The ELCMA

Family and Friends Recipe Book

A Collection of Recipes from our ELCMA Family
How to Cook a Groundhog

This past Saturday I was sitting in a book store as I often do, and by chance I picked up a book on Appalachian cooking. Not being much of a cook, I read how to cook a ground hog. It was evident from the first that the writer hadn’t ever prepared one. I hunted for another book on the same subject and found that this author probably had never even seen one. They wanted to fry it like a rabbit, would you believe!

Well, this is how it’s done: Catch yourself a fat one. (It’s belly should nearly touch the ground when he walks. 10-14 pounds is about right). Remove the skin and entrails. Make double sure you remove the gland (strong bone) found under each foreleg. Soak over night in salt water. Next morning when it is warm enough to open the doors and window, prepare a pot with salt water and a touch of vinegar. Put in the groundhog and boil for twenty minutes. Now you understand why the windows and doors are open. Throw the foul smelling water way out in the yard and repeat the process two more times. The third time add a small amount of baking soda to the pot. Each time you should be able to close more of the windows.

Build a fire in the stove and heat the oven to bread baking temperature. BAKE THE GROUNDHOG until tender! The meat is dark so pay a mind that you don’t burn it.

Serve with cathead biscuits and applesauce. Nothing else. Oh, if you’re going to have the preacher over for company, a few sweet potatoes wouldn’t hurt.

Now you’ve got yourself some fine fall fancy fair.

The Branch Water Tales Man

Bill Carver
**Stuffed Possum**

1 dressed possum  
1 cup bread crumbs  
1 cup salt  
red pepper, diced  
1 tbsp. Butter  
Worcestershire sauce  
1 large onion  
1 hard boiled egg, chopped

To dress the possum, remove the entrails, head, and tail. Wash the possum thoroughly inside and out. Save the liver. Cover with cold salted water (1 cup salt). Let stand overnight. Drain off salted water and rinse well with boiling water.

To make the stuffing:  
Melt the butter and add the chopped onion. When the onion begins to brown add the chopped liver. Cook until the liver is well done. Add the bread crumbs, red pepper, and dash of Worcestershire sauce. Mix until tender, baste with fat from roasting pan. (Monroe Herring)

**Hay Time Switchel**


1 cup light brown sugar (lightly packed)  
1 cup apple cider vinegar (NOT white vinegar)  
½ cup LIGHT molasses (if you use dark, increase water by 50%)  
1 tbsp. ground ginger  
1 quart very COLD water (the colder the better)

Combine and stir well. Makes about 6 7oz. Glasses (Not quite a half gallon.). This can be refrigerated, but old timers made it with cold, cold spring water, and said that nothing quenched a thirst or cooled a dusty throat in haying time so well as this homey drink.
Brunswick Stew

Brunswick Stew, so named after the county in Virginia where it’s thought to have originated, is a well-known stew throughout the South. It was originally based on squirrel or other game meats, but it’s now mostly made with chicken, pork and beef. As is often the case with stews, what else you include depends on what you have at hand. Some essential ingredients are corn and tomatoes, though the Appalachian versions do seem to include one or more store bought sauces.

Ingredients:
- 2/3 lb. Ground beef
- 2/3 lb. Ground pork
- 1 onion
- 1 green pepper, chopped
- 2 carrots, sliced
- 1 can whole corn
- 2 cans diced tomatoes
- 1/3 cup BBQ sauce
- 1 tbsp. Worcestershire sauce
- salt and pepper to taste
- oil

Instructions:
Heat the oil in a large pan. Add the chopped onion and fry until soft. Add meats and brown. Add the green pepper, carrot slices, corn and diced tomatoes and mix well. Add ketchup, BBQ and Worcestershire sauces and salt and pepper. Mix well, bring to a boil, then decrease heat to low. Cover the pot and simmer for 1-2 hours, until vegetables are soft. Add water if the stew dries up. To decrease cooking time, pre boil the carrots and add to the stew when softened.

