

SMILEY COOK BOOK

illustrations by sonie

"recipes for when you're really hungry"



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ATTACK OF THE Picnic Pirates!



12-02
S. Smiley

PALOMAR MOUNTAIN FUDGE (slightly modified by John - makes 5 lbs. - great for bake sales and other fundraisers)

4.5 cups sugar
1 12 oz. can evaporated milk
1/2 lb (2 cubes) butter
1 Tbsp. vanilla
2 cups marshmallows, squished into cup
2.5 cups chocolate chips (18 Oz.)

Premeasure chips, marshmallows, and 1-2 cups nuts if you want nuts.

Put the milk in a 3 quart sauce pan with the sugar. Stir over a fairly high flame and add the butter and vanilla. Bring to a boil. Keep stirring as it boils with fairly high heat for about 7 minutes, then turn down heat to medium and keep stirring until 11 minutes are up. Then start watching the fudge for signs of darkening and thickening; often it takes 2-3 more minutes. One sign of thickening is that the boiling bubbles become stationary, another is a glassy appearance of the surface.

After it begins to thicken but before it begins to brown or caramelize, take off heat, stir in chips, stir in marshmallows, stir in nuts. Pour in flat sheet or baking pans. Let cool. It should be fairly stiff as it is being poured; otherwise you will have very soft fudge (which is still good!) Makes 5 pounds. We have made hundreds of dollars for the school, PTO, 4-H, etc. with this recipe, as well as fattening up our friends and relatives.



GRANNY WINKIE'S PFEFFERNUSSE ("1/4 batch" - makes about 10 cookie sheets or one million pfeffernusse)

1 pint dark Karo syrup.
0.5 cup molasses (Brer rabbit orange label)
1 cup sugar
0.5 lb oleo or butter (2 cubes).
1 egg
1 heaping tsp. soda dissolved in 0.25 cup warm water.
0.5 tsp cloves
0.5 tsp black pepper
1 heaping tsp.cinnamon
0.5 tsp cardamon
0.5 tsp salt

Bring syrup and mollasses to a boil, put in sugar and stir until dissolved. When cooled some, put in oleo/butter. Let cool. Stir in other ingredients. Add enough flour to make a stiff dough.

Add as much flour as you can stand, roll into 0.75" balls, place on cookie sheets. Bake at 325 degrees or until brown. They should be hard when done. Last for decades. Great fun for cookie making parties!



CHOCOLATE CHIP COOKIES (right off the Nestles package - can't be beat!)

2 1/4 cup flour
1 tsp baking soda
1 tsp salt

1 cup (2 cubes) butter (real butter is best)
3/4 cup sugar
3/4 cup brown sugar
1 egg (critical ingredient: "no egg, no cookies")
1 tsp vanilla extract
2-4 baking sheets
2 1/2 cups chocolate chips
1 cup walnuts if you like (John only)

Preheat oven to 350 Put butter on low heat to melt. Mix first three ingredients in small bowl and set aside.

When butter is melted, mix in large bowl with sugar and stir until creamy. Add egg and vanilla. Stir again until creamy. Add flour mixture, stir again until creamy and a little stiff. Add chips and nuts.

Make cookies by spooning 3/4" globs onto cookie sheets. Bake at 350 for about 10 minutes. They're ususally done when they start to brown around the edges. Terry and Annie think the baking part is optional, they just eat the dough. Rosie and Sonie agree. Kim too.



SOUR CRANBERRY BREAD ("tart" says Kim) There is a simpler recipe under "Banana bread." This one is more "tart."

2 cups flour
1 cup sugar
1.5 tsp baking powder
1 tsp salt
0.5 tsp baking soda
3/4 cup orange juice
1 tbsp orange peel (chop finely)
1 egg
1.5 cup chopped cranberries
1/2 cup chopped nuts (pecans are great!)

Preheat oven to 350 degrees.

