

Fellowship Bible Church Cookbook 2020

Scrumptious recipes with sprinkles of God's love





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Introduction

What a year 2020 has been. We have missed gathering with you and know that this has been a difficult year for many...and yet, we are filled with the love and goodness of God.

Thank you to the many who shared their scrumptious recipes and beautiful photos with us to enjoy. Also, sprinkled through the cookbook are messages of God's love to us through His precious Word (the Bible), His creation, and sweet FBC memories. We pray that this book would be a "virtual hug" from God and the church family to you.

We hope you enjoy this cookbook and look forward to a time when we can enjoy a meal with you in person. In the meantime, know that each of you have already been invited to a great feast. God extends His invitation to you to come to Him, to know Him and the fullness of who He is and his eternal heavenly kingdom. The Good News of Jesus Christ is His invitation to you.

Fellowship Bible Church

www.fbc-belmont.org

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God's invitation to you ~

God loves you and wants you to be in His kingdom.

John 3:16~ For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.

But our sin separates us from a Holy God.

Romans 3:23~ for all have sinned and fall short of the glory of God.

But God loved you so much that He sent his Son, Jesus, to die on a cross to pay the penalty for our sins.

Romans 5:8~but God shows his love for us in that while we were still sinners, Christ died for us.

God offers eternal life to each of us as a gift...it's not something that we can earn or work for, but is received only by faith.

Ephesians 2:8~ For by grace you have been saved through faith. And this is not your own doing; it is the gift of God

Amazingly, through God's grace, we who were condemned and without hope, can have our sins completely forgiven, have peace with God and enter into a personal, intimate relationship with Him.

Psalm 103:12~ as far as the east is from the west, so far does he remove our transgressions from us.

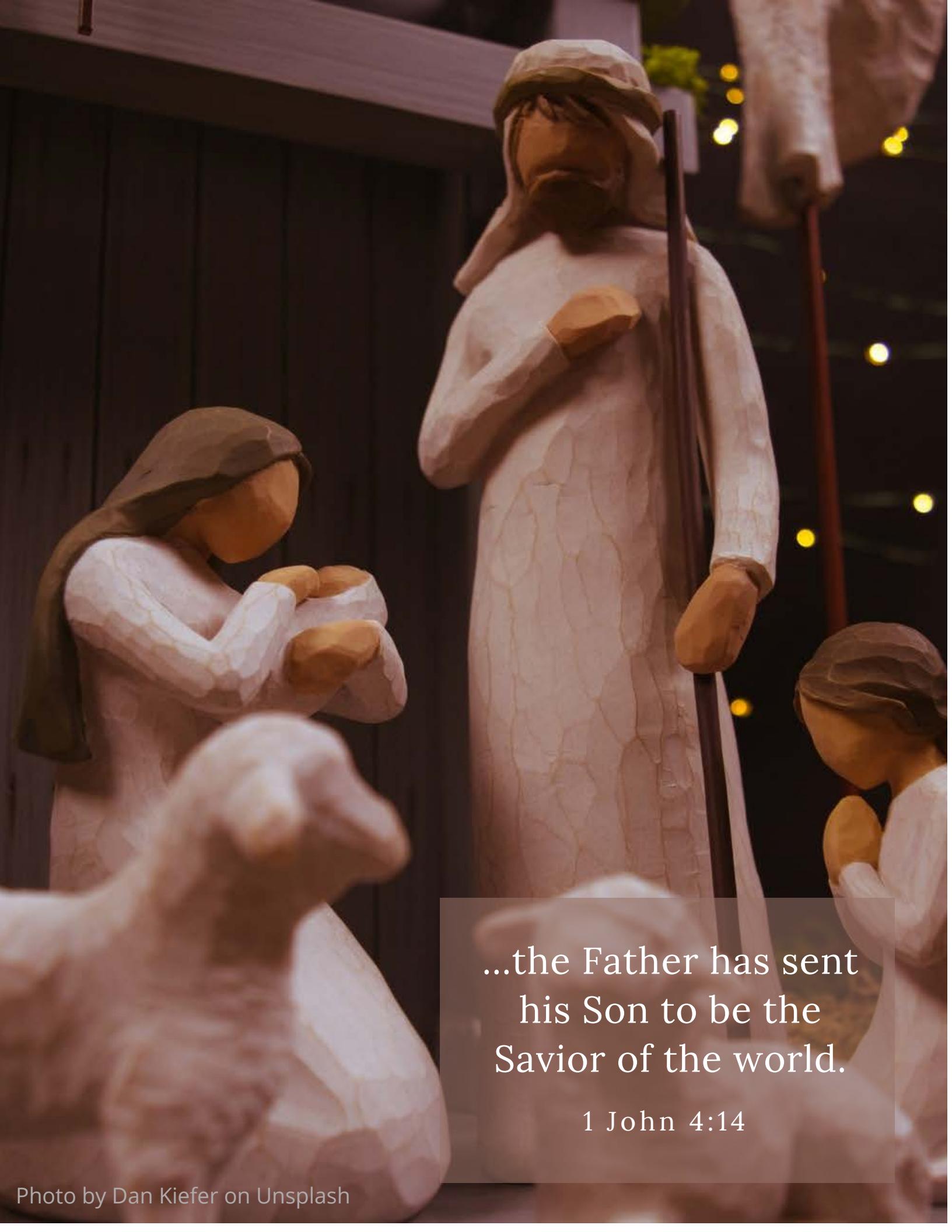
Romans 5:1~ Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ.

Psalm 86:15~ But you, Lord, are a compassionate and gracious God, slow to anger, abounding in love and faithfulness.

The only reply needed is, "Yes, I believe!"

John 1:12~ But as many as received Him, to them He gave the right to become children of God, to those who believe in His name."

Dear God, I know that my sin has separated me from You. Thank You for sending Your Son Jesus to die in my place. I invite Him into my life as my Savior and Lord. Thank You for receiving me into Your eternal family. In Jesus' Name, Amen.



...the Father has sent
his Son to be the
Savior of the world.

1 John 4:14



Pastor Steve and Pastor Kevin

"I often jest that my favorite food verse (out of context) is 1 Corinthians 9:27 where Paul says "I buffet my body" (ASV). This would have been appropriate if F.B.C. stood for "Food Buffet Church."

A more appropriate passage is Ecclesiastes 3:12 "every man should eat and drink and enjoy the good of all his labor—it is the gift of God" (NKJV). This passage opposes two ancient contrasting philosophies: 1) Asceticism: self-denial of joyful things and experiences brings you closer to God and 2) Epicureanism: enjoy life without restraint because there is no God ("eat and drink because tomorrow we die"). One philosophy found self-glory in self-denial, the other found self-glory in not being limited by anyone. But the Bible teaches that we can find joy in enjoyment for God's glory. The key is acknowledging that what we enjoy is a gift from God and in God we find our joy and contentment.

Our FBC Cookbook Committee (Margaret, Johanna, Megan and Mei Mei) and contributors want to point to God as our source of joy through food, drink and eating. Ultimately, Christ satisfies our deepest hunger for acceptance, forgiveness and hope because He died on the cross for us to pay for our forgiveness and rose again to give us eternal life. John 6:33 certifies "For the bread of God is he who comes down from heaven and gives life to the world" (ESV).

Recipes in this book will bring us a physical and emotional joy that points ultimately to our spiritual joy in Christ our Bread of Life. Christ saved us from our sin so we can enjoy a spiritual life with Him for all eternity. Eat well from this cookbook because it is a gift from God. Ultimately, eat well from the Bread of Life because He gave us the incomparable gift of salvation.

In Him,
Pastor Steve

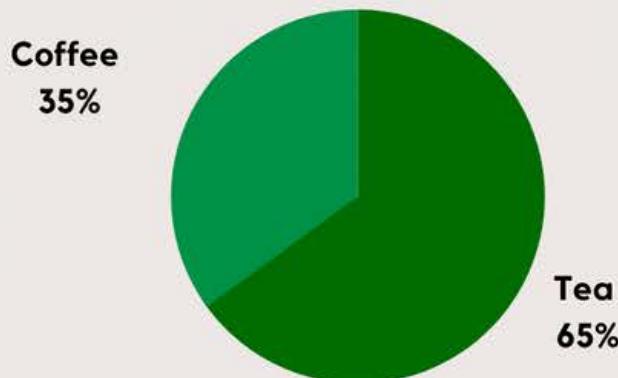
*Be still, and know
that I am God.
I will be exalted
among the nations,
I will be exalted
in the earth!*

Psalm 46:10

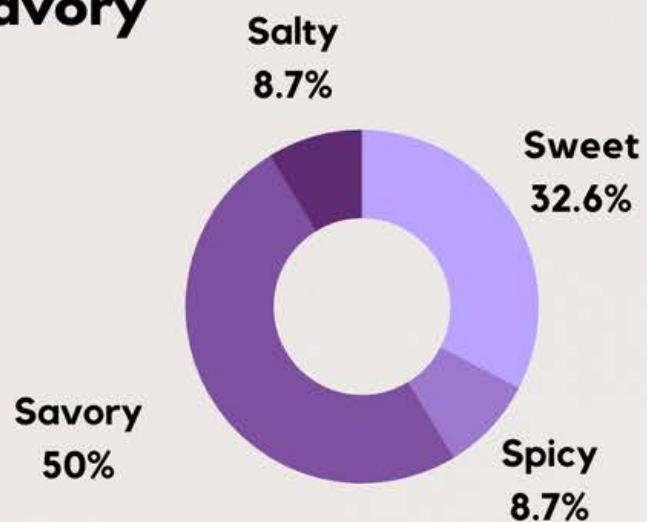


SURVEY SAYS...

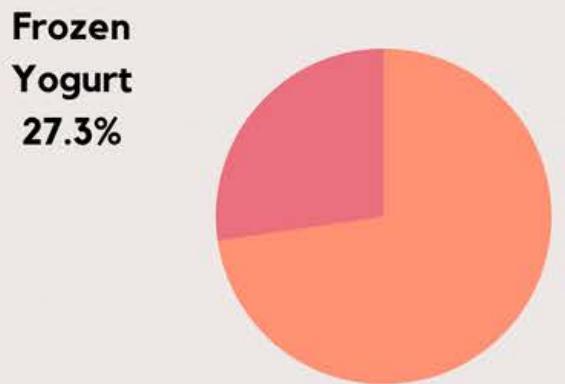
Coffee v. Tea



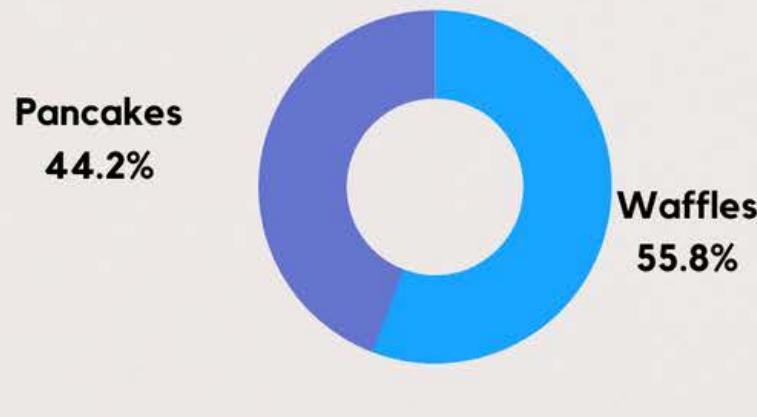
Sweet v. Salty v. Spicy v. Savory



Frozen Yogurt v. Ice Cream



Pancakes v. Waffles



Restaurant v. Home cooked meal

Restaurant
44.4%



Home cooked meal
55.6%

Main Dishes



Taste and see that the Lord is good! Psalm 34.8



Photo from Brianna Y.

Bri's One-Pan Bi Bim Bap

INGREDIENTS

Meat

1 pound shaved or ground beef
1 Tbsp soy sauce
1 Tbsp sesame oil
1 tsp brown sugar
1 tsp rice vinegar
1 clove minced garlic
Salt and pepper

Other

2 cups of rice
1 egg per person

Vegetables

2 big handfuls of spinach
1 cup shaved/shredded carrot
1 cup sliced cucumber
1 cup sliced mushrooms

Toppings

Furikake
Sesame Seeds
Green Onions
Gochujang sauce for spice

YIELDS 2 TO 3 SERVINGS

Bi bim bap is a Korean dish that you can make with anything in your fridge - a fully balanced meal! Can be served spicy or not!

DIRECTIONS

1. Cook rice.
2. Mix the cucumbers with the a dash of rice vinegar and sugar. Do the same for the carrots.
3. Marinate the meat with all the ingredients. In cooking oil, cook the meat on medium-high heat until browned (about 3-4 mins). Remove meat from pan and set aside.
4. In cooking oil, separately sauté carrots, then the spinach, and then the mushrooms on medium-high heat adding salt and pepper. Once each item is cooked, remove from pan and set on top of rice.
5. Add toppings such as a fried egg, furikake, sesame seeds, green onions, or gochujang sauce for spice.

Do a chef's kiss.

Turkey and Sweet Potato Chili (No Bean)

Submitted by Andrea T

Recipe from: www.skinnytaste.com/no-bean-turkey-and-sweet-potato-chili/

I really don't care for beans in chili, so I found this recipe to be quite nice. It is absolutely delicious and very comforting on cold autumn or winter nights. :)

INGREDIENTS

- 20 oz 93% lean ground turkey
- Kosher salt to taste
- 1/2 cup onion
- 3 cloves garlic, chopped
- 10 oz can crushed Rotel mild tomatoes with green chilies
- 8 oz can tomato sauce
- 3/4 cup water
- 1/2 tsp cumin or to taste
- 1/4 tsp chili powder
- 1/4 tsp paprika
- 1 bay leaf
- 1 medium sweet potato, peeled and diced into 1/2-inch cubes
- fresh cilantro for garnish

*"The Lord is my light
and my salvation;
whom shall I fear?
The Lord is the defense of my life;
whom shall I dread?"*

Psalm 27:1

DIRECTIONS

1. In a large skillet, brown turkey over medium-high heat, breaking it up into smaller pieces as it cooks; season with salt.
2. When meat is browned and cooked through, add onion and garlic; cook 3 minutes over medium heat.
3. Add the can of Rotel tomatoes, sweet potato, tomato sauce, water, cumin, chili powder, paprika, salt and bay leaf.
4. Cover and simmer over medium-low heat until potatoes are soft and cooked through, stirring occasionally (about 25 minutes).
5. Add 1/4 cup more water if needed. Remove bay leaf and serve.



Photo from Canva

Easy Honey Garlic Chicken

Submitted by Naomi C.

Recipe from
cafedelites.com/easy-honey-garlic-chicken/

Sweet and savory chicken recipe using ingredients that I usually already have on hand. (Yay! Big PLUS for me!) I recommend serving it with rice.

INGREDIENTS

- 6 chicken thighs, bone in or out, with or without skin
- Salt and pepper to season
- 2 tsp garlic powder to season
- 6 cloves garlic, crushed
- 1/3 cup honey
- 1/4 cup water (or chicken broth)
- 2 Tbsp rice wine vinegar (or apple cider vinegar or any white vinegar)
- 1 Tbsp soy sauce

*You make known to me the path of life;
you will fill me with joy in your presence,
with eternal pleasures at your right hand.
Psalm 16:11*



Photo from Canva

DIRECTIONS

1. Season chicken with salt, pepper and garlic powder; set aside.
2. Heat a pan or skillet over medium-high heat; sear chicken thigh fillets or breast fillets on both sides until golden and cooked through.

FOR BONE IN THIGHS

1. Reduce heat after searing on both sides, cover skillet with a lid and continue cooking until the chicken is cooked through, while turning every 5 minutes until done. Alternatively, see notes for oven method.
2. Drain most of the excess oil from the pan, leaving about 2 tablespoons of pan juice for added flavor.

FOR SAUCE

1. When chicken is done and cooked through, arrange chicken, skin-side up in the pan (if cooking with skin); add the garlic between the chicken and fry until fragrant (about 30 seconds). Add the honey, water, vinegar and soy sauce. Increase heat to medium-high and continue to cook until the sauce reduces down and thickens slightly (about 3-4 minutes).
2. Garnish with parsley and serve over vegetables, rice, pasta or with a salad.

*Notes

For chicken breasts: use 3 breasts, sliced horizontally in half. Sear breast fillets on each side until golden and cooked through (about 6 minutes per side, depending on the thickness of your fillets). Continue directions from the sauce, onwards.

*For oven baked, bone-in thighs:

Preheat oven at 400°F or 200°C. Sear chicken in an oven-proof skillet or pan, skin-side down for 3 minutes. Flip and sear for a further 3 minutes until browned each side. Then bake in the oven for a further 20-25 minutes, until completely cooked through and no longer pink inside. Continue directions from the sauce, onwards.



Photo from Canva

INGREDIENTS

Spicy Blend:

1 tbs salt
2 tsp ground coriander
2 tsp ground cumin
1 tsp ground turmeric
1 tsp paprika
1/2 tsp cayenne pepper

Meat & Veggies:

2 1/2 boneless chicken thighs cut in 2 inch pieces
2 tbs vegetable oil
1 large yellow onion, chopped
6 cloves of garlic minced
3 1/2 cups chicken broth
3/4 cups natural peanut butter
1/2 cup ketchup
tbs brown sugar
1 lb zucchini cut chunks
1 red bell pepper cut in chunks
1 green bell pepper cut in chunks
2 cups cooked hot rice

Garnish:

1 lime for garnish
1/2 cup roasted peanuts for garnish
3 tbs cilantro for garnish

Chef John's Peanut Curry Chicken

Submitted by Roger Y.

Recipe from

www.allrecipes.com/recipe/244979/chef-johns-peanut-curry-chicken/?did=34773

I made something like this in college for a Halloween party, a party that was also attended by the girl that I liked at the time.

DIRECTIONS

1. Mix salt, coriander, cumin, turmeric, paprika, and cayenne pepper together in a small bowl.
2. Place chicken pieces in a separate bowl and add 1/2 of the spice blend. Mix together thoroughly to coat each surface with spice blend.
3. Heat oil over high heat in a heavy pot. Brown half of the chicken pieces on all sides. Transfer to a bowl. Repeat with the rest of the chicken.
4. Reduce heat to medium and add onion to pot. Saute until onions start to turn translucent and golden, 1 or 2 minutes. Add garlic and ginger; cook about 1 minute. Stir in remaining spice blend; cook and stir one minute. Pour in chicken broth. Add browned chicken along with accumulated juices. Stir in peanut butter and ketchup; add brown sugar. Bring to a simmer and reduce heat to maintain a gentle, steady simmer.
5. Simmer, stirring occasionally, about 30 minutes.
6. Transfer zucchini, red bell pepper, poblano pepper, and peanuts to the pot. Stir to mix. Continue simmering until chicken and vegetables are fork tender, 30 to 40 minutes. Remove from heat.
7. Serve over rice with a squeeze of lime and a sprinkle of peanuts and chopped cilantro.



Chicken Zucchini Burger

Submitted and Photo by Jenni Y.

INGREDIENTS

1 lb lean ground chicken (I use Trader Joe's)
2 small zucchini, shredded and squeezed dry
1 egg
2 green onions, thinly sliced
1 cup seasoned breadcrumbs

DIRECTIONS

1. Mix all ingredients together.
2. Form into thin patties and pan fry until cooked through (165 degrees internal temp).
3. Serve these burgers with your favorite toppings, we're partial to spicy mayo and smashed avocado on ciabatta rolls.

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Glazed Honey Chicken

In loving memory of Honoria W. Originally submitted In the first FBC cookbook

My mom used to make her mom's recipe with chicken drumettes and wings for parties-- they were always a hit! -Johanna D.

INGREDIENTS

3 lbs cut up chicken
Fresh ginger, minced
2 T. oil Garlic, chopped
1.2 c soy sauce
4 T. catsup
Salt and pepper
1 c. honey



Photo from Canva

DIRECTIONS

1. Combine oil, catsup, garlic, salt, pepper, ginger, soy sauce and honey; mix well.
2. Add the chicken and mix well.
3. Bake on a foil-lined pan at 375 for 45 minutes; turning chicken over every 15 minutes.



*Trust in the Lord with all your heart,
and lean not on your own understanding;
in all your ways acknowledge Him,
and He shall direct your paths.*
Proverbs 3:5-6



Photo from Canva

INGREDIENTS:

1 (2 pound) package frozen hash brown potatoes, thawed
1 pound pork sausage
1 small onion, diced
5 eggs
1/2 cup milk
1/2 tsp onion powder
1/8 tsp garlic powder, salt, and ground black pepper to taste
12 ounces shredded Cheddar cheese

YIELDS 6 SERVINGS

Recipe from
www.allrecipes.com/recipe/87013/hash-brown-and-egg-casserole/?internalSource=hub%20recipe&referringContentType=Search&clickId=cardslot%203

Hash Brown and Egg Casserole

Submitted by Grace S.

This is my favorite hash brown and egg casserole. I've made it for church and I make it quite often for my family. It's easy and wonderful for any season!

DIRECTIONS

Step 1

Preheat oven to 350 degrees F (175 degrees C). Grease a 2 quart baking dish. Place the hash brown potatoes in the bottom of the baking dish.

Step 2

Heat a skillet over medium heat and cook and stir the sausage and onion until the sausage is crumbly, evenly browned, and no longer pink; drain. Meanwhile, whisk together the eggs, milk, onion powder, garlic powder, salt, and pepper, and pour over the potatoes. Layer with half the Cheddar cheese, the sausage mixture, and the remaining Cheddar cheese. Cover with aluminum foil.

Step 3

Bake in the preheated oven for 1 hour. Remove cover; return casserole to the oven and bake until a knife inserted into the center comes out clean, about 10 minutes. Let stand for 5 minutes before serving.

Sticky Rice with BBQ Pork

Submitted and Photo by Carol S.

This is a family favorite dish that I cook at Thanksgiving in place of dressing and for special occasions!

INGREDIENTS

2 cups Chinese or Japanese short grain sweet rice
1 cup long grain rice
1 cup Chinese dried black mushrooms (8-9 whole mushrooms)
2 cups BBQ Pork (3/4-1 lb. BBQ Pork)
1 tablespoon vegetable oil
1/2 cup thinly sliced green onions (white and pale green parts from 1 bunch)
1/4 cup dried shrimp
2 teaspoons Asian sesame oil
2 tablespoons soy sauce
2 tablespoons oyster sauce
2 cups reduced-sodium chicken broth

SERVES 12 OR MORE



DIRECTIONS

1. Cover rice with cold water by 1 inch in a large bowl and soak at least 2 hours. Drain the rice in a sieve and rinse well under cold running water.
2. Soak mushrooms in cold water overnight or at least 4 hours. Rinse mushrooms to remove any grit, then discard stems and chop caps into small pieces.
3. Cut-up BBQ pork into 1/2-inch square pieces.
4. Soak dried shrimp in cold water for 30 minutes, rinse and squeeze dry.
5. Heat a wok over high heat until hot. Add oil and heat.
6. Add green onions and stir-fry 30 seconds. Add BBQ pork and stir-fry 1 minute, then add mushrooms and stir-fry 1 minute. Add dried shrimp and stir-fry 1 minute.
7. Stir in soy sauce, oyster sauce and sesame oil; remove from heat.
8. Add drained rice and stir to coat.
9. Transfer mixture to a 4-6 quart heavy pot and add broth (broth will not completely cover rice).
10. Bring to a boil, stir once, then reduce heat to low. Cover and cook 25 minutes more, then remove from heat. Stir from bottom to mix ingredients.
11. Let rice stand covered for 10 minutes before serving.

