

# community cookbook of comfort

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RECIPES AND STORIES  
WORTH SHARING  
SPRING 21

# INTRODUCTION

Virginia MOCA invited Hampton Roads cooks, bakers, and makers of all ages and skill levels to share recipes of comfort. The *Community Cookbook of Comfort* is inspired by our spring 2021 exhibitions *Nourish, American Appetite: Selections from the Chrysler Museum, Real Food Films, and Open Call: Food and Memory*.

Community Cookbooks have been a part of American culture since the 1800s: from Girl Scout troops, to churches, to Junior Leagues. These collaborative collections don't just share culinary knowledge, but evoke a sense of time, place, and community. Alongside beloved recipes you can often find personal stories and nostalgic memories.

Food connects us. It brings us together, shapes our identity, and creates understanding. Food also comforts us. In difficult times we turn to simple comforting dishes. These meals also provide warmth on a cold and blustery day or let us relive a cherished memory.

We hope this cookbook brings comfort and connection.

- Staff of the Virginia Museum of Contemporary Art

Virginia MOCA would like to thank the contributing authors to this project. Thank you for taking the time to share a part of your lives with us and our community.

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James Cipalla

Beth Miller

Susan Cohen

Margit Naden

Katherine Custer

Marcy and Bill Oberndorfer

Christina Duncan

Diane Ragsdale

Amy Ebeid

Hannah Sobol

Rekaya Gibson

Bobby Stein

Melanie Goss

Thomas Tomasco

Heather Hakimzadeh

Food is our common ground, a universal experience. ~ James Beard

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# VITAMIN C SPIKED HUMMUS

Author: Katie Abbott



## THE STORY

My grandmother, “Sitti” was a master at making “hommos b’tahini”. I remember watching her boney, loving hands with big gold rings on her fingers folding these ingredients into place. It smells so raw and so bright. It was almost like she was a wizard in the kitchen taking a pinch of this, or a shake of that, then a drizzle of another ingredient. She never measured anything, and it always turned out perfect. That's kitchen magic right there.

# VITAMIN C SPIKED HUMMUS

Author: Katie Abbott

## A P P E T I Z E R

Prep | 15-20 m

Cook | 0 m

## INGREDIENTS

1 can garbanzo beans  
(drained and rinsed)

1 can great northern beans  
(drained and rinsed)

3/4 cup fresh lemon juice

1 tsp iodized sea salt

1/2 cup tahini

3 cloves garlic

1/4 cup filtered water  
(only add if mixture is too thick)

Olive oil and zaatar to garnish

## PROCEDURE

1. Put garbanzo beans and great northern beans in a food processor and blend until mixed well.
2. Mash together the salt and garlic in a medium size bowl.
3. Mix tahini and lemon juice in with the garlic/salt, then add it to the food processor.
4. Process until mixture is thick and smooth (should be creamy when finished).
5. Garnish with zaatar and drizzle with olive oil.
6. Serve with cut up veggies, whole grain crackers, or whole wheat pita cut into triangles

# CRABMEAT CHEESEBALL

Author: Heather Hakimzadeh



## THE STORY

My mom made this for fancy gatherings during the holidays when I was a kid. It is sooo 70's, but so good. The best part was that she would let me have any of the leftovers for lunch the following day. Thanks Mom!



# CRABMEAT CHEESEBALL

Author: Heather Hakimzadeh

## A P P E T I Z E R

Prep | 15 m      Cook | 0 m

## INGREDIENTS

### CHEESEBALL:

2-8 oz pkgs cream cheese,  
room temperature

2-6 oz cans crabmeat, rinsed  
and picked over

2 tsp dried minced onion

1 tbsp Worcestershire sauce

### SEAFOOD SAUCE:

1 1/2 cups catsup or  
chili sauce

3 tsp horseradish

1 tbsp Worcestershire sauce

1 shake Tabasco sauce

## PROCEDURE

1. Mix Cheeseball ingredients and form ball using hands
2. Wrap in plastic wrap and refrigerate several hours.
3. Mix and chill Seafood Sauce ingredients.
4. When ready to serve, unwrap cheese ball and set it in a shallow serving bowl. Pour seafood sauce slowly over ball to cover.
5. Serve with spreader and crackers. Keebler Toasted Onion Crackers are a perfect accompaniment.

# ITALIAN SPINACH DIP

Author: James Cipalla



## THE STORY

Every holiday, this dish would magically appear on the table at my grandmother's house. As a child, I never knew what it was, but I LOVED it - I thought it was so cool that it was inside a loaf of bread! When all the dip was gone, my grandmother would call me over and say, "Jimmy, this is the most special part for you." Now every time I make this, I remember her and the warm feeling of being surrounded by people I love.

# ITALIAN SPINACH DIP

Author: James Cipalla

A P P E T I Z E R

Prep | 20 m

Cook | 1-2 hrs set

## INGREDIENTS

1 cup sour cream	1 tsp basil
1 cup mayonnaise	1 clove garlic, chopped
1 10 oz package frozen spinach	1 package onion soup mix
1 can water chestnuts, chopped	Medium size round loaf of bread (optional)

## PROCEDURE

1. Blend all ingredients and let set for 1-2 hours.
2. Cut a round hole in the top of a round loaf of bread.
3. Hollow out the inside, pulling medium-size chunks of bread out to save for dipping.
4. Fill the hollowed out bread with chilled dip and serve with bread or crackers.

# MARY WOOD'S OYSTER CRACKERS

Author: Hannah Sobol



## THE STORY

These crackers were ever-present at the home of my childhood back door neighbor, Mary Wood Heydenrich, who became a grandmother/best friend/confidant to my whole family. She lived just short of her 105th birthday and her advice for a long life was to chew your food slowly, and to laugh.

# MARY WOOD'S OYSTER CRACKERS

Author: Hannah Sobol

A P P E T I Z E R

Prep | 10 m

Cook | set overnight

## INGREDIENTS

18 oz Oyster Crackers

1 package Hidden Valley Salad Dressing Mix

1 cup vegetable oil

1/2 tsp lemon pepper seasoning

1/2 tsp dill weed

1/2 tsp garlic powder

## PROCEDURE

1. Mix seasoning & oil.
2. Add crackers.
3. Put in airtight container and turn several times to mix.
4. Let sit overnight.
5. Put into smaller container for storage.