Monroe Herring
Meatloaf with Bacon

“The guys swear by it,” according to deer camp cook Lutheran Pastor Donald Green. The recipe makes five loaves, some of which go into sandwiches for lunch. Cook Don cooks at White Deer Gun Club in Clinton County, Pennsylvania one week each year.

15 pounds hamburger
2 pounds dried bread crumbs
1 dozen eggs
¼ cup dried oregano
5 tablespoons salt
3 tablespoons black pepper
1 quart tomato juice
8 medium onions, chopped
Bacon for topping (about 4 pieces per loaf)

Preheat the oven to 350 degrees. Mix all of the ingredients and form into five loaves. Top with the bacon. Place in a pan and bake in preheated oven until the juices run clear, about 1 hour.

Pastor Donald Green
Shoo Fly Pie

2  9 inch unbaked pastry shells

Part I
3  cups of flour
4  1 cup brown sugar
5  1 tsp. Salt
½  cup vegetable shortening

Mix like pie dough. Reserve 1 cup for topping.

Part II
1 cup molasses
1 cup hot water
1 tsp. Baking soda

Mix well and add to Part I

Part III
1 cup brown sugar
1 cup molasses
1 egg
1 tbsp. flour
1 cup cold water
½ tsp. Soda

Mix the filling (parts I and II) and divide between the two pie pans.
Add Part III to pie pan. Do not stir.
Top with reserved crumb topping from Part I
Bake at 350 – 375 degrees for 45 minutes.

Makes 2  9 inch pies

Recipe from Mrs. Joseph Hoffer of Sand Beach, Dauphon County, Pa. She
was a parishoner of Pastor Donald Green.
**Hunting Camp Clam Chowder**

100 minced chowder clams with liquor  
¾ pound bacon, diced in ¼ inch pieces  
2 cups chopped onion  
1 quart chopped celery  
10 pounds potatoes, peeled and cut into ¼ inch pieces  
1 ½ pounds butter, or part butter, part margarine  
1 to 2 cups flour  
1 ½ gallons of milk  
salt  
freshly ground pepper  
12 to 18 large hard cooked eggs, chopped  
1 cup freshly chopped parsley  

Drain the clams, reserving liquor. Mince or grind clams and reserve. Saute bacon in large heavy bottomed kettle until crisp. Remove and reserve the bacon. Add the onions and celery and sauté in bacon drippings until limp and translucent. Add the diced potatoes, clam liquor and enough water just to cover. Bring to a boil and then simmer until potatoes are tender.

In another pan, melt the butter, add the flour and cook to make a roux. Slowly add milk and cook until thickened. Mixture should be the consistency of a thick white sauce.

Add the clams to the potatoes, then add the white sauce, salt and pepper to taste, chopped eggs and reserved bacon. Heat, but do not boil.

Add the parsley just before serving. Best when served the second day so that the flavors can blend. Reheat in a double boiler to prevent scorching.

Pastor Donald Green
**Venison Roast**

1 hind leg of venison  
12 cloves of garlic, peeled  
1 quart of burgundy wine  
6 to 8 whole onions  
1 pint of water  
1 pound of beef tallow or bacon  
salt  
freshly ground pepper

Clean the roast of excess deer fat and hairs; wash and pat dry. With the sharp point of a knife, poke a hole into the flesh and insert a clove of garlic in each hole. Repeat at various places over the entire roast, using all cloves. Place in a covered enamel roaster (NOT ALUMINUM).

Add 2 to 3 cups of the burgundy wine (enjoy the remainder while the roast is cooking!) and whole onions. Cover and refrigerate overnight.

Pre heat the oven to 500 degrees. Place the uncovered roaster in the oven for 15 to 20 minutes. Liberally coat the roast with salt and pepper. Place the slices of beef tallow or bacon over the top of the roast. Add water, cover and return to oven.

Reduce heat to 325 degrees and roast for several hours until tender and meat begins to fall from the bone.

