

Astrid's Recipe Book 1939-2016



Ed & Astrid Tucker at Stockholm summer market

**With Love - From your daughters Christina King and Karen Fox
on your 70th Birthday**

Revised July 7, 2023

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BREAKFAST



Stockholm-Skansen Bakery: warm and delicious!

Blueberry Buttermilk Pancakes

2 cups flour
2 t baking powder
1 t baking soda
½ t salt
3 T sugar
2 eggs
3 cups buttermilk
4 T melted butter
1 cup fresh blueberries

Heat pancake griddle to about 4 on a 1-10 setting. Whisk together flour, baking powder, baking soda, salt, and sugar in a medium bowl. Add eggs, buttermilk, and 4 tablespoons melted butter; whisk to combine. Batter should have small to medium lumps. Test griddle by sprinkling a few drops of water on it. If water bounces and spatters off griddle, it is hot enough. Using a pastry brush, brush remaining 1/2 teaspoon of butter or reserved bacon fat onto griddle. Wipe off excess. Using a 4-ounce ladle, ~ ½ cup, pour pancake batter, in pools 2 inches away from one other. Scatter with fresh blueberries. When pancakes have bubbles on top and are slightly dry around edges (~2 ½ minutes) flip over. Cook until golden on bottom, about 1 minute. Repeat with remaining batter, keeping finished pancakes on a stovetop warming plate. Bacon or sausage on the side is always appreciated.



Jeff Hodge cooking breakfast on the Salt River in Arizona

Plättar

1 egg
1 cup milk
½ cup flour
¼ cup canola oil
Lingonberry jam

Whisk egg, milk and flour well and let sit for 5 minutes. Add oil and whisk again. Pour using ¼ cup into thin small crepes on a Teflon griddle sprayed with PAM. Cook and place on plate, roll with a dollop of lingonberry jam inside.

Karen: Swedish pancakes are served for dinner. Small and thin, they are similar to a crepe. Rice pudding was another big tradition of ours at Christmas. Mom and I would begin making it on Christmas Eve and let it sit on the stove overnight to cool down. On Christmas morning we would heat it up and serve with all the sides. It was always a big production on who would get the "almond", which meant you would marry within the next year.



Swedish Momma and her great grandchildren

Rice Pudding

1 T butter
1 cup rice
1 cup water
4 cups whole milk
1 cinnamon stick
½ cup cream
1 t vanilla
2 t sugar
½ t salt
1 whole blanched almond

Melt butter add rice and stir. Add 1 cup water. Simmer rice and water until water is mostly gone. Add milk and cinnamon stick. Simmer 45 minutes then turn off stove and let sit overnight on stovetop. The next morning, add cream, vanilla, sugar and salt. Stir until mixed and hot. Add one whole blanched almond at Christmas- whoever gets the almond will be the next one married.



Fox Family

Saffranspannkaka

(Gotland, Sweden)

1 pkg crushed saffron
4 ¼ cup milk (1L)
~0.85 cup (2 dl) cup heavy whipping cream
~0.42 Cup (1 dl) rice
20 blanched almonds (sliced)
1 t salt
2 ½ T sugar
2 T flour
6 eggs

Christina: I first tasted this treat on the Swedish island of Gotland at the home of Caroline and Ulrika Ehrby's good friend Madeleine Särland. We spent several days re-exploring this beautiful island that I remembered from my childhood visits. Wonderful summer treat!

Simmer milk, cream and rice for 40 minutes. When turned to porridge, add slivered almonds, salt, sugar, saffron and flour. Add eggs one at a time. Butter a large cake pan and bake at 350°F for 30-45 minutes depending on how deep or shallow of a baking pan is used. Cool before cutting into squares. Serve with whipped cream and raspberry or lingonberry jam.



Cousins Caroline & Ulrika Ehrby and Madeleine in Gotland

Sticky Pecan French Toast

4 T corn syrup (light or dark)

$\frac{3}{4}$ cup butter

1 $\frac{1}{2}$ cup brown sugar

Combine above and cook until syrup and the sugar is dissolved.

Christina: Irene & Bill Cooke served this warm treat at our many Winter Park weekend breakfasts. Domino games are a favorite pastime with our close friends.

2 $\frac{1}{2}$ cups roughly chopped pecans

1 t Cinnamon – ok to be liberal

1 large loaf of French bread (cheap brand ok) and cut into 1-inch slices

Combine and whisk until blended:

8 eggs

3 cups whole milk

1 t vanilla

$\frac{1}{2}$ t salt

Grease baking pan (10 x 15 inches). Pour syrup mixture into the pan. Sprinkle cinnamon and pecans on top of syrup. Cover with 1-inch thick slices of bread (can cut into halves to squish into pan). Pour egg mixture over bread. Cover pan and refrigerate overnight. Bake uncovered at 350°F for 45 minutes. Flip entire pan over on a large serving plate and cut into serving-size pieces.



Winterfest Dominos!

Streamside Bed & Breakfast Granola

5 cups whole oats
2 cups bran flakes cereal
~2 cups raw roughly cut almonds
~½ cup raw sunflower seeds
~2 cups roughly cut pecans
~2 cups roughly cut walnuts
~1 cup pepita seeds (a variety of pumpkin seed)
1 T cinnamon
½ cup canola oil
½ cup honey

Christina: Denny and Kathy Claveau owned Streamside Bed & Breakfast in Chalk Creek Canyon for many years and provided this delicious granola for their guests, friends and family.

Add below after granola has cooled:

~2 cups golden raisins

~2 cups dried cherries

Any other dried fruit that you enjoy such as craisins, raisins, papaya, etc...

Mix all dry ingredients, except dried fruit in large metal bowl. Bring honey and oil to a boil, pour over dry ingredients and mix well. Place metal bowl in oven directly and bake at 300°F for 20-30 minutes stirring every 10 minutes until a golden brown. After cooled add dried fruit. Store in a tupperware or ziploc bag to keep fresh.



Kathy & Denny Claveau

BREADS



Otter (ever-hopeful)

Banana Nut Bread

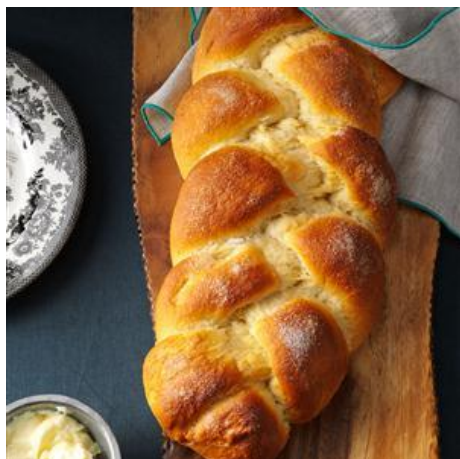
1 cup sugar
½ cup butter or margarine (1 stk)
2 eggs
3 bananas (very ripe- best if frozen in the freezer then thawed)
2 cups flour
1 t baking soda
1 cup walnuts or pecans

Preheat oven to 350°F. Cream sugar and butter add eggs and bananas. Add flour and baking soda. Mix well. Add nuts, no need to chop them. Bake 1 hour (check with toothpick to test doneness). Bake at 340 °F for 50 minutes if you want a small gooey center.

Cardamom Braid Bread

1 ½ cups lukewarm whole milk + 2 T milk for later
½ cup butter, softened/melted
½ cup honey
2 eggs
6 cups flour
3-4 t cardamom
1 t salt
2 pkgs dry yeast (1 pkg yeast = 2 ¼ t bread machine yeast)
2 T pearl sugar + 2T milk

In small saucepan or microwave, melt butter, milk and honey until warm. In a large mixer/bowl, combine 2 cups flour, yeast, cardamom and salt. Add warmed milk mixture to the 2 cups flour, mix until just moistened, then add 2 eggs. Beat until smooth, mix in rest of flour to form a firm dough (it will be sticky). Knead on lightly floured surface, place in greased



bowl, turning once to grease top. Cover and let rise until double (~45 min).

Punch dough down, divide into half then each half into thirds. Shape each third into 12-inch rope, then braid on greased cookie sheet, pinch ends under. Let rise until double (~30 min). Brush with 2T warm milk (or egg white for shiny surface), sprinkle each loaf with 2 T pearl sugar. Bake at 375°F for 20-25 min until golden brown. Cool on racks, yields two loaves.

Christina: This bread is found everywhere in Sweden and fortunately easy to make at home. Cardamom is used in many breads in Sweden. The spice is native to India and came to Sweden via the ancient Vikings. The cost of the spice is second only to Saffron.

Karen: Cardamom is popular with Swedes and the scent is uniquely fragrant. Shaped into loaves or buns, cardamom bread is a popular sweet served with coffee.

Lemon Bread

1 cup sugar
1 cup butter
4 eggs
1 cup buttermilk
½ t salt
½ t baking soda
3 cups flour
1 cup chopped pecans
2 lemons: rind of two grated lemons

Juice from two lemons:
½ cup sugar for two lemons

Preheat oven to 350°F. Cream 1 cup sugar and butter add eggs and then rest of ingredients (except the lemon juice and last portion of ½ cup sugar). Bake 40 minutes in two loaf pans. Slowly pour dissolved lemon juice/sugar mixture over warm loaves after baking.



Moroccan Market

Christina: This is a perfect light summer sweet/tart treat for breakfast or a fika (Swedish coffee break). I regularly serve this on hot Grand Canyon rafting trip mornings.

Mom's French Bread

2 pkgs dry yeast (1 pkg yeast = 2 ¼ t bread machine yeast)
2 ½ cup lukewarm water
1 T sugar
6 cups white bread flour
1 cup wheat flour
1 T salt
Cornmeal for sprinkling
2 T sesame seeds or poppy seeds

Glaze: 1 egg white, 1 T cold water

Heat oven to 425°F. Combine yeast, water and sugar. Combine flour, salt and pour in yeast mixture. Mix then let rise in covered (greased) bowl until double. Hint: Boil a small saucepan with hot water, place in oven. Provides warm moist heat. Punch down and let rise in loaf shapes again in greased cornmeal-sprinkled French bread pans. Mix glaze and brush on top of dough loaves. Sprinkle with sesame seed or poppy seed (2T each). Bake for 30 minutes.



Christina the Baker

Nana's Refrigerator Rolls

1 pkg dry yeast (1 pkg yeast = 2 ¼ t bread machine yeast)
+ 3 T warm water
2 eggs
½ cup Crisco- solid shortening
¼ cup sugar
1 t salt
1 cup warm water
4 cup flour

Mix well and knead lightly. Let rise overnight, covered with saran wrap in refrigerator. Shape into rolls the next morning/afternoon and then let rise again for 2-3 hours. Bake at 375°F for 6-8 minutes.



Popo and Minha

Pumpkin Pecan Bread

½ cup margarine or butter (1 stick)
2 ½ cups sugar
4 eggs
1 can (~15 oz) pumpkin
¾ cup water
3 ½ cups flour
2 t baking soda
1 ½ t salt
½ t baking powder
1 t cinnamon
1 t cloves
1 cup pecans



Heat oven to 350°F. Grease bottom of Bundt cake pan and another loaf pan (makes 2 loaves). Mix shortening and sugar. Add eggs, pumpkin, and water. Blend in flour, baking soda, salt, baking powder, cinnamon and cloves. Stir in nuts. Pour into pans. Bake until wooden toothpick comes out clean (about 1 hour and 10 minutes). Cool slightly and then turn upside down to remove from pans to cool completely before slicing.



