



From **Reenie Feingold**,
artist and founder of
ScrapSMART.com

*This is called Seven Day Slaw
because without mayonnaise it
will last easily for seven days.
In our house, it never lasts that
long! It's great for a picnic!*

Seven Day Slaw

- 1 head cabbage**
- 1 red onion**
- 1/3 cup sugar**
- 1/2 cup oil**
- 1/2 cup red wine vinegar**
- 2 tablespoons sugar**
- 1 1/2 teaspoon dry mustard**
- 1/2 teaspoon salt**
- Ground pepper to taste**

Shred onions and cabbage thinly. Toss with 1/3 cup of sugar. Mix remaining ingredients and bring to a boil. Pour boiling mixture over cabbage and mix. (I have heated the mixture in the microwave, and once I made a mistake and just tossed it all in without heating it... it was just fine.)

Serves 12-15



Easy Broccoli Soup at Linda's Lodge

- 1 10-oz. box frozen chopped broccoli (or fresh chopped)**
- 2 tablespoons dried diced onion (or 4 tablespoons fresh onion)**
- 4 cans Campbells' Cream of Broccoli soup**
- 4 soup cans milk**
- Lawry's seasoning salt**
- White pepper**
- Grated cheddar cheese**

In large pot, cook broccoli and onion in enough water to cover. Cook until tender (approximately 20 to 25 minutes). Add soup. Gradually blend in milk. Season with salt and pepper. Stir constantly as broccoli will stick. Serve hot, garnished with cheddar cheese. YUM!

Serves 6



From **Linda V. Taylor**,
quilt artist, master teacher,
author and owner of Linda's
Electric Quilters LLC and
Linda's Longarm Lodge

*This is very fast and easy to
make and a favorite of my
students and friends who come
to the lodge, especially with
homemade bread sticks!*

Cranberry Mousse Salad

- 1 20-oz. can crushed pineapple**
- 1 6-oz. package strawberry or raspberry Jello**
- 1 cup water**
- 1 16-oz. can jellied or whole cranberry sauce
(I use jellied)**
- 3 tablespoon lemon juice**
- 1 teaspoon fresh grated lemon peel**
- 1/4 teaspoon nutmeg**
- 2 cups sour cream**



Drain pineapple well, reserving all juice. Add juice to Jello in 2-quart saucepan. Stir in water. Heat to boiling, stirring to dissolve Jello. Remove from heat. Blend in cranberry sauce. (At this point with the jellied cranberry sauce, I put everything used so far into a blender and blend until smooth. This would not be necessary with the whole sauce.) Add lemon juice, peel and nutmeg. Chill until mixture thickens slightly. Blend in sour cream and fold in pineapple. Pour into a 2-quart bowl or mold and chill until firm.



From **Brenda Yirsa**,
licensed artist for the Bigfork
Bay Cotton Company

*This makes a very festive
colored salad, especially
for Christmas time.*

Baked Salmon with Toasted Bread Crumbs & Capers

- 4 six-oz. filets
- 4 tablespoons olive oil
- 4 tablespoons lemon juice
- 2 cups toasted coarse bread crumbs
- 3 tablespoons capers
- 2 tablespoons melted butter

Brush both sides of salmon with lemon juice and olive oil; place on lightly-oiled baking tray. Add salt and pepper. Cover with bread crumbs. Sprinkle with capers and melted butter. Bake at 500° F for 6-8 minutes. Serves 4



From **Judy Hopkins**, author, quiltmaker and expert mystery quilt designer

We enjoy serving wild Alaska salmon when we have guests. This is a nice change from grilled salmon. It looks and tastes good and is easy -- leaving more time for quilting!

Savory Tofu Strips Julienne

- 1 lb. firm or extra firm tofu
- Scant 1/4 cup soy sauce
- 1/8 – 1/4 teaspoon garlic powder, to taste
- 1 heaping teaspoon of your choice of nut butter (peanut, almond, etc.)