Pastor Donald Green
**Hot Cheesy Spinach Dip**

2 tablespoons butter  
1/4 cup chopped onion  
1 teaspoon minced garlic (2 cloves)  
1 tablespoon all-purpose flour  
1 3/4 cups half & half  
1 package (1 ounce) dry vegetable soup mix  
2 packages (9 ounces each) frozen chopped spinach, thawed, well drained  
1 can (8 ounces) sliced water chestnuts, drained  
1 cup shredded Cheddar cheese  
1/4 cup shredded Parmesan cheese

Melt butter in a large saucepan over medium heat. Add onion and garlic; cook 2-3 minutes. Stir in flour; cook and stir an additional minute. Add half-and-half and cook, stirring constantly, until mixture boils and thickens, about 2 minutes. Remove from heat. Stir in chopped spinach, water chestnuts, Cheddar and vegetable soup mix. Spoon dip into a 1-quart casserole dish.  Sprinkle with Parmesan. Bake at 425 degrees for 10-15 minutes or until dip is bubbly and cheese is melted. Serve warm.

Pastor Sandra Jones, Northwestern Pennsylvania Synod

**Cottage Eggs**

16 ounce small curd cottage cheese  
7 eggs  
1 cup milk  
2 teaspoons sugar  
6 tablespoons margarine, melted  
½ cup flour  
1 pound Monterey Jack or Muenster cheese, grated  
4 ounce cream cheese cubed  
1 teaspoon baking powder


Pastor Sandra Jones, Northwestern Pennsylvania Synod

*This was a favorite of the Hospice staff in Indiana County, PA*
**Stuffed Mushrooms**

2 cups frozen, chopped spinach  
2 tablespoons grated Parmesan cheese  
1 cup grated part-skim mozzarella cheese  
3/4 teaspoon crushed dried basil  
1/4 teaspoon garlic powder  
1/8 teaspoon black pepper  
12 large white-capped mushrooms, 2-3 inch diameter  
2 Roma tomatoes, finely diced

Thaw spinach and squeeze out liquid. Mix well: spinach, Parmesan cheese, mozzarella cheese, basil, garlic powder and ground pepper. Pulse and mix in a food processor if you have one. Clean mushrooms and remove stems. Spray cookie sheet with nonstick cooking spray and place mushrooms cap-side down. Spoon the spinach mixture into each cap. Top with diced tomato and bake at 350 degrees for 12-15 minutes or until heated through. Serves 6. You can also use crab meat instead of spinach, or a combination of the two.

Bishop Ralph Jones, Northwestern Pennsylvania Synod
**Chicken Cacciatore**

2 medium chicken breasts, boned, skinned and halved lengthwise (4 pieces)
3/4 cup sliced, fresh mushrooms
1 - 14 ounce can diced tomatoes
½ cup chopped green pepper
1/4 cup chopped onion
½ cup chopped celery
3 tablespoons dry red wine
1 clove garlic, minced
½ teaspoon leaf oregano
1/4 teaspoon thyme
1/4 teaspoon salt
Dash pepper
2 teaspoons cornstarch
2 tablespoons cold water

Place chicken in a baking dish. Combine mushrooms, tomatoes, green pepper, onion, celery, wine, garlic, oregano, thyme, salt, and pepper in medium bowl. Pour over chicken. Bake (covered if you wish) at 350 degrees for 45 minutes. Combine cornstarch and water; add to chicken mixture as a thickening, and stir. Return to oven for 15 minutes, uncovered. Serve with spaghetti. (You can make up the entire dish “the night before” and refrigerate to let ingredients marinate with the chicken.)

Bishop Ralph Jones, Northwestern Pennsylvania Synod
Honey Mustard Chicken

1/3 cup Dijon mustard
1/3 cup honey
1 tablespoon dried dill
1 teaspoon freshly grated orange peel or
2 tablespoons orange marmalade
Chicken - 2 ½ pounds, varied pieces or skinless breasts

Combine mustard and honey in a small bowl. Stir in dill and orange peel. Coat chicken with the sauce, under and over the skin. Bake at 400 degrees for 30 minutes. Sometimes I coat the chicken breasts with the sauce and then roll in fine bread crumbs, seasoned or plain, and bake at 350 degrees until done. You can make the honey mustard sauce ahead of time and keep refrigerated until ready to use. It keeps for about 1 week.