"Do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."
Isaiah 41:10



Photo by Elkana C.

Cha Siu (Chinese BBQ Pork)

Submitted by Joyce. L. and also by Elkana C.

Recipe from <https://thewoksoflife.com/chinese-bbq-pork-cha-siu/>

When shelter-in-place happened, we were limiting how often we went shopping, but were in the mood for Chinese BBQ pork. I found this recipe online and it turned out great! It was easy to make, you just have to be patient for the marinating time. Don't make a substitution for the molasses, it really does give it the right flavor -Joyce

DIRECTIONS

1. Cut the pork into long strips or chunks about 3 inches thick. Don't trim any excess fat, as it will render off and add flavor. Combine the sugar, salt, five spice powder, white pepper, sesame oil, wine, soysauce, hoisin sauce, molasses, food coloring (if using), and garlic in a bowl to make the marinade (i.e. the BBQ sauce).
2. Reserve about 2 tablespoons of marinade and set it aside. Rub the pork with the rest of the marinade in a large bowl or baking dish. Cover and refrigerate overnight, or at least 8 hours. Cover and store the reserved marinade in the fridge as well.
3. Preheat your oven to the highest setting (475-550 degrees F or 250-290 degrees C) with a rack positioned in the upper third of the oven. It's amazing how oven temperatures vary so be sure to check your char siu after the first few minutes of roasting and adjust your oven temperature accordingly.
4. Line a sheet pan with foil and place a metal rack on top. Using the metal rack keeps the pork off of the pan and allows it to roast more evenly, like it does in commercial ovens described above. Place the pork on the rack, leaving as much space as possible between pieces. Pour 1 and 1/2 cups water into the pan below the rack. This prevents any drippings from burning or smoking.
5. Transfer the pork to your preheated oven and roast for 25 minutes. After 25 minutes, flip the pork. If the bottom of the pan is dry, add another cup of water. Turn the pan 180 degrees to ensure even roasting. Roast another 15 minutes.
6. Meanwhile, combine the reserved marinade with the maltose or honey (maltose is very viscous--you can heat it up in the microwave to make it easier to work with) and 1 tablespoon hot water. This will be the sauce you'll use for basting the pork.
7. After 40 minutes of total roasting time, baste the pork, flip it, and baste the other side as well. Roast for a final 10 minutes.
8. By now, the pork has cooked for 50 minutes total. It should be cooked through and caramelized on top. If it's not caramelized to your liking, you can turn the broiler on for a couple minutes to crisp the outside and add some color/flavor. Be sure not to walk away during this process, since the sweet char siu BBQ sauce can burn if left unattended.
9. Remove from the oven and baste with the last bit of reserved BBQ sauce. Let the meat rest for 10 minutes before slicing, and enjoy!

INGREDIENTS

3 pounds boneless pork shoulder/pork butt (select a piece with some good fat on it)
1/2 cup granulated white sugar
2 teaspoons salt
1/2 tsp five spice powder
1/4 tsp white pepper
1/2 tbspsesame oil
1 Tbsp Shaoxing rice wine
1 Tbsp soy sauce
1 Tbsp hoisin sauce
2 tspmolasses
1/8 tsp red food coloring (optional)
3 cloves finely minced garlic
2 Tbsp maltose or honey
1 Tbsp hot water

Cha Siu Recipe

In loving memory of Betty L.
Submitted by Stacey J.

This is Betty's delicious cha-sew! She loved making it for the family.
It's very simple and pairs so well with rice.

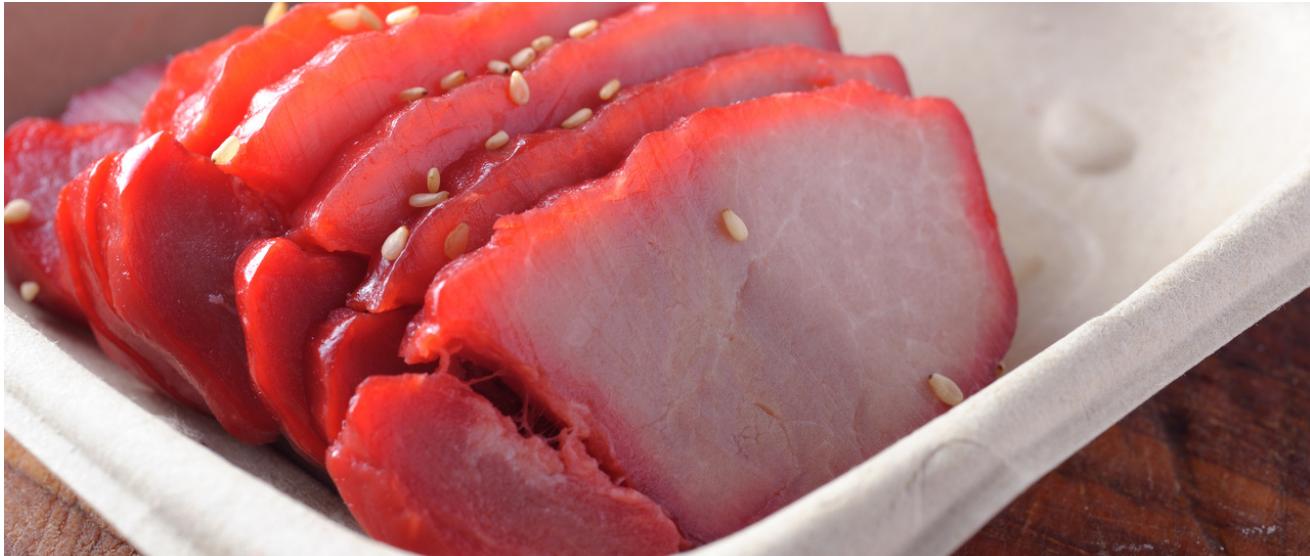


Photo from Canva

DIRECTIONS

INGREDIENTS

Boneless pork shoulder

Sauce Marinade: It's all about the 4:1 Ratio (see explanation below)

4-hoisin sauce
1 oyster sauce
1 honey
1 sugar
1 tsp of 5 spice
Black Pepper

PREP TIME: 20 mins

1. Make the cha sew marinade. It's all about having a 4:1 ratio, no matter the measurement you are using. Betty did not use exact measurements, but instead measured it by squirts in a small bowl.
2. Take out a small bowl and put in 4 squirts of hoisin sauce. Next, add in 1 squirt of oyster sauce, 1 squirt of honey, 1 spoon of sugar. Just imagine the "1" portions as a quarter of your hoisin portion.
3. Add in the five spice.
4. Crack black pepper into the sauce. Mix well
5. Brush the marinade all over the boneless pork shoulder. Do not use all of it, as we will baste the pork halfway into the bake.
6. Bake at 425 degrees Fahrenheit for 25 minutes.
7. Take the pork out of the oven. Flip the pork and baste it with the leftover marinade.
8. Bake for an additional 25 minutes, or until the pork is done (use a thermometer to measure the internal temperature of the pork. Safe temperature of pork is ~145 degrees Fahrenheit)
9. Take the pork out and let it rest for 15-20 minutes before cutting into it.
10. Slice up the pork and serve with rice.
11. Enjoy!



For God so loved the world,
that He gave his only Son,
that whoever believes in Him
should not perish but have eternal life.
John 3:16

Lions Head Meatballs

Submitted by Emily K.

I have such fond memories of this dish. Mom or Auntie would make it for both special occasions and weeknight dinners. To me, it's comfort food. Adapted from "Serious Eats" website



Photo from Canva

INGREDIENTS

Meatball ingredients:

1 pound ground pork
1 pound fatty ground pork (available at Chinese grocers).
1- 8 ounce can water chestnuts, drained and minced
1 knob of ginger, peeled and minced
3 cloves garlic, minced
1 bunch green onions, trimmed and finely sliced
1 egg yolk
1 tsp sugar
4 tsp Shaoxing wine
1/2 tsp salt
1/2 tsp white pepper
1 tbsp soy sauce
1/4 cup breadcrumbs

Cornstarch

1 head napa cabbage, cut into 2 inch pieces
Large knob of fresh ginger, minced
3 cups chicken broth
3 packs mung bean noodles (optional—I did not add these for a make ahead situation. For family dinner I would add these)

DIRECTIONS

1. Mix the 13 meatball ingredients together. Do not overmix.
2. Form into large (1/3 cup) meatballs. Pour cornstarch into a wide bowl and roll meatballs lightly in cornstarch.
3. In a large wide braising or stewing pan, add a little cooking oil. Brown meatballs on all sides and remove gently from pan and set aside.
4. In same pot, Stir fry the napa cabbage and ginger briefly till slightly wilted.
5. Place meatballs on top of cabbage. Add chicken broth, and bring to a boil. Lower to simmer and cook about 15-20 minutes till cooked through. Add the bean threads, carefully pushing them into the broth/cabbage. Cook another 5 minutes, tasting to see that all ingredients are cooked through and well seasoned. Serve with steamed rice.

DIRECTIONS

1. Chop onion.
2. Preheat oil in a large skillet. Add onion and saute until clear.
3. Add chicken and cook for 3 to 4 minutes on each side.
4. In a medium-sized bowl, combine ketchup, dry mustard, cranberry sauce, packed brown sugar and apple cider vinegar.
5. Stir until mixed and pour into skillet.
6. Cover and cook on medium heat for 15-20 minutes.



Photo from Canva

Cranberry Chicken

Submitted by Joanie L.

INGREDIENTS

- 1 tablespoon olive oil
- 1/4 cup onion
- 2 pounds boneless skinless chicken breasts
- 1/4 cup ketchup
- 1 teaspoon dry mustard
- 16 ounce can of whole-berry cranberry sauce
- 1/4 cup brown sugar
- 1 tablespoon apple cider vinegar

Pork with Chinese Yellow Chives

Submitted by Tiffany N.

A local friend taught me this dish, and it's one of my favorites to make in China. Chinese dishes don't come with recipes in the mainland. It's all about how it looks and tastes as you go along. It took some adjustment at first, but I've come to love cooking this way!

INGREDIENTS

- pork, about half a pound
- 2-3 eggs
- Chinese yellow chives, chopped
- Soy sauce
- Minced garlic
- Corn starch
- Olive oil



DIRECTIONS

- Slice pork into thin, bite-size pieces and then pour enough corn starch over to coat. Add a few tablespoons of soy sauce and let sit for about 20 minutes.
- Add a few tablespoons of oil to a large pan or wok and add minced garlic. Toss in pork and cook til done. Remove from pan and keep warm in separate bowl.
- To the same pan/wok, coat the bottom of the pan in a layer of oil and turn heat on medium high. Crack and whisk eggs in a separate bowl.
- Once the oil is hot, pour eggs into pan and quickly stir with chopsticks until they fluff up and are cooked.
- Add pork back into the pan, and toss in chives. Can add more soy sauce or salt to taste.
- Serve over rice.

Best Creamy Chicken Ramen Soup

Submitted and photo by Kayla C.

If you're craving a cozy Asian soup that's fairly easy, this is a good one for you!



INGREDIENTS

1 Tbsp. coconut oil
1 yellow onion, chopped
2 red bell peppers, chopped
1 large carrot, cut into thin 2"-long pieces
2 cloves garlic, minced
1 Tbsp. curry powder
1/2 tsp. cayenne pepper
Kosher salt
2 (13.5-oz.) cans coconut milk (shaken well)
3 c. Swanson Chicken Broth
2 c. shredded rotisserie chicken
1/3 c. chopped fresh cilantro, plus more for garnish
1 package ramen noodles, reserve seasoning for another use
Lime wedges, for serving

DIRECTIONS

1. In a large pot over medium heat, heat coconut oil.
2. Add onion, bell pepper, and carrots and cook until tender, 6 to 8 minutes.
3. Add garlic and stir until fragrant, 1 minute.
4. Add curry powder and cayenne and season with salt.
5. Stir until combined.
6. Pour over coconut milk and chicken broth and bring to a simmer.
7. Add shredded chicken, cilantro, and ramen noodles and cook until noodles are al dente.
8. Garnish with cilantro and serve with lime.

Recipe from <https://www.delish.com/cooking/recipe-ideas/recipes/a49382/asian-chicken-noodle-recipe/>

YIELDS 4 SERVINGS

Paella

Submitted by Julie C.

Recipe from SF Chronicle's Best Main Course

INGREDIENTS

For the rice:

2 Tbs. Olive Oil
2 C Basmati Rice, or other long -grain rice.
1 Onion, chopped
2Tbsp Garlic, chopped
2 C. Prepared Salsa
4 C Hot Chicken Broth

2 T. Olive Oil
1 Onion, chopped
1 lb Kielbasa, or other smoked sausage, sliced 1/2-inch thick
2 tsp Paprika
1 lb. Chicken Breast, skinless and boneless, cut into 1-1/2-inch pieces.
2 Carrots, cut into $\frac{1}{2}$ -inch dice
1 Red Bell Pepper, seeded and cut into $\frac{1}{2}$ -inch dice
2 T Garlic, chopped
Salt and fresh ground Black Pepper, to taste
1 lb. Shrimp, peeled
2 C. Frozen Peas, thawed
2 Tbsp Flat-leaf Parsley, chopped.



Photo from Canva

DIRECTIONS

Prepare the rice:

1. Heat the oil in a large pot over medium heat. Add the rice and onion; cook, stirring occasionally, until the rice begins to brown lightly, about 12 minutes.
2. Add the garlic and cook for one minute longer.
3. Add the salsa and cook, stirring until the liquid is absorbed, about 1 to 2 minutes.
4. Stir in the hot chicken broth, and bring to a boil; reduce the heat to a simmer, cover and cook for 20 minutes.
5. Remove from the heat and let rest, covered, for 20 minutes.

To complete the Paella:

1. Heat the oil in a large frying pan over medium-high heat.
2. Add the onion and kielbasa; cook, stirring, until the onion is soft, about 10 minutes.
3. Sprinkle in the paprika and cook for 1 minute. Add the chicken, carrots, bell pepper, garlic, salt and pepper; cook, stirring, until the chicken is cooked through, about 5 minutes.
4. Add the shrimp and peas; cook, stirring, until the shrimp turns pink, about 2 minutes.

To serve:

1. Fluff the rice with a fork, then combine it with the meat, chicken, shrimp and vegetables, tossing well.
2. Serve in a large shallow bowl or on a platter sprinkled with the chopped parsley.



Do not be anxious about anything,
but in everything by prayer and supplication
with thanksgiving let your requests
be made known to God.
And the peace of God, which surpasses all
understanding, will guard your hearts
and your minds in Christ Jesus.

Philippians 4:6-7

Taiwanese Beef Noodle Soup

Submitted by Maria T.

This is the most authentic Taiwanese beef noodle soup recipe I can find online. Enjoy!

INGREDIENTS

6 qt water, plus more as needed
2 lb beef shank
6 scallions, halved crosswise, divided
8 slices fresh ginger, divided
6 pods star anise, divided
½ cup vegetable oil
6 cloves garlic
2 red chiles, halved lengthwise
1 medium white onion, sliced
1 piece rock sugar
3 Tbsp spicy bean paste, or regular bean paste
1/2 cup dark soy sauce
1/2 cup rice wine
1/2 cup light soy sauce
2 medium tomatoes, quartered
1 tsp white pepper
1 tsp salt
dried bay leaf
2 bundles flour noodle
2 cups bok choy

FOR GARNISH

scallion, sliced
fresh cilantro, chopped
red chile, finely diced



Photo from Canva

DIRECTIONS

1. Fill a large pot with about 6 quarts (5 and 1/2 L) of water and add the beef shank, 3 scallions, 5 slices of ginger, and 3 star anise pods. Cover, bring to a boil over high heat, and cook for 5 minutes
2. Remove the meat from the pot, rinse in cold water, and cut into thick slices. Discard the cooking liquid.
3. In a wok or large pan over medium-high heat, pour in the vegetable oil and add the remaining 3 scallions, 3 ginger slices, the garlic, red chiles, remaining 3 star anise pods, the onion, rock sugar, and spicy bean paste. Cook until the onions start to become translucent.
4. Add the sliced beef.
5. Add the dark soy sauce, for color, stir, then add the rice wine.
6. Pour in the light soy sauce, for flavor, then add the tomatoes. Stir fry for 8-10 minutes.
7. Fill the same large pot about a quarter of the way with water and heat over medium high heat. Add the stir-fried meat, vegetables, and cooking liquid.
8. Add more water until the meat is just covered, then add the white pepper, salt, and bay leaves. Cover and reduce the heat to low and simmer for at least 2 hours, until the meat becomes tender. Remove the bay leaves and star anise before serving.
9. Bring a large pot of water to boil over high heat and cook the flour noodles according to the package instructions. Remove the noodles from the water.
10. Add the bok choy to the boiling water. Cook for 3 minutes, then remove.
11. To assemble the soup, place a generous amount of noodles in the bottom of a bowl. Then, add bok choy, meat, and broth. Garnish with scallions, cilantro, and red chilies.
12. Enjoy!

Pork Belly in Brown Sauce

Submitted by Julie C.

INGREDIENTS

1 lb Pork belly with marbled fat and rind
4 Green Onions (1" long)
2 Slices Ginger
1 Star anise (optional)
5 Tbsp Soy sauce
1 Tbsp Wine
2 tsp Sugar
1 tsp Salt
2 tsp Cornstarch (make paste)
1 Tbsp Cold Water (make paste)
5 C Oil
1 tsp Sesame Oil
½ lb Green vegetable (spinach or green cabbage)



Photo from Canva

DIRECTIONS

1. Bring pot of hot water to boiling, then place whole pork in it. Pork must be completely submerged in water. Bring to boil again, and maintain rolling boil for 30 minutes.
2. Take pork out, rinse off impurities, and drain it dry. Toss out water.
3. Pierce rind of pork with fork, making tiny holes all over rind.
4. Turn oven to broil.
5. Place entire piece of pork on rack, rind side up, approximately 6 inches from broiling heat. Watch broiling as the rind can quickly burn. Turn meat to assure even broiling and blistering to rind.
6. After entire rind is blistered, take out from oven.
7. Soak entire piece of pork in cold water (skin side down) for about $\frac{1}{2}$ hour until skin is soft again,
8. Remove from water, and slice pork into thick slices (1/2" thickness). Arrange the slices in large bowl (with skin facing downward on bowl). Make marinade of sugar, wine, green onion, ginger, star anise and soy sauce, and pour over sliced pork in bowl. Steam over high heat for about 1-1/2 hours until tender.
9. Carefully pour liquid mixture from steamed meat into saucepan. Bring to boil. Thicken with cornstarch paste. Add a few drops of sesame oil. Put the serving plate upside down over the bowl of steamed meat. Quickly turn the whole thing over so that the meat is positioned (mound-bowl shaped) on the serving plate.
10. Pour the cooked gravy over the meat.
11. Sauté the green vegetable and season to taste. Arrange around the meat on plate.

Chinese White Poached Chicken

Submitted by Julie C.

INGREDIENTS

1 Whole chicken- young fryer
1 Stockpot - large enough to fully submerge the chicken
1 knob ginger, finely minced
1 Stalk green onions, finely minced
1 tsp salt
1 tsp sesame oil

DIRECTIONS:

1. Rinse Whole chicken and set aside
2. Bring the stock pot of soup/water to full boil. Gently put whole chicken, breast down, into the pot, and make sure the whole chicken is fully submerged. Lower the heat to simmer for 30 minutes. After 30 minutes, turn off the heat and do not open the lid for 5-6 hours. (to allow for continual cooking and poaching).
3. After 5-6 hours, take out chicken and set on a plate. Rub entire chicken with sesame oil for glaze. When cool enough, cut and serve on a plate for eating.
4. To make dipping sauce, add sesame oil, salt, minced ginger and green onion.

Note:

1. Above method works well with 5lb fryer. If chicken is smaller, it will take less time poaching in hot water.
2. You will end up with a nice pot of chicken stock for soup!



We love this warm comfy dish!

INGREDIENTS

6-7 cups chicken broth
½ cup rice
4 carrots, sliced 1/8 " thick
3 zucchini, sliced ¼" thick
1 potato, peeled and diced
2 can corn, drained
5 tablespoons butter
1/2 cup flour
2 cups milk (or half & half or Oatmilk)
About 4 cups cooked chicken, cut into bite-size pieces (Costco roast chicken makes it easy!)
Salt and pepper to taste

DIRECTIONS

1. In a large pot, bring broth to a boil.
2. Add rice, cover and simmer for 10 minutes.
3. Add carrots, potato, and zucchini, cover and simmer for about 10 more minutes
4. Meanwhile, in a small pot, melt butter over medium heat. Stir in flour and cook, stirring until bubbly.
5. Gradually stir in milk, whisk smooth, and cook until sauce boils and thickens.
6. Stir chicken sauce mixture into the soup mixture. Add chicken and cook until heated through.

SERVES 4 TO 6

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."
Matt 11:28-30



Serve the Lord
with gladness!

Come into His presence
with singing!

Psalm 3:3

Bishi Zal Kura Salon with Tor Hari (spicy chicken curry with vegetables)

Submitted and Photo by Hannah L.

INGREDIENTS

1 whole chicken, chopped into small pieces (or the equivalent of legs, etc)
4 medium potatoes, cut in big chunks
2 carrots, cut in big chunks
Any other vegetables, cut in big chunks!
*Popular additions include eggplant, bitter melon, tomato, green beans
1 handful of dried red chilis, rehydrated in a bowl of water
3 onions/shallots, rough chopped
1 full head of garlic
2-3 inches of ginger
3 Tbsp turmeric (will stain stuff, just warning)
2 Tbsp garam masala
4 Tbsp salt
1 cup of oil
2-3 cups of water or stock
Handful of fresh cilantro, chopped



This is a recipe that I learned from my refugee friends here on the field. It is "bishi zal" and "bishi moza" (very spicy and very delicious)! They have served this curry to me many times, with extraordinary love and kindness. When you make it, please pray that their hearts would be softened towards God!

DIRECTIONS:

1. Blend the chilies up with some water, make chili juice of death (preferably use a covered blender! I used an open one, aerosolized the chilies, and almost died) Use a mortar/pestle to mash the peeled garlic and ginger into paste
2. Heat oil in a big pot (you want to use more oil than your doctor would approve of), throw in the garlic, ginger, and onions. Cook until you can smell it (trust me- you will smell it!). Add turmeric, masala, salt- give it a stir and let it cook for a minute or so
3. Add all of the chicken and the blended chilis, toss so the pieces are coated in the seasonings. Let it cook for 5 minutes or so, stirring occasionally. Add the vegetables. Add the water/stock- doesn't need to be covering the veg/chicken, but somewhat close.
4. Simmer until meat is tender and falling off the bones. Add more water if needed. Throw in cilantro and serve!

