

### Green Beans a la Michelle

By Lisa Blackman

1 lb. Haricot Verts (French Green Beans)  
2 T butter  
½ t garlic powder  
½ t sugar  
½ t Italian Seasoning or oregano (dried)

Boil green beans in a 2 qt. pot until tender. Drain in a colander and transfer to a serving dish, preferably with a lid. In same 2 qt. pot, melt butter. Add garlic powder, sugar and seasoning, and stir. Drizzle over green beans and toss to coat evenly. Serve immediately. Feeds approximately 4 people; adjust ingredients to taste.

### Zucchini and Parmesan Bake

By Sherry Rarity

4 c. thinly sliced or shredded fresh zucchini  
4 large eggs  
½ c vegetable oil  
1 c parmesan cheese, grated or shredded  
1 c Bisquick  
1 t basil, 1 t oregano, 1 t garlic powder, 1 t salt, 1 t pepper  
1 small onion grated

Optional: ½ green pepper, chopped finely  
Beat eggs; add oil, ½ of the cheese, spices, onion and optional green pepper. Add shredded zucchini next. Add Bisquick last and stir to moisten. Pour into a 9" x 9" greased pan. Top with the remaining cheese. Bake at 350 degrees for 40 minutes until browned. It's a delicious side dish and you can even use summer zucchini's that you have shredded and frozen for use at a later date in the winter!

### Moravian Cabbage

By Dorothy Kuzelka

1 ½ lbs shredded fresh cabbage  
1 c water  
½ c lard  
1/3 c flour  
1 T caraway seeds  
4 t sugar  
1/3 c cider vinegar

Simmer cabbage in water for 5 minutes. Brown onions in lard add flour and stir until brown. Pour in the liquid from cabbage and stir until smooth. Add cabbage, caraway seeds, salt, sugar and vinegar. Simmer for 20 minutes. Makes 4 servings.

### Pickled Beets

By Dorothy Kuzelka

3 lbs cooked fresh beets thinly sliced  
¾ c sugar  
2/3 c cider vinegar  
Mix sugar and cider vinegar together, add beets. Chill for at least 1 or more hours before serving.

### Cucumber Salad

By Dorothy Kuzelka

1 c mayo or salad dressing  
4 t white vinegar  
½ t fresh dill weed  
¼ c sugar  
½ t salt  
4 medium cucumbers, peeled and thinly sliced  
Combine first five ingredients and mix well. Add cucumbers. Toss, cover and chill for 1 or more hours.

### Couscous with Fresh Vegetables

By Patricia Piekarski

2 T butter or margarine 1 large onion, sliced  
½ c water 1 c chopped carrots  
1 medium zucchini, sliced  
1 small red pepper, sliced  
1 small yellow pepper, sliced  
1 envelope Lipton Herb Soup mix  
2 c water  
8 ounces (1 1/3 cups) couscous, penne or ziti pasta

In skillet, cook onion with butter for about 5 minutes. Add water and boil 1 minute. Stir in carrots, zucchini, peppers, and soup mix, blend with the water. Boil for a minute, reduce heat to low and simmer about 15 minutes. Serve over couscous or pasta.

t = teaspoon    T = tablespoon  
c = cup        qt = quart    lb = pound  
1 tsp dried herb = 1 T fresh

*Use fresh, locally grown ingredients for the best tasting recipes!*

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If you would like to submit a recipe for 2013 email us at [ccfb@cookcfb.org](mailto:ccfb@cookcfb.org).

### Kelly's Old Fashioned Pumpkin Pie

By Kelly Carlson

2011 1st place Pumpkin Pie contest winner

#### Crust

1 ¼ c unbleached all-purpose flour  
½ t salt  
1 T sugar  
6 T unsalted butter, cut into ¼ inch slices  
¼ c vegetable shortening, cold, cut into two pieces  
2 T Vodka, cold (\*see note)\* Vodka is essential to the texture of the crust and imparts no flavors, just a beautiful, crispy crust.