# CORN RELISH

Author: Thomas Tomasco



## THE STORY

I remember eating this relish as a child with my parents when we went out to eat in Pennsylvania Dutch Country. I had moved to Arizona and could not find it in any store. I found a recipe and adjusted it until I got it to taste just like I remembered. I still make it yearly and give it away as Christmas presents to my neighbors and use it for Christmas dinner at our home.



# CORN RELISH

Author: Thomas Tomasco

A P P E T I Z E R

Prep | 20 m

Cook | 20 m

## INGREDIENTS

2 cups chopped sweet red pepper

2 cups chopped sweet green pepper

2 cups celery chopped

1 cup chopped onion

1 cup sugar

2 quarts frozen whole kernel corn

2 tbsp pickling salt

2 tsp powdered celery seeds

1 tbsp dry mustard

1/4 cup flour

1 tbsp turmeric

1/2 cup water

1 quart apple cider vinegar

## PROCEDURE

1. Into a large pot place: chopped peppers, celery, onion, sugar, vinegar, salt, celery seed.
2. Boil 15 minutes. Stir.
3. Combine mustard, flour, turmeric and stir to make a paste.
4. Stir paste into boiling pot.
5. Add corn and boil 5 minutes. stir constantly.
6. Seal in mason jars or freeze.

# TEENS GREENS

Author: Deirdre Love, Teens With A Purpose



## THE STORY

I recently cooked a pot of Collard Greens from our garden at Purpose Park. This recipe is old-school and vegetarian and the teens and staff loved them. It is soul food on the deepest level. Our teens grow and pick the collards fresh from the ground. This year, in addition to our garden beds, we had extra kale growing around the pond that they were able to hand out in large batches to the community for Thanksgiving.



# TEENS GREENS

Author: Deirdre Love, Teens With A Purpose

## SIDE DISH

Prep | 10 m

Cook | 45-50 m

## INGREDIENTS

1 large bunch collard greens,  
washed, completely  
de-stemmed, and torn to  
various sizes

1 large onion

4 diced golden white or red  
potatoes (skin can remain on),  
other types of potatoes must  
be peeled then diced

3 tbsp olive oil

2 tbsp butter

1 tbsp red pepper flakes

Vegetable broth

Salt and pepper

## PROCEDURE

1. Heat a large pot on medium while you dice your onion and potatoes.
2. After 2-3 minutes, add olive oil, heat for one more minute.
3. Add butter, heat one more minute.
4. Add onions and red pepper flakes.

5. Add greens a handful at a time, sautéing for 2-3 minutes in between each addition.
6. Add vegetable broth enough to cover green with about one inch over the top of the greens. Bring to boil.
7. Lower heat to medium and cook for 20 minutes.
8. Lower heat again to low and simmer for 15 more minutes add salt and pepper to taste.

You can substitute potatoes with carrots and may add diced tomato in at the 20-minute simmer.

# KALE SALAD

Author: Rekaya Gibson



## THE STORY

I shared a similar salad with a friend six years ago. We both agreed on a word for it: amazing. We had met for dinner at the Lincoln Restaurant in the District of Columbia. We spent the evening reminiscing about the day's event, my first cooking demonstration. I felt fortunate to see her proud face smiling back at me because she had traveled from Utah to show her support. Every time I prepare this kale salad, I think about that moment. Our friendship. It comforts me.

# KALE SALAD

Author: Rekaya Gibson

## SIDE DISH

Prep | 10 m

Cook | 0 m

## INGREDIENTS

2 cups kale (fresh, cleaned,  
and chopped)

1 tsp garlic powder

1/4 tsp black pepper

1 tbsp dried cranberries

1 tbsp extra virgin olive oil

1 tbsp Zante currants

1 tbsp pine nuts

1/4 cup Parmesan cheese  
(shaved and chopped)

1/2 medium lemon (juice)

## PROCEDURE

1. In medium bowl, add kale and season it with garlic powder and pepper.
2. Add cranberries, currants, and nuts. Stir with large spoon.
3. Toss in cheese.
4. In small bowl, add lemon juice and oil. Mix well.
5. Pour over kale and stir.

# MAM'S BROWN BREAD (IRISH SODA BREAD)

Author: Alison Byrne



## THE STORY

Waking up to the smell of this freshly baked bread is one of my favorite childhood food memories. My Mam's Brown Bread is everyone's favorite at her house in Ireland. She's been baking it for over 35 years, and I only recently learned it originated from the back of a package of flour. When I left Ireland to move to the United States she wrote down her recipe for me. It's well worn and faded now, but the recipe stands the test of time. Because of Covid-19, the time apart from my family in Ireland has grown longer and longer. I'm finding myself turning to the foods and smells of home to find comfort and connection. Baking Mam's brown bread recipe helps with lingering homesickness and brings me great comfort to bake it for my family in Virginia Beach. I hope it brings you joy and comfort too.

# MAM'S BROWN BREAD (IRISH SODA BREAD)

Author: Alison Byrne

S I D E   D I S H

Prep | 15 m

Cook | 30 m

## INGREDIENTS

225g | 8 oz  
brown whole wheat flour

225g | 8 oz all purpose flour

1 tsp Salt

1 tsp baking soda

2 tsp baking powder

470 ml | 16 oz buttermilk

1 tbsp Oil

Optional: bran, pinhead oatmeal

## PROCEDURE

1. Preheat the oven to 400 F | 200 C
2. Mix the whole wheat and all purpose flour together in a large bowl.
3. Sieve the salt, baking soda and baking powder together and add.
4. Optional: add a handful of bran or oatmeal if you like.
5. Mix together and make a well in the center.