Notes:

Instead of a whole chicken, you can use whatever pieces of chicken you have available. You can also make this with beef, fish, or shrimp, though I haven't tried it myself.

This curry is meant to be very spicy. If the dish/oil is bright red, you've done well! One handful of dried chilis will make it fairly spicy but not fatal- feel free to adjust accordingly. The seasoning amounts are my best guess from watching my refugee friends cook this dish. Will need to be adjusted depending on how much vegetables you add. Stores well frozen if you can't manage to eat it all

Serve with white rice or flat bread. For the full experience: Eat with your fingers (Right hand only!) while sitting on the floor.

First timers, give yourself 3 hours! With practice, this dish can be made in under an hour.

Empanadas

Submitted by Emily K.

INGREDIENTS for filling:

1.5 pounds button mushrooms (one Costco pack) washed and sliced
2 onions, peeled and diced
1 tsp salt
1 tsp black pepper
1 tsp sage
1/2 tsp thyme
2 tsp soy sauce
1/2 cup bread crumbs
2/3 cup shredded cheese—I use cheddar or jack but any mild cheese is fine

DIRECTIONS for filling:

1. Heat a large frying pan with a little oil and add onions, cook on medium high till starting to brown. Turn the heat to low and cook, stirring now and then, for about 30-40 minutes till caramelized (very soft, brown, sweet, and almost a creamy texture). Remove from heat and let cool.
2. In a large frying pan with a little oil add mushrooms and cook on high, stirring, allowing all the water to be released and evaporated. Continue to cook on medium high until the mushrooms are dry and they are nicely browned. This takes awhile but is worth the effort; the taste and texture are terrible if you stop before the nicely browned stage.
3. Add spices and soy sauce and onions, continuing to cook until fragrant and fairly dry. Remove from heat and add bread crumbs.
4. Let cool and mix in cheese. Refrigerate filling while making dough.



Photo from Canva

These are SO GOOD. The flaky crust is the key.

These freeze well. To avoid a day long project, I like to make the filling 2 days in advance, and the dough the night before.

INGREDIENTS for dough and glaze:

3 and 1/2 cups flour
1/2 cup corn masa flour
1 tablespoon sugar
1 tsp salt
3/4 cup (1.5 sticks) very cold butter, cut in small cubes about 1/2 inch.
1/2 cup ice water

Glaze: 1 egg, beaten

DIRECTIONS for dough and glaze:

1. Place flour, masa flour, sugar, and salt in the food processor and pulse a couple of times to mix. Add cold cubed butter and pulse about 15-20 short pulses till it looks like coarse wet sand, you can still see little fragments of butter. Add ice water and pulse again a few times to mix.
2. Turn out onto floured board and gather together in a ball, adding more water if it does not stick together. Divide into 24 pieces.
3. Place dough pieces in the refrigerator to keep cool. Remove a few at a time, and roll each into a ball.
4. Using a tortilla press, flatten into a disc. [To use the tortilla press, Simply put a piece of parchment paper, cut to size, on the bottom. Place a ball of dough in the center. Place another piece of parchment on top. Push down on the tortilla press. Keep using the same parchment unless it gets sticky, then just cut another piece of paper.] I find this to be GREAT FUN.
5. Scoop filling into disc and crimp edges. Place on parchment lined baking sheet.
6. Brush all empanadas with beaten egg for a beautiful glossy shine.(At this point, you can freeze them, in a single layer on the baking sheet lined with parchment. Once frozen solid, place them in a Ziploc bag and return to freezer.)
7. Bake at 400 degrees for 18 minutes or till golden brown. Add 6 minutes to baking time if frozen.
8. Serve with bottled Sweet Thai Chili sauce.

YIELDS 24 EMPANADAS

Baked Chicken Drumsticks

Submitted by Christine W.

Recipe from www.theblackpeppercorn.com

INGREDIENTS

Steve's BBQ rub

3/4 cup paprika
1/2 cup sugar
1/2 cup salt
1/4 cup ground black pepper
2 tbsp thyme
2 tbsp dry mustard
1 tbsp cumin
1 tbsp cayenne pepper or more if you want it spicier
1 tbsp sage

For drumsticks

15 chicken drumsticks
1/3 cup Steve's BBQ rub
1 cup BBQ sauce

DIRECTIONS

1. Preheat oven to 400F
2. Toss chicken drumsticks in Steve's BBQ Rub. Place on a baking sheet lined with parchment paper. Make sure the drumsticks are not touching each other.
3. Bake in the oven for 30 minutes.
4. Take out of the oven and brush with half of the BBQ sauce. Put back in the oven to bake for 15 more minutes.
5. After the 15 minutes, take out of the oven and flip the drumsticks. Brush with remaining BBQ sauce. Put back in the oven and bake for 15 more minutes.
6. After the 1 hour of total baking, if desired, you can put the drumsticks under the broiler for about 3 minutes to crisp up the skin.



Photo from Canva



**"For he satisfies the longing soul,
and the hungry soul
he fills with good things."**

Psalm 107:9

Kalbi Jjim

(Korean Braised Shortribs)

Submitted by Emily K.

INGREDIENTS

4 pounds English Cut Short Ribs with bone, (3-4 inch lengths)
5 cloves garlic
5 thick slices fresh ginger root
1/4 cup sugar
1/4 cup Black soy sauce (also called double black, available in Asian groceries)
2 Tbsp regular soy sauce
2 tsp black pepper
1 cup wine (I use inexpensive Chinese cooking wine, any will do)
1/2 cup water
1 daikon, peeled and cut into 2 inch chunks



Photo from Canva

DIRECTIONS

1. Trim short ribs of excess fat. Slash meat across grain down to bone about 3 to 4 slashes per rib.
2. Place, meat side down, in large deep nonstick pot over high heat and brown 3-4 minutes.
3. Add all other ingredients except Daikon, and bring to a boil. Turn heat down to low, and simmer for 1 and 1/2 hours.
4. Remove meat from broth, and pour broth into tall measuring cup, adding ice, or place in refrigerator till all fat solidifies on top. Discard fat.
5. Return meat and broth and add daikon to pot and cook another 45 minutes on low, until meat is very tender to fork.
6. Turn heat to high, uncovered, allowing sauce to reduce until syrupy (watch closely or it may burn) and meat is glazed. Serve with steamed rice.

This can also be cooked in a pressure cooker for 35 minutes. In fact, this recipe is the reason I purchased a pressure cooker.

For a crowd: I usually omit daikon

Costco sells boneless short rib meat in strips, about 4 pounds to a pack. Select well marbled meat. Cut into 2 inch chunks and cook as above for 2.5 hours. I garnish with sesame seeds and a bit of flat leaf parsley or cilantro.

For Korean tacos: I make the Costco version at least one day before, no bone and no daikon. Once the meat is completely cooled, preferably refrigerated, cut into a dice.

When you are ready to serve, heat up the meat and keep warm while assembling tacos.



Photo from Canva

Parmesan-Crusted Shrimp Scampi

Submitted by Christine W.

INGREDIENTS

2 cups angel hair pasta
1/2 cup butter, divided
4 cloves garlic, minced
1 pound uncooked medium shrimp, peeled and deveined
1/2 cup white cooking wine
1 lemon, juiced
1 teaspoon red pepper flakes
3/4 cup seasoned bread crumbs
3/4 cup freshly grated Parmesan cheese, divided
2 tablespoons finely chopped fresh parsley

SERVES 6

PREP TIME 20 mins
COOK TIME 20 mins

DIRECTIONS

1. Bring a large pot of lightly salted water to a boil. Cook angel hair pasta in the boiling water, stirring occasionally, until tender yet firm to the bite, 4 to 5 minutes. Drain and set aside.
2. Set an oven rack about 6 inches from the heat source and preheat the oven's broiler.
3. Heat 1/4 cup butter over medium heat in a large, deep skillet. Add garlic; cook and stir until fragrant. Add shrimp, white wine, and lemon juice; continue to cook and stir until shrimp is bright pink on the outside and the meat is opaque, about 5 minutes. Stir in red pepper flakes until well combined. Remove from heat and set aside.
4. Place remaining 1/4 cup butter, bread crumbs, 1/2 the Parmesan cheese, and parsley in a bowl. Stir until well combined. Set aside.
5. Place cooked pasta into shrimp scampi mixture; toss until fully coated in sauce. Add remaining Parmesan cheese and toss well. Top with bread crumb mixture.
6. Broil in the preheated oven until golden brown, 3 to 4 minutes. Serve immediately.

Recipe from <https://www.allrecipes.com/recipe/273326/parmesan-crusted-shrimp-scampi-with-pasta/>

Little Spareribs, Shanghai Style

In loving memory of James S. Originally published in the first FBC Cookbook

INGREDIENTS

1-3/4 lbs spareribs, cut into small pieces
1/3 cup dark soy sauce
6 t. sugar
Pinch of salt
2 T. oil

DIRECTIONS

1. Heat oil in wok; stir fry ribs until meat color has changed from pink to gray.
2. Add salt and sugar, stir fry constantly; add soy sauce and mix well. Pour enough water over ribs to barely cover. Bring to boil and maintain moderate high heat at all times.
3. Uncover, stirring occasionally. When liquid thickens, stir constantly until ribs are well glazed and almost no liquid left. Takes about $\frac{1}{2}$ hr. in all.
4. Cook it early then reheat in 400 oven for 5-7 minutes.

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Flank Steak with Mushroom and Black Bean Sauce

In loving memory of Julie Y. Originally published in the 4th edition FBC Cookbook

INGREDIENTS

1 lb. flank steak, thinly sliced
15-20 large white mushrooms, cleaned and sliced
1/2 tsp cornstarch
Dash sesame oil
2 tsp soy sauce
3 cloves garlic, smashed
1 heaping tsp. black bean sauce, from a jar
2 tsp. dry sherry
3 tsp. cornstarch
1/2 tsp. sugar
1/3-1/2 c. water
3-4 tsp. oyster sauce

DIRECTIONS

1. Marinate flank steak with $\frac{1}{2}$ tsp cornstarch, sesame oil and 2 tsp soy sauce for 10-15 minutes.
2. Heat wok with some oil, garlic and black bean sauce; add flank steak and lay out to a thin layer. Brown meat on first side, then turn over; add sherry and mushrooms on top. Allow to cook for 1-2 minutes.
3. Meanwhile, prepare mixture of 3tsp cornstarch, $\frac{1}{2}$ tsp sugar and water.
4. Add oyster sauce to meat, turn heat to high, make a well in the center and add cornstarch mixture to desired thickness.
5. Finally, mix meat into the center.

Note: these measurements are approximate, and should be adjusted to your taste!



Best Shakshuka Recipe

Submitted and photo by **Kayla C.**

My neighbor had given me some tomatoes from her garden. While on a walk with my Israeli friend, I asked if she knew any good Israeli dishes with tomatoes, she suggested Shakshuka! This Middle Eastern dish is an easy one pan meal eaten for breakfast or any other meal of the day.

INGREDIENTS

1 medium onion, diced
1 red bell pepper, seeded and diced
4 garlic cloves, finely chopped
2 tsp paprika
1 tsp cumin
1/4 tsp chili powder
1 -28-ounce can whole peeled tomatoes
6 large eggs
salt and pepper, to taste
1 small bunch fresh cilantro, chopped
1 small bunch fresh parsley, chopped

DIRECTIONS

1. Heat olive oil in a large sauté pan on medium heat. Add the chopped bell pepper and onion and cook for 5 minutes or until the onion becomes translucent.
2. Add garlic and spices and cook an additional minute.
3. Pour the can of tomatoes and juice into the pan and break down the tomatoes using a large spoon. Season with salt and pepper and bring the sauce to a simmer.
4. Use your large spoon to make small wells in the sauce and crack the eggs into each well. Cover the pan and cook for 5-8 minutes, or until the eggs are done to your liking.
5. Garnish with chopped cilantro and parsley.

Recipe from <https://downshiftology.com/recipes/shakshuka/#wprm-recipe-container-34363>



Rustic Garlic Chicken

Submitted and photo by Lillian C.

A delicious one-pan meal that is delicious served with mashed potatoes, rice or pasta (to make the most of the delicious gravy).

INGREDIENTS

2 Tbsp cooking oil
6-8 chicken thighs, skin-on
(could use any skin-on
chicken pieces)
Salt and freshly ground
black pepper
20-22 cloves of garlic (~2
full heads), separated and
peeled
2 Tbsp flour
3/4 cup dry white wine
1 cup chicken broth
1 1/4 tsp fresh thyme leaves
(or about 3/4 tsp dried
leaves)
2 Tbsp butter

DIRECTIONS

1. Heat the oven to 400 F with rack in center of the oven
2. In an oven-safe Dutch oven (or big, oven-safe skillet with a lid), heat the oil over medium-high heat.
3. Dry the chicken pieces well by patting them with a paper towel. Sprinkle the chicken pieces with a bit of salt and pepper. Cook the chicken until well browned, turning regularly (for about 8 minutes) and then remove the chicken and place on a plate
4. Reduce the heat to medium, add the garlic and cook...stirring regularly until it is starting to brown (about 3 minutes). Sprinkle the flour over the garlic and stir until combined.
5. Return the chicken to the pot, cover, and bake for 15 minutes in the pre-heated 400 degree oven. If your pot or skillet does not have a lid, you can tightly cover the top with aluminium foil instead.
6. Remove the pot from the oven and put it on a burner. Be careful not to touch the hot pot. Remove the chicken pieces from the pot and place onto a clean plate.
7. Over medium-high heat, whisk the wine and simmer for 1 minute. Whisk the thyme and a bit more salt and pepper into the broth. Then, reduce the heat and simmer, stirring regularly until the sauce thickens. Turn the heat off and stir in the butter in. Add more salt and pepper to sauce if needed. If needed, put the chicken back into the pot to re-warm with the sauce. Serve spooned over mashed potatoes, rice or pasta

To save yourself the chore of separating and peeling all that garlic, look for pre-separated garlic cloves in the produce section of your grocery store. For a complete meal, add cubed potatoes and sliced mushrooms in the pan prior to adding chicken.

INGREDIENTS

1.5 lb beef chuck or brisket - cut 1"chunks
1 lb beef tendons - pre-cook and cut into bite size
1 lb med size daikon - roll cut
1 shallot - thick slice
6 garlic cloves - crushed 2 inch knob ginger - peeled and cut
3 green onions
2 qt combined chicken stock/tendon cooking stock
2 Tbsp Shaoxing wine
1 Tbsp sesame oil
2 Tbsp Chee Hou sauce
2 Tbsp regular soy sauce
1 Tbsp dark soy sauce
3 oz/4 med chunks rock sugar or more to taste
1 Tsp salt
Oil for cooking

Parboil Tendons:

3 slice thick cut ginger
2 green onions
Water (enough water to cover ingredients)

Spice bag:

6 to 8 star anise
3 dried orange/tangerine peel
1.5 Tsp Sichuan peppercorns

Thicken sauce:

Cornstarch slurry (2 Tbsp cornstarch mixed with 4 Tbsp water) or more as needed to desired thickness
1 to 1.5 qt or more braising stock



Photo by Yvonne Lee Harijanto on Unsplash

Beef Stew and Tendon

Submitted by Lanette H.

DIRECTIONS

1. Rinse the tendon.
2. Roughly chop some ginger and green onion.
3. Boil the tendon for 45 minutes. Add a bit of Shaoxing cooking wine to aid in the process.
4. Peel and cut the daikon into 1 to 1.5 inch wide pieces.
5. Cut your beef brisket or chuck roast into 1 to 1.5 inch cubes.
6. After 45 min, drain and rinse the tendon in cold water.
7. Heat a stock pot. Add a bit of oil.
8. Prepare spice bag: star anise, dried mandarin peel, peppercorn.
9. Sear the beef.
10. Add the braising liquid base seasonings: light soy sauce, oyster sauce, Chee Hou sauce, dark soy sauce, Shaoxing cooking wine and white pepper. Mix thoroughly.
11. Add the tendon. Mix thoroughly.
12. Top off the meat with water to complete the braising liquid.
13. Bring the pot to a boil.
14. Remove any impurities that surface.
15. Bring it down to a simmer and add rock sugar. Cover and simmer for 1 to 1.5 hours.* Periodically check on the beef. You don't want the beef to be too tender as the daikon will be added later subjecting the beef to more cooking time.
16. After 1 to 1.5 hours, add the daikon and simmer for additional 30 min to 1 hour until the daikon is soft.
17. After 30 min to 1 hour, add a cornstarch slurry (equal parts cornstarch and water) to thicken the stew.
18. Enjoy with some freshly steamed rice or noodles.



At the same time, pray also for us,
that God may open to us a door for the Word,
to declare the mystery of Christ

Colossians 4:3a

Chen's Roast Chicken

Submitted by Julie C.

INGREDIENTS

4-5 lbs Chicken, whole young fryer
2 tsp Salt
5 Tbsp Log Cabin Syrup (put in small bowl)

DIRECTIONS

1. Remove gizzards and giblets from cavity of chicken; if desired, the liver and gizzards may be roasted in last 30 minutes along with chicken.
2. Wash, clean, and pat-dry the chicken.
3. Rub salt on the chicken, including the cavity. Turn oven to 325 degrees F.
4. Place whole chicken, breast side upward, on raised rack on foil-lined roasting pan. Putting chicken on rack gives it rotisserie-like roasting in convection oven. After first 15 minutes, skin on chicken should be parched, and ready for 1st basting with log cabin syrup.
5. Using a basting brush, smooth syrup over the chicken's breast and legs.
6. Repeat every 15 minutes, or about 4 times. Roasting time is at about 1 hour to 1 hr + 15 minutes, or when juices from cavity turn deep red. Don't forget to put gizzard and liver on roasting rack when it's time for the 2nd basting, and also basting gizzard and liver with syrup. Take out of oven, and let stand for 10 minutes before cutting.

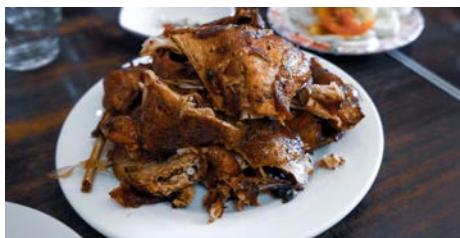


Photo by Patrick Amoy on Unsplash

Bean Curd with Beef Strips (Dow Foo Ngow Yook)

Submitted by Helen Y.

INGREDIENTS

1/3 lb. beef, such as flank steak, sliced thin in 1/8" strips, about 2" wide and 1/2" thick
1 clove garlic, crushed
2 Tbl. oil
1/2 tsp. salt
2 Tbl. oil
1 and 1/2 tsp. brown bean sauce (Min See Jeung)
3/4 tsp. Hoi Sien Sauce
2 cakes fresh water bean curd (Dow Foo). Each cake cut into quarters, then in 1/4" slices; or could be cut into small cubes
1 to 2 stalks green onion, chopped

DIRECTIONS

1. Marinate beef strips an hour with:
1 tsp. cornstarch
1 Tbl. soy sauce
1 tsp. sugar
1 tsp. rice wine
2. Heat 2 Tbl. oil until hot, add clove of garlic and salt. Add marinated beef strips, stir-fry a minute. Remove.
3. Heat 2 Tbl. oil, add the Min See Jeung, Hoi Sien Sauce, and stir-fry a little. Add the bean curd cubes or slices. Cover and cook a few minutes, stirring carefully once or twice.
4. Add chopped green onions and cooked beef strips. Stir-fry to mix in. Make a cornstarch paste of 2 tsp. cornstarch and 1 Tbl. water and add to chicken gravy. Serve.

Chicken or Turkey Tetrazzini Deluxe

Submitted by Tom and Jenny L.

Recipe from <https://www.allrecipes.com/recipe/25139/chicken-or-turkey-tetrazzini-deluxe/>



Photo from Canva

INGREDIENTS

1 (16 ounce) package linguine pasta
1/2 cup butter
3 cups sliced fresh mushrooms
1 cup minced onion
1 cup minced green bell pepper
2 (10.75 ounce) cans condensed cream of mushroom soup
2 cups chicken broth
2 cups shredded sharp Cheddar cheese
1 (10 ounce) package frozen green peas
1/2 cup cooking sherry
1 tsp Worcestershire sauce
1 tsp salt
1/4 tsp ground black pepper
4 cups chopped cooked chicken breast
1 cup grated Parmesan cheese
Paprika to taste

DIRECTIONS

1. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain and set aside.
2. Preheat oven to 375 degrees F (190 degrees C).
3. Meanwhile, melt butter in a large saucepan over medium heat. Add mushrooms, onion and bell pepper and saute until tender. Stir in cream of mushroom soup and chicken broth; cook, stirring, until heated through. Stir in pasta, Cheddar cheese, peas, sherry, Worcestershire sauce, salt, pepper and chicken. Mix well and transfer mixture to a lightly greased 11x14 inch baking dish. Sprinkle with Parmesan cheese and paprika.
4. Bake in the preheated oven for 25 to 35 minutes, or until heated through.

PREP TIME: 25 MINS
COOK TIME: 35 MINS
YIELDS 12 SERVINGS

"So whether you eat or drink or whatever you do, do it all for the glory of God."

1 Corinthians 10:31



Honey Walnut Shrimp

Submitted by Tom and Jenny L.



Photo from Canva

INGREDIENTS

1 Cup Vegetable oil
1/2 cup sugar
1/2 cup walnuts chopped in half
3 tbsp mayonoise
1 1/2 tsp honey
1 1/2 tsp condensed milk
1 pound medium shrimp, deshelled & deveined
salt and pepper as needed
1 large egg beaten
1/2 cup cornstarch

DIRECTIONS

1. Heat vegetable oil in a large skillet over medium high heat.
2. Heat 1/2 cup water in a small saucepan over medium heat and bring to a boil. Add sugar and stir, constantly, until golden and thickened. Add walnuts and gently toss to combine. Transfer to a parchment paper-lined plate.
3. In a small bowl, whisk together mayonnaise, honey and condensed milk; set aside.
4. Season shrimp with salt and pepper, to taste.
5. Working one at a time, dip the shrimp into the egg, then dredge in the cornstarch, pressing to coat.
6. Working in batches, add the shrimp to the skillet, 8-10 at a time, and fry until evenly golden brown and crispy, about 1-2 minutes on each side. Transfer to a paper towel-lined plate.
7. In a large bowl combine shrimp with honey mixture.
8. Top it off with chopped walnuts

PREP TIME: 30 MINS

COOK TIME: 45 MINS

Recipe Link: <https://damndelicious.net/2013/07/16/honey-walnut-shrimp/>

Crab Foo Yung

In loving memory of Tony L. Originally published in the first FBC Cookbook



Photo from Canva

INGREDIENTS

1/2 cup crab meat, fresh or canned
1/4 cup yellow onion, thinly sliced
1/4 cup celery, thinly sliced
1/4 cup bamboo shoots, thinly sliced
1/4 cup dried mushrooms, soaked, cleaned, thinly sliced
6 fresh water chestnuts, cut in strips
4 eggs
1/2 tsp salt
1 tsp soy sauce
dash of white pepper

DIRECTIONS

1. Heat a wok with 2 Tbsp oil. Saute crab meat and vegetables; add seasonings.
2. Remove from wok and place in a large bowl.
3. Beat eggs and add to crab mixture; mix well.
4. Spoon mixture, like pancake batter, on a heavily oiled skillet and fry gently over low heat.
5. Turn over and brown the other side.
6. Garnish with Chinese parsley before serving.