Ed Tucker- Lucia's Christina and Karen serving

Santa Lucia Buns

1 t saffron, crushed or 2 to 3 packages saffron strands (Crush in a pestle)
 1 cup lukewarm whole milk
 2 pkgs dry yeast (1 pkg yeast = 2 ¼ t bread machine yeast)
 ⅓ cup sugar
 ½ t salt
 1 egg
 ½ cup melted butter
 4 cups flour

Golden raisins

1 egg, beaten to brush buns before baking

Dissolve yeast, saffron and sugar in warm milk. Let stand for 5 minutes. Mix ½ of flour with milk mixture plus 1 egg, butter, salt and gradually add remaining flour. Knead dough and let rise (to double) in buttered bowl. Hint: Boil a small saucepan with hot water, place in oven. Provides warm moist heat. Punch down and form into Lussekatter. Put raisins in the center of the curl and let rise again on baking sheet until double. Brush with one beaten egg and bake at 375°F for 10 minutes.

Karen: The serving of Lucia buns on the morning of December 13th is a Swedish tradition. On that day, breakfast is traditionally presented by the family's oldest daughter. When we were young, we always celebrated this tradition which included wearing white gowns, having crowns in our hair, and singing the Santa Lucia song. Saffron is the key ingredient here and it is a unique spice. Used mostly in Indian and Middle Eastern food, it can be hard to find and expensive in the States. I remember for a period of time here, it was so pricey that it was kept behind the service counter at Dierberg's Grocery, and you had to ask for it in person.



Christina, Karen and Astrid in the kitchen



Tom and Maplette Rogers with Ed and Astrid Tucker

Zucchini Bread

(Maplette Rogers)

2 cups hand grated peeled zucchini (~2) (never grate in a blender)

3 eggs

2 cups sugar

1 cup oil

3 t vanilla

Mix all together well, then add:

3 cups flour

1 tsp each of baking powder, salt, baking soda, and cinnamon

½ cup chopped walnuts

Bake at 350°F for 60 minutes. Grease and flour two large loaf pans. Makes two large loaves.

SOUPS & STEWS



Ed and Otter in the Woodland Park rain

Canja de Galinha (Brazilian Chicken Stew)

1 large chicken
1 T chopped onion
1 T butter
1 T olive oil
2 carrots, chopped
1 leek, chopped
24-30 oz chicken broth or water
1 cup rice
Parsley to taste
Chives (or green onions) to taste
salt to taste

Karen: Canja is a Brazilian specialty. We would eat it often at home. Similar to good old American chicken soup, it's easy to make and falls into the comfort food category.

Cut the chicken into pieces if needed. Chop the onion and leek, then sauté onion and leek in a soup pot with butter and oil. When onion and leek are softened, add the chicken and brown both sides. Throw in carrots, parsley, chives. Cover with chicken broth. Cook until chicken is tender. Strain the broth and return broth to pot. Add 1 cup rice. While rice and broth are simmering, remove bones and skin from chicken that is set aside. Cut cooked chicken into smaller pieces and return to broth when rice is almost done. The soup should be yellow and not too thick. Skim fat if needed. For more color you can add one tomato.



Christina King, Karen Fox and Astrid Tucker Oct 2015

Chupe (soup)

- 1 chopped onion
- 4 peeled, quartered potatoes
- 3 tomatoes or 1 can
- 6 cups water
- handful of rice
- sprinkle of red pepper flakes
- 1 ½ t salt
- ¼ t marjoram

Simmer above ingredients for 1 hour- you can also cook in a crock pot all day/night

- 1 cup milk
- 4 oz cream cheese
- 1 beaten egg

Mix while hot (use pulse and small quantities) in blender and serve.

Colorado Red River Chili- Award Winning

- 2 lbs hamburger, lean
- 1 onion, diced
- 3 garlic gloves, crushed
- 1 can (28 oz) diced tomatoes
- 1 can (15 oz) tomato sauce
- 5 T chili powder
- ½ small can diced jalapenos, full can if you want it burning hot
- 2 t salt
- 1 t sugar
- 1 t Worcestershire sauce
- ½ t red pepper sauce (optional)
- 1 can (15 oz) kidney beans, drained
- 1 can (15 oz) pinto beans, drained
- 1 can (15 oz) black beans, drained
- 1 can (15 oz) corn, drained
- 1-pint Sour Cream
- 1 pkg Shredded Cheese

Cook hamburger, onion and garlic in large stovetop pot until hamburger is light brown. Transfer to crock pot and stir in diced tomatoes (with liquid), tomato sauce, chili powder, salt, jalapenos, sugar, Worcestershire sauce, pepper sauce. Set crock pot on high, simmer for 1 hour. Add beans, turn crock pot to low, simmer for 3 hours. Add drained corn about an hour before serving. You can also simmer all day or night depending on your schedule. Tastes great with a sprinkling of shredded cheese and a dollop of sour cream on top. Pair with Marie Callender's cornbread mix.



Peruvian Women's Weaving Cooperative

Christina: My co-workers still fume that I won both the red and green chili contests two years in a row. I never competed again because I have only downhill to go. I prefer to stay at the top of the heap!

Cream of Mushroom Soup

2 T butter

½ lb sliced fresh mushrooms

¼ cup chopped onion

6 T flour

½ t salt

⅛ t white pepper

2 cans (14 ½ ounces each) chicken broth

1 cup half/half cream

In a large soup pot, heat butter over med/high heat; saute mushrooms and onion until tender. Mix flour, salt, pepper and 1 can broth until smooth; stir into mushroom mixture. Stir in remaining broth. Bring to a boil, cook and stir until thickened, about 2 minutes. Reduce heat, stir in cream. Simmer, uncovered ~ 15 minutes stirring occasionally. Serve with warm French bread.

Green River Chili- Award Winning

~4-6 lbs boneless pork loin, trim & discard fat, ~1-inch cubes, Costco has nice selection
2 chopped onions
4 cloves crushed garlic
3 T oil
½ cup flour
1 can (~16 oz or larger) diced peeled tomatoes
1 lg pkg frozen diced green chilies (hot or mild- your choice for spiciness)- Walmart
1 can (~16 oz) white hominy, drained- Walmart
1 can (~16 oz) golden hominy, drained- Walmart
2 to 3 cups chicken broth, if you like it thicker use 2, if you like it thinner use 3+
3 t salt
2-3 t fresh ground black pepper
1 t sugar
1 large can (~27 oz) whole mild green chilies (Safeway)- slice in 1-inch chunks
1-2 fresh jalapenos- diced and de-seeded
Optional, dollop of sour cream and shredded cheese to top/serve

In large pot, heat oil on medium. Dust pork with flour and then brown with onion and garlic. Place meat mixture in a very large crock pot. Add all other ingredients except green chili from can, stir well and set on low in a crock pot and cook all night. Add 1-inch chunks of mild green chilies about an hour before serving. Serve hot with optional flour tortillas and a dollop of sour cream.



Christina King on the Green River in her ducky

Minestrone Soup

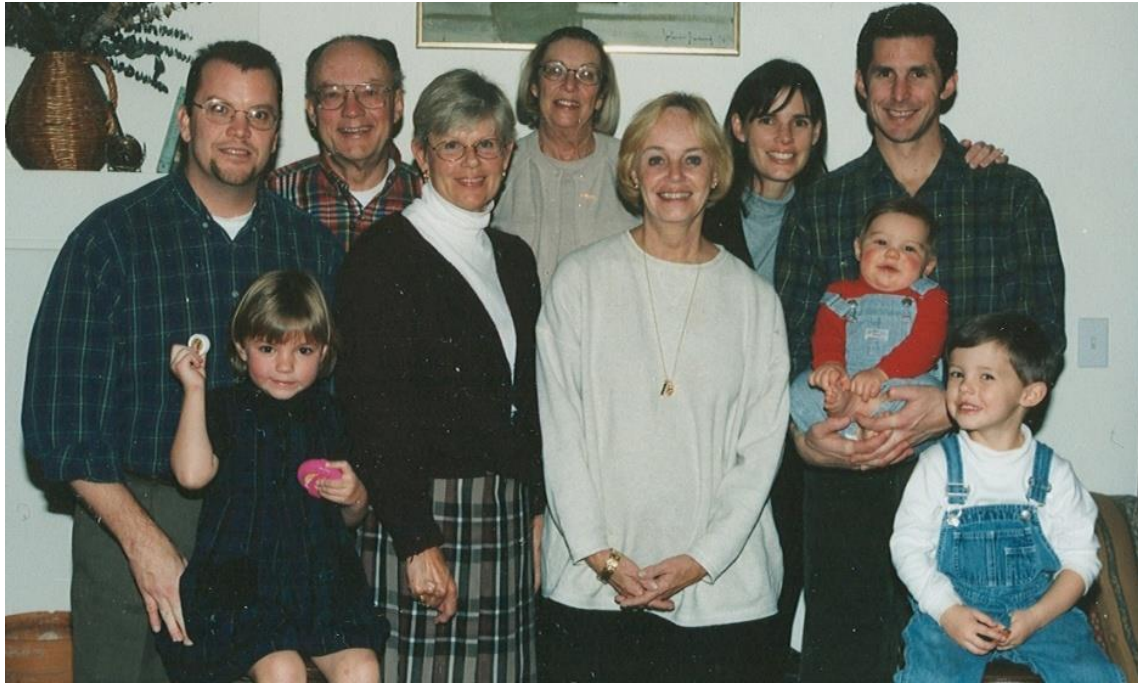
2 celery stalks, chopped
1 onion, chopped
1 T olive oil
1 T butter
2 garlic cloves, minced
½ t dried oregano
½ t dried thyme
1 bayleaf
1 t salt
1 pinch of red pepper flakes
¼ t black pepper
2 cans (14 ½ ounces each) chicken broth
2 cans (8 ounces each) tomato sauce
¼ cup tomato paste
1 can kidney beans (rinsed & drained)
1 can chickpeas (rinsed & drained)
1 can cannellini beans (rinsed & drained)
1 can green beans (rinsed & drained)
1 can (14 ½ ounces) diced tomatoes undrained
¾ cup shredded cabbage
1 T dried basil
1 ½ t dried parsley flakes
½ t pepper

1 cup uncooked elbow macaroni

Saute celery and onion in oil and butter until tender, add garlic and cook one minute longer. Stir in rest of ingredients minus macaroni. Bring to a boil, reduce heat and simmer for 15 minutes. Add macaroni and cook uncovered for additional 8 minutes until pasta is tender.

Seafood Chowder

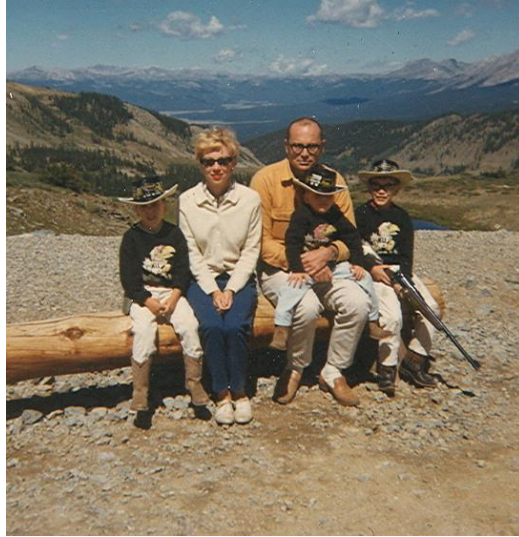
Marcia Thoele



Lauterbach, Tucker and Thoele Families

2 (6 oz) crabmeat (with most of liquid)
1 lb scallops (sauté 3 min)
1 lb shrimp (sauté 3 min)
1 can (10 oz) cream of potato soup
1 can (10 oz) cream of mushroom soup
1 can (10 oz) cream of shrimp soup
1 can tomato soup
1 quart (almost) of half/half
some table cream
5 oz sherry
1 small onion minced
dill or parsley for garnish

Combine all above and simmer (do not allow to boil)! For about 1 hour. Best if prepared one day ahead. Serve with salad and bread.