6. Add about half of the buttermilk and oil and mix from the middle. Add more buttermilk as needed until the ingredients come together. It should not be too wet or sticky, so you might not need all the buttermilk.
  7. Turn out onto a floured work surface and knead until the dough comes together. Bring together in a round shape and score a cross on the top.
  8. Place on a baking sheet dusted well with flour. You can also cook in a loaf tin if preferred. Bake in the preheated oven for approximately 30 minutes.
  9. When done, the bread will sound slightly hollow when tapped on the bottom. Remove from the baking sheet and place on a wire rack to cool.
- \* Use coarsely ground whole wheat flour if possible. I like the King Arthur Irish Style Flour.



# VEGAN BISCUITS

Author: Natalie Meredith



## THE STORY

My 2 year old son loves to bake with me. He stands on a chair against the counter and helps me mix and arrange things, taking tastes of the process while we work. Sometimes I wind up with half the apples I needed for the pie or when we make pizza some of the pepperonis disappear, but we have a good time. I made these biscuits with him the week of his 2nd birthday and he had the flour everywhere. He especially enjoyed the "patting" step and added his own poking spin on things. He watched the oven closely and we ate our biscuits warm, which is the best way to enjoy these.



# VEGAN BISCUITS

Author: Natalie Meredith

S I D E   D I S H

Prep | 15 m

Cook | 25 m

## INGREDIENTS

1½ teaspoons sugar

3 cups Self Rising flour plus  
more for dusting

1 cup and 1 teaspoon vegan  
butter cut into half cm cubes

2 tablespoons plain oat milk  
(more if dough is dry)

## PROCEDURE

1. Preheat the oven to 350°F.
2. In a large bowl, mix the sugar and flour.
3. Add small pieces of vegan butter and mix them until they are covered in flour.
4. Add the oat milk and combine with your hands until the mix is together and looks shaggy. Be careful to not overmix. You might need to add more milk. You're looking for a sticky-ish dough.

5. Dust the counter with flour and bring down the dough.

Form a 1/2 inch thick square with your hands, patting the dough flat. Fold the dough in half and pat down again. Do this a few more times to make the flaky layers. Don't press too hard or the biscuits will be tough. On the last fold leave dough higher, around 1 inch

6. With any shape cutter, cut out 9 biscuits and arrange them closely on a baking sheet.

7. Bake the biscuits for 20 – 25 minutes, until they are golden brown.

# OYSTER ARTICHOKE SOUP

Author: Jeremy Bates



## THE STORY

Every Thanksgiving and Christmas, my parents would make this recipe with dinner. Always a wonderful soup appetizer to warm up the body after playing outside.

As kids, my siblings and I would like it not as spicy but now that I'm grown I appreciate the recipe as it was intended. I'm sure my mom wouldn't be happy with me sharing this recipe, but I believe that good food needs to be shared.

# OYSTER ARTICHOKE SOUP

Author: Jeremy Bates

S O U P

Prep | 5 m

Cook | 15 m

## INGREDIENTS

6 tbsp butter, melted

1/2 cup shallots, chopped  
Pinch of dried thyme

1 bay leaf

1/4 tsp ground cayenne

2 tbsp all purpose flour

2 tsp Tabasco hot sauce

14 oz chicken broth

1 pint canned oysters, reserve liquid

1 pint water

1 (14 oz) can of artichoke hearts,  
drained & chopped

1/2 cup whipping cream

## PROCEDURE

1. Cook butter, shallots, thyme, bay leaf, & cayenne in microwave on high for 3 Minutes.
2. Add flour and whisk until incorporated.
3. Add chicken broth, reserved oyster water, water, artichokes, and Tabasco. Microwave on high for 6 minutes.
4. Add oysters. Cover bowl with wax paper and microwave on high.
5. Add Whipping cream. Adjust salt/pepper to taste. Serve hot.
6. Make as many times as desired in batches, keeping warm on stove.

# BUTTERNUT SQUASH SOUP

Author: Marcy and Bill Oberndorfer



## THE STORY

This soup is the perfect comfort food to enjoy on a chilly evening. However, it is a family favorite and always requested by the children when they visit, even if the visit is in July!

# BUTTERNUT SQUASH SOUP

Author: Marcy and Bill Oberndorfer

S O U P

Prep | 15-20 m

Cook | 15-20 m

## INGREDIENTS

One large butternut squash  
(usually 3 or 4 pounds), peeled  
and cut into chunks

8 ounces sharp cheddar  
cheese, shredded or cut into  
small chunks

6 cups chicken broth

Optional: cayenne powder to  
taste, chives for garnish

1 pint sour cream (may use light  
sour cream)

## PROCEDURE

1. Add squash and broth to stock pot and bring to a boil, then reduce heat to simmer for 15-20 minutes until squash is tender.
2. Remove from heat. Add sour cream and cheese. Puree using immersion blender or may puree in batches using blender. Add cayenne powder if desired, garnish with chives.

This recipe may be used as a base for a variety of adaptations-add sautéed onions and/or peppers to pot; cook one or two peeled and diced sweet potatoes with the squash; substitute another cheese for the cheddar; add cooked broccoli flowerets after pureeing soup; add sherry to individual servings.

# SWEET POTATO & TOMATO CHOWDER

Author: Susan Cohen



## THE STORY

My mother has always been a terrific cook. She gave me this recipe when I first lived on my own, though neither of us can remember where it originally came from. It had been one of my go-to's for years when I first made it for my mother-in-law, Lolly Cohen. She was such a loving person, she made a big fuss over it and it gave me great joy to do something for her. So now when I cook this chowder I think of her, and my mom, and how lucky I am to have had such amazing women in my life.



# SWEET POTATO & TOMATO CHOWDER

Author: Susan Cohen

S O U P

Prep | 30 m

Cook | 30 m- 1 hr

## INGREDIENTS

2 tbsp butter or oil

1 med/large onion, chopped

1 – 2 large celery ribs, chopped

1 ½ lbs sweet potatoes, peeled & chopped into 1 inch pieces (keep in water until ready to cook to prevent discoloration)

2 cups stock (chicken or vegetable) or water

4 large ripe tomatoes (about 2 lbs) or 28 oz canned diced tomatoes, or whole squashed or cut up

¼ tsp sugar

1 cinnamon stick

½ tsp salt or to taste ¼ tsp pepper, pinch of fresh nutmeg

## PROCEDURE

1. In a large soup or stock pot, heat butter or oil on medium-low and add the onion and cook until softened, about 5 minutes.
2. Stir in celery and sweet potato cubes; cook 5 minutes more.