Slice the tofu brick into about 12 slices, each one approximately 3/8" thick. Rinse and save the tofu container. Place tofu slices on a clean terry towel and cover with another towel. Place a cutting board or cookie sheet on top. Weigh down with canned goods or a gallon container of water. Allow to sit for at least 15 minutes, to remove moisture from the tofu. Blend soy sauce, nut butter and garlic powder in blender until smooth. Pour marinade into reserved tofu container. Dip tofu slices in marinade, and place them on a foil-covered cookie sheet. Bake at 325° F for 10-12 minutes. Remove from oven and turn each slice over. Spoon remaining marinade on them, if desired. Return to oven for 10-12 minutes. Cook longer for more chewy texture. Cool, cut each slice into four julienne strips, and refrigerate. Use in sandwiches, tacos, rice dishes, spaghetti sauce, salads, or eat chilled, as a snack -- this was one of my kids' favorite after school treats! All proportions can be adjusted to taste.



From **Meryl Ann Butler**, author, instructor, quilt designer, www.90minutequilts.com

The thing I like to make best for dinner, is reservations! But these yummy, high-protein, low-calorie, tofu strips are a close second.



All fabrics shown are from RJR's new collections, Afternoon Tea and Farmer's Market. www.rjrfabrics.com

Killer Corn Bread

- 1 stick butter
- 1 (8-oz.) sour cream
- 2 eggs
- 1 (8-oz.) can corn drained
- 1 box Jiffy Corn Muffin Mix

Mix all together. Pour into buttered 2-quart oblong baking dish. Bake 40 minutes at 350° F. I like to double the recipe for a party and then use a 9 x 12" pan.



From **Debby Kratovil**, prolific quilter, designer, and illustrator

This is the VERY best Corn Bread recipe around. It's almost like a cake. Corn Bread is typically dry as a bone and everyone who tastes this begs for the recipe.

Real Chicken Tamales

15 lbs. prepared masa without chile

(Order masa from your local Mexican market.)

5 bags of dried corn husks

5 whole chickens

10 tomatoes

5 white onions

10 carrots

10 garlic cloves

10 yellow potatoes

1 jar jalapeños sliced lengthwise

1 1/2 tablespoons baking powder

Boil chickens whole with 5 cloves of garlic and one onion sliced for approximately 1 hour. When chicken is done, debone and shred. Save 3 cups chicken broth to later add to onion mixture and kneed into masa.

Take husks out of package and remove the silk. Soak in warm water.

Slightly boil potatoes and carrots. Cool and peel. Slice into medium size cubes.

(I don't peel the carrots.) Peel and cube onions. Peel and chop garlic.

Cut tomato stems out and cut an X on the bottom. Place in boiling water for 30 seconds. Remove and peel skin. Cut tomatoes into medium size cubes.

Sauté garlic and onions in a skillet. Add tomatoes. Add 1/2 to 1 cup broth. Set aside.

In a hot oiled iron skillet slightly brown potatoes; then carrots (for flavor).

Mix chicken, onions, tomatoes, garlic, carrots and potatoes for filling. Set aside.

Makes approximately 75 tamales.

Put masa in a very large bowl or huge roasting pan. Add baking powder and remaining chicken broth. Knead until a pea sized dollop dropped into a glass of water, floats. Set aside. Drain corn husks. Set aside.

Line up husks, masa, filling and jalapeños on a very large work surface. Get comfortable – because it's time to spread and fold. Spread masa on the "right" side of the corn husks (smooth side). Add filling and jalapeños. Fold left side of corn husk over to the middle, bottom tail up, and left side over. Tie with thin strip of husk if desired.

Arrange Tamales vertical in a large steamer. Do not over crowd. Just close enough to hold each other up. Steam for 1 to 1 1/2 hours. Then cool.



From **Cheryl Uribe**,
Gizmo Girl for *The Quilt Show*
and owner of Relic Quilts

I usually will eat them with no side dishes because they are so good! It is not advisable to tell your friends about your Tamales. They will bug you for them until you have none left for yourself!



From **Paula Mariedaughter**,
co-owner and co-operator of
Quilt Professionals, a Web
design business

This salsa is one reason to look forward to summer!