#### Filling

1 c heavy cream  
1 c whole milk  
3 large eggs plus 2 large yolks  
1 t vanilla  
1 15 oz can of pumpkin puree or 1 ¾ c fresh pumpkin puree  
1 c drained candied yam from 15 oz can or from fresh  
¼ c pure maple syrup  
2 t of fresh grated ginger  
½ t ground cinnamon  
1 t ground nutmeg  
1 t salt

#### Crust:

Process ¾ c flour, salt, and sugar in food processor until combined, about 2, 1-second pulses. Add butter and shortening and process until dough starts to collect in clumps. Add remaining ½ c flour and pulse until mixture is evenly distributed, empty mixture into bowl; sprinkle vodka and ice water over mixture. Use a fold motion to mix and press down into a disk and refrigerate for 45 minutes or up to 2 days. Adjust lower rack to lowest position and place rimmed baking sheet on rack and heat to 400° degrees. Remove dough from refrigerator and roll out on floured work surface leaving a 1 inch over hang for pie crust and refrigerate another 15 minutes. Remove from refrigerator and scallop edges of pie crust and place a piece of tinfoil in the bottom of pie and use pie weights and bake 15 minutes. Remove foil and pie weights and bake an additional 5 to 10 minutes until golden brown.

#### Filling:

While pie shell is baking, whisk cream, milk, eggs, yolks, and vanilla together in medium bowl. Combine pumpkin puree, yams, sugar, maple syrup, ginger, cinnamon, nutmeg, and salt in a large heavy bottomed saucepan; bring to simmer over medium, 5-7 minutes. Constantly stir at this point for an additional 10-15 minutes until shiny. Remove pan from heat and whisk in cream mixture until fully incorporated. Strain mixture through a fine strainer and set over medium sized bowl. Use a spatula to press solids through the strainer. Re-whisk mixture and add to warm prebaked pie shell. Return pie plate with baking sheet to oven and bake for 10 minutes at 400°. Reduce heat to 300° and continue baking until edges of pie are set and thermometer reads 175 degrees roughly 20-35 minutes longer. Transfer pie to rack and cool for 2-3 hours...yum...enjoy!



# 2012 Recipe Collection

Cook County Farm Bureau  
Commodities & Marketing Team  
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### **Choc Zucchini Cake**

**By Nancy Harkins**

4 oz chocolate unsweetened  
4 large eggs  
1 ½ c oil  
3 c sugar  
3 c flour  
1 ½ t baking soda  
3 c grated fresh zucchini  
1 c chopped nuts

Preheat oven to 350°. Melt chocolate and let cool; beat eggs until thick and add sugar, oil, and then chocolate. Combine dry ingredients then add to wet ingredients; stir in grated zucchini and nuts. Pour into a greased floured bunt pan or a large 9x13 pan and bake 1 hr 20 minutes. Cool then frost with your favorite choc icing or just dust with powdered sugar. I like to just throw choc chips on top of hot cake and let them melt.

### **Green Tomato Pie**

**By Nancy Harkins**

6-8 green tomatoes peeled and sliced (eye them just like you would if making apple pie, might need to add more)

1 c sugar  
2 T flour  
1 T butter  
½ t salt  
2 T lemon juice  
Nutmeg about ¼ t

Fill your unbaked pie shell with mixture then dot with butter, add your top crust, pierce to let the steam out. Bake 1 hr at 350°. If you don't tell anyone you can call it apple pie instead of green tomato, that's one way to use up your tomatoes.

### **Stir Fry Vegetables**

**By Nancy Harkins**

1 c sliced fresh mushrooms-any type  
2 zucchini sliced thin  
2 yellow squash sliced thin  
1 onion sliced thin  
2 tomatoes chopped  
1 carrot sliced thin

Sauté onions and carrot in about 2 T olive oil; and then add mushrooms. Next, add zucchini and yellow squash and cook for about 3 minutes. Add tomatoes let cook on low about 3-5 minutes. Optional: add some Italian spices.

### **Fresh Broccoli Salad**

**By Patricia Piekarski**

1 lb fresh broccoli  
1 c raisins (mix light and dark)  
½ lb bacon, cooked crisp and crumbled  
1 red onion, sliced thin  
Dressing:  
1 c mayonnaise  
¼ c sugar  
4 T cider vinegar

Cut broccoli very small; mix first four ingredients together. Mix dressing ingredients and add to broccoli mixture just before serving.

### **Honey Dressing for Fruit**

**By Patricia Piekarski**

½ c Crisco oil  
3 T any type juice  
1/3 c fresh honey  
Combine ingredients in blender; blend at medium speed till smooth. Serve over any fresh fruit salad.