Braised Lamb Shank with Vegetables

Submitted by Helen Y.

Best lamb shank ever!

DIRECTIONS

1. Combine the braising sauce ingredients in medium bowl.
2. Heat the oil in a pan over high heat.
3. Brown shanks on all sides.
4. Add garlic and ginger and cook for 10 minutes.
5. Add the braising sauce and bring to a boil. Reduce the heat, cover and simmer for 1 and 1/2 hours. Stir once or twice during cooking.
6. Soak mushrooms. Discard stems and leave caps whole.
7. After 1 and 1/2 hours, add the mushrooms, carrots, potatoes or diakon and onion to the pan.
8. Cover and simmer until lamb is tender (about 45 minutes).
9. Add the cornstarch solution and cook, stirring until the sauce boils and thickens
10. Sprinkle with the mint and serve.



Photo from Canva

INGREDIENTS

Braising sauce

3 cups chicken broth
3/4 cup Shao Hsing wine
3 Tbsp sweet chili sauce
2 Tbsp soy sauce
1 Tbsp sesame oil
2 whole star anise

2 Tbsp cooking oil
3 pounds lamb shanks, cut crosswise into 2 inch pieces
6 cloves garlic, peeled and lightly crushed
6 dried black mushrooms
5 slices ginger, lightly crushed
1/2 pound whole, peeled baby carrots
2 medium thin-skinned potatoes (or 1 pound diakon, cut into 1 inch chunks)
1 medium onion, cut into 1 inch pieces
3 Tbsp cornstarch dissolved in 3 Tbsp of water
2 Tbsp chopped fresh mint leaves



Photo from Canva

Favorite Turkey Burgers

Submitted by Helen Y.

Delicious and healthy turkey burger.

INGREDIENTS

1 and 1/2 pounds ground turkey (preferably 93% lean)
1/2 cup finely grated Gruyere cheese
4 scallions, thinly sliced
1/4 cup dried bread crumbs
1/4 cup Dijon mustard
1 garlic clove, minced
Course salt and freshly ground pepper
Vegetable oil, for grill grates
4 hamburger buns

SUGGESTED

ACCOMPANIMENTS

Cheese slices
Sliced beefsteak tomatoes
Red and white onions (raw or grilled)
Ketchup
Mustard
Pickles
Mayonnaise
Boston lettuce leaves

DIRECTIONS

1. Heat the grill to high.
2. In a medium bowl, use a fork to gently combine the turkey with the Gruyere, scallions, bread crumbs, Dijon mustard and garlic. Season generously with salt and pepper.
3. Dividing the mixture evenly, gently form the mixture into four, 1-inch thick patties
4. Lightly oil the grill. Place the patties on the hottest part of the grill; sear until browned (1 to 2 minutes per side). Move the patties to the cooler part of the grill; continue grilling until cooked through (5 to 10 minutes per side)
5. Split the hamburger buns and toast on the grill if you like. Place a burger on each bun and serve with the desired accompaniments



Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7

Photo from Canva

Broiled Salmon with Thai Sweet Chili Glaze

Submitted by Joyce L.

I am always looking for quick and healthy recipes that my family will like. This one was a hit!

INGREDIENTS

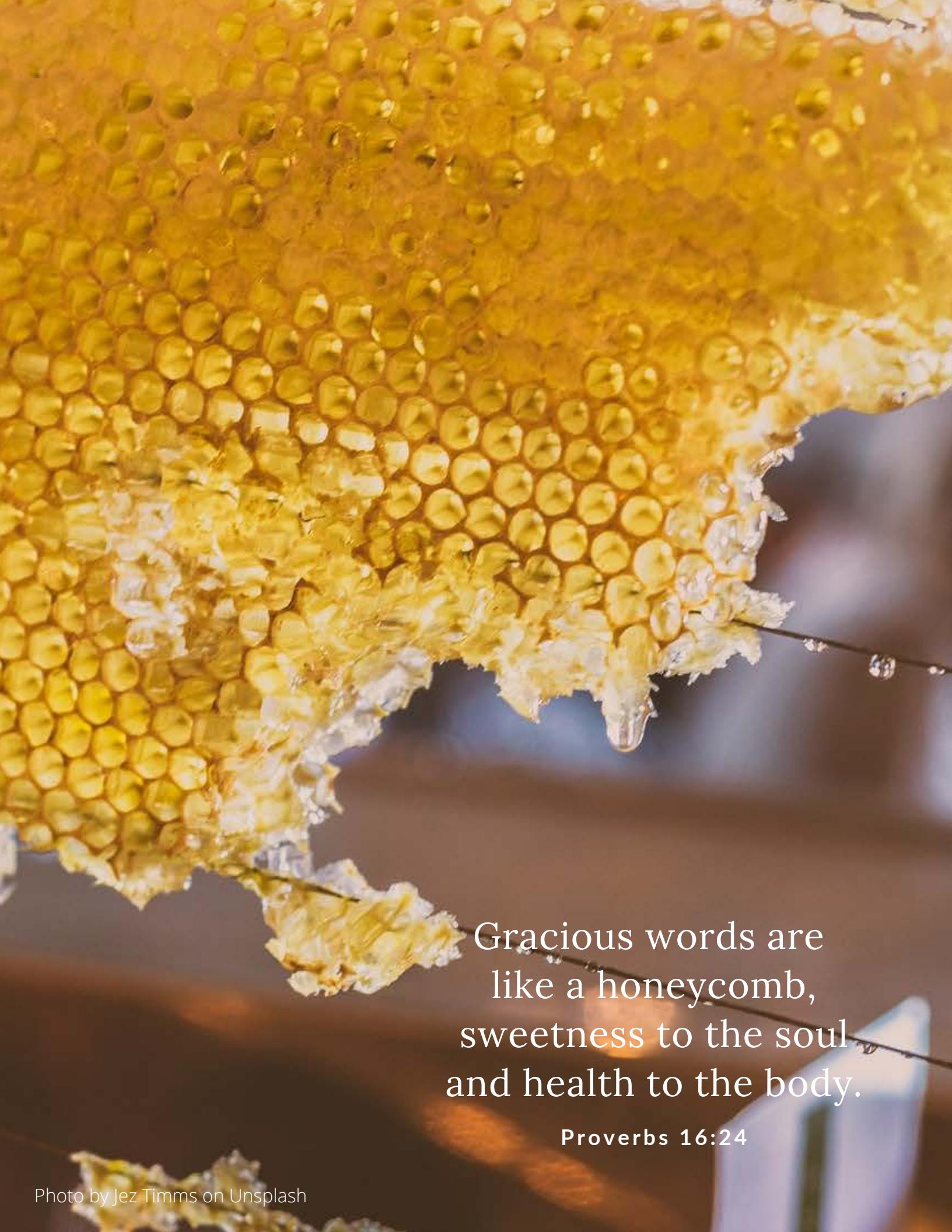
1-1/2 pounds (or four 6-ounce pieces) salmon, skin on or off
6 Tbsp Thai Sweet Chili Sauce (best quality, such as Mae Ploy or Thai Kitchen)
3 Tbsp soy sauce (use gluten-free if needed)
1 Tbsp peeled and finely grated fresh ginger
2 scallions, green parts only, finely sliced

DIRECTIONS

1. Set the oven rack 5-6 inches from the top and preheat the broiler.
2. Make the marinade by combining the sweet chili sauce, soy sauce and ginger in a shallow baking dish. Spoon 1/4 cup of the marinade into a small dish and set aside (this will be the sauce for the cooked fish). Add the salmon fillets, skin side up, to the remaining marinade and marinate for 1 hour in refrigerator.
3. Line a rimmed baking sheet with aluminum foil and spray with nonstick cooking spray. Transfer the salmon fillets to the prepared baking sheet, skin side down, and drizzle a bit of the marinade over top. Go easy -- you don't want it to pool too much on the baking sheet because it will burn in the oven.
4. Broil the salmon for 6-10 minutes, or until browned in spots and almost opaque in the center. Transfer the salmon to a serving platter and pour the reserved sauce over top. Garnish with scallions and serve.

Recipe from

<https://www.onceuponachef.com/recipes/broiled-salmon-with-thai-sweet-chili-glaze.html>

A close-up photograph of a honeycomb. The honeycomb is a light golden color with many hexagonal cells. A honey dipper is being used to extract honey from one of the cells, with a small drop of honey visible at the end of the dipper. The background is dark and out of focus.

Gracious words are
like a honeycomb,
sweetness to the soul
and health to the body.

Proverbs 16:24

Honey Curry Chicken

Submitted by Maria F.

INGREDIENTS

1/4 olive oil
3/4 cup honey
1/4 cup Dijon Mustard
1 Tbsp curry powder
1 tsp salt
2 to 3 lbs bone-in chicken pieces (I use chicken thighs)

YIELDS 6 SERVINGS

DIRECTIONS

1. Preheat oven at 400 F.
2. Mix oil, honey, mustard, curry and salt in a disposable oven safe pan.
3. Add chicken to the pan and spread mixture all over the chicken. Place chicken evenly around the pan with skin side up.
4. Bake uncovered for 45 mins. or until internal temperature reaches 165F.

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Rigatoni Chinese Style

Submitted by Clayton C.

INGREDIENTS

1 (16-oz) package Rigatoni
1 box frozen chopped spinach, thawed and drained
1/2 lb. ground beef or turkey
2 T. oil
oyster sauce, to taste

DIRECTIONS

1. Brown ground beef or turkey in 1 tablespoon oil, set aside.
2. Cook rigatoni according to package, drain.
3. In frying pan, heat 1 tablespoon oil, stir fry rigatoni to your desire.
It taste great when it is a little crunchy. Warning: make sure rigatoni is drained before adding the oil, or it will splatter.
4. When pasta is ready, add the ground meat and spinach. Add oyster sauce to taste.
Cook until heated through, then serve.

Note: You can also use other types of pasta.

Pasta with Carmelized Sweet Potatoes and Kale

Submitted by Helen Y.

Recipe from

<https://www.gimmesomeoven.com/pasta-caramelized-sweet-potatoes-kale/>

Found on the internet and a favorite recipe with healthy ingredients!

DIRECTIONS

1. Cook pasta al dente according to package directions, in a large stockpot of generously-salted water. Drain, and set aside.
2. Meanwhile, melt 2 tablespoons butter (or olive oil) in a large sauté pan over medium-high heat. Add sweet potatoes and season with a generous pinch of salt and pepper. Sauté for 7-9 minutes, stirring and flipping occasionally, until they are tender on the inside and nice and caramelized on the outside. Transfer to a separate plate, and set aside.
3. Add the remaining 2 tablespoons butter (or olive oil) to the sauté pan. Add the onion and garlic, and sauté for 2 minutes, stirring occasionally. Stir in the kale, white wine and balsamic vinegar. Sauté for an additional 3 minutes, stirring occasionally. Remove from heat, and set aside.
4. Once the pasta is ready to go, combine the pasta, sweet potatoes, kale mixture and pine nuts in the large stockpot, and toss to combine. Serve warm, garnished with lots of Parmesan cheese and any other desired toppings.

INGREDIENTS

- 12 ounces uncooked pasta (I used orecchiette)
- 4 Tbsp butter or olive oil, divided
- 1 pound sweet potatoes, peeled and cut into 1/2-inch cubes
- Kosher salt and freshly-cracked black pepper
- half a medium red onion, sliced
- 5 garlic cloves, peeled and thinly sliced
- 2 cups roughly-chopped kale leaves, tough stems removed
- 1/4 cup dry white wine (or chicken or vegetable stock)
- 2 Tbsp white balsamic vinegar (or traditional balsamic vinegar*)
- 1/2 cup toasted pine nuts

Toppings

- lots and lots of freshly-grated parmesan
- chopped fresh basil (optional)
- diced cooked bacon (optional)

Photo from Canva



Lamb Recipe

Submitted by Laurie T.
Recipe by Kalphen



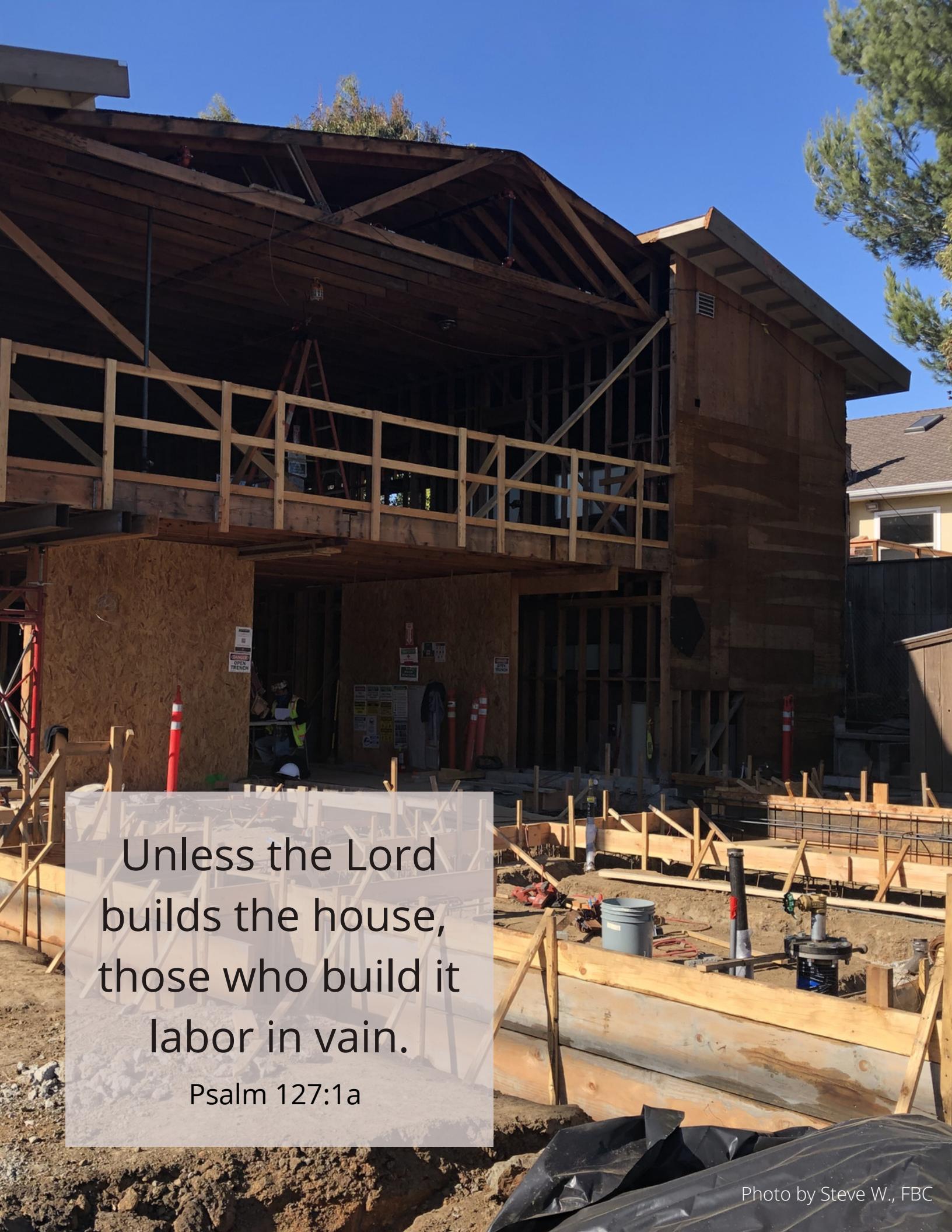
“Lamb shoulder chops are one of the most inexpensive cuts of lamb, and slow-cooking them is the best way to get that nice lamb flavor. The meat falls right of the bone with this recipe.”

INGREDIENTS

1 Tbsp olive oil
2 pounds lamb shoulder chops
salt and ground pepper to taste
1 small yellow onion, sliced
4 cloves garlic, minced
2 Tbsp chopped fresh rosemary
1 cup beef broth
1 cup red wine
2 Tbsp cornstarch
1/2 cup water
1 Tbsp Worcestershire sauce

DIRECTIONS

1. Preheat oven to 300 degrees F (150 degrees C)
2. Heat olive oil in a skillet over medium-high heat.
3. Season lamb chops with salt and pepper.
4. Sear lamb in hot oil until browned, 1 to 2 minutes per side.
5. Remove chops to a plate to drain, reserving drippings in the skillet.
6. Sauté onion and garlic in reserved drippings until tender, about 5 minutes.
7. Transfer drained lamb chops to a baking dish; add onion mixture.
8. Sprinkle rosemary over the chops.
9. Pour beef broth and red wine into the baking dish.
10. Cover dish with aluminum foil.
11. Bake in preheated oven for 3 hours.
12. Remove lamb to a serving platter.
13. Carefully drain liquid from baking dish into a saucepan and place over medium heat.
14. Beat cornstarch and water together in a bowl using a whisk to assure no lumps remain; stir into the liquid in the saucepan.
15. Add Worcestershire sauce and cook until the liquid thickens into a gravy, about 5 minutes.



Unless the Lord
builds the house,
those who build it
labor in vain.

Psalm 127:1a

Mrs. Dash Seasoned Chicken

Submitted by Maria F.

INGREDIENTS

8 chicken thighs, bone-in with skin
2 tablespoons canola oil
1/4 teaspoon fresh ground pepper
1/2 cup all-purpose white flour
4 garlic cloves, peeled and cut in half
1/2 cup white wine or chicken broth
1 teaspoon Mrs. Dash seasoning blend, any flavor

DIRECTIONS

1. Heat oil in large skillet over medium flame on stove
2. Measure out flour and place in a dish (if you like, you may add Mrs. Dash seasoning and black pepper into the flour) Dredge the chicken in the flour mix and place in the hot oil. Cook until lightly browned
3. In the same pan, add the garlic and white wine
4. Cover and cook on low heat for approximately 20 minutes, making sure that when a knife is inserted, juices run clear, not red. Check the chicken periodically and add additional wine if pan is dry
5. Serve chicken topped with the sauce



Photo from Canva

INGREDIENTS

4 cups sweet rice soaked in water overnight
1 lb. lean pork, sliced in bite sized pieces
1 T. dry sherry
4 T. dark soy sauce

DIRECTIONS

1. Soak the rice in a 2qt. casserole dish.
2. Marinate pork in the sherry.
3. Drain water from the rice, add pork, soy sauce and oil; mix well.
4. Add just enough water so that it is level with the rice.
5. Cover dish with plastic wrap during entire cooking period.
6. Microwave on HIGH setting for 14 to 16 mins. Serve hot.

Note: If you marinate the pork in soy sauce as well as sherry, the pork will be more shrunken and less tender.

Sweet Rice with Pork

In loving memory of Joan P.H.
Originally published in the first
FBC Cookbook

Oyako Donburi (rice with chicken and egg topping)

Recipe and Photo from Margaret Y.

Here is a super quick to make dinner for a busy night. If you have a little extra prep time, marinate the chicken with a little soy sauce, ginger powder and pepper. (Just reduce the soy sauce when cooking.)



DIRECTIONS

1. Saute chicken meat in oil.
2. Add stock and cook until chicken is tender and almost cooked.
3. Add seasoning and green onion.
4. In a separate bowl, beat eggs slightly and pour over chicken evenly.
5. Cook over low fire until eggs are just coddled. Fill individual bowls with cooked rice.
6. Cover with chicken mixture and pour sauce over all.
7. Sprinkle with crushed toasted nori on top. Serve immediately.



Roast Turkey

Submitted by Margaret Y.

This is our favorite turkey recipe passed down from my sister-in-laws. It's an easy recipe that always comes out juicy and tasty.

INGREDIENTS

Turkey
Salt (Kosher salt)
Oil
Soy sauce

Total Roasting Times

- 16 lbs: 2 hours
- 19 lbs: 2 hours, 15 minutes
- 22 lbs: 2 hours, 25 minutes
- 25 lbs: 2 hours, 35 minutes



Photo from Canva

DIRECTIONS

1. Clean turkey and remove giblet, neck, etc from cavity.
2. Poke fork in leg muscles.
3. Salt bird inside and outside.
4. Rub skin with soy sauce, then salad oil.
5. Put 2 pieces of turkey fat in bottom of pan, then turkey breast side up (no rack or covering).
6. Bake 1 hour at 400 degrees basting twice during the hour.
7. Turn pan around. Pour 2 cups boiling hot water over bird.
8. Reduce heat to 350 and roast for remainder of time. Do not baste.
9. When legs crack and move easily, the turkey is done. (165 degrees F)



Photo from Canva

INGREDIENTS

1/2 lb beef shank with bone cut into pieces
1/2 lb pork shank with bone cut into pieces
8 cups water
3/4 lb raw beetroot grated
1/3 lb onions grated
1 clove garlic crushed
2/3 lb potatoes diced
1/4 lb carrots grated
1/2 lb cabbage grated
2 tsp tomato paste
2 Tbsp neutral vegetable oil
2 Tbsp finely chopped dill
2 Tbsp chopped parsley
2 bay leaves
1 Tbsp caster sugar
1 lemon freshly squeezed (or 6 Tbsp of vinegar - optional)
Smetana (sour cream)
Salt
Pepper

SERVES 8

Borsch

Submitted by Eric M.

Borsch (бorsch), is a soup, prepared in several countries of Eastern Europe. It traditionally contains beetroot, which gives it its characteristic burgundy red color.

DIRECTIONS

1. In a large pot, add the water and bring it to a boil.
2. Immerse all the pieces of meat and 1 bay leaf in simmering water. Cook over medium heat for 20 minutes.
3. Then lower the heat and cook over low heat for 1 hour, skimming off the foam that could eventually form.
4. Add the carrots and potatoes to the pot. Mix well and cook for 5 minutes.
5. Add the cabbage and mix well.
6. Season with salt and pepper and add the garlic, half the parsley and half the dill.
7. Cook over low to medium heat and covered for 15 minutes.
8. In a Dutch oven over medium heat, sweat the onion and add the beetroot and mix the two well. Sauté for 2 minutes and add this mixture to the pot.
9. Add the sugar, and the second bay leaf and mix well.
10. Cook for 2 minutes, covered, then add the lemon juice and the tomato paste and mix well.
11. Cover and cook for 10 minutes over low heat, stirring regularly.
12. Turn off the heat and let stand for 15 to 20 minutes before serving with smetana/sourcream on top.
13. Sprinkle the rest of the parsley and dill.