Lauterbach family

Sod House Stew

Aunt Barbara's from Kansas

4-5 lbs. beef stew meat cut in 2 inch cubes

Flour to cover the meat

oil to brown meat

2 t. salt

1 t. sugar

¼ t thyme

1 lg can chopped tomatoes

¼ t. pepper

1 t. chili powder

1 bay leaf whole

2 cans beef consommé

1 can beer

3+ cups red wine – depends on how liquid you want the stew

3 garlic cloves- crushed

½ to 1 chopped onion

1-2 cans peeled and cubed potatoes (can use fresh

too= ~4 potatoes)

handful of small carrots (Substitute or add fresh sliced mushrooms – 2 pkgs- if you do not like cooked carrots but wait until end to add or they disintegrate)

Astrid: This recipe comes from Colby Kansas and my guess is a shared recipe from friends in town. I remember going out to Colby by train from Wichita while Dad was on a Latin America trip somewhere. Barbara would meet me in Oakley and then I would spend a week or so in Colby. Every morning she would have neighbors over for coffee. Everyone would be in robes and PJs and gossip would be thick with this and that rumor. It was a small town and everybody knew everybody. This would have been the early 1960s.

Dust meat in flour, brown in oil. Preferably in same pan add all ingredients except carrots or mushrooms. Simmer for 4 hours stovetop or large crockpot all day/overnight. Add small carrots (whole or in pieces) or fresh sliced mushrooms about 1 hour before eating and at the same time you might need to add some water or leftover red wine if needed (i.e. too thick). Serve in bowls. Fresh baked bread and side salad go well with this winter dish. Note: Halve recipe to fit into Astrid's small crockpot.

Spinach or Broccoli Soup

1 pkg frozen chopped spinach or broccoli

1 cup water

Cook until soft and set aside.

3 T butter

2 T flour

1 cup cream or half and half

1 cup water with 2 T beef bouillon grains added

Let cook. Add spinach or broccoli plus juice. Stir until boiling. Add salt if needed.

Vegetable Soup

3 T olive oil

1 chopped onion

2 cups chopped leeks (2)

2 cups chopped celery

1 clove garlic

1 ½ cup sliced carrots

1 cup shredded cabbage

2 cups unpeeled cubed new potatoes

1 t each thyme, rosemary and parsley, salt and pepper to taste

6 cup vegetable stock

8 med chopped Tomatoes (or 16 oz crushed)



Ed & Astrid in Stockholm

Heat oil and sauté onions, leeks, celery and garlic. Add rest and simmer for 1 hour.

White Cheddar Beer Cheese Soup

½ cup flour
⅓ cup butter
1 garlic clove, pressed
1 T grated onion
1 t Worcestershire sauce
½ t salt
½ t dry mustard
⅛ t white pepper
3 cups chicken broth
1 ½ cup half & half or cream
1 cup beer
16 oz. (4 cups) shredded sharp white Cheddar cheese

In large saucepan, melt butter; stir in flour. Cook 1 minute, stirring constantly, until smooth and bubbly. Add garlic, onion, Worcestershire sauce, salt, mustard and pepper; blend well. Gradually stir in chicken broth, half & half and beer; cook until thickened, stirring constantly. Add cheese; stir until melted. Heat gently, stirring frequently; do not boil. Goes really well with pretzel bread/rolls. Makes 7 (1 cup) servings.

SALADS & VEGETABLES



Astrid shopping at Stockholm market

Best Baked Beans Ever

8-16 oz. bacon, chopped
½ cup chopped onion
16 oz. pork and beans, drained or (28oz. Bush's Country style baked beans, not drained)
16 oz. green beans canned, drained
16 oz. butter beans canned, drained or (21 oz Bush's Grillin' Beans Black Bean Fiesta-not drained)
16 oz. kidney beans canned, drained
½ cup BBQ sauce
½ cup ketchup
¼ to ½ cup brown sugar, your preference for sweetness
1 t mustard or (1 T spicy brown mustard)

Cook bacon (crispy) be sure to drain fat and set aside. Sauté onion. Mix remaining ingredients and add sautéed onions. Sprinkle in crispy/hand crushed bacon into bean mixture and gently stir. Bake 30 min. at 350°F covered. Uncover, stir and bake 15 min. longer. Serve warm.

Christina: Karen Hodge has made this recipe for several potlucks and I get requests for this recipe after many river gatherings.



Jeff and Karen Hodge on the Yampa River

Brazilian Black Beans and Arroz Rice (Feijoada)

American version (meat on the side)

- 1 cup black beans
- 1 T salt
- 1 T olive oil
- ½ onion (chopped)
- 2 cloves garlic (mash in garlic crusher)
- 1 bay leaf

Soak beans in a bowl of cold water overnight. Drain and rinse the next day and put the beans in a Crockpot. Chop the onion and crush the garlic. Heat the olive oil in a cast iron (heavy) skillet over medium heat. Add the onion and garlic and cook until golden brown. Add onion and garlic mixture to beans in crockpot. Add lots of water (I do not measure this but at least an inch or two above level of uncooked beans) plus salt and bay leaf. Simmer for about 4- 6 hours (in a Crockpot) or until soft (Goya brand black beans usually take quite a long time). If not using a Crockpot, stir from time to time. The smell of cooking black beans in the house smells wonderful to Brazilians but most Americans do not think it smells great. Add water as necessary to keep beans covered. Keep an eye on the beans so they do not burn at the bottom (do not have to worry about this with a Crockpot)! After cooking beans, remove ~two ladlesful of cooked beans to a bowl and mash them roughly with spoon or fork. Put this mixture back into the Crockpot with the beans. It will thicken and season the beans. Continue to simmer gently for at least another hour, adding water as necessary. A good feijoada should have a creamy consistency when done. Remove the bay leaf. Stir and serve over Brazilian white rice. Pork chops or pork loin round out this great dish.

Karen: We lived in Brazil in the 1960/70's and I think we ate this once a week when we lived there. It has remained a favorite family recipe. Feijoada is a traditional Brazilian stew, often considered a poor man's meal because it was served in the middle of the week with leftover meat. Usually served with white rice (arroz), the sides often include greens of some sort and oranges. The oranges are meant to help with digestion.



Karen, Christina and Mormor in Brazil



Astrid, Christina and Karen on the beach in Brazil

Arroz (Brazilian Style Rice)

1 cup long grain rice (I use Uncle Ben's)
2 cups water
 $\frac{1}{3}$ medium onion, finely chopped
2 tablespoons olive oil
Salt to taste

Heat the olive oil in a large heavy saucepan over medium heat. Add the chopped onion and cook until limp. Do not let it brown! Add the rice and sauté until the grains become shiny. Add the water, cover the pan, and cook over low heat until all the water is absorbed, and the grains are tender. Serves 4.

Karen: Mom learned this recipe when we lived in Brazil. This type of rice is traditional to Latin America. It is the most delicious rice ever! Very flavorful and a staple in our diet growing up. Pairs well with Feijoada.

Cheesy Green Chile Corn

1 medium pkg frozen corn, thawed and drained
8 oz cream cheese
1 large can diced mild green chiles (or 2 small cans)
1-2 cups shredded cheese- Mexican or cheddar
1 t Old Bay seasoning
½ t garlic powder
½ t onion powder
Salt and pepper to taste

In a medium saucepan, combine corn, cream cheese and green chiles. Heat over medium high heat until the cream cheese is melted and smooth. Add 1 cup shredded cheese and seasonings; heat until cheese is melted. Pour into greased casserole dish and top with additional cheese, as much as you like. Bake in a preheated 350°F oven until cheese is melted and bubbling, about 25 minutes. Double recipe for a larger group.



Chinese Napa Salad

1/3 cup rice vinegar
1/3 cup sugar
1 T soy sauce
2 T sesame oil
6 T peanut or olive oil
1 head Napa Cabbage, washed and torn into pieces
1/2 bunch green onions, cut up
2 pkgs Ramen noodles, broken into small pieces
2 T melted butter
~2 t toasted sesame seeds

Mix rice vinegar, sugar and soy sauce. Slowly add all the oil and whisk in. Mix cabbage, green onions and toasted sesame seeds. Melt butter add Ramen noodles. Add 1 pkg of Ramen seasoning mix. Add noodles to bowl. Add dressing when ready to serve.



Karen playing chef

Coleslaw (No Mayo)

1/3 cup sugar
1/4 cup cider vinegar
1 1/2 T water
1 1/2 T oil
1/8 tsp celery seed
a shake of powdered mustard
a shake of salt and pepper
14 ounces shredded cabbage or coleslaw mix
2 T very finely diced white onions

Add together sugar, cider vinegar, water, oil, celery seed, salt, pepper and mustard. Mix until well combined. Add cabbage and onions (optional) to medium sized bowl. Pour dressing over the top and stir well. Cover, and chill in refrigerator for at least 15 minutes before serving. Perfect coleslaw for those that HATE mayonnaise or if you must attend a picnic without a cooler.

Cranberry Relish

1-pound bag of fresh cranberries
1 orange
1 ½ cups sugar

Wash cranberries and orange. Freeze cranberries for two hours. Cut orange into slices, remove seeds, and keep peel on. In blender or food processor, mix frozen cranberries, orange, and sugar. Done!

Karen: One of our newer recipes, I found this in a magazine and adopted it when we used to host Thanksgiving at our house. This recipe is really a nice twist to the traditional Thanksgiving or Christmas dinner.



Tucker, Fox, and King family with Swedish Christmas table

Cucumber Onion Dill Salad

2 English cucumbers peeled & thinly sliced
1 white onion thinly sliced
1 cup distilled white vinegar
1 teaspoon salt
½ cup water
½ cup granulated sugar
2 tablespoons fresh dill minced

In a large bowl, place sliced cucumbers, onions and fresh dill. In a small saucepan over high heat, pour in white vinegar, salt, water and sugar. Stir until sugar is dissolved and liquid turns clear. Pour over cucumber, onion and dill mixture. Mix gently and cover with plastic wrap and refrigerate at least 1 hour. Serve cold or at room temperature.

Christina: This refreshing salad accompanies many Swedish meals (both lunch and dinner).



Caroline Ehrby & friend, Karen Fox, Elizabeth Ehrby & Christina King at castle café in Sweden

Potato Salad

4 peeled boiled potatoes
Let cool and cut in small pieces.
~3-4 T oil & vinegar dressing:

- ½ cup oil
- ¼ cup vinegar

~1/4 cup Mayo
1-2 T onion shavings
Cubed peeled cucumber, as much as you prefer
2 hardboiled eggs
Dash of dillweed



Cut boiled potatoes into small bite size pieces. Mix oil and vinegar in separate bowl or sprinkle oil/vinegar dressing. Only use about ½ of oil/vinegar mixture in this recipe. Mix some of oil/vinegar mixture, mayo, onion shavings and cucumber in large bowl. Add potatoes and ½ of eggs. NOTE: Can also use ready-made Italian dressing if you have it on hand. Transfer to a covered dish, place sliced eggs on top and sprinkle with dillweed. Serve chilled.

Scalloped Rhubarb

3 cups cubed stale (no crusts) bread (1/2 inch)
1 stk butter, melted
2 c chopped uncooked rhubarb
¾ to 1 c sugar
4 T water

Add bread to butter, mix well. Add sugar and rhubarb, mix well. Put in oblong greased baking pan. Put 1 T of water in each corner of pan. Bake 45 minutes at 325°F. Serves 6



Ed Tucker standing next to Swedish Rhubarb garden!

Karen: The first time I remember eating rhubarb was as a little girl at my great-grandmother's house in Taljo. Momma had several rhubarb plants around her country house and we would cut them at the base, dip the stalks in sugar and eat the rhubarb raw. Eating raw rhubarb was always a delicate balance because you had to get the right amount of sugar to offset the tartness of the rhubarb. I also remember peeling off the sides of the stalk and eating the long strings like they were candy. With about a dozen great grandchildren running around, I'm sure there must have been some "double dipping" going on in that sugar bowl. Years later I planted one in the backyard and it did quite well - but when I found out that the rhubarb leaves are poisonous, I had to get rid of it because the horses might eat it (the pony tried).