3. Add stock, tomatoes, cinnamon stick, sugar, salt and pepper and bring to boil over medium-high heat.
4. Reduce heat to medium-low, cover and simmer until the sweet potatoes are tender (start checking at about 30 minutes).
5. Remove 1 cup of the hot soup (carefully!), add to a blender or food processor to puree and return to the chowder to thicken it. Alternatively, you can use a stick blender in the pot. Make it as smooth or chunky as you prefer.
6. Taste for seasoning, add more salt or pepper if needed.
7. Add the nutmeg 5 minutes before serving.

# SPICY CAULIFLOWER AND CHICK PEA SOUP

Author: Beth Miller



## THE STORY

My mother always cooked with these ingredients. This recipe is healthy, plant-based and delicious.

# SPICY CAULIFLOWER AND CHICK PEA SOUP

Author: Beth Miller

S O U P

Prep | 30 m

Cook | 30 m

## INGREDIENTS

4 cups of chopped cauliflower	1 tbsp lime juice
1-15 oz can of chick peas	1 tbsp cilantro
1 can of diced tomatoes	Indian spice blend to taste
1 medium chopped onion	Pita bread on the side
1 cup almond milk	

## PROCEDURE

1. Combine onions and spices with 1 cup of water and simmer uncovered for 15 minutes.
2. Add cauliflower, chick peas and tomatoes. Simmer for 10 minutes.
3. Stir in milk, lime juice, and cilantro.
4. Add salt and spices to taste.
5. Cook for 5 minutes and serve with pita bread.

# MEXICAN-STYLE GARLIC SHRIMP

Author: Teviya Abrahams



## THE STORY

So often you share a recipe you love with a friend or relative...more often than not they will never actually make it. However, when I shared this recipe with my mom, this time, my mother actually made it and loved it just as much as I had. For Christmas Eve this year my sister suggested we all make this recipe in our respective places as a zoom family gathering. My sister and her family also loved the recipe and it is now a win for all three groups--an anomaly and a true keeper. We now refer to this recipe as the Christmas Eve shrimp! While I have added my own notes, the recipe was originally published by Charbel Barker of My Latina Table.

# MEXICAN-STYLE GARLIC SHRIMP

Author: Teviya Abrahams

E N T R E E

Prep | 10 m

Cook | 12 m

## INGREDIENTS

1 lb shrimp without shells,  
cleaned

5 tbsp butter

2 tbsp olive oil

1/4 onion cut into slices

1/4 tsp ground cumin, salt,  
pepper

5 cloves garlic minced

3 tbsp parsley chopped OR  
cilantro

2 limes just the juice

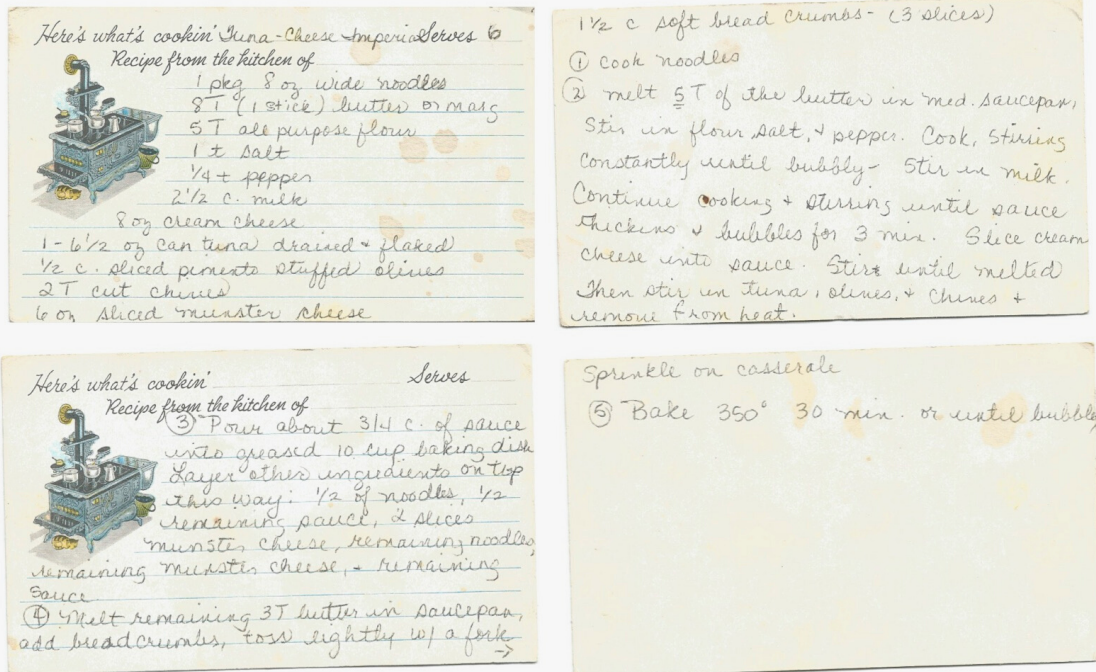
1/4 tsp ground paprika  
optional

## PROCEDURE

1. Season shrimp with dry spices.
2. Add the butter and olive oil to a pan over medium low until the butter begins to melt. Add garlic and onion, sauté for 5 minutes.
3. Add shrimp and cook for 5-8 minutes or until done.
4. Add lime juice and parsley/cilantro.
5. Enjoy immediately with tortillas, rice, over pasta or with salted

# TUNA CHEESE IMPERIAL

Author: Melanie Goss



## THE STORY

This is a dish that my mother used to make for my brother and me when we were kids. My mother died when we were very young. This recipe, written in her own hand, is a treasured memory for me.