Photo from Canva

Shashlik (shish-ka-bob)

Submitted by Eric M.

Shashlik is lamb or beef meat that is marinated in an acid liquid, typically based on vinegar, wine or lemon before grilling it on a BBQ. It is a common meal for family there and a favorite of mine!

Shashlik in Central Asian countries is served with various salads. Uzbek people make a salad using tomatoes, cucumbers, and onion, which are sliced very thinly (pepper, salt and other spices). And more traditional way they serve shashlik with thinly sliced onion, marinated in white vinegar.

INGREDIENTS

1 lb boneless lamb (or beef),
cut into 2-inch/5cm cubes
1 onion, sliced
5 tablespoons red wine
vinegar
5 tablespoons dry red wine

3 garlic cloves , minced
1/2 teaspoon ground coriander
1/4 teaspoon crushed red pepper
(optional)
1/2 bunch parsley- chopped
1/2 teaspoon kosher salt
1/2 teaspoon ground black pepper
1/4 cup vegetable oil

DIRECTIONS

1. Mix all the ingredients in a glass bowl. Cover and marinate in the refrigerator for a few hours and up to 24 hours
2. Drain the meat and pat dry with paper towels. Discard marinade and onion.
3. Divide the meat evenly among 4 skewers and grill on BBQ (preferably charcoal) for about 15 minutes, turning them occasionally.
4. Arrange the skewers on a platter and serve immediately.
5. The meat is traditionally removed from the skewers by wrapping hot flatbread around them and sliding it. The skewers are served with various salads.

SERVES 4



Photo by Chris Y., Pacifica

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”
Jeremiah 29:11

WHAT IS YOUR *secret ingredient?*

sesame oil or sriracha

Chocolate Chips,
always add extra

Cheese

Sugar in Tomato Sauce

Air-fryer!

It's a secret

Trader Joe's Umani Seasoning

Love

Soy sauce

I don't cook :(

Garlic Power

Lawry's seasoning salt

Butter

Honey

Black Peppers

Love and tender care in
preparing the food for
family and friends

Tumeric

Salt

Oyster Sauce

Vanilla



Instant Pot and Crockpot

Beef Barley Soup

Recipe from and photo by Ed C.

INGREDIENTS

1 to 1.5 lb of boneless chuck (cubed) or ground beef
1/2 bag of pearl barley (soak night before)
2 cans of beef broth
1 can of chicken broth
4 medium carrots, diced
2 celery stalks, diced
1 medium onion, chopped
1 medium green pepper, chopped
1 can of diced tomatoes
1 can of green beans
1 can of whole kernel corn
1 can of kidney beans or black beans

DIRECTIONS

1. Brown cubed chuck meat or ground beef.
2. Add carrots, celery, onion and green pepper on bottom of crockpot.
3. Add canned veggies on the next layer.
4. Add pearl barley and meat to top layer.
5. Add cans of broth along with water up 1 inch below trim of crockpot.
6. Add oregano, parsley flakes, salt, and pepper. Stir the mixture, put on cover and start cooking.
7. Set on "High" and cook for 4-6 hours.
8. Add boiling water (if needed) if soup level gets low or soup becomes too thick.



Artichokes

Recipe by and Photo by Pastor Steve



INGREDIENTS AND DIRECTIONS

1. Put 1.5 cups of water in Instant Pot.
2. Add 4-5 cloves of garlic and a couple of teaspoons of red wine vinegar.
3. Add rinsed off artichokes (option: use cleaver to cut thorns off of bottom 1/8th of artichoke and kitchen shears to clip off upper thorns).
4. Cook on high pressure for 15 minutes and then instantly release the steam pressure.
5. Enjoy with your favorite dip (I like mayonnaise).

Trust in the Lord with all your heart,
And lean not on your own understanding;
In all your ways acknowledge Him,
And He shall direct your paths.
Proverbs 3:5-6



North Carolina BBQ Pulled Pork

Submitted by Brandon P.

This is my improved version of my mother's easy authentic North Carolina BBQ (pulled pork) recipe that I'm known and requested for.

• • • • • • • • • • • • • • • • •

"The Lord is not slow to fulfill his promise as some count slowness, but is patient toward you, not wishing that any should perish, but that all should reach repentance."

2 Peter 3:9

INGREDIENTS AND DIRECTIONS

1. ~7-8 lb Boston butt (8.5 is pushing it)
2. Dry rub
3. Sear each side 30 seconds on med-high. Add to pressure cooker.
4. Add can of root beer, 1/2 cup of Bourbon and 2 cans of chipotle peppers.
5. Cook on meat/HIGH (Instant Pot setting) for 2.5 hours.
6. Let natural release.
7. Take out, drain, and tear apart.
8. Re-add and pour in 1 full bottle 28oz of BBQ sauce, mix.
9. Cook for 10 more minutes on Meat/HIGH.

Photo from Canva

Instant Pot Kalua Pork with Cabbage

Submitted by Joyce L.

This was one of the meals that our son Nicolas cooked for us during a school break.

We loved it and continued to make it after he went back to college!



*For I am the LORD
your God
who takes hold
of your right hand
and says to you,
"Do not fear;
I will help you."*

Isaiah 41:3

Photo from Canva

INGREDIENTS

4 pounds pork shoulder (pork butt) roast, cut into two pieces
1 to 2 Tbsp oil
1/2 cup water
1 Tbsp hickory liquid smoke
2 tsp coarse Kosher salt or coarse Hawaiian salt
1 large head cabbage, cut to your preferred size

DIRECTIONS

1. Select Sauté to preheat the pot. When hot, add the oil and brown each half of the roast separately. Brown each half of the pork roast on both sides, about 3 minutes per side. Remove to a platter when browned.
2. Turn the pressure cooker off, and add water and liquid smoke to the cooking pot. Stir to remove any browned bits from the bottom of the pot. Add the browned pork and any accumulated juices. Sprinkle the salt over the top of the pork roasts. Lock the lid in place. Select High Pressure and 90 minutes cook time.
3. When the timer sounds, use a natural pressure release (approximately 20 minutes). When the valve drops carefully remove lid.
4. Remove the meat from the pressure cooker and shred with two forks. (Discard excess fat as you shred). If desired, use a fat separator to remove fat from the juices. Add some of the juices from the pressure cooker to moisten the meat.
5. Leave the rest of the juices in the pressure cooker. Add the cabbage. Select High Pressure and 3 minutes cook time. Use quick release and remove the cabbage to serve with the meat. If you have a lot of uncooked cabbage left, you can remove the first batch of cabbage but leave the juices in the pressure cooker, then add remaining cabbage and pressure cook on high for 3 minutes again.

YIELDS 10 SERVINGS

PREP TIME 5 MINS

COOK TIME 1 HR 30 MINS

ADDITIONAL TIME 25 MINS

TOTAL TIME 2 HRS without
Cabbage

"Mo Gua" Stuffed Fuzzy Melons

Submitted by Margaret Y.

Recipe adapted from

yireservation.com/recipes/stuffed-fuzzy-melon/

This is one of my childhood favorite dishes that Dad would make for our family. It stems from our Cantonese Toi San roots...a yummy comforting village dish that is now adapted for the Instant Pot. Enjoy!

Ingredients

3 medium/large fuzzy melons
1 and 1/2 lb ground pork (can use chicken or beef)
3 shiitake mushroom, soaked and then minced
1 conpoy: dried scallop (use a little fish sauce if no conpoy/dried scallop)

Stuffing

3 Tbsp soy sauce
1 tsp white pepper powder
4 washed and minced shiitake mushrooms
4 tsp minced ginger or 2 tsp ginger
1/2 tsp sugar
1 tsp sesame oil
2 Tbsp cornstarch
4 Tbsp water
Black Bean and Garlic Sauce- 1 heaping Tbsp
(Purchased in a jar at an asian market)
Optional: 2 Cantonese sausages (lop cheung), tiny diced
Optional: water chestnuts, minced

Sauce

oyster sauce & soy sauce to taste
Sesame oil
2-3+ Tbs cornstarch, dissolved in water

DIRECTIONS

*About 1 hour prior to cooking, soak the conpoy and mushrooms in water to soften. Break the rehydrated conpoy into small strips. Dice/mince the mushrooms.

1. Marinate ground pork with the marinade condiments. Combine all the stuffing ingredients and mix well in a bowl. Let it sit for at least 10 mins before use.
2. Lightly peel the fuzzy skin using a knife or potato peeler. Cut into 1 1/2 inch tall tubes.
3. Carve out the seeds and some soft flesh in the middle of the melon pieces leaving the bottom intact. (I use a melon baller.)
4. Stuff the melon with meat stuffing until it forms a small dome. Save the inside seeds.
5. In an Instant Pot, add 1 cup water to the steaming rack.
6. Stack stuffed melons in the Instant Pot on top of the rack (I make 2 layers). Add the seeds as you wish. (Have extra ground pork? - make small meatballs and add to the Instant Pot.)
7. Set on manual for 12-13 minutes. Quick release after 3 minutes.
8. Remove stuffed melons and set aside in a baking dish. Remove steamer rack. (No Instant Pot? - steam on a rack in a large pot until cooked and melon is soft.)
9. Set Instant Pot to the saute setting remaining with remaining juices from the melons. (If you have leftover melon seeds, add them to the liquid and cook until soft.)
10. Add seasonings to the sauce. Make a slurry with cornstarch with water and add to sauce. Cook and thicken to a gravy consistency. Pour over stuffed melons.



Photo from Canva

You will make known to me the path of life; In Your presence is fullness of joy;
In Your right hand there are pleasures forever. Psalm 16:11



Photo by Jeff T., FBC

Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also.

Matthew 6:19-21

Pressure Cooker Chicken and Rice

Submitted and photo by Shirley L.

This is a super easy, super fast, one dish/one pot meal that my kids love!

INGREDIENTS

6 dried shiitake mushrooms , marinated
6 - 8 chicken drumsticks , marinated
1 and 1/2 cup (345g) Jasmine rice , rinse
1 teaspoon salt
1 and 1/2 cup (375ml) water
Shredded ginger & green onions for garnish
Marinade
1 Tablespoon regular soy sauce
1 teaspoon dark soy sauce
1/2 teaspoon sugar
1/2 teaspoon corn starch
1 teaspoon Shaoxing rice wine
A dash white pepper powder
1 Tablespoon ginger , shredded
1 teaspoon five spice powder



DIRECTIONS

Rehydrate Shiitake Mushrooms:

Place the dried shiitake mushrooms in a small bowl. Rehydrate them with cold water for 20 minutes.

Marinate Chicken and Mushrooms:

Chop the drumsticks into 2 pieces. Then, marinate the chicken and mushrooms with the marinade sauce for 20 minutes.

Rinse Rice:

Rinse rice under cold water by gently scrubbing the rice with your fingertips in a circling motion. Pour out the milky water, and continue to rinse until the water is clear. Then, drain the water.

Pressure Cook Chicken and Rice:

Add 1 tsp salt and 1 and 1/2 cup of cold water in Instant Pot. Give it a quick mix. Add in the marinated chicken and mushrooms.*Pro Tip: To avoid the burn error, try to fill the whole bottom of Instant Pot with a single layer of chicken pieces and mushrooms to avoid the rice from touching the bottom of the pot.

Add in the rice and make sure all the rice are submerged in the water. Do not mix.

Close the lid. Pressure Cook at High Pressure for 9 minutes + Natural Release for 15 minutes.

Serve: Serve immediately & enjoy!

*But when He saw the multitudes,
He was moved with compassion for them,
because they were weary and scattered,
like sheep having no shepherd.*

Matthew 9:36



Jook in a Crock Pot

Recipe from and Photo from Ed C.

Comfort food or for when you are under the weather.

INGREDIENTS and DIRECTIONS

Soak 1 cup of rice for several hours or overnight.
Soak about 5-7 dried Chinese mushrooms and slice after soaking is done.
2 cans chicken broth plus water.
1/2 lb of boneless pork or chicken. ground or diced up
2 or 3 medium pieces of diced salted turnip.

Cooking instructions for Crock Pot:

1. Put all the ingredients into slow cooker (add more water to 1 inch from top).
2. Cook on "HIGH" for 3-5 hours.
3. Check on the thickness of Jook to your taste. Add boiling water to thin out Jook if needed (Check at 2 hours). Cook until the rice has broken down and becomes soupy.



Chinese Fook Jook (Dried Beancurd) Soup

Recipe from and Photo from Ed C.

An old family favorite!

INGREDIENTS and DIRECTIONS

Preparation:

1. Soak about 5-7 dried Chinese mushrooms and slice after soaking is done.
2. Soak about 5-7 Chinese dried red dates and cut in half after soaking.
3. Soak 1/2 bag of Dried Bean Curd sticks overnight (break up sticks and change water about 3 times to get oil out).
4. Cut Curd into small pieces after soaking is done.
5. Cut up 1/2 lb of lean Pork Butt meat into small pieces.
6. 2-3 cans chicken broth plus water.

Cooking instructions for Crock Pot:

1. Put all the ingredients into slow cooker and fill with water almost to top of pot.
2. Cook on "HIGH" for 6 hours.
3. Check to see if Bean Curd is tender. and cook another hour if needed. Add salt if needed.



We had just demolished our kitchen when COVID shut down businesses (and contractors) in March 2020. Suddenly we became "Instant Pot Masters" as we ended up cooking with an instant pot in the livingroom for 5 months until our kitchen could be completed. God is good! Here is an easy recipe for you to enjoy!

DIRECTIONS

1. Set the Instant Pot to saute' and add the ground beef.
2. Add the salt, garlic powder, onion powder, and Italian seasonings. Cook the meat and seasonings, breaking the meat up until it's completely browned.
3. Turn the Instant Pot off. Drain any excess grease from meat.
4. Place dry pasta on top of meat in the Instant Pot. (If using spaghetti pasta, break pasta in half.)
5. Add carrots. Pour in spaghetti sauce, diced tomato, and water.
6. Push the pasta down with a spoon to make sure it is completely covered in liquid.
7. Seal the Instant Pot and set it to manual mode, high pressure, 8 - 9 minutes cooking time.
8. When the time is up, use manual quick release to open the Instant Pot.
9. Stir the pasta. If liquidy, let pasta sit for a couple minutes to absorb liquid.



Photo from Canva

Easy Instant Pot Pasta

Submitted by Margaret Y.

Recipe adapted from

<https://thesaltymarshmallow.com/instant-pot-spaghetti/>

INGREDIENTS

- 1- 1.5 lb lean ground beef or ground turkey
- 1/2 tsp EACH salt, garlic powder, Italian seasoning
- 1 diced onion
- 4 carrots, sliced 1/8" thick
- 1 lb pasta (I use penne)
- 1 (24 ounce) jar spaghetti sauce
- 36 ounces water
- 1/2 cup milk
- 1 (14.5 ounce) can diced tomatoes

*Give thanks to the Lord,
for He is good;
His love endures forever.*

Psalm 118:1



Photo from Canva

Instant Pot Honey Teriyaki Chicken

Submitted by Christine W.

INGREDIENTS

Chicken:

6-8 chicken thighs
1 green onion, sliced
Sesame seeds, for garnish
(optional)

Honey Teriyaki Sauce:

1/2 cup low sodium soy sauce
1/4 cup rice vinegar
2 cloves garlic, minced
2 tsp fresh grated ginger
2 Tbsp canola oil
2 Tbsp honey
1/4 tsp black pepper
1 Tbsp corn starchs

YIELDS 6 SERVINGS

PREP TIME 5 MINS

COOK TIME 30 MINS

DIRECTIONS

1. Combine teriyaki sauce ingredients in a medium bowl. Set aside.
2. Heat the Instant Pot in sauté mode. Add 1 tablespoon of oil and brown the chicken, about 2 -3 minutes per side.
3. Add the teriyaki sauce, cover and lock the lid. Cook in poultry mode for 20 minutes. Turn off the pot and allow it to release pressure naturally. This will take about 5 minutes.
4. Sprinkle with sliced green onions and sesame seeds, if desired. Serve.

TIPS:

You can also use chicken drumsticks. Don't substitute chicken breasts for the thighs. Tender chicken thighs are better suited for the pressure of the Instant Pot™. Serve with rice and/or vegetables as a side dish. Be sure to refer to your own Instant Pot™ user manual for any potential setting differences. Add Sriracha sauce or cayenne to the teriyaki sauce to give this dinner a kick of heat.

Recipe from <https://www.tablespoon.com/recipes/instant-pot-honey-teriyaki-chicken/b0a3bfa0-ee4c-45fb-841a-8638e295fcb5>



*Cast all your anxiety on him
because he cares for you.*

1 Peter 5:7

Instant Pot Pork Adobo

Submitted by and Photo from **Frances C.**

One good thing to come out of quarantine is learning how to use Instant Pot!

DIRECTIONS

1. Using the SAUTE function on NORMAL, heat oil.
2. Add pork cubes and cook, turning as needed, until browned on all sides. Season with salt and pepper to taste.
3. Add onions, garlic, peppercorns, and bay leaves.
4. In a bowl, combine vinegar, soy sauce, and water. Pour into the pot over meat mixture.
5. Close the lid making sure the valve is on SEALING position and cook on HIGH pressure for 10 minutes. Do a quick release and open lid.
6. Turn on the SAUTE feature on NORMAL and simmer for about 15 to 20 minutes or until sauce is thickened.

*That you may walk worthy of the Lord,
fully pleasing Him, being fruitful in every good
work and increasing in the knowledge of God;
Colossians 1:10*



INGREDIENTS

- 1 Tbsp canola oil
- 3 pounds pork butt, cut into 1 1/2-inch cubes
- salt and pepper to taste
- 1 onion, peeled and sliced thinly
- 6 cloves garlic, peeled and crushed
- 1/2 tsp peppercorns
- 2 bay leaves
- 1/4 cup vinegar
- 1/4 cup soy sauce
- 1/4 water



Photo from Canva

INGREDIENTS

- 2 pounds boneless, skinless chicken thighs
- 1 bunch lacinato kale, washed and sliced into ribbons
- 1 shallot, finely minced
- 1 piece garlic, finely minced
- 1 pound cremini mushrooms, washed and sliced
- 1/4 cup dry white wine
- 1/4 cup chicken stock
- 1 dash kosher salt and fresh ground pepper
- 2 tsp Old Bay seasoning

Instant Pot Chicken Thighs with Kale and Mushrooms

Submitted by **Christine W.**

Recipe from <https://food52.com/recipes/75250-instant-pot-chicken-thighs-with-kale-and-mushrooms>

DIRECTIONS

1. Set the Instant Pot to the "saute" setting to preheat.
2. Generously season the chicken thighs with Old Bay seasoning (it's what makes this dish so "signature"!)
3. Once the Instant Pot is hot, add the olive oil and then sear the chicken thighs on all sides. You may need to work in batches. Once browned, remove to a clean plate.
4. Keep the Instant Pot on the "saute" setting and add the mushrooms. Allow mushrooms to get nice and browned.
5. Once the mushrooms are browned, go ahead and add the shallots, garlic, and kale. Season with salt & pepper.
6. Once the shallots, garlic and kale have begun to soften, deglaze with the white wine and chicken stock. Scrape up those browned bits from the bottom of the pot.
7. Set the Instant Pot to the "Poultry" setting for 12 mins.
8. Once the Instant Pot is finished, release pressure manually or wait for the natural release. It's done! Enjoy on its own, or served over polenta.

Instant Pot Spaghetti

Submitted by Frances C.

INGREDIENTS

1 Tbsp olive oil
1 pound ground beef
1 tsp kosher salt
1 tsp onion powder
1/2 tsp garlic powder
2 cups water, divided
1 (24-ounce) jar marinara or tomato-based pasta sauce
8 ounces dry spaghetti
Grated Parmesan cheese, for serving

YIELDS 4 SERVINGS

PREP TIME 10 MINS

COOK TIME 15 MINS



Photo from Canva

DIRECTIONS

1. Sauté the beef.
2. Turn an electric pressure cooker on to sauté. Once heated, add the olive oil and beef.
3. Break the beef up into large pieces with a wooden spoon and season with the salt, onion powder, and garlic powder. Cook, stirring and breaking the beef into smaller and smaller pieces, until cooked through and no longer pink, about 5 minutes.
4. Add 1/2 cup of the water, then the sauce. Turn off the sauté function and add 1/2 cup of the water to the pot. Scrape the bottom of the pot to remove any stuck-on bits. Add the sauce and stir to combine well.
5. Break the spaghetti in half and layer in the pot. Break the spaghetti strands in half and spread them in one or two layers over the ground beef mixture. Do not stir from this point on.
6. Add the remaining water but don't stir. Rinse the pasta sauce jar with the remaining 1 1/2 cups water (pour the water into the jar, twist on the lid, and shake gently) and then pour the water over the pasta. Remember — no stirring here.
7. Set the pressure cooker to HIGH for 8 minutes cook time. Seal the pressure cooker. Set to cook on HIGH pressure for 8 minutes. The cooker should take between 10 and 12 minutes to come up to pressure. Use a quick release to release pressure and stir.
8. Open the pressure release valve (quick release) as soon as the 8 minutes cook time is up. Open the pressure cooker and stir the spaghetti into the sauce. Turn off the pressure cooker and remove the insert from the pressure cooker. Serve immediately with a flurry of grated Parmesan cheese.

**You will show me the path of life;
In Your presence is fullness of joy;
At Your right hand are pleasures forevermore.
Psalm 16:11**



INGREDIENTS

2 Tbsp ghee
1 onion, diced
5 tsp minced garlic
1 tsp minced ginger 1 and
1/2 pounds skinless and
boneless chicken thighs, cut
into quarters

SPICES

1 tsp coriander powder
1 tsp garam masala
1 tsp paprika
1 tsp salt
1 tsp turmeric
1/4 tsp black pepper
1/4 tsp cayenne
1/4 tsp ground cumin
1 (15 ounce) can tomato
sauce

ADD LATER

2 green bell peppers,
chopped into medium-sized
chunks/squares
½ cup heavy cream or full-fat
coconut milk
Pinch of dried fenugreek
leaves (kasoori methi)
Cilantro, garnish

MAKES 5 SERVINGS

Instant Pot Butter Chicken

Submitted by and photo by Naomi C.

Recipe from <https://myheartbeets.com/instant-pot-butter-chicken/>

Definitely a comfort food for me! This recipe is very comparable to what I've had in restaurants. I like eating it with warm naan (I like the ones sold at Costco) AND rice. [*Recipe deviations: (1) I replace the ghee with whatever butter I have on hand; (2) I haven't made it with the dried fenugreek leaves (kasoori methi)]

DIRECTIONS

1. Press the sauté button and add the ghee and onions to the pot. Stir-fry the onions for 6-7 minutes or until the onions begin to brown.
2. Add the garlic, ginger, and chicken. Stir-fry the chicken for 6-7 minutes or until the 2 outside of the chicken is no longer pink.
3. Add the spices and give everything a good mix.
4. Stir in the tomato sauce.
5. Secure the lid, close the pressure valve, and cook for 8 minutes at high pressure.
6. Open the valve to quick release any remaining pressure.
7. Press the sauté button, add the bell peppers and cook until they soften to your liking.
8. Stir in the cream and fenugreek leaves.
9. Garnish with cilantro if desired, then serve.