Waldorf Salad

- 1-2 gala type apples (cubed)
- ~2 stalks chopped celery
- ~1 cup coarsely chopped walnuts
- ~ ¼ cup mayonnaise

Mix all ingredients. Serve immediately. Walnuts will go soft if you mix and refrigerate or keep as leftovers.



APPETIZERS



Lauterbach and Tucker family



Astrid enjoying a facial in Africa safari tent

Artichoke Dip

- 1 cup sour cream
- 1 cup mayo
- 1 cup parmesan cheese (grated)
- 1 small can chopped green chili's
- 1 can artichokes (drain and chop)
- 1 can Hearts of Palm (drain and chop)
- 1 box melba crackers (plain)
- 1 loaf French baguette in thin slices- optional
- fresh veggies (cut as appetizers)- optional

Mix all ingredients in a small bowl (reserve ¼ cup parmesan to sprinkle on top). Spray small baking casserole dish with Pam, pour all into baking dish, sprinkle top with small amount of reserved parmesan cheese. Bake at 350°F for ~45 minutes or until bubbling- serve hot, with melba crackers and veggies.

Christina: Hearts of Palm give this dip a special Brazilian flair. We LOVE Hearts of Palm!

Deviled Eggs

6 large hard-boiled eggs
~ ¼ cup mayo
~1 T mustard
~1 t dry mustard
Sprinkle of paprika

Slice shell-less hardboiled eggs in half lengthwise. Use a small spoon to scoop out egg yolks and place in a bowl. Use a fork to mash/crumble egg yolk. Stir in mayo, mustard (wet and dry). Spoon in egg yolk, mayo and mustard mixture into egg white halves. Sprinkle lightly with paprika powder. Store in sealed Tupperware in refrigerator. Eat within 2 days. Makes 12 halves.

Jalapeno Poppers

8 oz hot Italian sausage (browned & drained)
8 oz cream cheese
8 oz Pepper Jack cheese (shredded)
1 T minced garlic (I use 3 cloves pressed)
~30 small Jalapenos (fresh, halved and seeds/stem removed)

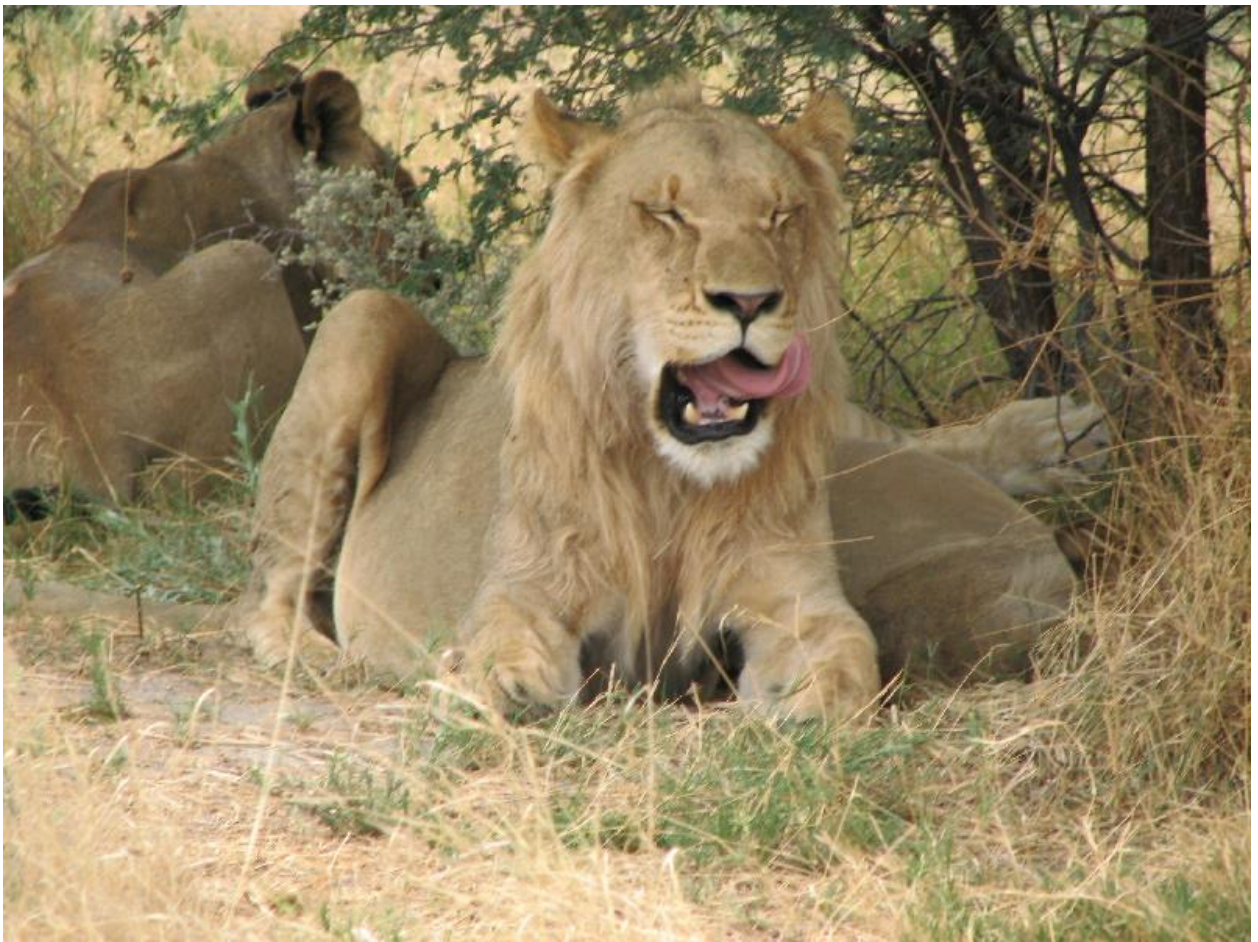
Stuff mixture (cooked sausage, cream cheese, portion of shredded cheese, garlic) into halved jalapenos. Line flat baking dish with foil (spray with Pam). Sprinkle with reserved shredded cheese. Bake 30 minutes at 350°F.

Karen Hodge: My sister-in-law from back East gave me this recipe years ago and it called for mild sausage and mozzarella cheese. I stepped up the heat a little and everyone west of the Mississippi thinks it's better that way! They often warmed us up during Winter Festival at Chalk Creek!



Karen Hodge

MEATS



Lion from our African safari

Baby Back Pork Ribs – Crock Pot or Oven Style

1 Rack Baby Back Pork Ribs

Mesquite Dry Rub (Costco Kirkland brand)

~2-3 cups BBQ sauce (any cheap brand will do)

Rub the ribs with Mesquite dry rub. Cover top/bottom of ribs with BBQ sauce. Place ribs in crock pot (meaty side up), cut to fit crock pot. Let set overnight in refrigerator. Cook in Crockpot on low heat for 4-5 hours. You can make this same recipe by putting ribs in the oven (wrapped in HD Foil) at 300°F for at least 5-6 hours (low and slow). Add BBQ sauce if needed as they will dry up more in the oven.

Ken: We enjoy these ribs often, just don't forget to turn the crockpot on!



Ken and Mary Krehn and Pete King on Green River- Gates of Lodore canyon

Beef Bourguignon--from Julia Child

3 lbs. stewing beef cut in 2-3 in. chunks
3 cups "full-bodied, young red wine"--I just use cheap burgundy
2 cups beef bouillon/consommé
1 Tb. tomato paste (optional)
2-3 cloves peeled, mashed garlic (I use more)
½ t thyme (I also use more)
1 bay leaf
1 t salt
1 onion
1 lb mushrooms
1 large bag of egg noodles

Heat small amount of Crisco oil in large heavy skillet until almost smoking, add beef a few pieces at a time and brown all sides. When all beef is browned, add part of the wine and scrape skillet for the goodies. Then pour into a heavy 4 qt. or larger casserole or crockpot and add the rest of the ingredients. Bring to simmer on top of stove, then cover and bake at 325 for 3+ hours. Dice a large onion and quarter or slice about a pound of mushrooms. Cook in 2 Tb. butter until onions are soft. When the beef is close to being done, add the mushroom/onion mix. Best if it sits overnight to let the flavor ripen...There should be 2-3 cups of liquid left after stewing the beef. In a separate pan, make a roux of 3 Tb. each of butter and flour, add cooking liquid to thicken, then add to the casserole and simmer for another 5 min. or so. Serve with cooked egg noodles. Generally, I have to double or triple this recipe for a large group.

Irene Cooke: Sure cure for winter blues! A cozy weekend at Chalk Creek with the Tucker/King clan: a day of fun in the snow followed by a bowl of beef stew, rafting videos and a hot game of dominoes with the river gang! Life is Good!



Irene and Bill Cooke bundled up on Green river

Cube Steak

Cube Steaks- Walmart comes 4 to 6 in a pkg

¼ cup flour

Salt & pepper to taste

1 T butter

Season both sides of cube steak with salt and pepper to taste. Dredge each cube steak in flour, pressing to coat with as much flour as possible. Melt butter in frying pan and fry cube steak ~ two minutes. For well done, add a minute of cook time to each side.

Mushroom Pot Roast

Maplette Rogers

3 to 4 lbs. arm or chuck roast (with or without bone)

1 sliced onion

1 ½ cup water

¼ cup ketchup

⅓ cup sherry

1 clove garlic crushed

¼ tsp. each of dry mustard, thyme, marjoram, rosemary

1 t salt

1 bay leaf crumbled

6 oz. mushrooms fresh or canned
carrots (optional)

Brown meat in fat after being floured. Season with all the above in the pan drippings and cook on stove or in oven until tender. ~ 4 hours, works well in a crock pot. Add mushrooms (and carrots) about 1 hour before serving on top of meat. Remove meat and make a gravy with pan stuff and flour. Serve with mashed potatoes.



Astrid in Africa with elephant skull

Pan Seared Perfect Steaks

Steaks
2 T Canola Oil
2 T Butter
Garlic
Thyme
Dill
Salt and Pepper

Preheat oven to 200°F. Pat dry raw steaks. Put in oven directly on baking rack for 45 minutes, put foil under the rack to catch drippings. Finish by searing in hot pan with a couple of tablespoons each of canola oil and butter (enough so that you can scoop the liquid on top of the steak). Add garlic, thyme, dill to the oil/butter mixture. Test doneness by using the [Meat Doneness Palm test](#).

Open the palm of your hand. Relax the hand. Take the index finger of your other hand and push on the fleshy area between the thumb and the base of the palm. Make sure your hand is relaxed. This is what raw meat feels like. (Check this out the next time you have a raw steak to cook.)

Medium Rare: Gently press the tip of your middle finger to the tip of your thumb. This is medium rare.

Medium: Press the tip of your ring finger and your thumb together. The flesh beneath the thumb should give a little more. This is what meat cooked to a medium doneness feels like.



Ritz Pork Chops

1 cup crushed Ritz crackers
Garlic salt to taste
Black Pepper to taste
1-2 eggs, beaten
4 pork chops (boneless)
½ cup butter
Salt and Pepper

Preheat oven to 400°F. In a shallow bowl, combine crushed crackers, garlic salt, pepper. Mix well. In a separate bowl beat eggs. Dip pork chops in egg batter and then cracker mix. Place pork chops in casserole dish. Place chunks of butter around the pork chops. Cover and bake for 30-40 minutes. Remove foil last 15 minutes.