# TUNA CHEESE IMPERIAL

Author: Melanie Goss

E N T R E E

Prep | 30 m

Cook | 30 m

## INGREDIENTS

8 oz wide egg noodles	1 6.5 oz can tuna, drained and flaked
8 tbsp butter	1/2 cup sliced green olives
5 tbsp flour	2 tbsp chives
1 tsp salt	6 oz sliced muenster cheese
1/4 tsp pepper	1 1/2 cup soft bread crumbs
2 1/2 cup milk	8 oz cream cheese

## PROCEDURE

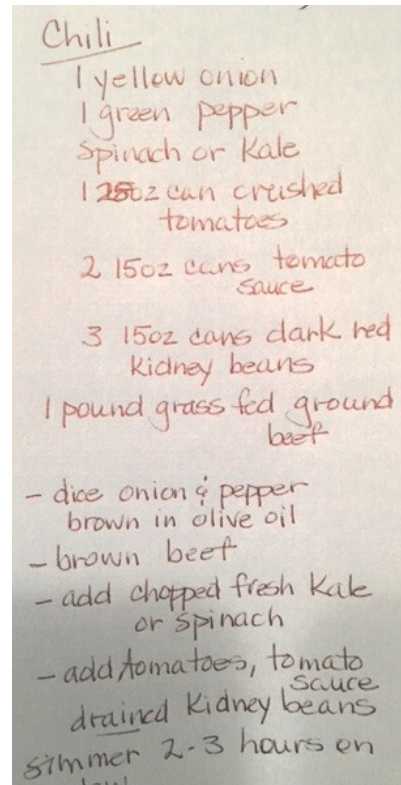
1. Cook noodles.
2. Melt 5 tbsp of the butter in a medium saucepan. Stir in flour, salt, and pepper. Cook, stirring constantly until bubbly. Stir in milk. Continue cooking and stirring until sauce thickens and bubbles for 3 minutes. Slice cream cheese into sauce. Stir until melted, then stir in tuna, olives, and chives and remove from heat.
3. Pour about 3/4 cup of sauce into a greased 10 cup baking dish. Layer other ingredients on top this way: 1/2 of noodles, 1/2 remaining sauce, 2 slices muenster cheese, remaining noodles, remaining muenster cheese, and remaining sauce.

4. Melt remaining 3 tbsp butter in saucepan, add breadcrumbs, and to lightly with a fork. Sprinkle on casserole.
5. Bake at 350 for 30 minutes or until bubbly.



# MIMI'S CHILI

Author: Amy Ebeid



## THE STORY

My mom made this chili for cold days when we were growing up. I used to laugh that she made the most amazing chili and knew how to be sneaky and hide the kale and vegetables in her dish. She said Frito scoops were the best to dip and so much better than tortilla chips. My brother and I lost our mother to cancer in 2018. We continue her chili recipe as "Mimi's chili" and feel her love as we share it with friends and family on the cold days. Of course with the Fritos. I have the recipe in her handwriting. That's the extra bonus for me.

# MIMI'S CHILI

Author: Amy Ebeid

E N T R E E

Prep | 14 m

Cook | 4-6 h

## INGREDIENTS

1 yellow onion	3 15 oz cans of dark red kidney beans
1 green pepper	2 15 oz cans of tomato sauce
Spinach or kale	1 pound ground beef
1 28 oz can crushed tomatoes	

## PROCEDURE

1. Dice onions and peppers and brown in olive oil.
2. Brown beef and add chopped kale or spinach.
3. Add to crock pot Add cans of tomato sauce and crushed tomatoes
4. Drain kidney beans.
5. Add to crock pot Simmer on high for 2-3 hours or low for 4-6 hours.
6. Add shredded cheese and any additional toppings (Frito scoops are the best for dipping!)

# LEMON POPPYSEED CHICKEN PASTA

Author: Katherine Custer



## THE STORY

This recipe was first shared with me by a college friend from Charleston, South Carolina. He made it for a large group of us before we ran a 10k race the next day. It quickly became a staple in my recipe box, as it had all the things I love in a comfort food: carbs, dairy and a crunch. Years later when my husband and I got engaged, we gathered with the same group of friends and ate this dish in celebration. The dish continues to be one we share with family, friends and neighbors as a way to say "you have our love and support for any and all of the journeys ahead."

# LEMON POPPYSEED CHICKEN PASTA

Author: Katherine Custer

E N T R E E

Prep | 15 m

Cook | 25 m

## INGREDIENTS

5 chicken breasts (boiled and cut into cubes)

2 tablespoons of lemon juice  
1 stick of butter (melted)

2/3 box angel hair pasta (cooked)

1 stack of Ritz crackers  
(crumbled)

1 can cream of chicken soup

3 tablespoons of poppy seeds

1 cup sour cream

## PROCEDURE

1. Pre-heat oven to 375 degrees.
2. Boil and cut chicken breasts into cubes.
3. Cook angel hair pasta and drain.
4. Mix chicken pieces with cream of chicken soup, sour cream and lemon juice.
5. Add pasta and stir.
6. Spoon into a greased 9x13 casserole dish and cook uncovered for 15 minutes, until hot.
7. Add topping mixture of butter, crackers, and poppy seeds on top. Cook for an additional 7 minutes. Enjoy!

# SMOTHERED CHICKEN

Author: Diane Ragsdale



## THE STORY

After church, we would always have Sunday dinner at my grandmother's. This dish smelled so wonderful with chicken so tender that it fell off the bone. The mushroom gravy from the baking dish was enhanced with juices from the baked chicken. Mushroom gravy was spooned over the mashed potatoes. Crisp-edged cornbread from a cast iron skillet was served with strawberry preserves. Lima beans simmered with a slice of bacon for seasoning or broccoli were typically the vegetable with a side salad. Grandmother worked so hard to be ready for us and wanted everything to be perfect as we took our seats. She made sure everyone had what they needed before she finally served herself. Then, my dad would say the blessing. My grandmother inspired my love of cooking delicious food. Cooking with love is what we serve those who come to our table.