This is my mom's recipe for Chicken Adobo. The classic Filipino tradition is to make it stovetop but I have amended it to be done in the Instapot. I find the Instapot version more flavorful. Amend quantity of ingredients as needed; Filipinos are terrible with measurements. Enjoy :)

DIRECTIONS (for Instapot)

1. Dump all of the ingredients into the Instapot.
2. Set the setting to "Poultry" for 20 minutes (DON'T FORGET TO SEAL THE VENTING SPOUT!)
3. Once done, allow for 10-15 minute natural release, then vent off any extra pressure.
4. Flip the chicken over so the other side gets to soak in the sauce.
5. To thicken the sauce, switch the setting to "Saute" to simmer off some excess liquid.
6. Make a roux by mixing cornstarch and water (about 1 Tbs of cornstarch to 2 tsp of water) in a small bowl.
7. Stir in the roux to the simmering sauce. Add more cornstarch and water if needed to get the desired consistency.

DIRECTIONS (for Stovetop)

Note: use 1/2 cup of soy sauce and 1/3 cup of vinegar. Add more if needed.

1. Dump all of the ingredients into a medium size pot.
2. Bring the ingredients to a boil. Once it boils, bring it down to a simmer.
3. Simmer for 45 minutes to 1 hour, stirring occasionally. Simmer until you get the desired sauce consistency.

Optional: Add a cornstarch roux if desired.

Chicken Adobo

Recipe by Lauren D.

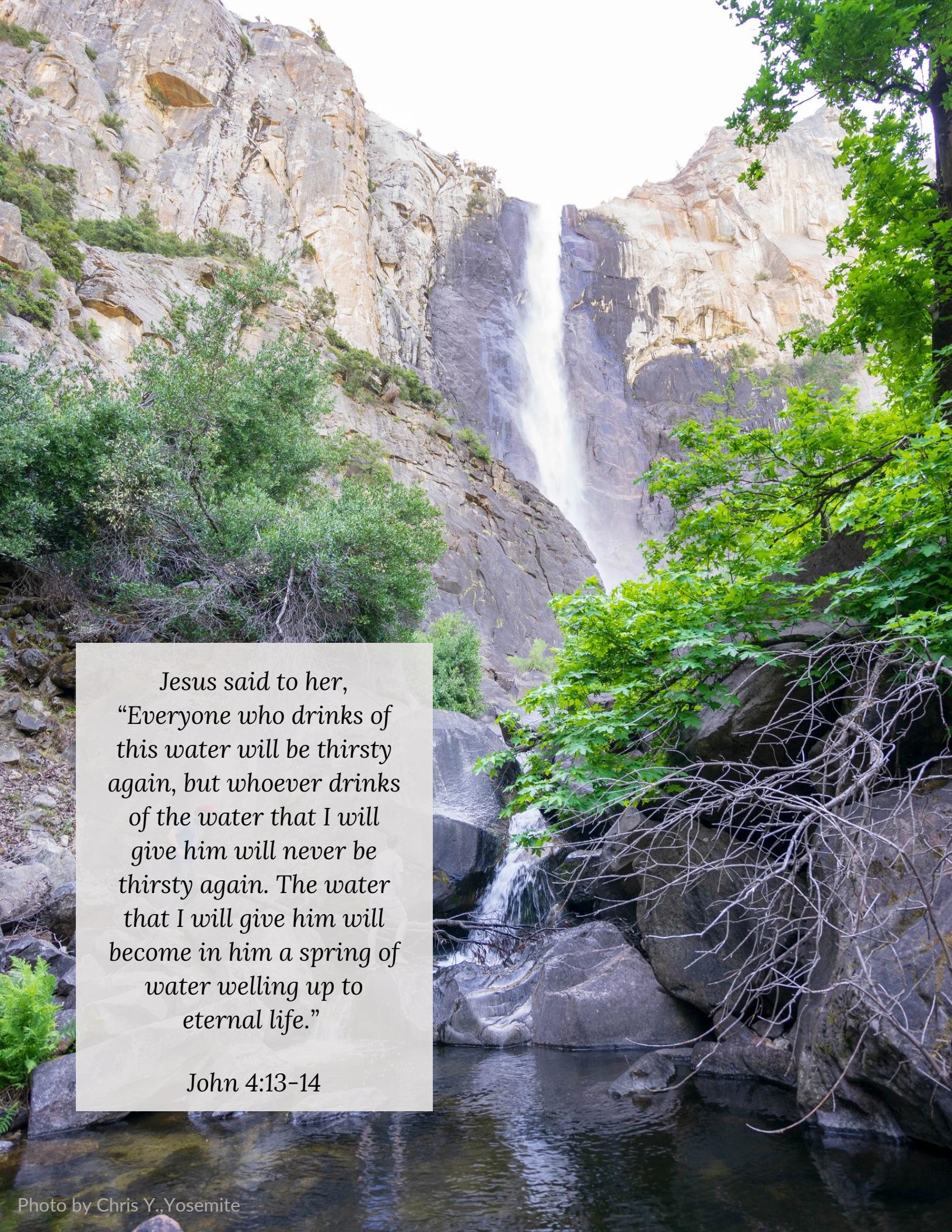
INGREDIENTS

1 lb of chicken drumsticks (about 5-6 drumsticks)
2 medium-sized bay leaves
1 tsp of whole black pepper
1 cup of soy sauce
1 cup of white vinegar
2 Tbsp of minced garlic
2 Tbsp of sugar or 1 Tbsp of brown sugar

Optional according to my mother: 1 stalk of lemongrass



Photo from Canva



Jesus said to her,
“Everyone who drinks of
this water will be thirsty
again, but whoever drinks
of the water that I will
give him will never be
thirsty again. The water
that I will give him will
become in him a spring of
water welling up to
eternal life.”

John 4:13-14

DIRECTIONS

1. Marinate oxtails with whiskey, minced garlic, soy sauce, salt and pepper and refrigerated overnight.
2. Brown oxtails in pan or broil in oven (30 minutes), searing meat on all sides.
3. Cook oxtails in crock pot on "High" for 4 hours until meat becomes tender.
4. Remove oxtails from broth, refrigerated broth overnight to cake-up fat.
5. Next day, remove "WHITE FAT" and add only the veggies to broth and cook on "High" for about 3 hours.
6. Add back oxtails (room temperature) and cook for another 2 hours.

HINT - put oxtails and broth into separate pot, bring to boil for 10 minutes, pour hot oxtail and broth back into Crock Pot to cook 2 hours. Add cornstarch to stew to make gravy before serving.

Oxtail Stew

Submitted by Ed C.

INGREDIENTS

- 1 oxtails (2 lbs), cut at the joints, large end pieces cut in half.
- 4 carrots sliced into medium diagonal pieces.
- 2 celery stalks cut into medium pieces.
- 1 medium onion, chopped.
- 1 medium green pepper, chopped.
- 1 can of diced tomatoes.
- 1 can of whole kernel corn.
- 2 cans (or 1 carton) beef broth and add water (to cover meat)

INGREDIENTS

1 pound (454g) pork
spare ribs, cut into
pieces
1 Tbsp (15ml) oil
1 and 1/2 cup (345g)
Jasmine rice , rinsed
1 and 1/2 cup (375ml)
cold water

Black Bean Marinade

1.5 Tbsp (22.5g) black bean sauce
1 Tbsp (15ml) regular soy sauce
1 Tbsp (15ml) Shaoxing wine or water
1 Tbsp (15g) ginger, grated
3 (14g) garlic cloves, minced
1 tsp (5ml) sesame oil
1 tsp (4g) sugar
A pinch white pepper
1 tsp (5ml) fish sauce (optional)

Garnish: Green onions, finely sliced, 1 Thai chili, finely chopped (Optional)

YIELDS 4-6 SERVINGS

Instant Pot Spare Ribs and Rice

Submitted by Christine W.

Recipe from <https://www.pressurecookrecipes.com/instant-pot-spare-ribs-and-rice/#steps>

DIRECTIONS

Marinate Spare Ribs:

1. In a mixing bowl, marinate spare ribs with Black Bean Marinade for at least 30 minutes and up to overnight in the fridge.

Pressure Cook Spare Ribs and Rice:

1. Mix marinated ribs with 1 Tbsp (15ml) oil, then place in Instant Pot. Try to fill the whole Instant Pot bottom with a single layer of spare ribs.
2. Then, layer 1 and 1/2 cup (345g) Jasmine rice on the spare ribs. Add 1 and 1/2 cup (375ml) cold water. If the rice is rinsed, drain well and use 1 and 1/4 cup (310ml) cold water instead. Ensure all the rice are submerged in liquid.
3. Pressure cook at High Pressure for 13 minutes, then 10 minutes Natural Release.

*Pro Tip: Ensure spare ribs are at the bottom, then rice on top.

Season and Serve Instant Pot Spare Ribs and Rice:

1. Fluff and gently mix the spare ribs and rice. Taste and season with more salt or soy sauce if necessary.
2. Garnish with finely sliced green onion. Add Thai chili to spice it up! Serve immediately.

Low Carb Chicken, Sausage and Shrimp Gumbo

Submitted by Grace S.

This is my favorite Instant Pot recipe! My family loves it too. I don't use okra and I use Jasmine long-grained white rice.

INGREDIENTS

Gumbo

5 smoked sausages, cut into 1 inch long pieces
3 boneless chicken thighs, cut into large chunks
500 g of peeled shrimp
1 medium onion, chopped
2 green bell peppers, chopped
4 cloves of garlic, chopped
2 ribs of celery, chopped
5 okra (lady's fingers)" sliced into small pieces
4 cups of chicken stock
1 can of diced tomatoes
2 bay leaves
1/4 tsp cayenne pepper
1/4 tsp paprika
1/4 tsp dried oregano
1/4 tsp dried thyme
1/4 tsp garlic powder
1/4 tsp crushed red pepper
1/4 cup chopped parsley
2 Tbsp olive oil
1/4 cup of olive oil for the roux
1/2 cup of low carb flour
1 Tbsp gumbo file powder

Cauliflower fried "rice"

1 head of cauliflower, cut into florets
1 medium onion, finely chopped
2 Tbsp chopped parsley
1 tsp salt
1/2 tsp ground black pepper
1 Tbsp olive oil

Recipe from

<https://nomnomprincess.com/2016/09/11/low-carb-chicken-sausage-and-shrimp-gumbo/>

DIRECTIONS

1. Put the onion, bell pepper, garlic, and celery in a food processor and chop finely. Turn the Instant Pot on in Sauté mode. Brown the chicken, then the sausage, and remove from the pot and set aside.
2. Sauté the vegetables for about 5 minutes till fragrant and slightly caramelized. Add the chicken and sausage back into the pot. Add the chicken stock and the can of diced tomatoes in their juice.
3. Add the bay leaves, spices (paprika, cayenne pepper, dried thyme, dried oregano, garlic powder and crushed red pepper) and stir through.
4. Turn off the sauté mode and close the pot. Put valve in sealed position. Pressure cook for 15 minutes. Use quick pressure release.
5. Turn the pot back onto sauté mode. Add the okra into the gumbo.
6. In the meantime, in a saucepan, heat up the 1/4 cup of oil and add the low carb flour. Stir continuously till the roux browns slightly. Add 2 ladles of liquid from the Instant Pot into the roux and keep stirring till thickened. Add the roux mixture back into the Instant Pot.
7. Stir through and add the shrimps, gumbo file powder and parsley in. Cook for another 5 – 10 minutes and turn off the pot.
8. For the cauliflower rice, use the food processor to chop the florets into small rice-like pellets.
9. Heat up the olive oil in a large skillet. Sauté the onions till fragrant and translucent.
10. Add the cauliflower and continue to sauté. Add the salt and pepper to taste. Add the parsley and stir through.
11. To plate up the gumbo, put a large scoop of cauliflower rice at the center of a shallow bowl or soup plate. Spoon the gumbo around the cauliflower rice and serve hot.



Photo from Canva

Fear not,
for I am with you;
be not dismayed,
for I am your God;
I will strengthen you,
I will help you,
I will uphold you
with my righteous
right hand.

Isaiah 41:10



Side Dishes



Spaghetti Squash Pancakes

Submitted by and photo by Jenni Y.



INGREDIENTS

3 eggs
1/3 cup all purpose flour
2 cup cooked spaghetti squash, squeezed dry (about half a squash)
1/4 cup grated Parmesan cheese
2 green onions, finely chopped
1/2 cup Kirkland Bacon crumbles

DIRECTIONS

1. Mix all ingredients until blended.
2. Lightly grease griddle or frying pan.
3. Scoop 1/2 cup portions of mixture and spread out with back of a spoon until 1/2 inch thick.
4. Cook for a few minutes until golden brown and flip, cook a few more minutes until done.
5. Repeat with remaining batter.
6. Serve with ketchup.

SWEET POTATO CASSEROLE

Submitted and photo from Joyce L.

A southern favorite and a Thanksgiving tradition for our family!

INGREDIENTS:

2 1/2 lbs sweet potato, cooked
1/4 cup milk
1/2 cup butter melted and cooled
1/2 cup sugar
2 eggs
2 tsp vanilla extract

Topping:

1 cup brown sugar
1/2 cup all purpose flour
1/3 cup butter, chilled
1 cup pecans, chopped



DIRECTIONS

- To cook the sweet potatoes, scrub but do not peel, bake at 375F for about 45 minutes or until tender. Remove skins. Alternatively, scrub and peel them, leave whole or cut into large pieces, place in a pot and cover with water. Bring to a boil, reduce heat to a simmer and cook until they can be easily pierced with a fork, about 20-30 min depending on the size. Drain well. You can also leave the skins on whole potatoes, boil, let cool and peel afterwards. Boiling is obviously quicker, but baked is more flavorful.
- With a food processor or potato masher puree the cooked sweet potatoes. You should end up with about 3 cups of pureed potatoes. Place pureed potatoes into a mixer bowl and add milk, melted butter, sugar, eggs, and vanilla. Mix with electric mixer until smooth.
- In another bowl, stir together brown sugar and flour. Slice the butter into the brown sugar mixture with a fork or pastry blender until crumbly and evenly mixed. Stir in chopped pecans.
- Spread the potato mixture in a greased 9"x13" baking pan. Evenly distribute the crumbles over the sweet potatoes. Bake at 350F for 25-30 minutes.

Tofu and Salmon Salad

Submitted by Jenny and Tommy L.

INGREDIENTS

2 packages Morinaga Silken
Tofu - Soft, chilled
1 can pink salmon, chilled
3 medium tomatoes, chilled
3 green onions, chilled
1/2 cup vegetable oil
1 Tbsp sesame oil
3/4 cup soy sauce
1/2 lemon, juice only

SERVES 6

DIRECTIONS

1. Drain tofu, cut into equal pieces, and layer on bottom of serving tray. Drain salmon and sprinkle bits over tofu layer. Skin, seed, and chop tomatoes; sprinkle over salmon layer. Chop green onions and sprinkle over tomatoes.
2. Sauce: Should be prepared beforehand. Heat vegetable and sesame oil in pot until first wisp of smoke appears. Place pot in sink because it may splatter. Carefully pour soy sauce and lemon mixture into hot oil and stir.
3. Spoon sauce over salad just prior to serving.

Recipe from <https://www.morinu.com/recipes/soups-salad-more/tofu-salmon-salad>

Festive Mexican Veggies

Submitted by Julie C.

Recipe from SF Chronicle's Best Side Dish

DIRECTIONS

1. Combine the corn, beans, cucumber, green pepper, tomato, scallions, parsley and garlic in a large bowl.
2. In another bowl, whisk together the remaining ingredients.
3. Toss with the vegetables.
4. Refrigerate, covered, for 4 hours for the flavors to blend.

SERVES 8 - 10

INGREDIENTS

1 can (15 ounces) white corn, drained
1 can (15 ounces) yellow corn, drained
1 can (15 ounces) black beans, drained
1 cup diced (1/4 inch) seedless (hothouse) cucumber
1 cup diced (1/4 inch) green bell pepper
1 ripe plum tomato, cut into 1/4-inch dice
4 scallions, thinly sliced
2 Tbsp chopped flat-leaf parsley
1/2 tsp minced garlic
1/3 cup olive oil
2 Tbsp red wine vinegar
1 tsp sugar
1/4 tsp dry mustard
1/4 tsp curry powder
Salt and freshly ground black pepper, to taste.

Mexican Street Corn Salad

Submitted by Kyra C.

My dragon boat teammate first introduced this light and delicious side dish to me by bringing it to a team potluck in 2019 and it was so good I had to try the recipe myself this past month for my work's Halloween potluck. Due to many of my coworkers being vegetarian, I had to look up alternatives, and I ended up picking and choosing from my teammate's recipe and a vegan-friendly recipe, both of which I linked on the hybrid recipe I created. It turned out a success!

INGREDIENTS

2 Tbsp (30ml) vegetable oil
4 cups of fresh/frozen/canned corn
Kosher salt
2 Tbsp(30ml) mayonnaise
Vegan option: sub with $\frac{1}{2}$ an avocado
About 2 ounces (60g) feta or Cotija cheese, finely crumbled
1/2 cup finely sliced scallions, green parts only
1/2 cup (1/2 oz) fresh cilantro leaves, finely chopped
1-2 medium garlic cloves, pressed or minced (1-2 tsp)
1 Tbsp (15ml) fresh juice from 1 lime
1 red bell pepper, diced
1 tsp cumin
1 tsp smoked paprika powder
Black pepper, to taste
Chili powder or hot chili flakes, to taste



Photo by Kyra C.

DIRECTIONS

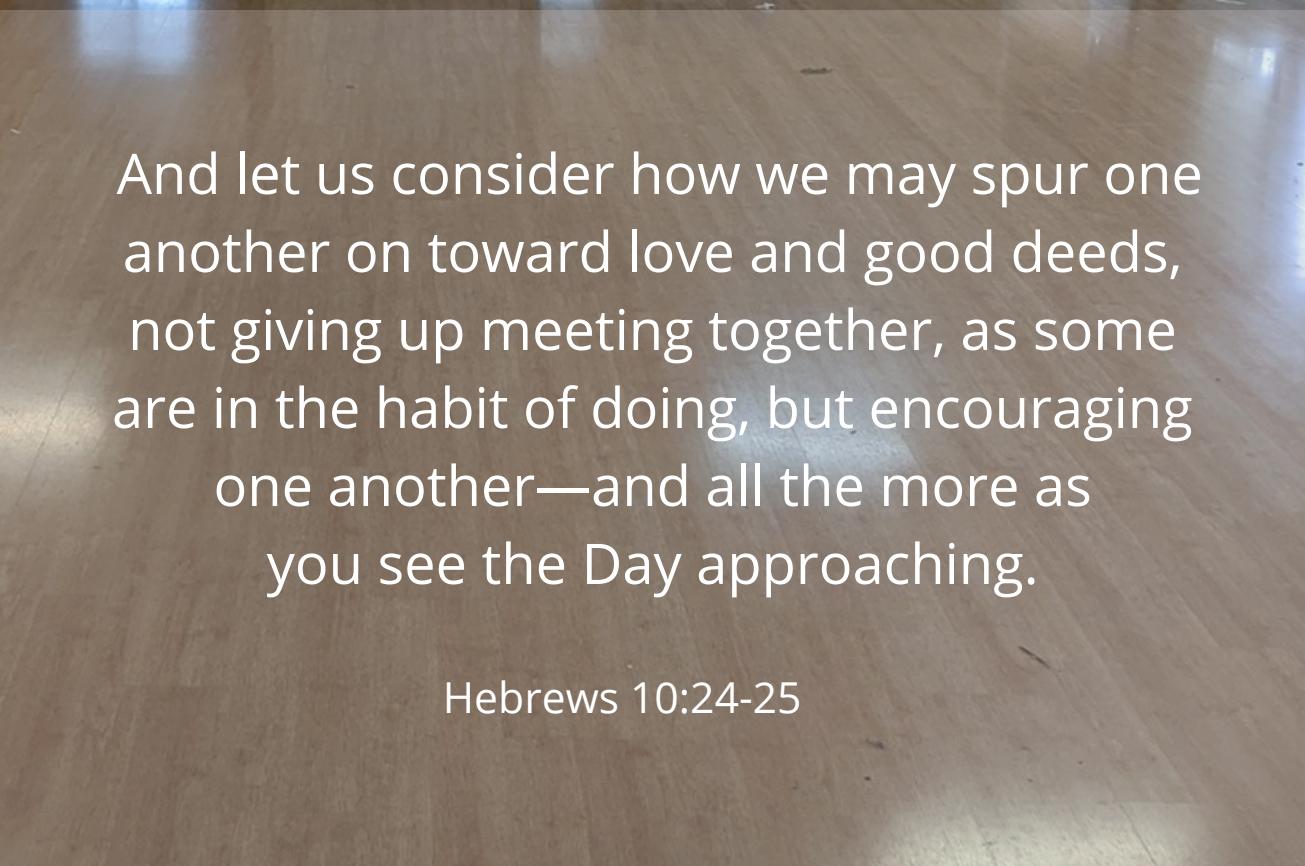
1. To char the corn, heat oil in a large pan over high heat until sizzling. Add corn kernels and season to taste with salt. Toss 1-2 times, and let alone until charred on one side. Continue tossing and charring until corn is charred all around.
2. Transfer to a large serving bowl. In the bowl, add the mayonnaise/avocado, diced bell pepper, cheese, scallions, cilantro, garlic, lime juice, paprika, cumin, black pepper, and chili powder and toss to combine with the corn. Taste and adjust seasoning with salt and more chili powder to taste. Serve immediately.

Tips

- Use fresh corn for more of a crunch. Frozen corn was soggy for me.
- This recipe is actually a mix between two recipes that I referred to. Check them out: Mexican Street Corn Salad with Chipotle (<https://veganheaven.org/salads/mexican-street-corn-salad-with-chipotle-dressing/#wprm-recipe-container-9083>) and Mexican Street Corn Salad (Esquires) Recipe www.seriouseats.com/recipes/2012/07/esquires-mexican-street-corn-salad-recipe.html
- It is best served fresh. It is recommended not to make a day in advance but if need be, a few hours ahead by storing in the fridge.

SERVES 6

PREP TIME: 20 MINS



And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.

Hebrews 10:24-25

Thick 'n Creamy Tomato Soup

Submitted by and Photo by Sienna S.

(adapted from the Ultimate Kids Cookbook)

This is a family favorite and makes great use of home-grown tomatoes!