Sesame Pork Ribs

1. $\frac{3}{4}$ c packed brown sugar
2. $\frac{1}{2}$ c soy sauce
3. $\frac{1}{2}$ c ketchup
4. $\frac{1}{4}$ c honey
5. 2 T cider or white wine vinegar
6. 3 cloves garlic – minced
7. 1 t ground ginger
8. 1 t salt
9. $\frac{1}{4}$ - $\frac{1}{2}$ t crushed red pepper flakes
10. 5 lbs country-style (boneless) pork ribs
11. 1 med onion – sliced
12. 2 T sesame seeds (toasted)
13. 2 T chopped green onions

In a large bowl, combine first 9 ingredients. Add ribs and turn to coat. Place the onion in a 5 qt slow cooker; arrange ribs on top. Cover and cook on low for 5-6 hours or until meat thermometer reads 160°F to 170°F. Place ribs on a serving platter; sprinkle with sesame seeds and green onions. Serves 6.



Keith Fuqua- champion rib eater- 17!



Astrid Tucker in Stockholm

Astrid: The spaghetti recipe was basically my Mother's, Ingrid Fogelberg. It was a staple that we had quite often, I have probably added a bit to it. The spaghetti seasoning did not exist when we first started making it, which makes me wonder what we did back then. Everybody loves spaghetti and this was before everyone got fancy and called it pasta. It was also a recipe that Elizabeth and I could make by ourselves since my Mother so often was ill and not up to cooking.

Spaghetti Meat Sauce

- 1 lb hamburger (90% lean)
- 1 small can tomato paste
- ½ t spaghetti sauce seasoning- Spice Islands brand- see note below
- ½ onion- chopped
- 1-2 cloves garlic (crushed)
- 1 ½ t salt & pepper to taste
- 1 pkg spaghetti noodles
- 1 small can mushrooms or fresh, optional

Sauté chopped onion and crushed garlic in light oil. Add hamburger and brown. Add tomato paste to browned hamburger and add at least one can of water. Stir well. Add spaghetti sauce seasoning and salt/pepper to taste. Cook about 20 minutes or a bit longer. Add drained mushrooms if you like. Serve with spaghetti noodles.

Note: The Spice Island brand Spaghetti Sauce seasoning is no longer sold so below are instructions on how to make it from scratch:

- 4 t Spice Islands Sweet Basil
- 1 ½ t Spice Islands Marjoram
- 4 ¼ t Spice Islands Onion Powder
- 4 t sugar
- 3 ½ t salt
- 2 ½ t Spice Islands Garlic Powder
- 1 ½ t Spice Islands Rosemary
- 1 ½ t Spice Islands Medium Grind Black Pepper
- 1 t Spice Islands Summer Savory
- ½ t Spice Islands Ground cloves

Grind basil and marjoram in small food processor or coffee grinder (or mortar pestle) until fine. Combine all ingredients in a small bowl. Store in tightly capped spice container.



Swedish Meatballs & Cream Gravy

1 lb hamburger (90% lean)
1 egg
Club soda (for liquid)
Seasoned breadcrumbs (to make a paste)
3 T grated onion
Salt & pepper to taste
1 T butter, 1 T olive oil
Lingonberry jam

Christina: I am usually not a fan of hamburger (i.e. meatloaf) but pair this up with lingonberry jam and I like it. I remember eating meatballs for my Swedish school lunches weekly and loved it!

Mix egg, some club soda, breadcrumbs, grated onions, salt and pepper and let sit for 30 minutes. Add to hamburger and mix. Form small meatballs. Fry in mixture of melted butter and oil. Serve with lingonberry jam and cream gravy. You can also purchase frozen meatballs in the grocery store and just make the cream gravy below from scratch.

Cream Gravy:

4 T butter
3 T flour
2 cups beef broth
1 cup heavy cream
1 T Worcestershire sauce
1 t Dijon mustard
salt and pepper to taste

Add 4 T butter and 3 T flour to skillet and whisk until it turns brown. Slowly stir in beef broth and heavy cream. Add Worcestershire sauce and Dijon mustard and bring to a simmer until sauce starts to thicken. Salt and pepper to taste.



Maria Ehrby (Swedish cousin) and Christina King

Tarragon Filet of Pork

2 lbs pork filet
2 t dried tarragon
3 T butter
2 T oil
1/4 c white tarragon vinegar
3/4 c beef stock- granulated beef bouillon works fine also
(use less salt)
1/2 T Dijon mustard
3 t fresh tarragon- not necessary
3/4 to 1 c heavy cream
salt and freshly ground pepper

Christina: This pork filet is very tasty. I remember our Africa trip and wondering if the locals ate these relatively tame Warthogs, bet they were tough. They were so ugly they became cute!

Cut the pork into 1 inch slices and place between two sheets of wax paper. Flatten them with a meat pounder. Season both sides of the meat with tarragon, salt and pepper. Heat the oil and butter in a skillet until the butter stops foaming. Sauté the meat slices over medium-high heat until brown on both sides. Transfer to an oven-proof serving platter. When meat is browning, it is important not to let the pieces touch each other as that releases the juices. When all the meat has been sautéed, pour off any excess fat, and deglaze pan with vinegar, scraping up any brown bits. Let the vinegar reduce somewhat before adding the beef broth. Simmer for a couple of minutes, scraping up any meat glaze on the bottom of the pan. Add 3 t fresh tarragon, mustard and the cream. The cream should be added little by little until the sauce is thickened. Adjust seasoning and pour over the meat. Bake entire dish in oven at 350°F for ~30 minutes.



Our pet African Warthog

SEAFOOD



Oregon Dungeness Crabs - so yummy!

Lemon Butter Halibut

4 Halibut fillets- pat dry both sides
Salt and Pepper both sides
4 T Olive oil

Heat olive oil in a large skillet. Sear salt/peppered halibut fillets in skillet on one side without moving for 3-4 minutes. Carefully flip halibut over and sear for another 2-4 minutes until fish is cooked through. Remove fish to a warming plate and use same skillet to make lemon butter sauce.

Lemon Butter Sauce:

1 cup butter
2 lemons

Melt butter until slightly brown/nutty looking. Squeeze the juice of two lemons into simmering melted butter and whisk well. Serve halibut with some of lemon butter on the fish.

Parchment Steamed Salmon- 3 ways

[Tasty App Online](#)

Skinless Salmon Filet- cut into smaller portions to fit into parchment paper

Olive Oil to taste

Salt and Pepper to taste

Parchment Paper

- Lemon Dill- asparagus, sliced lemon, white onion, fresh or dried dill
- Teriyaki- teriyaki sauce from bottle and asparagus or thinly sliced carrot with broccoli floret
- Tomato Pesto-fresh green beans, pesto, cherry tomato (halved)

Heat oven to 350°F. Fold parchment paper in half, then open. Lay down asparagus OR carrot and broccoli floret OR green beans and drizzle on oil, salt and pepper. Lay salmon on asparagus OR carrot and broccoli floret OR green beans and add more oil, salt and pepper. Place onion, lemon and dill OR drizzle teriyaki sauce OR spread pesto and halved cherry tomatoes on salmon. Fold parchment paper over salmon and crimp edges to seal parchment paper closed around salmon. Bake for 20 minutes or until internal temperature of salmon reaches 145°F. This recipe is easily modified by adding or substituting any of your favorite vegetables including thinly sliced potatoes, brussels sprouts, spinach, etc...



Rhode Island Salmon Sauce

½ cup mayo
½ cup whipping cream
3 T chili sauce
2 T sherry
½ t paprika powder

Mix all ingredients and use cold as a dipping sauce with cooked shrimp or salmon.

Salmon Marinade

¼ cup soy sauce
2 T. sherry
½ t fresh ginger
1 T. Hoisin sauce

Combine all and marinate about 1 hour. Do not marinate more than one hour or the salmon will be mushy. Bake after removing from the marinade at 325°F for about 30min. Again, watch that you do not over bake. You may also grill the salmon for about 20 minutes.



Seattle Salmon – Pike Fish Market

Sesame Crusted Salmon

[Compliments of Aruba Beach Cafe](#)

¾ cup white sesame seeds
¾ cup black sesame seeds
1 ounce cooking oil
1 T butter
2 ounces soy sauce
1 ounce oyster sauce
Pickled ginger as a garnish
2 medium salmon fillets or one large cut in half, skin on okay



Rinse salmon and set aside. Mix white and black sesame seeds in small bowl. Spread out sesame seeds on a large flat plate. Press salmon on sesame seeds. No need to press on skin side, but press both sides if no skin. Heat oil in a large sauté pan. Add sesame seed coated salmon to sauté pan and sear 5 minutes on each side or until done. Remove salmon from heat and cover, while making sauce. In a new pan, add butter, soy sauce and oyster sauce, stir over low heat and glaze salmon with sauce. Or use a bottled teriyaki glaze sauce. Serve with steamed white rice and fresh sautéed tropical vegetables of your choice.

Shrimp Sautéed w/Lemon

30 large peeled shrimp
5 T olive oil
1 clove garlic
½ thinly sliced lemon peel
2 T lemon juice
Splash of soy sauce
Splash of sesame oil
salt and pepper to taste
2 T chopped parsley
2 T fresh clipped dill weed, or ¼ t dry dill weed

Heat oil in large sauté pan. Add garlic, lemon peel and shrimp. Remove from heat when shrimp is cooked and add remaining ingredients. Serve with rice and salad.



Ed and Astrid: Mexican Grilled Shrimps!

Trout

1 cleaned trout- *caught yourself the best!*
¼ cup flour
Salt and pepper to taste
1 T butter

Mix flour, salt & pepper in small bowl. Dip trout in flour mixture and roll to cover. Melt butter in frying pan until bubbling. Fry trout approximately 5 minutes on each side until golden brown. Insert fork at thickest point of fish to test for doneness.

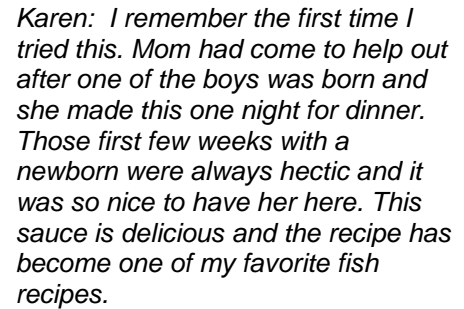


Tom Rogers: String of fish!

White Fish with Topping

White fish
Lemon juice
2 T butter
2 T mayo
4 chopped green onions
¼ cup grated parmesan cheese
Splash of Tabasco sauce

Marinate fish 20 minutes in lemon juice. Mix other ingredients. Put half of mixture on top of fish. Bake in oven at 325°F for ~20-30 minutes. 30 minutes+ if fish is still frozen. Ten minutes before fish is done, place other half of mixture on fish and finish baking.



Karen: I remember the first time I tried this. Mom had come to help out after one of the boys was born and she made this one night for dinner. Those first few weeks with a newborn were always hectic and it was so nice to have her here. This sauce is delicious and the recipe has become one of my favorite fish recipes.

POULTRY

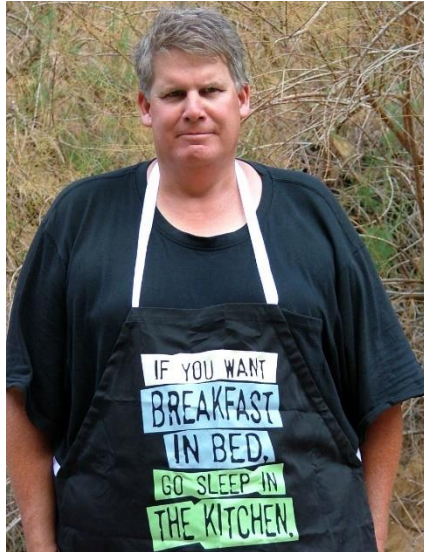


Augie and James Lauterbach and Ricky Fox hunting pheasants in Colby Kansas

Chicken Grape Salad

1 can white chicken meat, drained OR ~2 cooked/cooled and shredded chicken breasts
Green grapes bunch
Whole Cashews- 1 can
1 tomato, chopped
1 stalk celery, chopped
¼ cup mayonnaise
Salt, Onion Powder and Dillweed to taste
1 pkg of Garden Spinach Herb (green) Tortillas
1 small can of sliced black olives (optional)

Mix all ingredients, serve in tortillas (easier) or pitas. Can scale up ingredients for 25 people easily.