Mix first five ingredients in bowl, stir in OJ, orange peel shortening, berries and nuts. Mix well, put in greased loaf pan. Cook about 55 minutes.

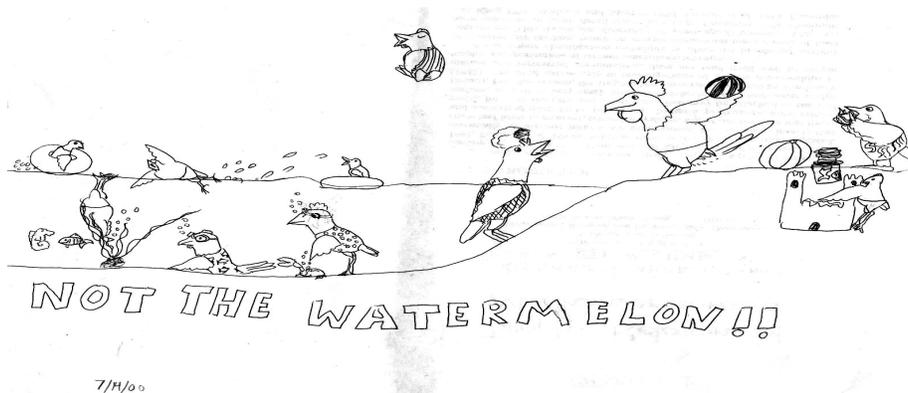


KIM'S PIE CRUST (makes 2 crusts)

2 cups flour
3/4 cup shortening
1 tsp salt
1/4 cup milk

Mix first three in bowl using fingers, than add milk, mix again with fingers. Roll out, put in ungreased pan, poke holes with fork. Bake at 450 degrees for 10-12 minutes. Bake extra crust with sugar on it - tasty!

2 cups makes enough dough for one small Rhubarb pie, but you need 2.5 cups for a larger pie.



CHOCOLATE CHERRY PIE (John's favorite; Rosie's too)

Pre-chop about 20 maraschino cherries

1 large package of Jello Chocolate cook (not instant) pudding (6 serving size)

3 cups milk

1/3 cup chocolate chips

2 tbsp butter or margarine

1 pie shell

Combine all ingredients (except pie shell!) in sauce pan and cook over medium heat until mixture comes to a full bubbling boil. Cool five minutes, stirring twice. Then add cherries and pour into pie shell. Cool for 2-3 hours in the refrigerator (or 1/2 hour if you can't wait but it will be kind of soft.) Garnish with whipped cream.



JOHN'S "LITE" BISCUIT MIX (it's still not that "lite")

17 cups flour
2.5 cups dry milk
3/4 cup double acting baking powder
3 tbsp salt
2 tbsp cornstarch
1/2 cup sugar
1 lb. lard or crisco

Stir first six ingredients in LARGE bowl, stir well. Add crisco and blent with your fingers until there aren't any big lumps. This stuff can be used in any recipe calling for biscuit mix - use water instead of milk. Sonie loves to make this stuff - a guaranteed mess!