Pastor Sandra Jones, Northwestern Pa. Synod
Sandy’s Shells Florentine

10 ounces jumbo shells, cooked, drained
2 eggs, slightly beaten
½ cup onion, minced
½ teaspoon salt
1 teaspoon minced garlic
1 teaspoon crushed basil
2 tablespoons butter
2 cups cottage cheese
1 ½ cups shredded cheddar cheese
1 - 10 ounce package frozen spinach, thawed, well drained
1 - 15 ounce jar meatless spaghetti sauce + ½ cup water
1/4 cup Parmesan cheese, grated

Cover cooked, drained shells with cold water until ready to stuff. Saute onion and garlic in butter until onion is tender. Beat cottage cheese with mixer on high about 5 minutes. Add onion and garlic, spinach, eggs, salt, basil and cheddar cheese; combine thoroughly. Drain shells; stuff with cottage cheese filling. Combine spaghetti sauce and water; pour enough sauce into a 13x9x2 baking dish to just cover the bottom. Place stuffed shells stuffing side up on top of sauce; pour on remaining sauce. Sprinkle with Parmesan cheese; bake at 350 degrees for 40-45 minutes or until hot and bubbly. (I rarely use the basil.)

Pastor Sandra Jones, Northwestern Pennsylvania Synod
A favorite at my house. – has been known to replace turkey at Christmas.
Rice-Stuffed Cornish Game Hens

2 - 1 pound ready to cook Cornish game hens  
2 tablespoons slivered almonds  
2 tablespoons finely chopped onions  
1/3 cup uncooked long grain rice  
3 tablespoons butter or margarine  
1 cup water  
1 chicken bouillon cube  
1 teaspoon lemon juice  
1/2 teaspoon salt  
1 - 3 ounce can chopped mushrooms, drained (1/2 cup)  
Butter or margarine, melted

Season game hens inside and out with salt and pepper. In small saucepan cook almonds, onion, and rice in 3 tablespoons butter for 5-10 minutes, stirring frequently. Add water, bouillon cube, lemon juice, and 1/2 teaspoon salt. Bring mixture to boiling, stirring to dissolve bouillon cube. Reduce heat; cover and cook slowly till liquid is absorbed and rice is fluffy, about 20-25 minutes. Stir in drained mushrooms. Lightly stuff birds with rice mixture. Roast at 350 degrees for 1 hour and 15 minutes or until done. You may brush with melted butter or margarine before roasting and during last 15 minutes of roasting.

Bishop Ralph Jones, Northwestern Pennsylvania Synod
Salmon with Crab Sauce

2 cups water
2 lemon slices
½ teaspoon salt
½ teaspoon dill seed
1 bay leaf
1 cup chicken broth
2-12 ounce packages frozen salmon steaks (6 steaks), (partially thawed)
4 teaspoons cornstarch
½ cup dairy sour cream
2 tablespoons butter or margarine
Dash ground nutmeg
1 - 7½ ounce can crab meat, drained, flaked, and cartilage removed

In a large skillet combine water, lemon slices, salt, dill seed, and bay leaf; heat to boiling. Add salmon steaks and return to boiling. Add salmon steaks and return to boiling. Reduce heat; simmer till salmon flakes easily when tested with a fork, 5-10 minutes. Meanwhile, prepare crab sauce by gradually stirring cold broth into cornstarch in saucepan. Cook quickly, stirring constantly, till mixture is thick and bubbly. Cook 1 minute more. Then remove from heat. Stir in sour cream, butter or margarine, and nutmeg; add crab meat. Heat through but do not boil. Place salmon on warm serving platter. Serve with crab sauce.

