

Introduction

Our family, as with most families possess treasured recipes, handed down through generations, that is not only beloved because it's delicious, but because it evokes memories of favorite family get-togethers, a holiday, or a treasured family member. Most of us have favorite foods that seem to be served only when someone special is visiting or when visiting grandma's house. It only makes sense that we now take the time to collect and share these recipes with one another as all too often a family food treasures are lost forever with each passing of a family member.

Food is the spice of life and this cookbook project is our way to help make sure our family favorite foods live forever.

Now family, this is a work in progress which will hopefully result in a treasury of favorite recipes for generations to come. As with most families, there are always a few relatives that never writes down recipes. In this case, those of us that are nearby relatives need to visit this family member and watch them prepare the dish, translating "a pinch of this" and "a dash of that" into more precise measurements and keeping track of cooking times and temperatures. The helper should also ask the relative for any special tips they may have for obtaining the best results.

PS..... at the moment, this is NOT a printable document.

Appetizers and Snacks

Mini Meatballs

Beverages

Fruit Smoothie aka Jada Juice

1 frozen banana
1 cup any other mixed frozen fruits
1 container yogurt
1 cup fruit juice(or more)

Mix all ingredients in a blender, blend until smooth.

(Submitted by Jada C. Figeroa and Landra L. Harris 4/26/05)

Salads

Soups and Sandwiches

Daniel's 'Pulse' Soup
Chessey Broccoli Soup
Roast Yellow Pepper Soup

Casseroles and 1 Dish Meals

Fish and Seafood

Main Dishes

Starchy Sides

Macaroni and Cheese

Vegetable Sides

String Beans

Breads

Cornbread

3/4 cup cornmeal
3/4 cup flour
4 or 5 tab sugar
1 tab salt
1/2 tea salt
4 tab butter
3/4 cup milk
1 egg
Mix dry ingredients, mix wet ingredients, add with dry but don't over mix.
Bake 20 minutes @ 425

(Submitted by Landra L Harris 4/26/05)

Desserts

Buttermilk Poundcake

Children's Recipes

Substitutions

For best results, stick to the ingredients specified in the recipe. Substitutions often will change the taste and texture of your dish. If you're looking for ways to reduce fat in your recipes or if you don't have a necessary ingredient, this chart can help you find an acceptable substitute.

If you don't have...

1 cup cake flour - 1 cup minus 2 tablespoons sifted all-purpose flour

1 tablespoon cornstarch (for thickening) - 2 tablespoons all-purpose flour

1 teaspoon baking powder - 1/4 teaspoon baking soda plus 1/2 cup buttermilk or sour milk (to replace the 1/2 cup liquid called for)

1/2 cup vegetable oil (for baking) - 1/2 cup applesauce

1/4 cup vegetable oil (for sautéing) - 1/2 cup fat-free chicken or beef broth

1 cup granulated sugar - 1 cup packed brown sugar or 2 cups sifted powdered sugar

1 cup honey - 1 1/4 cup granulated sugar plus 1/4 cup liquid

1 cup corn syrup - 1 cup granulated sugar plus 1/4 cup liquid

1 cup bread crumbs - 1 cup corn flakes or similar cereal (place between two sheets of waxed paper and use a rolling pin to crush thoroughly)

1 square (1 ounce) unsweetened chocolate - 3 tablespoons unsweetened cocoa powder plus 1 tablespoon butter or margarine

1 cup whipping cream, whipped - 2 cups whipped dessert topping

1 cup sour milk or buttermilk - 1 tablespoon lemon juice or vinegar plus enough whole milk to make 1 cup (let stand 5 minutes before using) or 1 cup whole milk plus 1 3/4 teaspoons cream of tartar

1 cup buttermilk - 1 cup plain yogurt

1 cup whole milk - 1 cup nonfat evaporated milk or 1 cup skim milk plus 1/4 cup nonfat dry milk

1 cup light cream - 1 cup minus 2 tablespoons milk plus 2 tablespoons butter, or 1 cup pureed lowfat cottage cheese, or 1 cup evaporated skim milk

1 whole egg - 2 egg whites or 1/2 cup egg substitute

2 cups tomato sauce - 3/4 cup tomato paste plus 1 cup water

1 cup ricotta cheese - 1 cup small curd cottage cheese

1 cup tomato juice - 1/2 cup tomato sauce plus 1/2 cup water

1 clove garlic - 1/8 teaspoon garlic powder or minced dried garlic

1 small onion - 1 teaspoon onion powder or 1 tablespoon minced dried onion, rehydrated

1 teaspoon dry mustard - 1 tablespoon prepared mustard

1 teaspoon finely shredded lemon peel - 1/2 teaspoon lemon extract

1 lb. ground beef - 1 lb. ground turkey (optional: add 1 or 2 crushed beef boullion cubes for "beefier" flavor)