Christina: This “cool” chicken salad has been a big hit on many favorite hot western river trips. We eat it over the water as it can be messy.



Wichita: Barr and Tucker families

Cornish Hens

Merle Barr

2-4 whole Cornish Hens

Season Cornish hens with poultry seasoning and salt/pepper before rolling in crushed cornflakes

Crushed cornflakes

Whole celery stalks

Slivered almonds

Red currant jelly

Split hens. Line pan with foil. Place celery stalks on top of foil lengthwise. Roll hens in crushed cornflakes. Bake at 325°F for about 2 hours. Last 30 minutes of baking, put on slivered almonds and red currant jelly. Serve with rice.

Karen: I remember that this was the go to meal for mom when she hosted a big dinner party at home. The magic is in the currant jelly. It always presented well, because as mom would say, everyone gets their own little bird.

Astrid: This was Merle Barr's recipe. Merle was a childhood best friend to Nana. Even though they were very good friends, both were music majors and teachers, they were very formal with each other. Aunt Barbara and I found this somewhat strange. Merle married late in life to Bill and they had no children. He was a dentist and at least 15 years younger than she, in fact we wondered at times if people thought he was her son. After her death (early 90s) he remarried another Kansas lady more his age, who he met at a high school reunion.

Egg Salad Sandwich

6 hardboiled eggs
½ cup mayonnaise
1 T yellow mustard
¼ cup chopped green onion
Salt & pepper to taste
¼ t paprika
4 slices white bread

Mash peeled hardboiled eggs with a fork while warm. Mix in rest of ingredients and add salt and pepper to taste. Mix well and spread on bread. Makes several sandwiches. Use within 2 days.



Hard Boiled Eggs

How to hard boil a perfect egg in Colorado (i.e. at altitude): Use eggs that are at least a week old. The extra fridge time allows the eggs to take in air, which helps separate the membranes from the shell. In a large, deep pan, place eggs in a single layer and cover with cold water an inch deeper than the eggs. Heat gently, uncovered, and remove pan from heat when it reaches a boil. Cover pan and let the eggs sit for 12 to 15 minutes. Remove eggs from the hot water and plunge them into an ice bath. This helps the shells slip off. To peel a hard-boiled egg: Hard-boiled eggs are easiest to peel right after cooling. Cooling causes the egg to contract slightly in the shell. Gently tap egg on countertop until shell is finely crackled all over. Roll egg between hands to loosen shell. Starting peeling at large end, holding egg under cold running water to help ease the shell off.

Mustard Seed Chicken

Aunt Barbara

2 cups heavy cream
3 T Dijon mustard
 $\frac{3}{4}$ t salt
1 t pepper
1 $\frac{1}{2}$ T yellow mustard seeds (toasted)
4 boneless chicken breasts – prebaked for one hour
2 t lemon juice
4-6 chopped scallions (green onions)

Toast mustard seeds until they start popping, set aside to cool. Heat cream in non-stick frying pan. Whisk in mustard, salt and pepper. After sauce thickens add in lemon juice and chopped scallions. Bake chicken breasts for one hour at 350F. Last 20 minutes add half of sauce to chicken in baking dish. Remove chicken with sauce from oven after 20 minutes and pour remaining sauce over chicken and serve. Serve with rice.

Szechwan Chicken

Keith Fuqua

1 T cornstarch
3 T soy sauce, divided
2 large chicken breasts, cubed
1 T dry sherry
2 t sugar
1 t vinegar
 $\frac{1}{2}$ cup canola oil
1 t red pepper flakes
2 scallions/green onions, chopped
 $\frac{1}{2}$ t ground ginger -can also use grated fresh
2 bell peppers (red, orange and/or yellow), julienned
 $\frac{1}{2}$ + cup whole peanuts

Combine the cornstarch and 1 T soy sauce in medium bowl. Add cubed raw chicken and stir until coated with this mixture. Set aside. In a small bowl, combine remaining soy sauce (2T), dry sherry, sugar, vinegar and stir, set aside. Heat oil and pepper flakes in a large pot/wok until flakes turn almost black. Add chicken mixture and cook for two minutes. Remove chicken and place in a large bowl to the side. Add small bowl of sauce (soy, sherry, sugar, vinegar) to empty pot, along with scallions, ginger, bell peppers and saute for 1 minute, add chicken back into pot for 2 more minutes stirring constantly. Add peanuts to pot last and serve hot over white rice.

Soya (Shoyu) Chicken

4 chicken breasts
¼ cup oil
¼ cup soy sauce
¼ cup brown sugar
1-2 t grated fresh ginger
2 cloves crushed garlic

Mix all ingredients and marinade chicken for 2 or more hours. Bake at 325°F for 1 hour.



Yokohama and Lauterbach family in Hawaii

Christina: This was Aunt Barbara's recipe, but it is a Hawaiian specialty. The Lauterbach's lived in Hawaii for many years (1967-1984) and we loved every visit with our aunt/uncle and cousins. I distinctly remember having this delicious chicken dish on some of our beach picnics. The Yokohama's were some of their best friends pictured below.

James Lauterbach: Shoyu Chicken is a classic Hawaii dish that is everyone's local favorite! Growing up in Hawaii, Shoyu chicken was a staple that we had in school lunches, picnics in the park, or served at restaurants specializing in local cuisine. Served simply with a scoop of white rice and a scoop of macaroni salad, it is comfort food Hawaiian style, and takes me back to my childhood. The recipes for good shoyu chicken are as diverse as the culture, and is a simple dish to prepare.

White Chicken Enchiladas with Green Chilies

2 ½ cups cooked, shredded chicken
2 cups chicken broth
~3 T Canola oil
12 whole corn tortillas (flour tortillas will also work)
1 onion diced finely
3 four oz cans of green chilies, diced
1 t paprika
½ cups heavy cream or half and half
2 T butter
2 T flour
1 cup sour cream
2 ½ cups grated Monterey Jack cheese
Salt/pepper to taste
Chopped cilantro for garnish

Sauté onion with canola oil in large skillet. Add cooked chicken, half of green chilies and half of paprika and stir. Add ½ cup chicken broth and stir. Add cream and stir. Allow mixture to bubble and get hot, then remove from heat and set aside.

In a separate skillet, melt butter, add flour. Whisk and then add remaining 1 ½ cups chicken broth and other half of green chilies. Reduce heat, then stir in sour cream. Add 1 ½ cups grated cheese and stir to melt. Add remaining ½ t paprika and season with salt/pepper to taste.

Assembly: Spoon chicken mixture on top of open tortillas, top with plenty of cheese and continue to layer in 9x13 greased baking dish. Pour cheese mixture over top and sprinkle any remaining cheese on top. Bake at 350°F for 30 minutes. Sprinkle with cilantro as garnish after removing from oven and serve hot.



Fox, Lauterbach, King and Tucker- Astrid May 2016 Memorial

CASSEROLES



Dutch Ovens on the River

King's Potato Casserole

Louise King

1 pkg of frozen hash browns, defrosted
1-pint sour cream
¼ cup butter, melted
1 ½ cup shredded cheddar cheese
1 can cream of chicken soup
⅓ cup chopped green onions
2 T crushed cornflakes + 2 T melted butter

Christina: Every Thanksgiving and Christmas Eve we enjoyed this casserole with the King's. We make this a lot on river trips and no matter the group size, there are never any leftovers. Everyone loves it!

Heat oven to 350°F. Mix sour cream, melted butter, cream of chicken soup, shredded cheese and green onions in a large bowl. Add hashbrowns and place entire mixture in a greased baking dish. Sprinkle crushed cornflakes/butter mixture on top and bake 45 minutes.



Shirley Killeen, Peter & Louise King and Astrid & Ed Tucker

Lasagna Casserole

- 1 lb ground beef
- 2 crushed garlic cloves
- Vegetable oil (sauté)
- 1. 1 (8oz) can tomato sauce
- 2. 1 large can diced tomatoes ~20 ounces (reserve about $\frac{1}{2}$ c of liquid)
- 3. 1 $\frac{1}{2}$ t salt
- 4. $\frac{1}{4}$ t pepper
- 5. $\frac{1}{2}$ t oregano
- 2 T flour

- 8 oz box of lasagna noodles
- $\frac{1}{2}$ lb mozzarella cheese sliced (or Monterey Jack or mild Swiss)
- $\frac{3}{4}$ lb ricotta cheese (or cottage cheese)
- $\frac{1}{2}$ c parmesan

Sauté hamburger with garlic and a little oil. Then add next 5 ingredients and simmer 20 minutes. Add 2 T flour to $\frac{1}{2}$ cup reserved tomato liquid and shake to mix. Add to meat mixture to thicken. Cook noodles as directed on package. Fill a large buttered casserole (8 $\frac{1}{2}$ by 12 $\frac{1}{2}$) with alternate layers of noodles, cheese, tomato, meat sauce and parmesan. End with a layer of meat sauce and parmesan. Bake covered 30 minutes and uncovered last 15 minutes at 375°F.

Quiche



Grant Fox with his beloved chicken/s

- 3 beaten eggs (we use 6 small ones)
- 1 ½ cups milk
- 1 ½ cups shredded cheese (your preference)
- ¼ cup sliced green onion
- 1 T flour
- dash salt
- dash pepper
- dash ground nutmeg
- 1 pie crust- premade from store

Line pan with pastry. Cover with foil and bake at 450°F for 5 minutes. Remove foil and continue baking for 5-7 more minutes. Remove pastry from oven and fill with quiche mixture. Return to oven and bake at 325°F for 35-40 minutes (until center is done). If necessary, cover pie crust edges with foil to prevent over-browning at the end. Let stand for at least 10 minutes before cutting. Of course, you can add all sorts of ingredients. We most often add broccoli. Mushrooms hold a lot of water and release it during the cooking process so allow more baking time when using mushrooms.

Karen: We started raising chickens around 2003, when the boys were really little. We bought the baby chicks at the feed store in the spring, and kept them in a bin in the laundry room until they were old enough to live in the barn. Baby female chicks are called pullets when they reach 15-22 weeks old, and when they begin laying eggs at around 24 weeks, they're officially called hens. Hens lay an egg a day - whether you have a rooster or not. If a rooster is around, he will fertilize those eggs and you'll have new chicks in about 21 days. There was a time when we had babies hatching daily and the chicken count got really high, which led to some major egg production. We had so many eggs that in addition to giving them away by the dozen, we had to seek out high egg-count recipes. Those were the years of eating lots of quiche (3 eggs) and flan (6 eggs). After about ten years, we started having trouble with raccoons eating the chickens and we eventually gave up chickens altogether. Knowing how much work goes into raising fowl, you'll never hear me complain about the cost of store-bought chicken or eggs.

Rice Casserole

¼ cup butter, melted
2 cups rice
6-8 green onions, chopped
3 cans beef consommé
1 four ounce can mushrooms + ½ juice
½ t oregano
1 ½ t salt and pepper to taste



Christina, Nana and Karen

Preheat oven to 350 °F. Sauté butter, rice and green onions. Add consommé, mushrooms (1/2 of juice), oregano, salt & pepper. Stir and cover baking dish. Bake for 45-60 minutes.