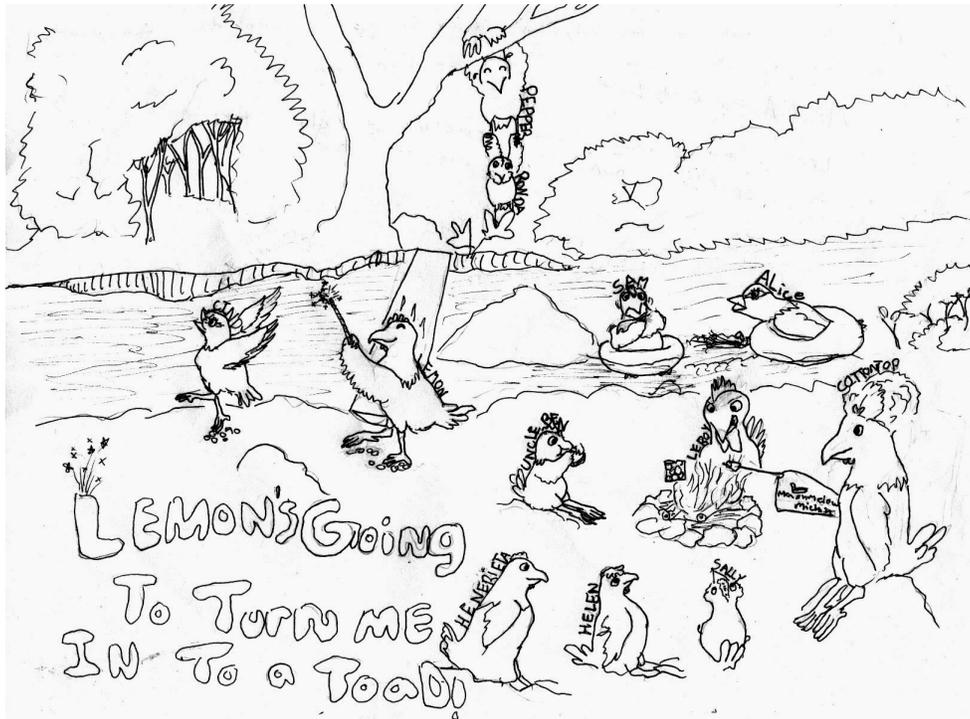
JOHN'S BISCUITS

2-4 cups biscuit mix
1 egg
extra flour
rolling pin and cookie sheet

Preheat oven to 350 degrees. Put biscuit mix in mixing bowl. Crack egg over mix, add just enough water to wet all the mix, stirring with a spoon. Dump contents on a pile of flour on the counter top. Using dry, floured hands, form dough in a ball and knead until a spongy ball of non-sticky dough forms.

Roll out dough, then fold over once and roll flatter. Dough should be about 3/4" thick. Using a glass, cut out biscuits and place on cookie sheet. Bake in 350 degree oven for 15 minutes or so, until slightly brown on the sides and bottom.

In a pinch, all you need is flour and water. Bake over campfire in smoky oven and you get little fake rocks that can't be distinguished from real rocks.



JOHN'S CINNAMON ROLLS “has fed millions”

3-4 cups biscuit mix
1 egg
1/3 cup melted butter
about 1 cup brown sugar
cinnamon
1-2 cups chopped apple
Greased cookie sheet

Melt butter. Chop apples. Follow biscuit recipe, rolling out a flat layer about 3/8" thick. Pour melted butter on layer and spread around. Spread brown sugar over butter, shake on cinnamon, and add chopped apples (on one side if you have people who don't like apples in their rolls). Take top of dough and roll down, making a cylinder. Pinch the ends and shape into a cylinder about 12" long and 2.5" in diameter. Cut rolls off cylinder with sharp knife and place on greased cookie sheet. Bake at 350 degrees for about 20 minutes. Rosie and Annie always get a raw roll, and Sonie gets one to make into a "special" roll for John. John gets to eat this.



KIM'S LEMON CHICKEN

Cut chicken pieces.
Lemon pepper
Baking pan

Line pan with aluminum foil. Thoroughly sprinkle lemon pepper on chicken pieces and place in pan. Bake at 250 degrees for 40 minutes, turn over chicken pieces, sprinkle more lemon pepper. Bake for 30 minutes. Put on 450 degrees ("burn") for 10 minutes. Best "fried" chicken there is. Rosie and Sonie fight over the skin.

KIM'S POT ROAST (Kim is a great cook. The pot roast alone proves it for me). Set the oven at 350. Put the roast in a foil-lined pan, and sprinkle on lots of salt and pepper or lemon pepper. Roast for 1/2 hour per pound of meat. About 45 minutes before time is up, boil some carrots and potatoes and other stuff 'til they're tender. Drain and garnish around the roast about 20 minutes before time is up. Then turn oven up to "burn" for the last 20 minutes or so. Works for pork roast and just about any kind of meat.



