

Barb's and Students' recipes

Thanks to all who brought food to share with the group and for the \$ that added to our fun. If you came to the first event you met my friend Barb who helped prepare and serve the food.

Joanie's Baked Apples

Gather a variety of apples, one for each person plus a few extras. Wash well. Leave the peel on, cut into four sections and remove core. Slice across each section into 3/8" thick bite sized slices. Spray an appropriate size baking dish (or crock pot) with cooking spray. Place a layer of apples in the bottom of the dish. Sprinkle with a tablespoon of brown sugar, a sprinkle of cinnamon and a few dots of butter. Add some walnut pieces if desired.

Continue to layer apples and other ingredients. Add a dash of nutmeg if desired. Bake uncovered for 45 min at 375°, stirring half way to mix juice from bottom on all apples, or cook for about 3 hours in crockpot on medium heat, stirring half way.

Zuppa Italiano from the Hy-Vee website

Prep time: 5 minutes Cook time: about 40 Minutes Yield: seven 1 1/2c. servings

Ingredients:

- 4 slices of bacon, chopped
- 1 lb. ground Italian sausage (Barb used Johnsonville Breakfast links)
- 1 large onion, chopped
- 4 cloves of garlic, minced
- ½ tsp. crushed red pepper
- 6 c. chicken broth
- 2 large Russet potatoes, Skin on, ¼" slices
- ½ tsp. salt
- 1 c. heavy cream
- 4 oz. kale, trimmed and chopped, 2 packed cups

Directions:

In a large saucepan or Dutch oven, cook bacon over med-low heat until crisp. Drain bacon and transfer to bowl. Remove grease from and wipe with paper towel.

Add sausage, onion, garlic and crushed red pepper to pan. Cook over medium until sausage is brown.

Add chicken broth, potatoes and salt. Bring to boiling, reduce heat: cover and simmer for 20 minutes. Add cream and bacon, heat through. Just before serving, add the kale.

Barb's Slow Cooker Pulled Pork via Kristin Porter of IowaGirlsEat.com

Ingredients:

- 4lb. boneless pork shoulder, trimmed of excess fat and cut into large pieces
- Garlic salt
- 2 liter regular cola (we only used about three 12 Oz. cans)
- Barbeque sauce (Original Sweet Baby Rays)
- 1 large onion, sliced

Directions:

Generously season pork with garlic salt and place in slow cooker. Pour in ½ cup of barbeque sauce and enough cola to almost cover meat. Place onion slices on top. Cook for 8 hours on low. Remove meat from slow cooker and shred. Discard cooking liquid and add meat back in the cooker. Stir in more sauce and serve on soft buns.

Chinese Ramon Noodle Salad (Lou Ann, Session 2)

Ingredients:

- 16 oz. Bag of shredded cabbage
- 1 bunch of green onions, chopped
- 1 cup of sunflower seeds

Combine above in large bowl

Dressing:

- ½ c. of oil
- ½ c. of sugar
- 1/3 c. of red wine vinegar
- 2 pks. of dried ingredients from the chicken Ramon noodles

Combine above in separate bowl. Just before serving, add 2 pks. Of the Ramon noodles broken into small pieces and the dressing to the salad mixture and toss.

Barb's Tomato Basil Bisque via her pal Dolly Schroeder, makes 4 to 6 servings

Ingredients:

- 2(1lb.) cans of diced tomatoes
- 2 beef bouillon cubes (or granular equivalent)
- 2 tsp. salt
- 1tbl. Sugar
- ½ cup finely diced onion
- 1.4 tsp. dried basil, 1 bay leaf
- 4 cups of milk
- ½ c. butter
- ½ cup flour

Directions: Measure 1 cup of tomatoes and set aside. Brown onions in 2 tbl of butter, add the flour and remaining butter to make a rue. Then add remaining ingredients and slowly bring to light boil until thickened, stirring constantly. Simmer for 30 minutes. Remove bay leaf and add the reserved tomatoes. Serve with chunks of tomato or the mixture can be mashed or blended for a smoother texture.

Potato and Cheese Stuffed Wontons (makes 8)

- 1 medium potato, peeled and cut into 1" pieces
- 2 medium garlic cloves
- 2 oz. shredded cheddar or Colby cheese (about 1/2 cup)(can add some Grated Parmesan)
- 2 T. sour cream (substitute plain yogurt to reduce fat - still very tasty)
- about 1 T. chopped chives
- 8 wonton wrappers

Directions:

Preheat oven to 350 degrees. Coat a large baking sheet with cooking spray.

Combine potato and garlic in a medium saucepan. Cover with water and bring to a boil until potato is fork-tender, about 8 minutes. Drain and transfer potato and garlic to a large bowl; add cheese and sour cream or plain yogurt. Mash mixture together with a fork until lumpy. Place wonton wrappers on a flat surface. Drop a heaping tablespoon of potato mixture onto center of each wrapper. Moisten edges of wrapper with wet fingers. Fold over one corner to make a triangle and press edges together to seal. Transfer filled wrappers to prepared baking sheet and coat surface with cooking spray. Bake until wontons are golden brown, about 15 minutes.

Cranberry Sauerkraut Meatballs via Colleen Yield: 5.5 dozen

- 1 can (14 oz.) whole-berry cranberry sauce
- 1 can (14 oz.) sauerkraut, rinsed and well drained
- 1 bottle (12 oz.) chili sauce (I used Heinz)
- 3/4 cup packed brown sugar
- 1 package (32 oz.) frozen fully cooked home-style meatballs - thawed

Directions: In a 4 quart slow cooker, combine the cranberry sauce, sauerkraut, chili sauce and brown sugar. Stir in meatballs. Cover and cook on low for 4-5 hours or until heated through.

