbsp sugar**

**2 tbsp whole milk**

**1 tsp vanilla extract**

**¾ cup mini chocolate chips**

**\*In order to safely consume flour, it must be heat-treated to properly kill any chance of bacteria. Please do not skip this step.**

**\*\*Since this cookie dough does not contain any leavening ingredients, it is not recommended to bake into cookies.**

### **Instructions**

**1. Place the flour in a microwave-safe bowl and heat in 30-second intervals at max power, stirring in between bursts, until the temperature of the flour reaches 165 degrees F.**

**2. Transfer flour to a cool dish and place in fridge to cool completely.**

**3. Meanwhile, combine the softened butter, brown sugar and sugar in a bowl and use a hand mixer to beat until light and fluffy. Mix in the milk and vanilla, scraping the sides of the bowl as needed.**

**4. Add in the flour and mix until combined. Fold in the chocolate chips and enjoy right away, or chill in an air tight container in the fridge for up to 1 week.**

## Juice

### Green Juice

1 bunch kale washed well  
4 stalks celery washed well  
1 apple any variety  
1/2 lemon peeled  
2-inch piece of ginger

### Beet Juice

1 large beet washed well & trimmed  
2 carrots washed well  
2 stalks celery washed well  
1 apple any variety  
2 inch piece of ginger

### Carrot Juice

3 carrots washed well  
1 orange peeled  
1 cup frozen pineapple defrosted  
1 inch piece of ginger  
1 inch piece of fresh turmeric root or 1 tsp dried turmeric

## Instructions

Wash produce well to remove any soil, trimming the ends/leaves off of beets and carrots, and removing any apple stems etc.

Add a pitcher or container under juicer spout. With the motor running, place produce bit by bit into the feed chute of the juicer, using the food pusher to gently and slowly guide the produce down. The slower you go, the more juice you will get. The Breville cold press juicer is a good one to use.

As fruit and veggies are processed, juice will flow into the pitcher, and the separated pulp will accumulate in the pulp container. If you'd like to make more than one juice, rinse the feed chute, filter bowl/basket and dispose of juice pulp before starting again with another juice combo. Juice will keep up to 3 days in a sealed container in the fridge.

## Smoothie Bowls

### Berry

1 Frozen Banana  
1 Tablespoon Almond Butter  
2/3 cup (160ml) Almond Milk  
1 cup (150g) Fresh Raspberries

### Toppings

Fresh Raspberries, Chia Seeds,  
Fresh Blueberries, Shredded  
Coconut, Banana, Mint Leaves,  
Dark Chocolate, Mixed nuts  
and seeds.

## Instructions

Place all ingredients in blender and blend for 30 seconds or until completely smooth. Top as desired and serve.

### Mango

2 large mangoes (peeled, chopped & frozen)  
1 cup coconut milk  
1 cup almond milk  
2 teaspoons honey  
1 frozen banana

### Toppings

chia seeds, fresh mango,  
berries, almond flakes

## Instructions

Place the frozen mango, frozen banana, both milks and the honey in your blender and blend until smooth.

Divide the smoothie between two bowls. Top with toppings of your choice.

## **Pastel Rainbow Cake**

1 cup butter softened  
2 cups sugar  
2 teaspoons vanilla extract  
6 large egg whites  
3 cups all-purpose flour  
4 teaspoons baking powder  
1 teaspoon salt  
1 cup milk  
Food coloring red, orange,  
yellow, green, and blue  
Cooking spray

### **Frosting**

½ cup butter softened  
4 cups powdered sugar  
1 tsp vanilla  
2-3 tbsp milk  
Sprinkles of your choice

### **Assembly**

1. Place the blue layer of cake on your serving plate.
2. Cover it with a layer of frosting. You will need to spread five layers of frosting, so be sure to use only enough to cover the surface of each layer.
3. Continue this with the green, yellow, orange, and red layers. Add sprinkles of your choice to the top.

### **Instructions**

1. Preheat oven to 350°F.
2. In a large mixing bowl, cream butter and sugar together.
3. Add vanilla and egg whites. Beat again until smooth.
4. Add flour, baking powder and salt.
5. Add milk. Beat again until batter is smooth.
6. Separate batter into 5 separate bowls. Add one of the five food coloring colors to each bowl. The amount you add will depend on the type of food coloring you are using. Stir well until colors are even.

### **Instructions**

1. In a medium mixing bowl, cream butter and powdered sugar together.
2. Add 2 tablespoons of milk and vanilla. Beat well.  
(If it is too thick, add more milk. If it is too thin, add more powdered sugar.)
3. Until just right.