Bishop Ralph Jones, Northwestern Pennsylvania Synod
Turkey Tetrazzini

4 tablespoons butter
½ teaspoon garlic salt
1 small can sliced mushrooms
1 can cream of chicken soup
8 ounces spaghetti broken into 2" pieces
1 small chopped onion
dash of cayenne pepper
½ package frozen peas
1 cup cubed turkey (or chicken)
Parmesan cheese for top
1 - 8 ounce package grated cheddar cheese
1 soup-can amount of milk (don’t use skim milk)


Bishop Ralph Jones, Northwestern Pennsylvania Synod
Vegetarian Quiche

1/2 cup green onions, cut fine
1/2 cup red pepper, finely cut
(or 2 tablespoons dried onions)
2 cups broccoli, finely cut
1 1/2 cup grated cheese (4 cheese Mexican style is good)
1/2 teaspoon salt
1/2 teaspoon dill weed
1/4 teaspoon cayenne pepper
4 eggs
1 1/2 cup half & half
9 inch unbaked pie crust

Blanch broccoli in boiling water for 5 minutes; cool in ice water for 5 minutes and drain. Sprinkle crust with cheese and vegetables. Beat eggs, milk, and seasonings together and pour into crust. Bake at 400 degrees for 10 minutes, then 350 degrees until set, 30-50 minutes. Let set 10-15 minutes before cutting.
(You can use 10 inch crust and 2 cups half & half) Serves 6-8.

Pastor Sandra Jones, Northwestern Pennsylvania Synod
Oatmeal Dinner Rolls

2 cups water
1 cup quick-cooking oats
3 tablespoons butter or margarine
1 package active dry yeast
1/3 cup warm water (110-115 degrees)
1/3 cup packed brown sugar
1 tablespoon sugar
1 1/2 teaspoons salt
4 3/4 to 5 1/4 cups all-purpose flour

In a saucepan, bring water to a boil; add oats and butter. Cook and stir for 1 minute. Remove from the heat; cool to lukewarm. In a mixing bowl, dissolve yeast in warm water. Add the oat mixture, sugars, salt and 4 cups of flour; beat until smooth. Add enough remaining flour to form a soft dough. Turn onto a floured board; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour. Punch dough down; allow to rest for 10 minutes. Shape into 18 balls. Place in two greased 9-in. round baking pans. Cover and let rise until doubled, about 45 minutes. Bake at 350 degrees for 20-25 minutes or until golden brown. Remove from pans to cool on wire racks. Makes 1 1/2 dozen.

Bishop Ralph Jones, Northwestern Pennsylvania Synod
Old Fashioned Potato Bread

1 medium size potato; washed, pared, and cut into pieces
2 tablespoons butter or margarine
2 packages of dry yeast
2 tablespoons sugar
2 teaspoons salt
1 cup milk, slightly warm
5 ½ - 6 cups flour

Cook potato in small amount of water until tender, drain, and reserve liquid. Mash potato and measure 3/4 cup; set aside. Add enough water to reserved liquid to make 1 cup; cool to 105-115 degrees. Dissolve yeast in potato liquid in a large mixing bowl. Add butter, and stir well. Stir in sugar, salt, milk, mashed potatoes, and 1 cup flour. Gradually stir in enough flour to make a stiff dough.

Turn dough out onto a floured surface, and knead until smooth and elastic, about 8 minutes. Place in a well greased bowl, turning to grease the top.

Cover and let rise in a warm place free from drafts for 1 hour or until doubled. Punch down dough, and divide in half; shape each into a loaf. Place in two well-greased 8x4x3 pans. Cover and let rise until doubled, about 30 minutes. Bake at 375 degrees for 25 minutes or until the loaves sound hollow when tapped.