Spinach Salad recipe:

- 10 oz fresh spinach
- 2 hard cooked eggs, sliced
- 15 oz bean sprouts (fresh if possi)
- 6-8 cooked, crumbled bacon

Blend dressing in blender:

- 1 c. canola oil
- 1/3 c. catsup
- 1/4 c. vinegar
- 1 T. Worcestershire
- 1 fresh onion
- Salt to taste

Mix spinach & sprouts; mix in dressing & add eggs & bacon & serve.

I enjoyed all the techniques, tips, cooperation & sharing from all of you. Thanks for a meaningful time together.



Joyce from St Germain.

I think we all agree that this past weekend was wonderful and memorable and I'm glad we got to spend it together! Love this group shot!

Gratefully, Mary

I whole heartedly agree...this past weekend was the best! I am so glad to have had the opportunity to have Joanie share and teach us so much, to enjoy meeting Bob and talking with him as well as getting his assistance and insight into building a quilt frame, to have enjoyed such delicious soups/meals....and to meet and share good conversation with all of you wonderful folks this past weekend.

My brain is full and excited to continue on my quilting journey with some great ideas for next projects. I thought folks would enjoy the attached picture as well!

Looking forward to part 2....our next workshop together!

Warm regards to All! Nance

PUMPKIN COOKIES from Diamond Walnuts via Patricia Makes 2-3 dozen

Ingredients; Frosting

½ cup butter or margarine
1 one pound box confectioners sugar

Ingredients; Cookies

1 ½ cups brown sugar packed 1/2 cup butter or margarine
2 large eggs 1 teaspoon vanilla
1 cup canned pumpkin 2 tablespoons milk
1 teaspoon vanilla additional milk
1 teaspoon grated lemon peel orange food coloring
2 ½ cups all purpose flour candy corn, &/or nuts optional
3 teaspoons baking powder
1 teaspoon salt
1 ½ teaspoons pumpkin pie spice
¼ teaspoon ground ginger

Directions: Cookies Cream butter and sugar together until fluffy. Beat in eggs, one at a time. Stir in pumpkin, vanilla and lemon peel. Sift dry ingredients together, blend with pumpkin mixture until smooth. Using a tablespoon, drop and spread with the back of the spoon on cookie sheet, about 2 inches apart. Cookies should be about 3 inches in diameter. Bake at 350 degrees for 8-10 minutes.

Directions: Frosting

Mix sugar, vanilla and 2 tablespoons milk into a stiff batter. Add small amounts of milk until desired consistency. Add food coloring. Decorate cookies like jack-o-lanterns, and enjoy! Thank you everyone for the yummy recipes and for a memorable weekend of sisterhood! Pat

Mary, thanks for the recipe it was yummy and I will make again.

I too enjoyed spending time with all of you and look forward to a reunion sometime in the future. I had on my 2015 quilting goals to "explore free motion techniques" and must say that with what I learned in three days more than exceeded this goal expectation.

I found that there are things I learned that I will use definitely and other things that I will put on my future goal list to practice. I had no idea what I was getting into but found the process relaxing and fun, which is my #1 goals always with quilting and new techniques. Have a great day! Marilyn

Hi Joanie,

Hope you have gotten a little rest and are ready for your next session.

I just wanted to take a minute and thank you, thank you, thank you for the best three days of learning that I have experienced since becoming a quilter.

In another life for about 15 years, I taught seminars on porcelain dollmaking and history all over the country. I know it is a demanding, tiring thing to do. Although the experience during that journey was great, I am not sorry that those chapters are closed.

Kudos to you for keeping on, keeping on. You will help future generations to see how creative and well executed home machine quilting could be during our tenure.

I am sure our paths will cross again.

Best wishes, Christie

Wild Rice Salad recipe This is a good make-ahead salad.

Ingredients Salad:

- 2 cups cooked wild rice
- 1 cup cooked white rice
- 1/4 cup chopped green onion
- 1/2 cup chopped celery, sliced thin
- 1/2 cup red bell pepper, diced
- 10 oz. pea pods cut in half
- 1 cup dried cranberries or cherries
- 8 oz. can sliced water chestnuts, drained
- 3/4 cup toasted cashews

Combine all except cashews.

Ingredients Dressing:

- 1 t. minced fresh ginger
- 2 cloves garlic, minced
- 1/2 cup sugar
- 1/2 cup veg. oil
- 1/4 cup vinegar (Bragg Apple Cider Vinegar)
- 2 T. soy sauce

Directions: Place ingredients in blender. Mix Pour over salad and mix. Top with cashews when serving.

Mary Keepers: recipe from Marlys Neevel

Joanie,

You did a fantastic job putting together your first 3 day seminar and it will be memorable for all of us! It was just what I needed in so many ways!

Hope you enjoy the photos!

Gratefully, Mary

Joanie, I didn't get a chance to say bye and thank you before I left.

I really enjoyed the classes. I liked that there was variety throughout the day to keep us fresh and interested. Your willingness to answer questions and listen to comments was especially appreciated. Venue was perfect. Food yummy.

Also thank our "model husband" for his help and friendliness. I was amazed he seemed so comfortable sitting with us during lunch.

Barb

Slow Cooker Mushrooms Oh so Yummy!

Ingredients:

- 2 lb of bite size button mushrooms (washed and left whole)
- 2 sticks of butter
- 2 pkgs. of Hidden Valley Ranch powdered dressing mix

Directions:

Clean mushrooms and place in slow cooker with butter and dressing mix. Cook on Med for about 5 hours, stirring and adjusting temp occasionally.