INGREDIENTS

1 small onion
1 tbsp dried basil
1/2 tsp sugar
1 bay leaf
4 tbsp butter
2 tsp minced garlic
1 can (28 oz) diced tomatoes or 3/12 cups diced fresh tomatoes
1 and 1/2 cups chicken stock
Salt

SERVES 4

COOK TIME 35 MINS

DIRECTIONS

- First, dice the onion. Place the butter in a large saucepan over medium-high heat. Once the butter has melted, add the onion, garlic, and a pinch of salt and stir.
- Cook the onions until translucent, about 3-5 minutes. Then, add the tomatoes, chicken stock, basil, bay leaf, and sugar, and combine.
- Cook the soup until slightly bubbly, and then turn the heat down to low, cover, and simmer for 25 minutes. Remove and discard the bay leaf.
- Use an immersion blender to blend the soup in the pot or transfer to a traditional blender for this step. Add more salt and pepper to your liking, and serve. Enjoy with grilled cheese or crackers.

*"How much better to get wisdom than gold,
to get insight rather than silver!"*

Proverbs 16:16

Zucchini Soup

Submitted by Carolee L.

(not original recipe)

Easy to make and great when you have a lot of zucchini in the summer.

INGREDIENTS

1/2 med. size onion, quartered
2 cloves garlic
3 medium size zucchini, skin on cut in large chunks
32 oz. vegetable or chicken broth
Kosher salt and black pepper to taste
Optional: fresh grated parmesan cheese for topping
For creamier soup add 2 Tbsp sour cream

DIRECTIONS

1. Combine broth, onion, garlic and zucchini in a large pot over medium heat and bring to a boil.
2. Lower heat, cover and simmer until tender, about 20 minutes.
3. Remove from heat and puree with immersion blender or in a blender. If using sour cream add sour cream and puree again until smooth.



Photo by Louis Hansel on Unsplash



Photo from Canva

Dublin Coddle with Pearl Barley

Submitted by Kayla C.

Recipe from

<https://donalskehan.com/recipes/dublin-coddle-with-pearl-barley/>

INGREDIENTS

1 large onion, chopped
6 slices of thick streaky bacon rashers, roughly chopped(800g)
2-3 large waxy potatoes, peeled and cut in 1cm slices
8 butcher sausages
500ml chicken stock
1 bay leaf
100g pearl barley
A good handful of fresh parsley, roughly chopped
Sea salt and ground black pepper
A generous knob of butter

Coddle is often made with leftovers, and therefore doesn't have a specific recipe. I guess you could say it's the Irish version of friend rice for the Chinese :P

.....

DIRECTIONS

1. Preheat the oven to 220°C/425°F/Gas Mark 7.
2. Place a large frying pan over a medium high heat and add a drop of oil.
3. Fry the bacon and sausages until golden brown on all sides.
4. Remove to a plate lined with kitchen paper.
5. Place the onions across the base of a casserole dish, layer up with the bay leaf, bacon and sausages, pearl barley and finish with a layer of potatoes.
6. Pour over the stock and place the pot, covered, over a high heat and bring to the boil.
7. Lower the heat and simmer for 30 minutes.
8. Remove the lid and dot the potatoes with butter.
9. Season with sea salt and ground black pepper and transfer to the oven and cook for 15 minutes or until the potatoes turn golden brown.
10. Serve generous ladleful's of the stew in deep bowls with parsley and crusty bread to mop up the juices.

Garlic Noodles

Submitted by Lanette H.

INGREDIENTS

8 oz egg noodles (can use angel hair pasta or spaghetti)
6 to 8 cloves garlic, minced
1/2 bunch green onion, chopped
3 to 4 Tbsp unsalted butter
1 Tbsp olive oil
1 Tbsp oyster sauce
1 Tbsp soy sauce
1 Tbsp fish sauce
1/2 cup finely grated parmesan cheese
ground black or white pepper, to taste
1 lemon, optional but highly recommended

DIRECTIONS

1. Cook noodles to al dente (about 7 to 10 minutes), drain and set aside.
2. Combine oyster sauce, soy sauce, fish sauce in a small bowl.
3. In a large skillet, add oil and butter over low heat. Add the garlic and green onion (reserve some for garnish) and cook for about 3-4 mins or until very fragrant, keeping the heat low so as to not brown the garlic.
4. Add the noodles and the sauce, then turn the heat up to high and toss until the noodles are hot and all the sauce has been absorbed.
5. Remove from heat, then stir in parmesan cheese.
6. Optional: squeeze the lemon at this stage, or serve the lemon as wedges on the side.
7. Plate, and garnish with black or white pepper and green onions.



Photo from Canva

Lisa's Southern Jiffy Cornbread Pudding

Submitted by Lillian C.

INGREDIENTS

1/2 cup butter
1 egg
1 cup sour cream
1 (8.5 oz) box of Jiffy Cornbread Mix
1 (14.5 oz) can creamed corn
1 (14.5 oz) whole kernel corn, drained
6 Tbsp sugar

DIRECTIONS

1. Melt butter in bowl. Mix in egg.
2. Then, add all remaining ingredients to bowl and stir everything together.
3. Spray non-stick cooking spray in casserole dish.
4. Pour mixture into dish.
5. Bake at 350 for 1 hour.
6. Check to see if knife comes out clean; if so, it's done.



Photo from Canva



Sticky Sesame Chickpeas

Submitted and photo by Kayla C.

Recipe from <https://eatwithclarity.com/sticky-sesame-chickpeas/>

I tried to be vegan for seven days. Long story short, it was a good experience and while I don't plan to be vegan full time I am now more conscious about my nutrition. This chickpea (aka garbanzo bean) recipe was my favorite vegan dish I tried.

INGREDIENTS

2 cans chickpeas
3-4 large cloves garlic
1 Tbsp avocado oil or olive oil
1.5 Tbsp toasted sesame oil
1/3 cup low sodium tamari or soy sauce
3 Tbsp maple syrup
2 tsp rice vinegar
1/2 tsp ground ginger or 2 tsp fresh grated ginger
1 Tbsp arrowroot powder
4 Tbsp low sodium vegetable broth water (divided)

DIRECTIONS

1. Drain and rinse the chickpeas and set aside.
2. Mince the garlic and add to a sauté pan with the avocado or olive oil.
3. Sauté for a few minutes or until the garlic is very fragrant. In a small bowl combine the arrowroot powder and 2 tbsp of the vegetable broth and mix until no clumps remain. Set aside.
4. To the sauté pan with the garlic, add in the low sodium soy sauce, sesame oil, maple syrup, rice vinegar, ginger, and the additional 2 Tbsp of vegetable broth. Whisk together.
5. Add in the arrowroot mixture and stir.
6. When bubbles start to form, add in the chickpeas and stir until they are well coated.
7. Cook on low heat until the sauce becomes thick and sticky, about 5 minutes. stirring occasionally.
8. Remove from the heat and let sit to allow the chickpeas to absorb all of the flavor.
9. Serve with steamed broccoli, quinoa, or my instant pot rice and enjoy!



Photo from Canva

CRAB CAKE

INGREDIENTS:

1/2 red bell pepper finely diced
1 medium onion- 1 cup, finely diced
3 Tbsp olive oil divided
2 Tbsp unsalted butter divided
2 large eggs
3 Tbsp mayo
1 tsp Worcestershire sauce
1 1/2 tsp Old Bay Seasoning or 1 tsp cajun seasoning
1 tsp garlic salt
1/2 tsp black pepper
1 lb lump crab meat from 2 Dungeness crabs
1/2 cup panko bread crumbs
1/4 cups parsley finely chopped

LEMON AIOLI DIP

INGREDIENTS:

1/2 cup mayo
1 tsp lemon zest
2 Tbsp lemon juice
1 garlic clove pressed

Crab Cakes

Submitted by Grace S.

Recipe from

<https://natashaskitchen.com/crab-cakes-recipe/>

Saw the crab meat at Costco, and the recipe on FB's "Today I went to Costco" and decided to make it! Delicious!

DIRECTIONS FOR CRAB CAKES

1. In a large skillet over medium heat, add 1 Tbsp oil and sautee diced bell pepper and onion until golden and soft (7-9 min) then remove from heat and let cool.
2. In a large mixing bowl, whisk together 2 eggs, 3 Tbsp mayo, 1 tsp Worcestershire sauce, 1 1/2 tsp old bay seasoning or 1 tsp cajun, 1 tsp garlic salt, and 1/2 tsp black pepper.
3. Drain and pick over the crab meat to make sure there aren't any stray shells, lightly breaking up big pieces of meat.
4. Transfer to the large bowl with egg mixture.
5. Add cooled bell pepper and onion, panko crumbs and parsley and stir until combined and moistened. Cover and refrigerate 30 minutes.
6. Divide mixture into about 15 cakes. With wet hands, lightly shape into 1/2" thick patties.
7. Place a large non-stick pan over medium heat with 1 Tbsp oil and 1 Tbsp butter and sautee crab cakes in batches for 4-5 minutes per side (reduce heat if browning too quickly).
8. Transfer to a serving platter and repeat with remaining crab cakes adding more oil and butter.

DIRECTIONS FOR CRAB CAKE DIP

In a small bowl, stir together the lemon aioli dip ingredients until well blended. Cover and refrigerate until ready to serve with the warm crab cakes.

YIELDS 15 crab cakes

Mandarin Orange Salad

Submitted by Lillian C.

Mandarin Orange salad was given to me by my friend Diana in Vancouver. This dressing is super light and just glazes over the greens when it's shaken on.

Tip: put greens and dressing in a covered bowl and shake to dress salad.



Photo from Canva

INGREDIENTS FOR DRESSING

1 Tbsp parsley flakes
2 Tbsp white sugar
2 Tbsp white vinegar
1/4 cup oil
1/4 tsp salt
Few drops of tabasco
Few shakes of pepper

DIRECTIONS

1. Mix together ingredients.
2. Chill overnight.
3. Add to salad just before serving

INGREDIENTS FOR SALAD

1/2 head romaine lettuce
1/2 head iceberg lettuce (or butter lettuce or leaf lettuce)
2 stalks of celery, sliced thinly
1 carrot, grated
1 green onion, chopped
1/2 cup dried cranberries
1 can mandarin oranges, drained
1/2 cup toasted slivered almonds (toast on stovetop and add 1/2 cup sugar and brown)

Eggplant

Submitted by Helen Y.

Great recipe from a friend in Japan

INGREDIENTS

Eggplant
1 Tbsp Ponzu
1 Tbsp Sesame oil
1 Tbsp Mirin
1 tsp sugar
50 ml water
Shaved fish (katsuoshi or kezuriboshi)
Or Roasted sesame seed
Green onions

DIRECTIONS

1. Cut eggplant and cover with 1 Tbsp ponzu.
2. Lace sesame oil on skillet.
3. Brown eggplant until brown and toasty. Careful not to burn.
4. Add mirin and sugar and let cook few minutes.
5. Add water and cook 3 more minutes. Turn off heat.
6. Garnish with shaved fish or roasted sesame seed.
7. Garnish with chopped green onions.



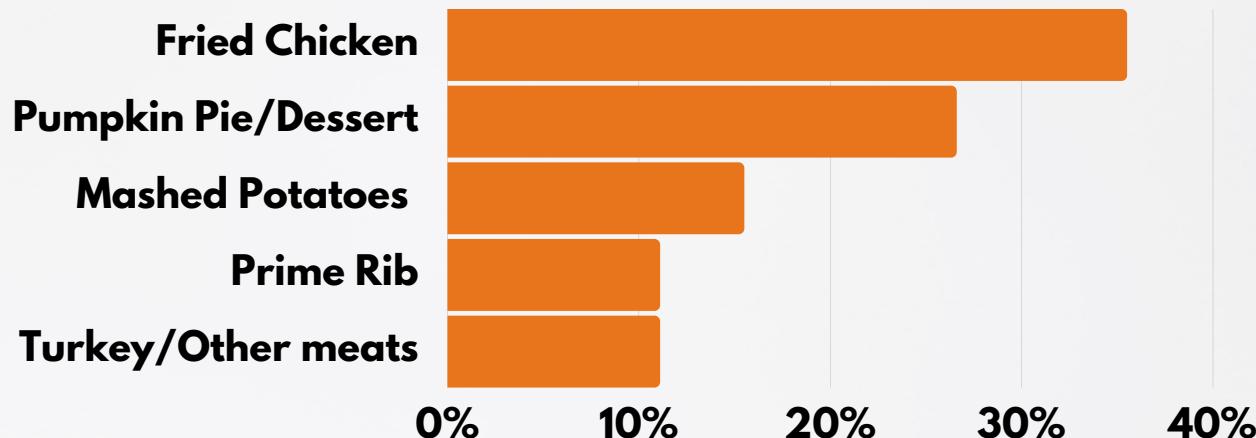
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Do not be conformed
to this world,
but be transformed
by the renewal
of your mind,
that by testing
you may discern
what is the will of God,
what is good
and acceptable
and perfect.

Romans 12:2

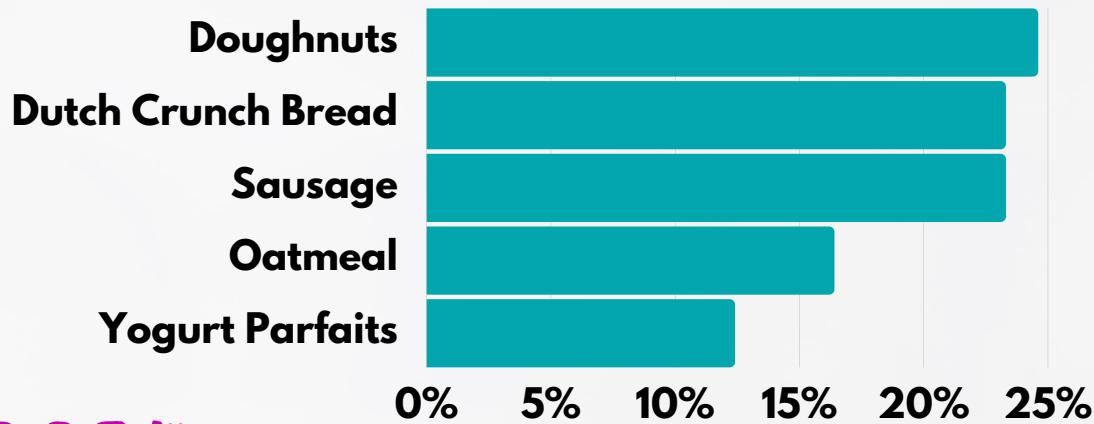


Thanksgiving Banquet Favorites



Circulate and Percolate Breakfast Favorites

"TASTE
AND SEE
THAT THE
LORD IS GOOD!"
PSALM 34:8



Breads and Muffins



Pumpkin Cranberry Bread

Submitted and Photo by Miyon Y.

One of our family's favorites!



INGREDIENTS

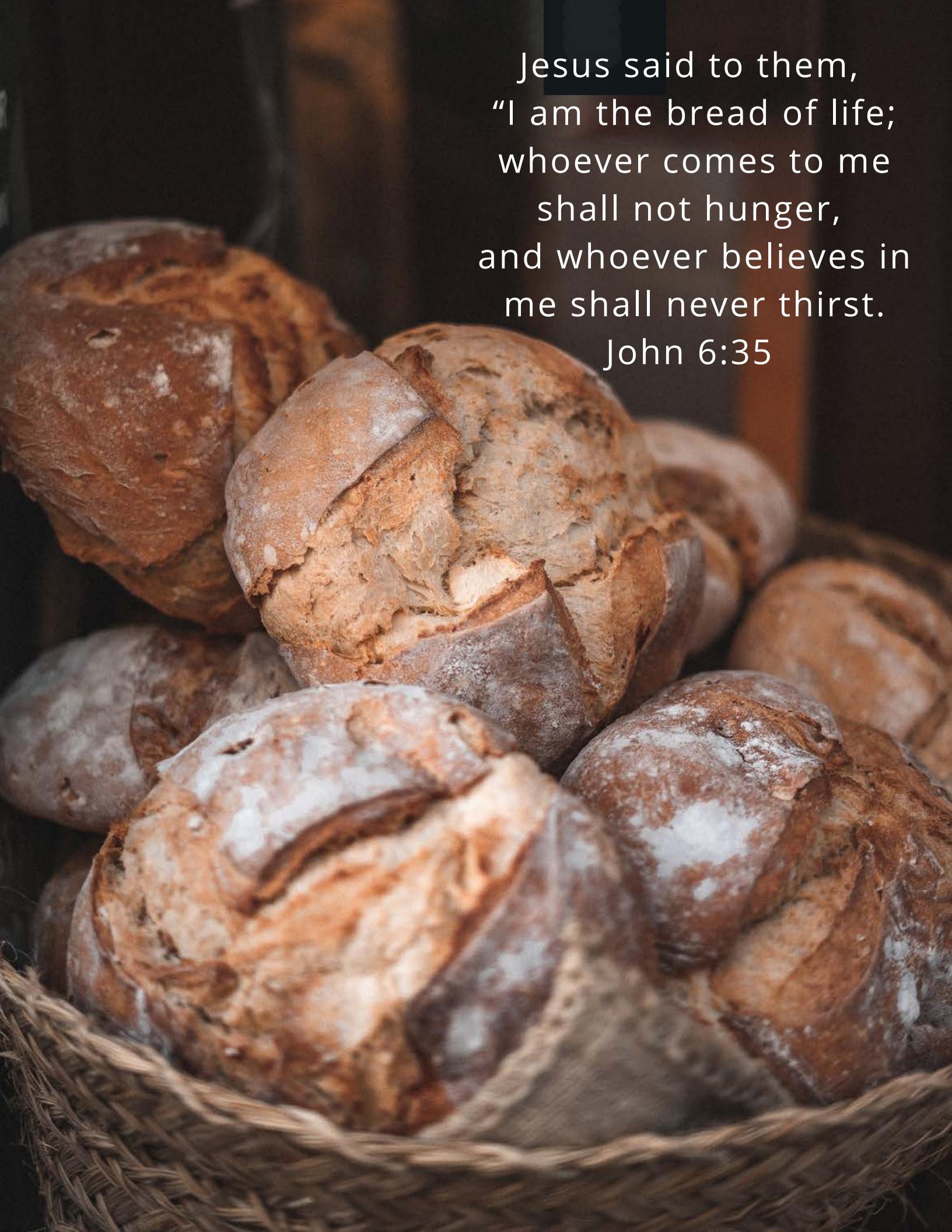
3 cups all purpose flour
1 Tbsp. plus 2 tsp.
pumpkin pie spice (I use
cinnamon, ginger, and
cloves)
2 tsp. baking soda
1 and 1/2 tsp. salt
1 can (15 oz) 100% pure
pumpkin (2 cups fresh
pumpkin)
4 large eggs
2 and 1/2 cups sugar
1 cup vegetable oil or
canola oil
1/2 cup orange juice or
water
1 cup sweetened dried,
fresh, or frozen
cranberries

DIRECTIONS

1. Preheat oven to 350F.
2. Grease and flour two 9x5-inch loaf pans. Combine flour, pumpkin pie spice, baking soda and salt in a large bowl.
3. Combine sugar, pumpkin, eggs, vegetable oil and orange juice in a large mixer bowl; beat until just blended.
4. Add pumpkin mixture to flour mixture; stir just until moistened.
5. Fold in cranberries and spoon batter into prepared loaf pans.
6. Bake 60-65 minutes or until wooden pick inserted in center comes out clean.
7. Cool in pans on wire racks for 10 minutes; remove to wire racks to cool completely.

MAKES 2 LOAVES

Better is a dinner of herbs where love is than a fattened ox and hatred with it.
Proverbs 15:17



Jesus said to them,
“I am the bread of life;
whoever comes to me
shall not hunger,
and whoever believes in
me shall never thirst.

John 6:35

Brazillian Cheese Bread Balls

Submitted and Photo from Rachel F.

This recipe was passed to me from a friend's mom!
They're best when fresh out of the oven.

DIRECTIONS

1. Preheat oven to 375 degrees (F).
2. Put butter, water, milk and salt into an appropriately sized pan and place over high heat. Remove pan from heat when the mixture comes to a boil, and stir in tapioca flour until smooth. Set aside to rest for 10-15 minutes.
3. Stir the cheese and egg into the tapioca mixture until well combined. The mixture's texture should be like cottage cheese.
4. Drop rounded, tablespoonful sized balls of the mixture onto an ungreased baking sheet (Use silicone baking mat or parchment paper if available). Bake in a preheated oven until tops are lightly golden brown, about 15-20 minutes.



INGREDIENTS

1/2 cup butter
1/3 cup water
1/2 cup milk
1 tsp salt
2 cups tapioca flour
2/3 cup grated parmesan or cheddar cheese
2 eggs beaten

YIELDS 30 ROUNDED BALLS

INGREDIENTS and DIRECTIONS

Cream:

2 cups sugar
1 cup margarine

Add:

6 ripe bananas, mashed
4 eggs, beaten

Sift:

2.5 cup flour
1 t.salt
2 t. baking soda

Blend wet and dry ingredients. Do not over mix. Bake in greased loaf pans at 350F for 50mins or until a toothpick comes out of the center of the bread is clean.

Hawaiian Banana Bread

In loving memory of Jane F. Originally published in the 1st FBC cookbook

My mom made this banana bread often and it didn't last long in our house! It's moist and sweet and best the first day with a crusty top! -Johanna D.

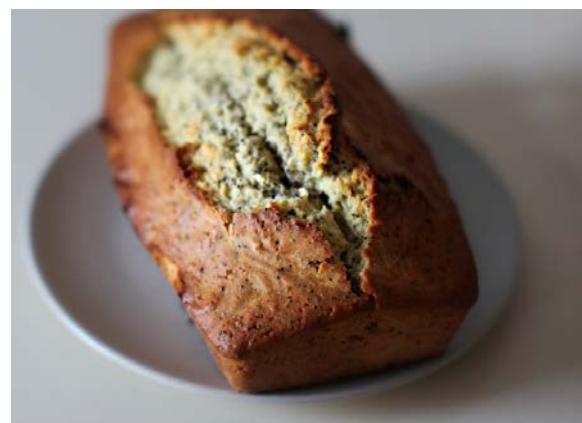


Photo from Canva

For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope. Then you will call upon Me and go and pray to Me, and I will listen to you. And you will seek Me and find Me, when you search for Me with all your heart.
Jeremiah 29:11-13

For our citizenship
is in heaven,
from which we also
eagerly wait
for the Savior,
the Lord Jesus Christ

Philippians 3:20



Scallion Pancake

Submitted by and photo from Kayla C

Recipe from <https://www.youtube.com/watch?v=JzHX4JKsbIM>

About a year ago I embarked on an international food journey as a way to explore different countries through their food as well as to improve my cooking and baking skills. From Malaysia to Israel, Poland, Ireland, Morocco and China. I wanted to share this recipe for scallion pancakes, cōng yóubǐng, because I've been searching for a good one that produces pancakes similar to the ones you find at restaurants. After three other recipes, this one is so flakey and the five spice is a nice touch. Make sure to add lots of scallions!

.....