Bishop Ralph Jones, Northwestern Pennsylvania Synod
**Virginia Box Bread**

1 package active dry yeast  
2/3 cup warm water  
2 eggs, beaten  
2 tablespoons sugar  
1 teaspoon salt  
3 1/4 - 3 3/4 cups flour  
5 tablespoons butter or margarine, melted and cooled

In a large mixing bowl, dissolve yeast in water. Add eggs, sugar, salt, butter and 2 cups flour. Beat until smooth. Add enough remaining flour to form a soft dough. Turn onto a floured board; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 1/2 hours. Punch the dough down. On a lightly floured board, roll dough into a 13x9 rectangle. Transfer dough to a greased 13x9x2 baking pan. Using a sharp knife, cut dough into 14 even squares. Cover and let rise until doubled, about 30 minutes. Bake at 375 degrees for 20 minutes or until golden brown. To serve, separate into rolls. 14 servings.

Bishop Ralph Jones, Northwestern Pennsylvania Synod
**Wholesome Wheat Bread**

2 packages active dry yeast  
2 1/4 cups warm water  
3 tablespoons sugar  
1/3 cup honey  
1/3 cup butter or margarine, softened  
1 tablespoon salt  
½ cup instant nonfat dry milk powder  
4 ½ cups whole wheat flour  
2 3/4 to 3 ½ cups all-purpose flour

In a large mixing bowl, dissolve yeast in water. Add sugar, butter, honey, milk powder, salt and whole wheat flour; beat until smooth. Add enough all-purpose flour to form a soft dough. Turn onto a floured board; knead until smooth and elastic, about 10 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour. Punch down. Shape dough into traditional loaves or divide into fourths and roll each portion into a 15 inch rope. Twist two ropes together. Place in greased 9x5x3 inch loaf pans. Cover and let rise until doubled, about 30 minutes. Bake at 375 degrees for 25-30 minutes. Remove from pans to cool on wire racks.

Bishop Ralph Jones, Northwestern Pennsylvania Synod

**Knox Blox** (Fun finger food for kids)  
3 small boxes of regular Jello, any flavor  
4 cups boiling water  
4 small envelopes of Knox gelatin (sold in 1 small box)

Stir dry gelatin powders; add boiling water and stir until all is dissolved. Pour into 9x13 pan and refrigerate for several hours. It is fun to make a couple of batches, mixing colors for special occasions.  
Pastor Sandra Jones, Northwestern Pennsylvania Synod
Mulled Wine

1/2 cup sugar
4 cinnamon sticks
12 whole cloves
1 lemon, thinly sliced
1 - 750 ml bottle dry red wine
2 cups water

In pan, bring to boil 2 cups water, sugar, cinnamon sticks, cloves.
Simmer 10 minutes. Add wine and lemon. Simmer 5 minutes. Ladle into 8 glasses. Garnish with lemon, if desired. From Pastor Sandra Jones, Northwestern Pennsylvania Synod
For those who drink wine, this is a nice touch for December Council meetings!

Playdough Recipe (Pastor Sandra Jones, Northwestern Pennsylvania Synod)

1 cup all-purpose flour
1/2 cup salt
2 tablespoons cream of tarter
2 tablespoons vegetable oil
1 cup water with food coloring added
1 teaspoon vanilla essence (Optional; makes the playdough smell nice!)

Put all ingredients into a large saucepan and stir over a medium heat until the dough forms into a ball. Allow to cool, and then knead until smooth. Store in an airtight container (a Ziploc bag with the air pressed out is good.)
A great activity for Scout meetings, Sunday School classes, youth group, etc.

Playdough Mix: You can also make this up as a gift mix. First color the salt with food coloring and leave to dry. Mix the dry ingredients and put into a Ziploc bag with a label explaining how to make up the playdough.
**Russian Tea Mix**

2 cups orange breakfast drink mix  
1 cup instant tea  
½ cup lemonade mix  
2 cups sugar  
½ teaspoon cinnamon  
½ teaspoon ground cloves

Mix ingredients thoroughly and pack in airtight container. Use 1 tablespoon mix to 1 cup boiling water. Recipe makes 30 servings. Can be given as a gift in a decorative container. We made it in our Brownie Troop as a gift for the girls’ moms.