BANANA BREAD

1 cup sugar

1/4 cup crisco
2 eggs
2 cups bisquick
2 soft bananas
bread pan

Grease a bread pan, and preheat the oven to 350. Mix one cup sugar with 1/4 cup crisco and two eggs. Then add 2 cups bisquik and two smashed bananas. Throw in some cranberries and some nuts (if it's for John only), mix, and pour in the pan. Bake for 55 minutes, and let cool.



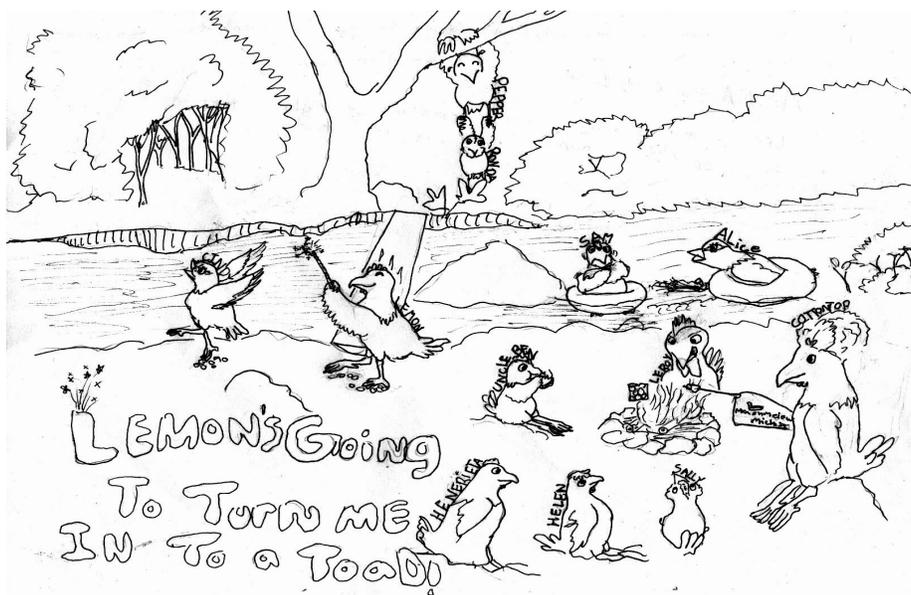
The "Easy Stuff"

TOTALLY EASY RICE Put 2 cups water for every cup of rice in covered pan over high heat. Reduce heat and uncover pan when it starts boiling. Watch pot and turn off heat when all the water is absorbed by the rice.

EASY STEAMED VEGGIES Put veggies (broccoli, brussels sprouts, etc.) with 1/2 cup water in a tightly closed sauce pan. Put on high heat until boiling, reduce heat to medium/low for 10-20 minutes until veggies are tender.

EASY MASS-QUANTITIES BACON Cut a whole pound or two of sliced bacon in half, throw in a big frying pan over medium heat. As the pile heats up peel off slices until all separated. Stir occasionally, boiling off water. After water boils off and hot bacon grease puddles, filling pan, watch closely. Turn off heat when bacon has shunk to half size or so, or to little crispy nothings (if that's the way you like it). Remove bacon from hot grease with two forks and place on paper towel-lined plate.

CINNAMON TOAST Mix 1/2 cup sugar with a tablespoon of ground cinnamon. Keep in a little jar or salt shaker. Make toast, butter liberally. Sprinkle mixture over toast and eat. For a special treat, Granny Smiley used to put a whole baking sheet of cinnamon toast in the oven and bake it until crispy.



SMILEY TACOS (for the original taco party!)