### **Fresh Strawberry Pie**

**By Idell Ebbens**

½ c sugar or Splenda  
1 T of corn starch (heaping)  
¼ t salt  
3 oz strawberry gelatin (or sugar free)  
1 qt fresh strawberries  
1 ¾ c water

Mix sugar, corn starch and salt together in a sauce pan. Cook glaze over medium heat stirring constantly until thickened and clear. Add 3 oz gelatin and stir until dissolved. Chill until partially set. Wash, hull and slice fresh strawberries. Place strawberries in a baked or graham cracker pie shell. Cover with partially thickened glaze. Chill 4 hours before serving. Garnish with whipped cream and whole berries. Recipe can be used with fresh blueberries.



### **Mexican Melon Cooler**

**By David A. Mierendorf**

*Member and Head Chef at Morgan's in Mokena*

1 qt cantaloupe chunks  
½ qt musk melon chunks  
½ qt honey dew melon chunks  
1/4 c lime juice  
3 T powdered sugar  
1 c water  
salt to taste  
1 t chopped cilantro  
1 lime sliced for garnish  
1 sprig of cilantro for garnish

Place fresh melons, lime juice, sugar, salt, water and cilantro in a blender and blend till smooth. Adjust seasonings and thickness. Chill and serve in a pilsner glass with a lime wedge and cilantro sprig and enjoy!

### **Red Haven Peaches**

**By Idell Ebbens**

4 fresh Red Haven peaches  
½ t fruit fresh  
1/3 c sugar or Splenda  
Fill 4 qt pan with water, deep enough to cover whole peaches and heat water until almost a boil. Drop in peaches for 1 minute. Remove with slotted spoon and peel off skin and slice peaches-should be approximately 2 cups.  
Mix sugar and fruit fresh; combine and mix peaches and sugar in a bowl. Put in 1 qt freezer bags and lay flat in freezer until frozen. Thaw and serve as your favorite topping on ice cream or Angel food cake.

### **Pear Pie**

**By Patricia Piekarski**

5 c peeled, sliced fresh pear  
½ c quick cooking Tapioca  
2 T lemon juice  
2 T water  
¼ c sugar  
2 - 9 inch Pie Crusts

Heat oven to 350°. In large bowl combine pears and tapioca, mix well. Add lemon juice sugar and water, blend well. Place 1 pie crust in pie pan and add pear mixture. Top with remaining crust. Bake 50 minutes.

### **Some Tomatoes!**

**By Patricia Piekarski**

4 cups sliced fresh tomatoes  
½ c chopped onion  
¼ c flour  
1 t baking powder  
½ t salt  
1 egg  
4 T brown sugar  
1 t fresh oregano leaf  
1/3 c water  
1 T fresh lemon juice  
Arrange tomatoes in greased 2 qt casserole. Sprinkle with chopped onion. In a bowl combine ¾ cup flour, brown sugar, baking powder, oregano, salt, water, egg and lemon juice; beat until smooth; pour over tomatoes and onions. Cover and bake 375° for 20 minutes. Sprinkle with topping: combine ¾ cup flour, dash salt and pepper, 2 T sugar, ½ cup soft butter, until soft crumbs form. Return to oven uncovered for 20 minutes.

### **South of the Border Cucumber Appetizers**

**By Debbie Voltz**

2 large fresh cucumbers  
Pico de Gallo-homemade (next 7 ingredients)  
½ c onion finely chopped  
2 medium tomatoes chopped  
½ fresh jalapeño pepper seeded & diced  
2 sprigs fresh cilantro finely chopped  
½ t garlic powder  
1/8 t salt  
1/8 t pepper

Make homemade Pico de Gallo- in medium bowl combine onion, tomatoes, jalapeno, cilantro, garlic powder, salt and pepper and mix well. Cover and chill for 1 hour or more.  
Peel cucumbers and cut into 1 to 1 ½ inch thick slices. With a small spoon or melon baler, scoop out center, spoon in Pico de Gallo into each cucumber slice. Top with a sliver of avocado if desired.

### **Fruit Crisp**

**By Patricia Piekarski**

2 c sliced fresh peaches, peeled  
2 T brown sugar  
¼ c cornstarch  
2 T margarine  
¼ c quick oats

Heat oven to 450°; grease 1 qt casserole dish; place peaches in casserole and set aside.  
Blend together cornstarch, brown sugar, and margarine. Mix in oats (mixture will be lumpy) pour over peaches. Bake 20 minutes.