Pastor Sandra Jones, Northwestern Pennsylvania Synod

**Fruit Pudding**

Mix the following in a buttered 3 quart baking dish:  
½ cup sugar  
3 tablespoons melted shortening  
1 cup flour  
1 teaspoon baking powder  
½ cup milk

Cover batter with: 1 pint raw fruit in pieces, 3/4 cup sugar, and 1 cup cold water or fruit juice. Bake at 325 degrees for 1 hour.

Hannah Myers (Bishop Jones’s sister)
**Pastor’s Peach Pie**

**Filling:** 5 cups peaches, fresh or frozen  
1/4 teaspoon nutmeg  
1 cup sugar  
1/4 teaspoon cinnamon  
4 tablespoons flour  
2 tablespoons butter

**Pastry:**  
2 ½ cups flour  
½ cup cold water  
1 cup shortening  
½ teaspoon salt

Mix filling ingredients in a large bowl, except butter. Let set and make pastry. Mix pastry ingredients until dough begins to form. Shape into ball. Divide ball in half. Roll half for bottom crust and place in deep dish pie pan. Pour filling into crust. Thin slice butter over top of the filling. Roll remaining pastry and place on top of pie. Bake at 350 degrees for 50-60 minutes or until crust has browned. *Also known as Bishop’s Berry Pie when made with delicious blackberries naturally grown at the Jones compound. Visit us mid-late summer and you can pick all you want – bumper crops the last two years! Bishop Ralph Jones, Northwestern Pennsylvania Synod
Whole Wheat Cinnamon Coffee Cake

2½ cups all-purpose flour
1 cup whole wheat flour
1½ teaspoons salt
1 package active dry yeast
1½ cup milk
½ cup margarine or butter
1/3 cup honey
1 egg

Topping:
½ cup finely chopped nuts
1/4 cup whole wheat flour
2 teaspoons cinnamon
1/3 cup honey

Glaze: 1 cup powdered sugar
1 to 2 tablespoons milk

Grease 13x9 inch pan. Lightly spoon flour into measuring cup; level off in large bowl, combine 1 ½ cups all-purpose flour, 1 cup wheat flour and salt and yeast. In small saucepan, heat milk, margarine and honey until very warm (120-130 degrees). Add warm liquid and egg to flour mixture. Blend at low speed until moistened; beat 2 minutes on medium speed. By hand, stir in 1 cup all-purpose flour. Spread evenly in prepared pan. In small bowl, combine topping ingredients; spoon over dough and swirl lightly. (Batter will be sticky) Cover loosely with plastic wrap and cloth towel. Let rise in warm place until light an doubled in size, about 1 hour. Bake at 350 degrees for 25-30 minutes until golden brown. In small bowl, combine glaze ingredients; drizzle over warm cake.

Bishop Ralph Jones, Northwestern Pennsylvania Synod
Wild Game Cookery from Pennsylvania

Pennsylvania is rated #1 in the nation as the state where you are most likely to hit a deer with your vehicle! We’re so PROUD!

Rolled Pheasant Breasts in Mushroom Wine Sauce

3 tablespoons butter
1/2 cup chopped onion
1/4 cup sliced green onions, including green tops
1 cup sliced mushrooms
1/4 teaspoon cayenne pepper
5 whole pheasant breasts – can use capon, or any organic fowl
1/2 cup dry vermouth
2 tablespoons cornstarch
1/2 cup chicken or pheasant stock
1/4 cup water

In a heavy skillet, melt butter. Saute onions and mushrooms until lightly browned. Sprinkle with cayenne, then remove the onions and mushrooms with a slotted spoon and allow to cool. Cut the pheasant breasts in half and debone. Pound the breasts lightly to flatten them. Spread the breasts with the mushroom mixture, then roll up and fasten with string or poultry pins. In the skillet, brown the breasts on all sides, adding more butter if necessary. Pour the vermouth and stock into the pan, cover, and simmer for 30-35 minutes, or until the breasts are tender. Add water if the pan becomes dry. Remove the breasts to a platter. Add the cornstarch to the 1/4 cup of water and stir until blended. Pour into the pan and scrape up any browned particles. Stir over medium heat until a smooth sauce forms. Return breasts to the pan. Reheat and serve.
San Antonio Chili *