1 sweet, white onion (yellow onions are usually too hot)
1 can of chopped (or whole) tomatoes
1 can of diced (or whole) roasted green chili peppers (mild).
2 fresh tomatoes
1/2 cup of chopped fresh cilantro

3 dozen (or so) corn tortillas
1 1/2 pounds hamburger meat (cheap, fatty kind is best)
3/4 lb. cheddar cheese
1 head lettuce
cooking oil (at least one cup)
thick, leathery, insensitive skin on hands and forearms
paper towels to clean up with afterwards

Chop first 5 ingredients very finely and mix in a bowl. Great salsa! Store in refrigerator. Grate cheese and shred lettuce; serve in bowls. Smash a one inch diameter ball of hamburger in to a half moon shape on one side of tortilla and salt. Pile "meat" tortillas in a stack.

Put 1/2 cup oil in each of two frying pans, and place over medium high heat. Wait until the oil is hot enough to "spit" at you when you dribble some water drops in. Place tortillas in pan, bending only slightly at first until the oil heats them enough to fold over completely. You should be able to cook three at once in each pan. Cook until the tortilla starts to shrink and warp a little, then turn over. Cook another 30 seconds or so and remove from heat. Drain over a broiling pan or paper towels. When you get going and the flame is just right you keep busy cooking six at a time until they are all done. If the flame is too hot you can't reach the pan and a fire will start. If it is too cool the tacos will be soft and greasy. Thick, leathery skin is helpful.



KIM'S HAMBURGER HASH Finely chop a few potatoes and put in fry pan with a tablespoon of oil. Add some finely chopped onions. Cook for a while (10-15 minutes) then add a pound or so of hamburger. Cook another 10 or 15 minutes and add salt and pepper. Annie's favorite!

DAD AND TERRY'S WHITE SAUCE, CHEESE SAUCE, AND FISH SAUCE Put a tablespoon of flour in a small sauce pan or fry pan. Add an equal amount of butter. Heat over low flame and mix. Slowly add milk (and cheese if you're making a cheese sauce) until a good consistency. Add salt and pepper to taste. Add lemon pepper for a tangy fish sauce. Put cheese sauce over boiled macaroni noodles for home made macaroni and cheese.

FILET FISH Sprinkle cornmeal over filets, place in teflon pan with a tsp. of oil or butter, and fry until the filets start to fall apart. Yum. Serve with fish sauce for variety. We eat a lot of these.



EGG PLANT (or OTHER TYPE) SPAGHETTI

1 egg plant
1 can tomato paste
1 can chopped or whole tomatoes
1 tomato past can full of wine (the secret ingredient)
some oregano
ground or finely chopped garlic, or a coarsely chopped onion
1/3 cup olive or cooking oil
1 or 2 pounds of spaghetti noodles

Put large kettle on high heat to boil water for noodles.

Skin the eggplant using a sharp knife. Cut up into 1 inch cubes or so
Place in large fry pan and heat with oil. The eggplant will soak up all the oil at first, but some will come back out if you heat some more. Add coarsely chopped onion if you want. Add canned tomatoes, tomato paste, and wine. Gently stir until paste mixes into fairly thick sauce. Season with 1 1/2 tsp salt, some pepper, a tablespoon of oregano, and the garlic. Stir and let simmer for at least 20 minutes (longer is better).

When large kettle reaches full boil, add noodles and cook until tender. Drain using kettle lid (wet your wrists and hands first in cold water if you're afraid of being burned by the steam - wimps use a colander). Serve with sauce. Some people like Parmesian cheese. (After eating an entire dinner of Parmesian cheese at Big Pine Creek once, John can't stand the stuff).

Substitute hamburger meat, mushrooms, etc. freely. Its all delicious, as long as you have the secret ingredient!