Arkansas Mango Salsa

Selecting a ripe mango is the key to this recipe. When ripe, a mango often has skin beginning to wrinkle, a strong sweet aroma, but is still relatively firm to the touch. Use a potato peeler to remove the skin. Cut away the fruit from the large seed with a sharp knife and dice into small sections of mango. Dice about 1/4 cup onion into small pieces. Tear fresh cilantro leaves into small pieces to obtain

3-4 tablespoons of the herb. Dice

1 large tomato. Mix well and let stand for 1 hour or so in the refrigerator. Serves 4-5

Will keep in the refrigerator for several days.



From **Kaye Wood**,
star of the TV program *Kaye's Quilting Friends* and owner of
Kaye Wood Inc.

I like this recipe because it is so good, so easy, not too many calories and it can be kept in the freezer for a last minute dessert.

Strip-Cut Dessert

Start with a pre-made angel food cake (round or rectangle). Slice through the cake horizontal in three layers. Mix together 2/3 cup of chocolate syrup and a tub of whipped topping (16 oz.)

Layer the chocolate mixture between the layers of angel food cake and cover entire cake with the chocolate mixture. Cover and freeze for two hours. Slice and eat from frozen state.

Store leftover cake in freezer.

Serves 8-10, depending on the size of the angel food cake.



From **Janet-Lee Santeusanio**, co-founder of MQX and owner of Woodland Manor Quilting

When I lived just outside of Nashville, TN, in the 80s, an elderly neighbor made this cake for my birthday. This cake is rich and NOT low calorie. However, a thin slice with fresh picked fruit is a great dessert.

Cream Cheese Pound Cake

- 8 oz. cream cheese
- 3 sticks butter, room temperature
- 3 cups sugar

Cream the above ingredients and then add:

- 7 eggs
- Dash of salt
- 1 1/2 teaspoon Pure Vanilla Extract
- 3 cups plain flour



Bake at 325° F for 1 1/2 hours in ungreased tube pan. Let it cool completely, slice and serve with fresh picked strawberries, blueberries or peaches.

Hillbrook's Curried Almonds

- | | |
|---------------------------------|---------------------------------|
| 3 lbs whole blanched almonds | 1/2 teaspoon Coriander |
| 1 lb superfine sugar | 1/2 teaspoon Ginger |
| 1 tablespoon salt (or to taste) | 1/4 teaspoon Cloves |
| 4 teaspoons Javin Curry Powder | 3/4 teaspoon Crushed Red Pepper |
| 1 teaspoon Cumin | (more or less to desired heat) |

Toast almonds in a 375° F oven for 10 to 12 minutes, until nicely browned. Mix remaining ingredients in a large bowl. Put one half of this mixture in a heavy pan with 1/3 cup water. Bring it to a boil. Cook until the candy reaches the not-quite-hard ball phase. Add the almonds, tossing to coat them evenly with the candy. Pour the coated almonds into the bowl with the remaining spice mixture and toss to coat again. This will keep the nuts from sticking together. Toss occasionally until completely cool. Store in an airtight container.



photo: www.touchofheaven.com

From **Christine Hale**, executive chef at the Hillbrook Inn, A Country House Hotel and sister company to Hillbrook Quilting

This is a great snack that goes well with drinks before dinner. It is one of our most requested signature food recipes. Our guests love the surprise ending to the nuts.

Soft-Centered Chocolates

- 1 lb. butter, room temperature
- 2 1/2 lbs of confectioner's sugar
- 1 tablespoon real vanilla flavoring
- 1 tablespoon cherry flavoring
- 1 box of toothpicks
- 1 16-oz. bag chocolate chips, semi-sweet
- 1/2 bar of parafin wax



From **Lee Fletcher**, owner of Fletcher Ross Designs and educator for Sulky of America

My recipe is one that I have done every Christmas season for the last 30 years. My kids are carrying on the tradition now.

You will also need 2 cookie sheets with wax paper on top and a double boiler. Place butter and confectioner's sugar in a large bowl. Mix with hands until fairly smooth. Add vanilla flavoring and cherry flavoring and mix until flavors are blended. Roll into balls about 3/4" to 1" in diameter. Place balls on the cookie sheets and insert a toothpick into each ball. Refrigerate for at least 1 hour before dipping into chocolate. Fill double boiler with water and bring to a boil. In top of double boiler, melt chocolate and parafin. Dip balls into chocolate and place back on cookie sheets. Refrigerate again and enjoy! Makes 150-200 balls.