1/2 pound dry red beans
6 cups water
3 tablespoons olive oil
2 pounds venison, cubed
2 cups beef stock
1 can tomato paste
1 red bell pepper, diced
3 cloves garlic, grated
1 green or red chili pepper, diced
3 tablespoons chili powder
1 1/2 tablespoons paprika
1 tablespoon cumin seed
1 teaspoon black pepper
1/4 teaspoon salt
1/4 teaspoon cayenne pepper

Wash and pick over the red beans. Soak them overnight in 4 cups of water. Heat the oil in a heavy kettle. Add the venison and cook until browned on all sides. Pour off the water from the red beans; combine the red beans and the venison in a slow cooker. Add the beef stock, tomato paste, bell peppers, chilies, garlic, chili powder; paprika, cumin seed, pepper, salt, and cayenne, and stir to combine. Cook on the lowest setting for 6-7 hours, or until the meat falls apart and the beans are tender. Add more water during cooking if necessary. Adjust seasonings to taste, and add more chili peppers if desired.

* We make “regular recipe” chili, meat loaf, spaghetti sauce, and other dishes calling for ground beef with ground venison meat all the time. It is delicious, inexpensive, and very low fat.
Steak Normande

2 venison round steaks, sliced 3/4 inch thick – could also use Bison
3 tablespoons Dijon mustard, enough to coat steaks
4 tablespoons butter
2 cups sliced fresh mushrooms
½ cup sliced green onions
2 cloves garlic, crushed
2 teaspoons bottled steak sauce
½ cup Cognac

Coat both sides of the steaks with the mustard and allow to stand at room temperature for 1 hour.
Meanwhile, melt 3 tablespoons butter in a skillet and saute the sliced mushrooms in it, stirring frequently. Remove the mushrooms, reserving the mushroom-butter liquid left in pan. It should be about ½ cup; if there is more, reduce it by boiling for several minutes. Set aside.
In the same pan, melt the remaining butter and saute the onions and garlic in it. Add steak sauce, sauteed mushrooms, and reserved mushroom liquid. Bring the mixture to a boil, then reduce the heat and add the steaks, one at a time.
Cook each steak 3 minutes per side, then place the skillet under the broiler for 1 minute. Turn the steaks, and broil for 1 minute more. Immediately remove the steaks from the pan and place on a heated platter.
Place the skillet under the broiler again just until the juices return to a boil. Pour the juices over the steaks and drizzle the Cognac over all. Ignite the alcohol with a match and serve immediately.
**Buffalo Wings and Sauces**

Wings:
1 12 ounce can of beer
3 tbsp hot sauce
2 pounds of Chicken wings
Oil for frying
1 cup all purpose flour
1 ½ tsp salt
1 tsp black pepper
1 tsp cinnamon
1 tsp cayenne pepper

Cut off the tip of the wing. Now cut at the next joint to make a wing and a small drummette.

In a large bowl, whisk together the beer and hot sauce. Add the chicken pieces and turn to coat. Cover and store in the refrigerator overnight.

Sauce:
½ cup butter, melted
5 tbsp hot sauce
1 tsp dark brown sugar
Combine all ingredients and set aside

Blue Cheese Dip
1 cup blue cheese, crumbled
¾ cup mayonnaise
½ cup sour cream
2 tbsp minced onion
1 tbsp white wine vinegar
Salt and pepper to taste
Combine all ingredients and set aside

Add the oil to a large skillet to make a depth of 1 inch. Heat to 375 degrees.

In a medium bowl, combine the flour, salt, pepper, cinnamon and cayenne. Strain the chicken wings and pat them dry. Lightly dust in the flour mixture. Fry the wings, in batches, turning every 3 minutes until crisp. Drain the wings on paper towels and toss with the butter sauce.

(Marceile Redmon)