ANNIE'S BACON SPAGHETTI

1 lb. bacon
2 eggs (slightly beaten)
3/4 cup parmesian cheese
1 lbs spaghetti noodles
3 tablespoons butter
pepper to taste

Cook bacon (see easy mass-quantities bacon recipe above)
Cook spaghetti in big boiling water pot (keep water at as fast a boil as possible, and with not too many noodles for the amount of water - this helps keep the noodles from being sticky). Drain spaghetti. Crack eggs over spaghetti, add cheese and bacon, salt and pepper (not too much pepper), stir, and serve. Really good (Rosie does flips for this stuff).

ANNIE'S PASEO DELIGHT SALAD DRESSING Sprinkle a little oil, lots of vinegar, some salt and pepper (maybe a little soy sauce) on your salad and toss. Real special people drink the dressing off the plate when the salad is done. Yum!



KIM'S TOASTED CHEESE SANDWICHES Slice cheese thin. Butter bread slices. Lay bread in hot skillet, butter side down. Lay cheese strips on bread. Lay another slice of bread over cheese, butter side up. Cook until cheese starts to melt, or until bread starts to burn. Turn over and cook until cheese melts. Good with soup!

JOHN AND ROSIE'S FEIJOADA

2 cups dry pinto beans
1-2 oz beef jerky

Rinse beans in a 4-6 quart sauce pan, throwing away beans which float, 2-3 times. Add jerky, chopped into 1/2 inch squares or so (chopping jerky can be difficult, take your time so as not to cut your finger off). Let soak overnight in 3-4" water, or start cooking 2 hours early.

Cook for 2 hours on low, low heat (like a crockpot, sort of). Add salt and pepper, and you've got great feijoada, easy! For super feijoada, add cooked bacon, sauteed onions or garlic, other meats, or dried meat.



JOHN'S RHUBARB PIE The biggest, oldest stalks of rhubarb have the strongest flavor; young stalks are less sour and more "watery". The Big Creek gatehouse has huge, powerful stalks that can burn your mouth off. Get:

2 tablespoons flour or corn starch (optional)
1 2/3 cup sugar
2 cups rhubarb chopped into 1" chunks.

Make Kim's pie crust. Set oven to 350 degrees. Divide pie crust into a large portion and a small one. Use wax paper or a plastic shopping bag to roll out the two pie crust pieces: put the larger (bottom) crust on a 9" or 10" pie pan. Add half the rhubarb, then half the sugar/flour mixture, then the other half of each. Dab 4 teaspoons of butter on top, then place the top pie crust. Crimp with fork and cut slits in the center. Eat the extra dough. Put foil around the edges to prevent browning until last 15 minutes. Bake on a cookie sheet so that the filling won't drip inside the oven when it boils over. Bake 60 min until filling boils out cracks, spreads over cookie sheet, and burns black. Looks ugly but really is tasty if you get good rhubarb.



JOHN'S EGG FLOWER SOUP This is real easy. Take several cups of water and boil with an equal number of bouillon cubes to make broth. Add any veggies or anything good - we like canned bamboo shoots, peas, and little baby bok choys. Bring to a boil and crack in one raw egg. Stir immediately so the egg is broken up completely, including the yolk. About one cup per person is a nice modest serving.

MAYERS' WHEAT BREAD Put a bit of warm water in big bowl, add tsp sugar, and spread active dry yeast on top (1-2 tablespoons is about right). In saucepan, scald 1 cup milk, and add another cup of evaporated milk. As it cools add 5 tsp salt and 5 tablespoons sugar. Add some oil, butter and eggs. Add contents of saucepan to big bowl and stir. If anything is so hot as to kill the yeast, cool by adding some whole wheat flour.

Stir in whole wheat flour (add some millet, bulgar wheat and sunflower seeds too if you want.) 'til it's soupy. Then add white flour until its too stiff to stir. Then dump on counter and knead in white flour. Knead for at least 10 minutes. Clean big bowl. Add 2 tbspoons oil to big bowl, and oil both sides of bread ball. Put ball in big bowl and cover for 1-2 hours. You can punch down ball if it gets too big.