Scalloped Potatoes

From Julia Childs Cookbook

2 lbs boiling potatoes (6-7 cups)
½ clove unpeeled garlic
4 T butter
1 t salt
1/8 t pepper
1 c (4 oz) grated Swiss cheese
1 c boiling milk

Preheat oven to 425°F. Peel the potatoes and slice them 1/8 inch thick. Place in a basin of cold water. Drain and dry when ready to use. Rub the baking dish (9x13) with cut garlic. Smear the inside of the dish with 1 T butter. Spread half of potatoes in the bottom of the dish. Divide over them half of salt, pepper, cheese, and butter. Arrange remaining potatoes over the first layer and season them. Spread on the rest of the cheese and butter. Pour on the boiling milk. Bake for ~30 minutes or until potatoes are tender, milk has been absorbed and top is nicely browned.

Scalloped Sweet Onion Casserole

3 med onions (yellow or white)- sliced
¼ cup butter for frying onions
¼ green bell pepper chopped
1 cup grated Swiss cheese
1 cup cracker crumbs mixed with ½ cup butter (melted)
2 eggs well beaten
¾ cup cream
1 t salt
⅛ t pepper
1 small can pimentos- drained

Peel and slice onions. Melt butter in skillet, add onions and green pepper and cook until tender. Stir in pimentos, place half of onion mixture in baking dish. Sprinkle with ½ cup cheese and ½ cracker crumbs. Repeat the layers of onion and cheese. Beat eggs with cream, salt and pepper. Pour over onions. Combine remaining cracker crumbs with melted butter. Sprinkle on top. Bake at 325 °F for 30 minutes or until set. Serves 6-8



COOKIES



Swedish rolling pins for Knackebrod

Almond Moons

1 cup butter

$\frac{1}{2}$ cup powdered sugar

2 and $\frac{2}{3}$ cup almond flour OR

[$\frac{2}{3}$ to 1 cup finely ground blanched almonds (~3 oz)

2 cups flour]

1 t vanilla

$\frac{1}{4}$ t salt

~ $\frac{1}{4}$ cup powdered sugar

Cream butter and sugar. Add almond flour (or ground almonds and flour) and salt. Chill dough at least 3 hours. Preheat oven to 350°F. Roll into round/oval balls and flatten with the palm of your hand. Place on greased cookie sheet. Bake 14-16 minutes. Cool on cookie sheet until firm enough to transfer to cooling rack. Be gentle with spatula, very fragile when warm. While still warm sprinkle with powdered sugar. I use a small sifter with a tapping motion.



Full Moon over Lee's Ferry Grand Canyon

Gingersnaps with Orange-Ginger Cream Filling

2 cups flour
½ t baking soda
1 ½ t ground cinnamon
2 t ground ginger
¼ t ground cloves
¼ t salt
12 T (1 ½ sticks)) unsalted butter, room temperature
½ c firmly packed dark brown sugar
1 c granulated sugar
¼ c molasses
1 large egg
½ t vanilla extract

Filling:

½ c (8 ounces) cream cheese
4 T unsalted butter, room temperatures
1 t vanilla extract
2 t grated orange zest
2 t orange juice
1 t ground ginger
3 ½ cups powdered sugar, plus more as needed

In a medium bowl, combine flour, baking soda, cinnamon, ginger, cloves and salt. Set aside. With electric mixer, cream butter, brown sugar, and ½ c granulated sugar until fluffy, about 2 minutes. Add molasses, egg, and vanilla, and beat at medium-high until incorporated, about 30 seconds. Reduce speed to low; add flour mixture and mix until well combined. Cover and chill at least 30 minutes or up to one day. Preheat oven to 350°F. Place remaining ½ c granulated sugar in a shallow bowl. Shape dough into 1-inch balls; roll in sugar to coat. Arrange about 2 inches apart on 2 ungreased baking sheets. Using the bottom of a glass that has been lightly greased, then dipped in sugar, flatten dough into ¼ inch thick disks. Bake 13 to 15 minutes, or until firm. Remove from oven and immediately transfer cookies to a cooling rack.

Filling: In a medium bowl, combine all ingredients; mix until smooth, adding more powdered sugar as needed. Filling should have consistency of very thick frosting. With a small spatula, frost bottom half of cookies (about 1 t filling each); top with remaining cookies (so bottom sides are together) to make sandwich cookies.

Makes ~2 dozen.



Montana: Melissa Broch at Gates of Lodore

Peanut Butter Special K cookies



Christina, Nana and Karen

1 cup sugar
1 cup white Karo syrup
2 cups peanut butter
4 cups Special K cereal
1 t vanilla

Bring sugar and Karo syrup to a full boil then immediately remove from heat. Mix the rest of the ingredients starting with the peanut butter. Drop by rounded teaspoons on wax paper. NO Baking.

Karen: When I see these cookies, I think of Nana. They were one of her signature treats for us. She always seemed to have a tin of these when we would visit and we gobbled them up. Now we mostly make these at Christmas, but every once in awhile I make them and we devour them in a few days.

Pepparkakor (Swedish Ginger Snaps)

$\frac{3}{4}$ cup butter (1 $\frac{1}{2}$ stks)
2 $\frac{1}{4}$ cups light brown sugar
 $\frac{2}{3}$ cup dark corn syrup
 $\frac{2}{3}$ cup cold water
1 T baking soda
1 t each ginger and cloves and cardamom
2 t cinnamon
1 T molasses
7 $\frac{1}{2}$ cups sifted flour

Mix all ingredients. Chill dough overnight. Preheat oven to 350°F. Roll dough very thin and press out Christmas shapes. Bake 5- 10 minutes.

Karen: Making pepparkakor was always a holiday tradition. We typically baked them on a weekend before Lucia. Making these was an all-day activity, and since you had to make the dough a day in advance, it took two days of preparation. In recent years, store bought Pepparkakor are easy to get in the States, so I do not make them every year like we used to. But Mom made them every December before Lucia, and I must say the homemade ones always taste better. The favorites are always the darker crispier ones



Karen and Caroline Ehrby baking cookies

Ultimate Chocolate Chip Pecan Cookies

1 cup butter softened
¾ cup sugar
¾ cup brown sugar
1 egg
1 t vanilla
1 t baking soda
½ t salt
2 ¼ cup flour
2 cups semisweet chocolate chips
1 cup pecans

Cream butter, sugar, brown sugar. Mix in egg and vanilla. Add baking soda and salt while mixing then add flour. After well mixed, add chocolate chips and pecans. Spoon out dough on cookie sheet lined with parchment paper. Bake at 375 °F for 8-10 minutes. Remove baking sheet from oven but leave cookies on baking sheet for 2 minutes too firm up before cooling 30 minutes on cookie rack. Store cookies in Tupperware. I only bake a couple of baking sheets and store raw dough in Tupperware in refrigerator for future “warm cookies”. Cookie dough can also be frozen/thawed for later date baking.

7 Layer Bars

¼ cup margarine
1 cup graham cracker crumbs
1 cup coconut
6 oz chocolate chips
6 oz butterscotch chips
15 oz Eagle condensed milk
1 cup chopped nuts

Preheat oven to 325°F. Melt margarine in 9x13 pan.
Sprinkle graham cracker crumbs evenly over margarine.
Sprinkle coconut, chocolate chips and butterscotch chips.
Pour condensed milk over all and sprinkle nuts last. Cool
in pan after baking for 30 minutes.



Karen: Coffee is a big part of our lives. When you combine the Swedish tradition with the Brazilian influence, you get what cousin Augie Lauterbach calls "Betty Ford Speedballs". Mom and Dad enjoyed coffee two to three times a day (but less as they got older). Morning coffee is always strong. Never cream or sugar. When I suggest blending in a little decaf, mom often quotes Mommor's phrase, "anything less than 100% is like kissing your sister". The next round is at 2pm. In Sweden they call this fika. So integral into Mom and Dad's daily schedule, I know better than to call during afternoon coffee (and cookie) because often they were visiting with friends. The day ends with coffee after dinner, although not as often as they get older. If made, it is served in small espresso cups. Black (always black). With a sweet or dark chocolate on the side. Many great conversations are made over coffee.

DESSERTS



Princess Cake!

Cheesecake

2 pkgs (8 oz each) cream cheese softened
2 eggs
 $\frac{3}{4}$ cup sugar
2 t vanilla
 $\frac{1}{2}$ t grated lemon peel

Cheesecake topping:

1 cup sour cream
2 T sugar
2 t vanilla
Fresh Strawberries, optional

Graham Cracker crust:

1 $\frac{1}{2}$ cups graham cracker crumbs (~20 squares)
3 T sugar
 $\frac{1}{2}$ cup melted butter or margarine

Heat oven to 350°F. Prepare crust but do not bake. Beat cream cheese lightly. Add eggs, sugar, vanilla and lemon peel, and beat until light and fluffy. Pour into crust. Bake until firm, about 25 minutes. Spread cheesecake topping carefully over pie, cool. Refrigerate at least 8 hours before serving with strawberries if desired.

Chocolate Sauce- Hot

1 T corn starch
4 T cocoa
 $\frac{1}{2}$ cup water
 $\frac{1}{2}$ cup honey
 $\frac{1}{4}$ cup margarine
6 marshmallows
 $\frac{1}{2}$ t vanilla

Mix and heat slowly, stirring constantly. Serve warm over ice cream.

Cobbler- Slow Cooker 3 ways

[Tasty App Online](#)

Cranberry Apple

15 oz Whole Cranberry sauce or you can make it fresh from recipe on back of package using water and sugar- so much tastier!

21 oz apple pie filling

1 box yellow cake mix

½ cup butter

1 t cinnamon

Vanilla ice cream

Pour cranberry sauce and apple pie filling into slow cooker and spread evenly on the bottom. Sprinkle dry cake mix on top. Cut butter stick into 8 even pieces and drop on top of dry cake mix. Sprinkle with cinnamon. Do not mix. Cover and set slow cooker on high for 2 ½ hours. Serve warm with vanilla ice cream.

Peach

2 cans peach pie filling

1 box vanilla cake mix

½ cup butter

Vanilla ice cream

Pour peach pie filling into slow cooker and spread evenly on the bottom. Sprinkle dry cake mix on top. Cut butter stick into 8 even pieces and drop on top of dry cake mix. Do not mix. Cover and set slow cooker on high for 2 ½ hours. Serve warm with vanilla ice cream.



Mixed Berry

1 cup raspberries

1 cup blueberries

1 cup strawberries

1 cup blackberries

1 T cornstarch

1 box vanilla cake mix

½ cup butter

1 t cinnamon

Vanilla ice cream

Add fruit (fresh or frozen/thawed) into slow cooker. Sprinkle with cornstarch and mix gently and evenly on the bottom. Sprinkle dry cake mix on top. Cut butter stick into 8 even pieces and drop on top of dry cake mix. Do not mix. Cover and set slow cooker on high for 2 ½ hours. Serve warm with vanilla ice cream.

Custard Sauce- Warm

1 $\frac{3}{4}$ cups whole milk
½ cup sugar
2 eggs beaten
1 t vanilla

Combine milk, sugar, eggs and vanilla. Whisk well. Pour into top of a double boiler. Whisk continuously over gently boiling water until thickened. Watch continuously for a very thick cream look. Serve over pie, cobbler, ice cream, etc...

Fantastic Fudge – Rich & Creamy

½ cup melted butter
12 ounces semisweet chocolate chips
2 large eggs
4 cups powdered sugar
1 $\frac{1}{2}$ t vanilla
1 cup chopped pecans – optional

Melt butter and chocolate chips stirring until smooth. In large bowl, beat eggs until light in color. Add powdered sugar and mix well. Add chocolate mixture and mix well. Stir in vanilla and optional chopped pecans. Pour into buttered 9-inch square pan and refrigerate until firm. Cut into squares. May be doubled and put into 9x13 inch pan.



Christina and Karen

Indian Pudding

4 cups milk
½ cup yellow cornmeal
⅓ cup dark brown sugar
⅓ cup sugar
⅓ cup molasses
1 t salt
4 T butter
½ t powdered ginger
½ t cinnamon

Christina: My mother-in-law, Louise King used to prepare this every holiday season, I especially loved it with melted ice cream. It is definitely a pilgrim type of dessert.