# SMOTHERED CHICKEN

Author: Diane Ragsdale

E N T R E E

Prep | 20 m

Cook | 1 hr

## INGREDIENTS

1 package of chicken  
(8 piece variety package)

2 cups flour

Salt/Pepper

Canola or avocado oil

Cream of mushroom soup

1/4 can of water

## PROCEDURE

1. Heat oven 350. Put half an inch to inch of oil in a skillet. Heat on medium high.
2. Remove chicken from package and pat dry with paper towels. Skin remains on pieces.
3. Salt and pepper chicken. Put flour in a large pie pan or dinner-sized plate. Roll chicken in the flour to coat. Add a little more pepper.
4. Place chicken in hot oil. Brown on all sides. Do not cook through.
5. Once golden brown, place in a 9X13 glass cooking dish. Keep 2 tbsp of cooking oil. Pour off the rest and discard. Add the 2 tbsp of oil to the same skillet scraping the cooked crispy, browned bits left from frying the chicken.
6. Add 1 can of cream of mushroom soup. Stir to incorporate, then add 1/4 of the can filled with water to create gravy. Stir well to mix. Simmer about 5 minutes to thickness. Season with a pinch of salt and pepper to taste.
7. Pour over chicken. Bake for 1 hour.

# CREAMY MUSHROOM CHICKEN WITH STRING BEANS & RICE

Author: Taylor Boseman



## THE STORY

This was my all-time favorite meal growing up. I used to love the Sundays when my mom used to make this and she used to make it especially for me because it was my favorite. This was my cheer me up meal.

# CREAMY MUSHROOM CHICKEN WITH STRING BEANS & RICE

Author: Taylor Boseman

E N T R E E

Prep | 30 m

Cook | 1 hr 30 m

## INGREDIENTS

Pack of chicken thighs

Pack of smoked neck bones

Bag of fresh string beans

1 pack Knorr Butter & Herb Rice  
(whatever rice you want)

3 cans of Campbells Cream of  
Mushroom with Roasted Garlic Soup

Minced garlic

Olive oil

Onion powder

Garlic powder

Seasoning salt

Pepper

Paprika

Goya seasoning

Water

Vegetable broth

## PROCEDURE

1. Wash your chicken by simply putting in bowl of water and removing fat. Drain water & fat.
2. Set oven to 400.



3. Fully coat chicken with onion powder, garlic powder, seasoning salt, and pepper. 1 pack of Goya seasoning, and a sprinkle of paprika. Then coat chicken with olive oil while in bowl and place chicken in baking pan. Put some aluminum foil on top of pan very tight. And place in oven.
4. In a pot drop in 3 neck bones from pack.
5. Put string beans in pot.
6. Add about 3 cups of broth and just a little water.
7. Season with onion powder, garlic powder, and a little seasoning salt. Add a tablespoon of minced garlic.
8. Place on a low medium and put cover over top and let steam.
9. After chicken has cooked for about 45 mins, drain liquid leaving just a little to coat bottom of pan and add your creamy mushroom soup on top of chicken. Place foil back on top and let bake for another 20 minutes.
10. At this point I make my rice. (I use bagged rice, directions on bag).
11. Check on string beans make sure nice amount of liquid is still in pot and turn down to low.
12. Plate with rice on bottom, then creamy chicken on top and your string beans on the side.

# LAMB AND FIGS

Author: James McCune



## THE STORY

This was the first meal I ever made for my wife. I served it with grilled green onions and squash. To this day we enjoy this dish on a regular basis. I hope it brings you as much joy as it does us.

# LAMB AND FIGS

Author: James McCune

E N T R E E

Prep | 10 m

Cook | 15 m

## INGREDIENTS

8 lamb chops	1 tbsp unsalted butter	Rosemary
2 cups dried figs	Sage	
1/2 cup minced yellow onion	Salt	
3 tsp minced garlic	Pepper	
1/2 cup white wine		

## PROCEDURE

1. Preheat grill
2. Season lamb chops thoroughly with rosemary, sage, salt and pepper. Let sit at room temperature for 10 minutes.
3. Place lamb chops on the preheated grill cooking 4 mins on each side or until desired doneness, set aside to rest.
4. While lamb is on the grill, place butter, onions, and garlic in a sauté pan on medium heat and cook until translucent.
5. Place dried figs (quartered) in the pan with the onions and garlic. Sauté for 5 minutes. (figs may start to stick to the pan. This is ok!)

- 6.As figs begin to break down add the white wine and deglaze the pan.
- 7.Allow wine to reduce. The figs will become a chutney consistency.  
Season to taste with salt and pepper.
- 8.Place lamb on a serving dish and scoop the warm fig sauce across the top of the lamb chops.
- 9.Enjoy with friends and family

# SPRINGERLE

Author: Maggie Kerrigan



## THE STORY

When I was a child, we would visit my grandparents in St. Louis. The "kids table" would be in the kitchen, covered with these cookies left to dry overnight. Then the whole house would smell like licorice during baking time the following day. We all loved the unique cookies that were found in no other home at Christmas time.

I have baked these every year for my father for his December 24th birthday gift. This year, I had a Zoom baking session with my nieces to help them learn how to make the "family cookies."

# SPRINGERLE

Author: Maggie Kerrigan

D E S S E R T

Prep | 1 hr-24 hr rest

Cook | 13 m

## INGREDIENTS

15 medium eggs

1 tsp. powdered hartshorn OR 1  
tsp baking soda

12-20 drops anise oil OR 3 tsp  
anise extract

Whole anise seeds

4 cups sifted flour

Non-stick cooking spray

1 lb powdered sugar

Carved rolling pin

## PROCEDURE

1. Break eggs into mixing bowl and beat.
2. Gradually beat in sifted powdered sugar and continue beating to add anise oil and hartshorn/baking soda. When dissolved, stir in flour.
3. Turn dough onto a lightly floured board and roll carefully with a regular rolling pin. Then roll with the carved rolling pin until the dough is about 1/2 inch thick.
4. Cut out shapes and allow to rest uncovered overnight. (You can also bake immediately)
5. Place cookies on a lightly greased cookie sheet that has been sprinkled with anise seeds.
6. Bake for 13-15 minutes in a 300F oven.