Pre-heat oven to 325 degrees. Spread some cornmeal on baking sheet. Take a chunk of dough off risen bread ball and flatten on counter. Add goodies and shape into loaves. Place 2 loaves on each baking sheet and bake for about 30-40 minutes. Bread is done when loaf sounds hollow when you tap it on the bottom.

Goodies include:

onions, walnuts, olives, egg+milk (2:1) glaze, brown sugar, rhubarb+brown sugar, apple, garlic, braided loaves, plain loaves, bulgar wheat, etc. etc. etc.



NEVER FAIL PEANUT BRITTLE

1.5 cups sugar
1 pound peanuts (3.5 cups)
1 cup white Karo syrup
1/3 cube butter
1 teaspoon baking soda
1/8 teaspoon salt

Combine sugar, peanuts and syrup in saucepan. Cook until amber-colored, almost ready to burn.

Add butter, remove from heat. Add soda and salt mix, and pour immediately into buttered pan to cool and harden. Granddad's favorite.



BARBIE SAUCE tasted and approved by Sonie.

1/2 cup catsup
1/4 cup vinegar
1/4 cup water
1 small chopped onion or 1/8 cup dehydrated onion
1.5 teaspoons packed brown sugar
1 teaspoon yellow mustard
1/2 teaspoon gray poupon mustard
1.5 teaspoon worchestershire(SP?) sauce
1/4 teaspoon salt
1/8 teaspoon pepper

mix, makes one cup great sauce.



CRANBERRY-PEPPER JELLY This is a 4-H hit; everybody loves it. But watch out peeling the peppers; just the vapors can e=really burn your eyes. I cried for about 30 minutes the first time I made it, and I was warned!

1.5 cup cranberry juice
1 cup vinegar
4-6 jalapeno peppers, halved and all seeds removed
5 cups sugar
3 oz. foil packet liquid pectin
5-6 serrano peppers, optional

In large pot, bring juice, vinegar, peppers to a boil, reduce heat and simmer for 10 minutes.

Strain juice and discard peppers. You should have two cups of juice; if not add juice to bring it to 2 cups.

Add juice and sugar to pan and bring to a full boil, stirring constantly. Add Serrano Peppers if desired. Add liquid pectin and return to full boil for one minute.

Remove from heat and pour into sterilized jars. Wipe rimes and place lids on jars. Process for 5 minutes in boiling water. Makes about 5 pints.



CARROT PICKLES

2 to 3 pounds small carrots
2 cups vinegar
1.5 cups water
1 cup sugar
1 teaspoon salt
1 tablespoon mixed pickling spices
1 stick cinnamon

Cook carrots until just tender (5 minutes!). Drain. Leave carrots whole.

Combine vinegar, water, sugar and salt. Tie remaining spices in a cheesecloth bag; add to vinegar mixture. Boil 5-8 minutes. Pack carrots into hot jars, leaving 1/4" head space. Remove spice bag. Bring pickling liquid to a boil. Pour hot liquid over carrots, leaving 1/4" head space. Remove air bubbles. Adjust caps. Process jars 15 minutes in boiling water bath. makes 6.5 pints.

KIM'S TURKEY (yum!)

25 lb (max.) turkey – thawed
16 cups stuffing bread cubes (2 boxes)
1 cup butter celery(1 cup) 1 can sliced water chestnuts
2 ½ cups liquid (chicken broth) for 25 lb turkey
2 green apples 1 cup diced white onion
spices: lemon pepper, garlic, poultry seasoning, sage, salt, pepper

mix stuffing in bowl, add species to taste
stuff turkey, rear first, stuff full and firm as possible
stuff turkey neck full
carefully place in Grandpa Kuhlman's pan
spread butter on turkey skin
put on lid
cook at 350 until the legs begin to fall off body – about 5h for 25 lb turkey

we have enjoyed many feasts with this turkey as the main course.