Preheat oven to 275°F. Heat 2 cups of the milk until hot and pour it slowly over the cornmeal, stirring constantly. Cook in a double boiler over simmering water for 10-15 min., until cornmeal mixture is creamy. Add remaining ingredients (except the remaining 2 cups of milk) and mix well. Spoon into a buttered 1 ½ Qt baking dish, pour the remaining 2 cups of milk on top, set into a pan of hot water and bake for 2 ½ - 3 hours or until set. The pudding will become firmer as it cools. Serve with heavy cream or vanilla ice cream. Serves 8-10. Spicy, coarse and dark brown, an old-fashioned dessert that celebrates the Indians' gift of corn.



Peter & Louise King

Lemon Lush

1 c flour
1 stk melted margarine
½ c chopped pecans
8 oz cream cheese
½ c. powdered sugar
2 c. Cool Whip (split into two 1- cup portions)
2 sm pkgs instant lemon pudding
3 c. whole milk
1 pkg lemon drop hard candies

1 layer: Mix together flour, melted margarine and chopped pecans. Dough will be like cookie dough, spread with hands (pat down) in a 9x13 inch baking dish (spray with Pam first). Bake at 350°F for 15 minutes. Cool crust thoroughly before spreading on second layer.

2 layer: Mix softened cream cheese, powdered sugar and 1 cup Cool Whip. Spread on cooled crust.

3 layer: Mix whole milk, and both pkgs of instant lemon pudding. Spread on top of 2nd layer.

4 layer: Top 3rd layer with remaining (one cup) Cool Whip and decorate with lemon drop candies (use approximately 15-20 for top layer- not too many).

Refrigerate until ready to serve.



Christina birthday

Pie (Fruit)

1 pkg of Pillsbury ready-made pie crusts (comes with two) room temp
1 large bag of Frozen or fresh fruit (your choice- no need to defrost) (frozen pitted cherry, fresh apple, rhubarb/strawberry, blueberry, blackberry, etc...). Use more fruit than you think you need and really pack it into the crust-fruit will shrink while baking.
~ ¼ cup Tapioca (dry in a box)
~ ¼ cup sugar (depends on natural sweetness or tartness of fruit)
~6 T Butter
1 T lemon juice
1 beaten Egg: to brush top of pie if two crust
Sprinkle of sugar for top crust as well.

Mix fruit, dry tapioca, sugar, lemon juice in a large bowl. Let sit for 15 minutes to soften tapioca. Grease pie pan, lay crust into pan. Pour fruit onto bottom crust in pie pan and sprinkle 1 T butter pats on top. Top with crust, brush with egg mixture and lightly sprinkle with sugar. Be sure to cut some slits to allow for steam to escape while baking. Place pie pan on a baking sheet lined with foil to catch fruit drips (and keep your oven clean). Bake for ~ 50 minutes to 1 hour at 425°F. Let cool for ½ day at least and serve with ice cream. If you cut the pie while warm it will not be pretty.



Gunnel & Astrid

Swedish Green Cake (aka [Princess Cake](#))

1 round roll Swedish Marzipan- [newly found on Amazon](#), usually can only buy in Sweden

1 large container heavy whipping cream

1 Duncan Hines Yellow Golden Butter cake mix

1 French vanilla instant pudding mix, small box

1 ½ c whole milk

Sprinkling of powdered sugar

Follow cake mix using high altitude directions and bake in two 7 ½ inch diameter round cake pans. You will only use one of the round cakes. You can throw out the second cake or offer it up to be eaten separately but you do not need it for the princess cake. Let cake completely cool. Use a bread knife to cut the remaining cake in thirds horizontally so you end up with three cake layers. Mix pudding mix with only 1 ½ cup milk. Let pudding “set” in refrigerator for less than five minutes. Whip a large container (~1 pint) whipping cream until it is quite stiff (but not turned into butter). Layers are as follows starting at the bottom: Cake, pudding, cake, pudding, whipped cream (majority of whipped cream goes in this layer), cake, whipped cream top and sides. Lastly place round green marzipan on top of it all and gently smooth down the sides. Sprinkle very lightly with minimal powdered sugar and the cake is ready to eat or refrigerate. Do not cover with saran wrap as it will dissolve the marzipan. Do use saran wrap to lay vertically against open cake portion once you have served some slices to keep it fresh.

*Karen: We call it **Green cake**, but **the official name in Sweden** is **Prinsesstarta**. The recipe only dates back to around 1930, but has such a strong tradition and is probably our family's most celebrated recipe. A few decades ago, it was nearly impossible to make this in the States. Now you can buy the rolls of marzipan in Sweden. We find ourselves making this cake on just about every special occasion. One year I bought one at a Danish bakery in St. Louis and brought to Ricky's birthday dinner. Some of the extended Fox family - who had never eaten this cake - scraped off the marzipan and threw it away. Needless to say, we have become very protective of the cake and selective on who we share it with. It has become a special family favorite dessert that we intentionally don't serve up to guests. US IKEA sells this small torte frozen but it does not taste very good.*

Turtle Cake

1 box German Chocolate Cake mix
¾ cup butter or margarine, melted
½ cup evaporated milk
1 14-ounce pkg caramels
1 cup walnuts or pecans
1 cup chocolate chips

Preheat oven to 375°F. Unwrap and melt the caramels with the evaporated milk before making the cake. Prepare cake mix according to directions. Add melted butter. Pour half of the mixture into a 9x13 greased and floured pan. Bake for about 10 minutes. Remove cake from oven and pour caramel mix over cake. Sprinkle nuts and chocolate chips on top, then spoon on remaining batter. Continue baking at 375 °F for 25 to 30 minutes or until wooden pick inserted in center comes out clean. Let cool and sprinkle with powdered sugar.

Ulrika's Cream Confection

3 egg whites
One 8 oz. Philadelphia cream cheese package
¾ cup sugar (high altitude take out 2 tbs.)
1 ¼ cup whipping cream
1 tsp. vanilla
4 graham crackers crushed

Butter or spray a cake form (I used my spring form and it was perfect) and sprinkle the crackers on the bottom.



You will need three bowls. Whip the egg whites stiff in first bowl. Whip the cream with vanilla in the second bowl. Mix (do not whip) the cream cheese and sugar by hand together in the third bowl. Then mix by hand the cream cheese mix into the whipping cream and lastly fold in the stiff whipped egg whites. Pour all in the baking form and freeze a few hours. Take it out awhile before you serve so it can defrost a bit. It tastes best if eaten the same day even though we had the leftovers the next day. Plan on making it the same day as you plan to serve it. Decorate it with fresh raspberries on top.

BEVERAGES



Caroline Ehrby and Astrid on her 70th birthday



Pete & Christina King, Dad, Grant, Ricky and Karen Fox at Mom's Grand Canyon Memorial Oct 2016

Green Smoothie

2 heads Romaine Lettuce- roughly chopped

Handful of baby Spinach

1 Stalk of celery (optional)

1 pear- remove center part

1 apple- remove center part

1 banana

1 lemon- roughly cut off rind, okay to leave in seeds

½ cup coconut water

Blend in blender until well mixed. Great to use up forgotten vegetables in your refrigerator. You need to add fruit or else it is too bitter. Drink up with a straw. Makes two servings. Second serving can be saved in refrigerator for next day. [Link to video](#).

Karen's Hot Spiced Cider

1 jug apple cider
1 can concentrate orange juice
1 can concentrate lemonade
1 cinnamon stick
Whole Cloves & Whole Allspice in tea leaf strainer

Heat on stovetop (or better yet in a crock pot) and serve hot. To decrease tartness, use more apple cider.

Karen: I found this recipe in a magazine and the first time we made it was in Colorado for Christmas around 1990. It has become an ongoing tradition each year to serve this cider, which has the perfect blend of tart and sweet.



Fox, King and Tucker Chalk Creek Christmas

MISCELLANEOUS



Karen, Christina & Astrid in Casablanca, Morocco

Check out several of our Mother/Daughter Trip links below:

- [Peru](#)
- [Africa](#)
- [Morocco](#)
- Sweden: [2007](#) and [2010](#)

Bleach Disinfectant Cleaner

- ¼ cup bleach
- 26 ounces water
- Mix in a labeled spray bottle. Use with gloves and paper towels or sponge. Excellent for bathroom, tile, sink, shower, counters. Do not use on metal or wood or leather/cloth furniture.

Drain Cleaner

1. ½ cup baking soda followed by (I use month old boxes from my refrigerator and freezer)
2. 1- 2 cups vinegar
3. Let it foam and bubble for no longer than 5 minutes, then flush with hot water for 30 seconds then cold to push the rest of the liquids through the drain.

Pour each (in order above) down the sink, once a month.

Glass Shower Door Cleaner

Mix:

- ½ cup of hydrogen peroxide
- ½ cup of 91% Isopropyl Alcohol (a natural degreaser)
- 1 teaspoon Dawn dish detergent
- 1 tablespoon dishwasher rinse aid (Jet-Dry)
- ~10 drops of Peppermint oil to mask alcohol odor, I LOVE Peppermint!

in a ~32-ounce labeled spray bottle. Next, fill the bottle with water and, after capping, rock the bottle gently back and forth to combine the ingredients without making them foam up. Store away from sunlight. Spray and squeegee daily.



Granite Counter Cleaner

- ½ cup 91% Isopropyl Alcohol (a natural degreaser)
 - ½ teaspoon Dawn dish detergent
 - ~10 drops of essential oil to mask alcohol odor, I LOVE Peppermint Essential Oil
- Fill with water to ~32 oz mark in labeled Spray Bottle

Hand Sanitizer

- $\frac{3}{4}$ cup 70-91% Isopropyl Alcohol (a natural degreaser)
 - $\frac{1}{4}$ cup Aloe Vera Gel
 - ~10 drops of essential oil to reduce alcohol odor, I LOVE Peppermint Essential Oil
- Mix in a recycled hand soap dispenser or squeeze bottle

Thieves General Cleaner

- 2 Tablespoons Thieves concentrate from [Young Living Essential Oils](#)
- Fill ~32 ounce labeled spray bottle with water

Can be used for general cleaning such as counter, sink, bathrooms, floors, windows. Spray and wipe dry with cloth or paper towels. Love the clove scent!

GAMES

The Swedish Note Game

Contributed by Caroline Ehrby & Johanna Ehrby

1. Split into two to four teams – boys vs girls is fun
2. Using identical slips of paper have each person secretly write down one word per note (two notes total per person) such as dog, tree, Marilyn Monroe (famous person or place), Grand Canyon, etc.... Fold up all paper notes identically and put into one bowl.
3. One team plays at a time. First team member picks a note, the entire team only gets 1 minute to do the following:



Fox, Ehrby, Tucker and King Christmas

Round 1: Describe the word on your note with as many words as you prefer. DO NOT use the actual word written on the note!

One Point is awarded only when the right word is guessed by other teammates. Pile up correct notes by team and count after the round is complete. When guessed correctly, the bowl is quickly passed to next teammate to guess another note correctly. One team only gets 1-minute total. After one minute it is the other teams turn to guess the word notes. All notes are put back in the bowl after the first teams round.

Round 2: Same notes are placed back in bowl but this time only charades are allowed, no talking or noise. Repeat round robin within teams for points. Again, only one minute per team.

Round 3: Same notes are placed back in bowl, but this time only use ONE word to give a hint for the word written on the paper note. DO NOT use the word written on the note! Repeat round robin within teams for points. Again, only one minute per team.

Round 4: Same notes are placed back in bowl but this time only a sound is used to give a hint for the word on the note. Repeat round robin within teams for points. Again, only one minute per team.

Team with most overall points wins semi-valuable prizes!



Astrid at Play

What's for Dinner?