# KAISERSCHMARREN (TORN PANCAKE WITH FRUIT)

Author: Margit Naden



## THE STORY

This dish was a favorite to order on our family vacations to Austria and Bavaria. Kaiser means emperor. Schmarren means scraps or nonsense. Pancakes like Crêpes are not typically a breakfast item in Europe. As a child I did not like raisins. Applesauce or fruit jam and berries on the side was my favorite addition.

# KAISERSCHMARREN (TORN PANCAKE WITH FRUIT)

Author: Margit Naden

D E S S E R T

Prep | 15 m

Cook | 15 m

## INGREDIENTS

3 eggs

4 tbsp rum (optional)

1 cup milk

3 tbsp sliced almonds

1 and 3/4 cups flour

Powdered sugar

1/3 cup golden raisins

## PROCEDURE

1. In a small bowl combine the rum and raisins. Meanwhile beat the eggs and milk, beat in the flour, let rest 15 min.
2. Heat some oil and unsalted butter in a large skillet.
3. Combine batter with almonds and raisins. Pour 1/2 into frying pan and cook until golden brown.
4. Flip the pancake over and tear into pieces with 2 wooden spoons or plastic forks. Cook until nicely browned. Keep warm and repeat with second half of the batter. Then sprinkle with powdered sugar and serve with stewed apples or plums.



# BROTART/PASSOVER CAKE

Author: Bobby Stein

*cut TWO SUGARS  
FOR ALTITUDE*

## BROTART or PASSOVER CAKE

18 eggs -- 18 tablespoons sugar -- 1 cup chopped nuts  
1 tablespoon cinnamon -- 1 teaspoon cloves -- 1 teaspoon allspice  
 $\frac{1}{2}$  teaspoon ginger -- wine or whiskey -- 9 tablespoons  
matzoth meal. Then beat in whites.

## THE STORY

This recipe was typed by my grandmother. It should be made in a Bundt pan. If making the full recipe the volume is so large you will need two pans. I cut it in half. I had a good laugh the first time I made it because it overflowed the one pan. It bakes at 350 degrees. The recipe doesn't have a cook time so the baker will have to keep on testing to see when it is done. It tastes like a spice cake and it is very light.

# BROTART/PASSOVER CAKE

Author: Bobby Stein

D E S S E R T

Prep | 1 hr-24 hr rest      Cook | 13 m

## INGREDIENTS

18 eggs (separated)	1 tsp allspice
18 tbsp of sugar	1 tsp ginger
1 cup chopped nuts	9 tbsp wine or whiskey
1 tbsp cinnamon	Matzoth meal
1 tsp cloves	

## PROCEDURE

1. Separate eggs.
2. Combine egg yolks with sugar, nuts, spices, alcohol, and matzoth meal.
3. Then beat in egg whites.
4. Cook at 350 degrees testing for when it is done as you go.

# GRANDMA TESSIE'S COCONUT CUSTARD PIE

Author: Don Averso



## THE STORY

I was lucky enough to have both sets of grandparents growing up. We all lived in the same town so I saw them frequently and one set of grandparents lived next door. Being Italian, food was very important in our lives. I have many fond memories around the table and with traditional and holiday food abounding.

This simple recipe was a favorite of my grandmother Tessie, my fraternal grandmother, who used to call me “dolly.” She loved me the best. While she wasn’t considered a great cook, she had a few specialties and this was one of them. Easy but delicious. Every time I make this pie I think of her love.

# GRANDMA TESSIE'S COCONUT CUSTARD PIE

Author: Don Averso

DESSERT

Prep | 15 m

Cook | 35 m

## INGREDIENTS

1 quart whole milk

½ tsp salt

½ cup granulated white sugar

1½ cups (or more)  
packaged shredded coconut

4 whole eggs

## PROCEDURE

1. Scald the milk but do not boil
2. Beat together eggs and salt with a whisk
3. While constantly whisking the milk and egg mixture, very gradually add beaten eggs being careful not to add it too fast or the eggs will cook.
4. Add coconut
5. Pour into a 9 inch uncooked pie shell
6. Bake at 450 degrees for 20 minutes
7. Reduce heat to 350 degrees and bake for an additional 15 minutes
8. Place on rack and cool
9. Refrigerate after completely cooled

# SWEET POTATO PIE

Author: Kay Hofler



## THE STORY

This recipe, somewhat altered, comes from a cookbook that I received when I got married, many years ago. All the recipes are from Garden Club members from all around the United States. It became a favorite dessert of my husband's and my two sons and is always requested by my husband on his birthday. For him, it is better than any birthday cake! Any sweet potato can be used for the recipe, but it is made much more delicious with the Haymans.

# SWEET POTATO PIE

Author: Kay Hofler

D E S S E R T

Prep | 30 m

Cook | 30 m

## INGREDIENTS

1 1/2 cups cooked and mashed  
hayman sweet potatoes

3 eggs, separated

1 cup sugar plus 6 tbsp for the  
meringue

1/8 tsp salt

1 cup milk

1/2 stick melted butter

1 tsp vanilla

1 9 inch unbaked pie shell

## PROCEDURE

1. Mix hayman sweet potatoes, egg yolks, 1 cup sugar, salt, milk, butter, and vanilla; beat well.
2. Pour filling into pie shell.
3. Bake at 400 degrees for 30 minutes or until set.
4. Beat egg whites in small bowl of electric mixer until soft peaks form, adding 6 tablespoons sugar gradually. Beat until stiff peaks form.
5. Spread meringue over pie evenly.
6. Bake in 350 degree oven until lightly browned.



# CHOCOLATE RASBERRY TART

Author: Lori Harrington



## THE STORY

My mother always showed her love with food, and every time I bake I think of her. She absolutely adored chocolate and raspberry together. I developed this recipe with her in mind. I wanted something that really showcased the two flavors, looked like it took hours to make, but was easy enough that you could make it with little notice and with things you likely had on hand.

# CHOCOLATE RASPBERRY TART

Author: Lori Harrington

D E S S E R T

Prep | 30 m

Cook | 30 m

## INGREDIENTS

Crust:

1 cup unbleached all purpose flour

1/4 cup sugar

3 tbsp unsweetened cocoa powder

1/4 tsp salt

6 tbsp (3/4 stick) chilled unsalted butter, cut into pieces

1 1/2 tbsp cold water

1 large egg yolk

Raspberry Filling:

1/2 cup raspberry jam

Ganache Topping:

1 cup semi-sweet Chocolate chips

1/2 cup heavy whipping cream

Note: This can be made gluten free by subbing out the all purpose flour with a gluten free flour blend.

## PROCEDURE

For Crust:

1. Combine flour, sugar, cocoa and salt in medium bowl. Add butter and rub in, using fingertips until mixture is coarse and blended. Add water and egg yolk and mix in with fork until well incorporated.



2. Gather dough into a round disc, chill 20 minutes. Let dough soften slightly at room temperature before rolling out. Preheat oven to 375°F.
3. Butter and flour a fluted 9 in. tart pan with 1-inch-high sides and removable bottom. Roll out dough between 2 sheets of waxed paper or plastic wrap so that it is slightly larger than your pan. Peel off 1 layer of wax paper or plastic wrap. Invert dough into prepared pan, press evenly to fit.
4. Freeze until firm, about 10 minutes. Peel off second layer of plastic wrap or wax paper. Trim edges. Line crust with parchment paper; fill with dried beans or pie weights. Bake until crust is set, about 12 minutes.
5. Remove parchment and beans. Bake another 12 minutes. If the crust puffs up or forms any bubbles, pierce them with a tooth pick. Remove from oven; maintain oven temperature. Spread jam over bottom of crust. Bake until jam is set, about 3 minutes.
6. Transfer pan to rack; cool completely.

#### For Ganache:

1. Put the chocolate chips in to a heat proof bowl and set aside. Place the heavy whipping cream in to a pan and heat on the stove till the cream just begins to bubble, remove from heat and pour over the chocolate chips.
2. Allow it to sit for 2 or 3 minutes then whisk until smooth. Let cool slightly and then pour over the jam in crust. Let the ganache set before topping with fresh raspberries.

# BANANA BREAD

Author: Christina Duncan



## THE STORY

This simple classic was something my mother made consistently throughout my childhood. It brought us great comfort and joy, and has become my children's favorite too. It's a feature of every family gathering and of their college care packages. Try it with a schmear of cream cheese!

# BANANA BREAD

Author: Christina Duncan

D E S S E R T

Prep | 15 m

Cook | 60-70 m

## INGREDIENTS

2 cups sifted all-purpose flour

2 eggs - room temperature

1 tsp baking soda

1 cup sugar

1 tsp salt

1 cup mashed banana (2-3 ripe)

1/2 cup butter (1 stick) - room temperature

1 tbsp vinegar - add milk to total 1/2 cup liquid

## PROCEDURE

1. Sift together flour, baking soda and salt.
2. In a separate mixing bowl, cream the butter, then blend in the sugar.
3. Add eggs one at a time and beat each until fluffy.
4. Add 1/3 of the flour mixture, 1/3 of the bananas, and 1/3 of the liquid alternately, beating after each addition. Do this three times so that you get it all in.
5. Turn into a greased loaf pan.
6. Bake at 350 for 60-70 minutes until a toothpick inserted in the center comes out mostly clean.
7. Remove from the pan and cool on a rack before serving.

# ICED LEMON CAKE

Author: Pauline Byrne



## THE STORY

This cake reminds me of growing up. It was my Mam's go-to cake recipe and a staple in our house. She is now 94 and sadly cannot bake anymore. I now bake this cake quite often and Mam still enjoys having a slice or two. This cake is very easy to make and a big hit with everyone!

# ICED LEMON CAKE

Author: Pauline Byrne

D E S S E R T

Prep | 1 hr

Cook | 30-45 m

## INGREDIENTS

175 grams of softened butter

One lemon (use rind and juice)

175 grams of superfine sugar

One pound loaf tin, lined with parchment paper.

3 eggs at room temperature

225 grams of self raising flour

225 grams of confectioners sugar

## PROCEDURE

1. In a mixer (or by hand) mix butter and sugar together until pale in colour. Add eggs one at a time and mix. Add flour and mix.
2. Mix in grated lemon rind.
3. Put into lined tin and smooth top.
4. Bake in middle of oven for approx. 30 - 45 mins until a skewer inserted comes out clean. Leave in tin to cool.
5. Mix confectioners sugar with lemon juice adding little at a time until thick enough to smooth over top of cake.



# JOANNE'S BANANA BREAD

Author: Paola Hernandez



## THE STORY

Joanne Kagan was a wonderful grandmother who would always make sure all the kids were having a good time in her company. Joanne would always make this banana bread for her grandchildren, Eli and Austin, when we would visit in Virginia Beach. One day we were in her kitchen together and she gave me the recipe so that I could learn how to make it, too. Now I continue her tradition making this bread for all of her grandchildren, including my daughters, Evelyn Honey and Jo.

# JOANNE'S BANANA BREAD

Author: Paola Hernandez

D E S S E R T

Prep | 10 m

Cook | 50 m

## INGREDIENTS

1 cup Sugar

1 egg

1/2 cup Butter

1 cup ripe bananas ; mashed

3 tbsp milk

2 cups Flour ; sifted

1 tsp Baking Powder

1/2 tsp Baking soda

1 cup Chocolate chips

## PROCEDURE

1. Preheat oven to 350.
2. Cream sugar and butter together in large mixer bowl. Add egg. Beat until fluffy. Set aside.
3. Combine bananas and milk in small bowl and set aside.
4. Sift flour, baking powder and baking soda in small bowl. Stir by hand into reserved creamed mixture alternately with reserved banana mixture until flour is just moistened. Stir in chocolate chips.
5. Grease 1 (9x5x3 inch) loaf pan. Turn batter into pan.
6. Bake at 350 for 50 min, or until toothpick inserted into center comes out clean.
7. Cool in pan for 10 minutes. Remove from pan. Cool on rack.

# Community Cookbook of Comfort Spring 2021

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