INGREDIENTS

Dough:

2 1/2 cups flour
1/2 cup hot water (+ 1 Tbsp if needed)
1/4 cup room temperature water
1 Tbsp sugar
1 tsp salt
Lots of scallions
Oil
1/2 Tbsp five spice powder

Roux:

1/2 oil
1/2 all-purpose flour

DIRECTIONS

1. Combine flour, sugar and salt in a bowl. Add in hot water slowly while stirring, then mix in room temperature water while continuing to stir.
2. Gently knead to form dough and continue kneading on floured surface for 10 minutes.
3. Put dough in a bowl and cover with a wet towel, rest for 30 minutes or more. (An hour would be even better if you have the patience!)
4. Chop scallions and make roux by mixing oil and flour in a saucepan, continue to mix over medium-low heat until thickened into a paste. Remove from heat and let cool slightly.
5. Roll out dough into a log shape and divide into five portions.
6. Roll out one piece of dough to as thin as possible, and brush on roux. Sprinkle on scallions and five spice powder.
7. Roll dough tightly into a log shape, then take one end of the dough and roll again onto itself to form a pinwheel shape. Gently flatten and brush on a thin layer of oil.
8. Let rest for 20 minutes or repeat steps for remaining dough.
9. Roll out dough to as thin as possible and pan fry each side until golden brown! You can sprinkle salt on at the end if you'd like too.

Sweet Bread Dough

Submitted by Queenie L.

Helpful resource:

<https://www.kingarthurbaking.com/blog/2018/07/23/how-to-convert-a-bread-recipe-to-tangzhong>

This sweet dough is suitable for all kinds of sweet buns, whether with or without filling.

Auntie Queenie has perfected her cha siu bows and cocktail buns with this dough! We have happily been her taste testers over the past year! -Johanna

INGREDIENTS

Unbleached bread flour: (454g-23g (in Tangzhong)) = 431g
Tangzhong: ~113g
Sugar: 80g
Egg: 55g
Milk/water: 120g (already deducted the water in Tangzhong)
Evaporated milk: 50g
Yeast: 8g
Unsalted butter: 45g
Salt: 3g
Hydration: 75%



Photo from Canva

DIRECTIONS

- Make tangzhong: In a small saucepan combine (1 part flour and 5 parts of water or milk) 23g and 115g water, mix well until no lumps remain. Heat the mixture until it thickens and reaches 149°F. Let it cool before adding to the bread dough.
- In the mixing bowl, stir together sugar, egg, tangzhong, evaporated milk and flour. Gradually add water/milk. Mix in low until it becomes a dough. Rest in room temperature (64°F) for 30 minutes to 1 hour. Add yeast, mix for 2 minutes. Add salt, mix for 2 minutes. Add butter. You can add more water/milk, little by little, if the dough is too dry. Mix the dough until it pulls away from the sides of the bowl. Turn dough out onto a floured surface and do slap and fold until it is smooth and elastic.
- First proof: Place the dough in a large bowl. Cover and let stand in a warm place (85°F) until double in size, about 1 hour.
- Pre-shape: Gently deflate the dough (I punch it lightly), divide into 14-15 pieces (~60g each). Roll the pieces into balls. Let dough rest for 15 minutes.
- Shape and 2nd proof: After 15 minutes, you can put filling in the dough if there's any. If not, roll into balls. Let them rest for 20-30 minutes or until it double in size for 2nd proof. I usually retard the dough in the refrigerator for 2nd proof.
- Bake in 360°F for 18 minutes.



Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing, but rejoices with the truth. Love bears all things, believes all things, hopes all things, endures all things.

1 Corinthians 13:4-7

Orange Cranberry Scones

Submitted by Emily K.

This recipe is from Bon Appetit magazine. It is my go-to scone, with good texture and flavor, and I make them often. I was once challenged to a Scone "Throw Down" against a pediatrician at work. I made 100 of these; the judges were our Chiefs of Staff. I won.

INGREDIENTS

1 and 3/4 cup flour
3 Tbsp sugar
2 and 1/2 tsp baking powder
1/2 tsp salt
5 Tbsp chilled butter, cut into small cubes
1/2 cup dried cranberries
6 Tbsp half and half
1 egg, beaten
2 Tbsp orange zest
1 tsp vanilla

YIELDS 16-20 SCONES

DIRECTIONS

1. Preheat oven to 400 degrees.
2. Stir flour, sugar, baking powder and salt in food processor or large bowl.
3. Cut in butter (should still be coarse, not smooth). It is very important to use very cold butter, and to cut the butter into the flour mixture with a food processor—several pulses, do not over process, should look like floury-pebbly sand. When you pick up some of the sandy mixture and squeeze it, you should feel small chunks of flour coated butter. You can use a hand held pastry blender if you do not use the food processor. In separate bowl, whisk together egg, half and half, vanilla, and orange zest.
4. Combine egg mixture, cranberries, and flour mixture just until it holds together. Do NOT overmix or you will get dense, gummy scones.
5. Pat dough together into a 1/2 inch thick round.
6. Cut into 10 wedges for large scones. For small scones, make 2 smaller rounds and cut each into 8-10 wedges.
7. Transfer scones to baking sheet. Bake until golden brown, about 12 minutes for small and 14 minutes for large scones.



Photo from Canva



Photo from Canva

Mai Lai Go (Chinese Steamed Cake)

Submitted by Elizabeth C.

Recipe from <https://thewoksoflife.com>

I absolutely love dim sum and decided to try making this dessert dish called Malaysia Cake (pronounced "Ma Lai Go" in Cantonese). It's light, fluffy, and not too sweet. Tastes delicious!

INGREDIENTS

3 large eggs at room temperature
1/4 cup vegetable oil (60 ml)
3/4 cup lightly packed dark brown sugar (120 g)
1 and 1/2 tsp vanilla extract (8 ml)
1/3 cup evaporated milk (80 ml, at room temp)

1 and 1/2 Tbsp vanilla pudding mix / custard powder (18 g - we used Bird's Custard Powder)
1 cup cake flour (120 g)
1/8 tsp salt (1 g)
3 and 1/2 tsp baking powder (14 g)
1 tsp softened butter or vegetable shortening for greasing cake pan, if using (5 g)
A dusting of all purpose flour for cake pan if using

DIRECTIONS

1. Add 3 large eggs, 1/4 cup vegetable oil, and 3/4 cup lightly packed dark brown sugar to a mixing bowl. Use an electric mixer, and beat on high for 5 minutes until well-combined and fluffy.
2. Scrape the bottom of the bowl and add 1 and 1/2 teaspoons vanilla extract, 1/3 cup evaporated milk, and 1 and 1/2 tablespoons custard powder. Beat for 1 minute.
3. Sift 1 cup cake flour, 1/8 teaspoon salt, and 3 and 1/2 teaspoons baking powder. Fold into the batter gently until incorporated. Try to break up any large lumps, but don't overwork the batter--some smaller lumps are okay!
4. Let the batter sit for 30 minutes. The dry ingredients absorb, and the baking powder has a chance to do its thing. While the batter is resting, line a 9 inch bamboo steamer basket with parchment paper. You can also use a 9 inch cake pan greased with vegetable shortening or butter and lightly coated with all-purpose flour. Lightly buttering and flouring the metal cake pan is important step, even if it is non-stick!
5. Gently stir the batter again in a folding motion--just enough to ensure the batter is mixed uniformly, but not too much since air pockets have already started to form in the batter. You will also see that the batter has thickened and most lumps have disappeared.
6. Pour the batter into the bamboo steamer basket lined with parchment paper or your prepared cake pan. Let the batter sit and settle for another 10 minutes while you heat up your steamer.
7. Place the Ma Lai Go into your steamer setup of choice, and steam on medium high heat--for 30 minutes if using a bamboo steamer, and 35 minutes if using a metal cake pan. To find out if the cake is done, insert a toothpick in the center of the cake. If it come out clean, then it's done. Transfer to a baking rack and slice once cooled slightly.

Because of the
Lord's great love
we are not consumed,
for His compassions
never fail.
They are new
every morning;
great is Your
faithfulness.

Lamentations 3:22-23





Photo from Canva

Mini Pumpkin Chocolate Chip Muffins

Submitted by Cherry Z.

Recipe from <https://www.foodnetwork.com/recipes/mini-pumpkin-chocolate-chip-muffins-3415400>

I made this for the pumpkin challenge at school (where we had to cook/bake something pumpkin related) and it actually tasted ok so yea :>

INGREDIENTS

Nonstick cooking spray
1 1/2 cups all-purpose flour
1/2 cup mini chocolate chips
1 tsp baking powder
1/2 tsp fine salt
1/4 tsp ground cinnamon
1/4 tsp baking soda
1 cup pure pumpkin puree
2/3 cup packed light brown sugar
8 Tbsp (1 stick) unsalted butter, melted
1/3 cup sour cream
1 tsp pure vanilla extract
1 large egg

YIELDS 48 MINI MUFFINS

DIRECTIONS

1. Preheat the oven to 350 degrees F.
2. Coat the cups of two 24-cup mini muffin tins with cooking spray.
3. Whisk together the flour, chocolate chips, baking powder, salt, cinnamon and baking soda in a medium bowl.
4. Whisk together the pumpkin, sugar, butter, sour cream, vanilla and egg in a large bowl until thoroughly combined.
5. Stir the flour mixture into the pumpkin mixture until just combined but with a few small lumps.
6. Fill each muffin cup with a generous tablespoon of batter. Bake until the muffins have pulled away from the sides of the pan and a toothpick inserted in the center comes out clean, 12 to 16 minutes.
7. Transfer the muffins to a cooling rack. Serve warm or at room temperature.



Blueberry Applesauce Cake Bars

Submitted and Photo by Kendra T.
Recipe from <https://blog.fatfreevegan.com>

These cake bars are healthy and delicious.

INGREDIENTS

1 cup unbleached all-purpose flour
1 cup white whole wheat flour
2/3 cup sugar
1 Tbsp cornstarch
2 tsp baking soda
1/2 tsp salt
1/2 tsp cinnamon
2 1/2 cups unsweetened apple sauce
1/2 - 3/4 cups blueberries fresh or frozen (measured frozen and then thawed)
1 Tbsp lemon juice
1 tsp vanilla extract
confectioners sugar optional

DIRECTIONS

Preheat the oven to 325F. Oil or line with parchment paper a 9x13-inch baking dish.

In a large bowl, combine the dry ingredients, mixing well. Make a well in the middle and add the applesauce, blueberries, lemon juice, and vanilla. Stir gently, just until the flour is no longer dry.

Smooth the batter into the pan and bake until a toothpick inserted in the middle comes out clean, about 40 minutes.

Remove from the oven and allow to cool before slicing into 12 pieces and eating. Sprinkle with confectioner's sugar if desired.

Dilly Cheese Bread

Submitted by Angela C.

This is so good toasted with butter spread on it!.

INGREDIENTS and DIRECTIONS

Combine 1 yeast, 1/4 c warm water, 2 Tbsp sugar. Let sit for 10 minutes.

Add 1 cup creamed cottage cheese (warmed), 1 Tbsp instant onion, 2 Tbsp melted butter, 2 tsp dill seed, 1 tsp salt, 1/4 tsp soda, 1 beaten egg.

Add 2 and 1/4 to 2 and 1/2 cup flour. Knead well. Let rise x30 minutes. Punch down. Put into greased loaf pan. Bake 30 minutes at 350. Butter top immediately when hot.



Photo by Chiara Polo on Unsplash

Finally, brethren,
whatever things are true,
whatever things are noble,
whatever things are just,
whatever things are pure,
whatever things are lovely,
whatever things are of good report,
if there is any virtue
and if there is anything praiseworthy—
meditate on these things.

Philippians 4:8

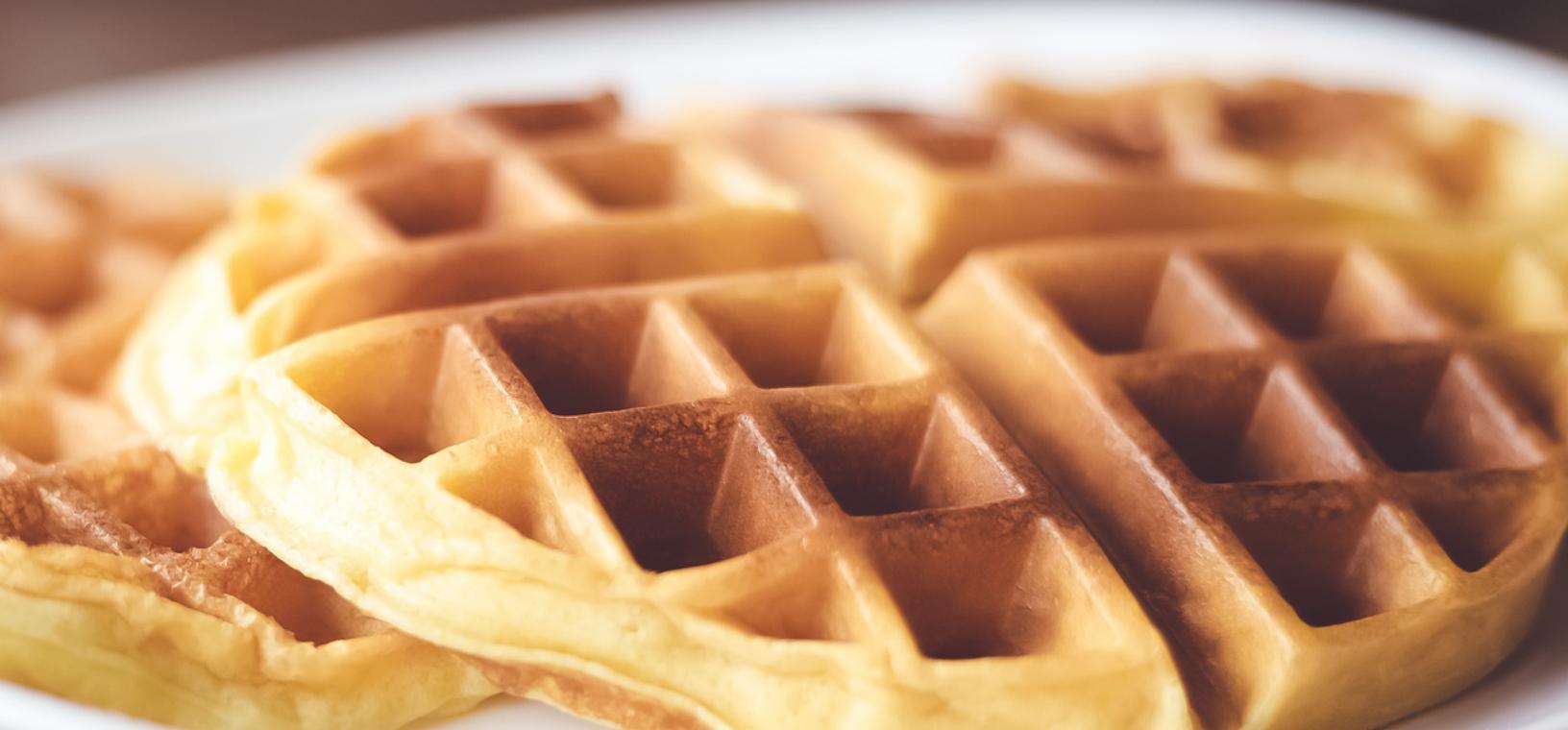


Photo from Canva

Really, the Best Waffles

Submitted by Emily K.

You need a waffle iron that makes regular waffles, not Belgian waffles.

The batter is too light for thick Belgian waffles. Warm the plates in the oven.

There is nothing worse than putting a hot waffle on a cold plate; waffles already cool off too quickly.

INGREDIENTS

3/4 cup flour
1/4 cup cornstarch
1/2 tsp salt
1/2 tsp baking powder
1/4 tsp baking soda
1 tablespoon sugar
Mix above ingredients in a large bowl.

3/4 cup buttermilk
1/4 cup milk
6 Tbsp oil
1 egg yolk
1/2 tsp vanilla

Whisk above liquid ingredients in a separate bowl.

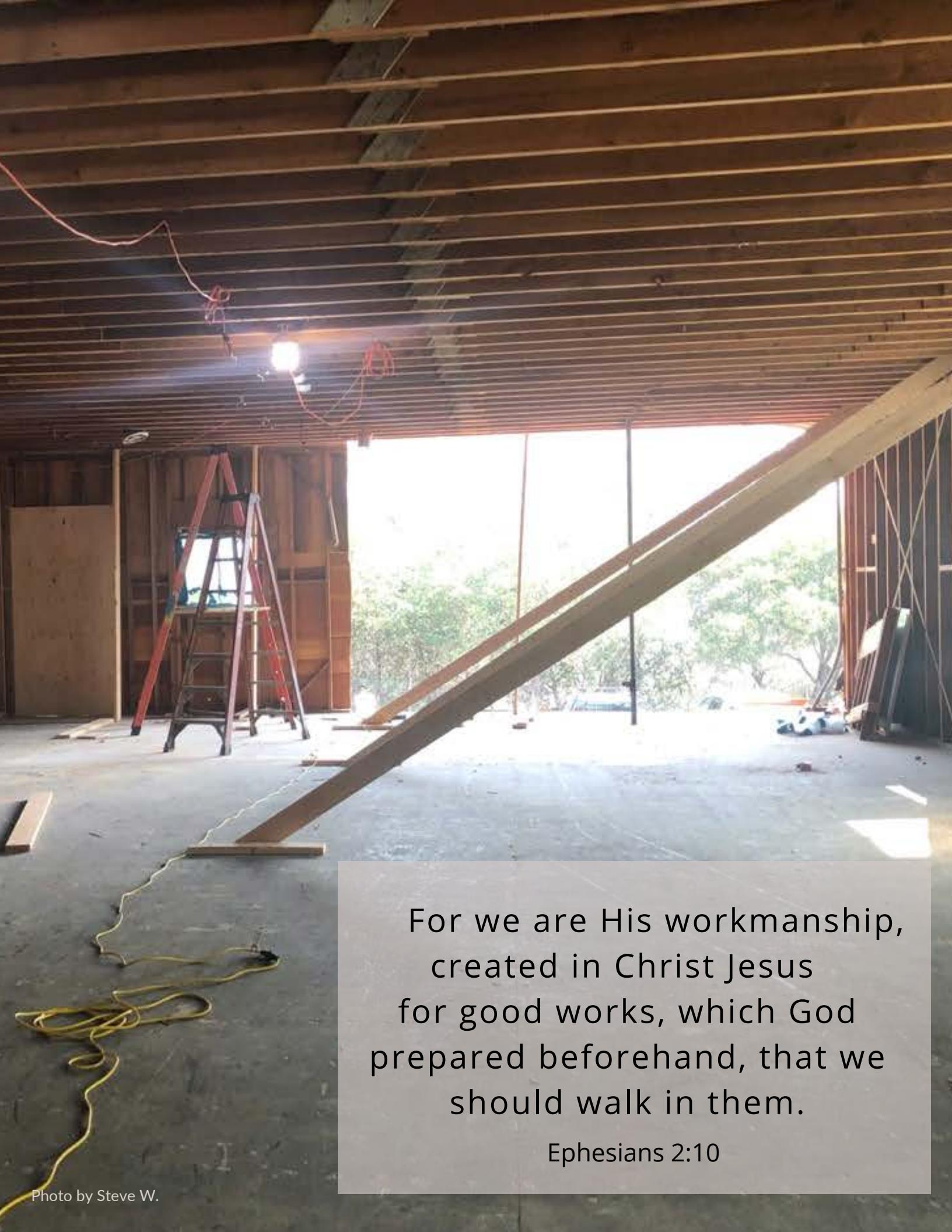
DIRECTIONS

Beat one egg white till soft peaks form. Mix flour mixture and buttermilk mixture together, then mix in beaten egg white. Heat waffle iron to hot. Spray waffle iron with Pam. Bake waffles on waffle iron till golden brown.

I top with a pat of butter before removing the waffle from the iron.

Heat pure maple syrup in the microwave in a little cup. Serve with waffles.

These freeze beautifully; pop them in the toaster oven and they might taste even better than when you first made them.



For we are His workmanship,
created in Christ Jesus
for good works, which God
prepared beforehand, that we
should walk in them.

Ephesians 2:10

STRANGEST FOOD

You Have Eaten?

Frog filopion tube soup (its a
chinese soup that dad likes)

a bug

DURIAN

Horse meat

RaBiT

cereal and avocado

Cow Brain

Pig ears

sea urchin sushi

ALLigator

SnaiLS

COYOTE

dads jumbuliya (it
tastes like trow up).

stinky tofu. ew

Cow Tongue

jello, rice krispies, gummies, and
oreos in one bite (it was a
project for school where I had
to build an island)

Mountain Lion

fish eye--didn't like

Desserts and Sweets



Earl Gray Macarons

Submitted and photo by Bethany Y.

I started baking macarons with a friend in college and I quickly learned that macarons are so finicky! After countless baking disasters and a lot of trial and error, I finally landed on this reliable recipe. These earl grey macarons are one of my favorite things to bake for Quest when it's my turn to bring refreshments. Happy baking (and don't be discouraged if they don't turn out right the first time, macarons are tricky)!

Recipe from <https://figandfarro.wordpress.com/2014/02/20/earl-grey-macarons/>

INGREDIENTS

2 egg whites
3/4 cup almond flour
1 cup powdered sugar
1/4 cup granulated sugar
~3 earl grey tea bags

DIRECTIONS

- 1) Sift almond flour, powdered sugar, and earl grey tea into a bowl and set aside.

Tip: I like to pulse the almond flour and powdered sugar together in a food processor as well as grind my earl grey tea using a mortar and pestle before I sift them. This creates a finer powder, makes it easier to sift, and gives a smoother texture to the macarons!

- 2) In a separate bowl, whisk egg whites until frothy and bubbly.

Tip: Use a standing mixture or electric beater to save time and energy! Slowly add the granulated sugar into the egg mixture and whisk until they form stiff peaks. (Optional) Mix in food coloring to the egg mixture.

- 3) In 2-3 batches, gently fold the flour mixture into the egg mixture.

Tip: Be careful not to overmix (loose, runny batter) or undermix (thick batter)! Using a spatula, lift some batter to draw a figure-8 over the bowl. The batter should drop smoothly from the spatula into the bowl and absorb back into rest of the batter within ~5 seconds.

- 4) Prepare a baking sheet with parchment paper.

- 5) Pour batter into a piping bag and cut a small hole at the end of the piping bag (~1/2 inch).

Tip: If you don't have a piping bag, you can use a Ziploc bag. Use a tall cup to hold your piping bag to easily transfer the batter!

- 6) Pipe ~1 - 1/2 inch circles onto the baking sheet, leaving space between each macaron.

Tip: I like to hold the piping bag vertically while squeezing to pipe symmetrical circles (versus drawing a circle).

- 7) From a few inches above the floor or countertop, drop the baking sheet 3-5 times to release air bubbles.
Set macarons aside to dry.

Tip: This can take anywhere from 10-30 minutes. With a dry finger, you should be able to gently touch the macaron without any batter sticking to your finger when you pull away. But don't dry too long - they should still look glossy!

- 8) Preheat oven to 325F. Bake for ~15 minutes.

Tip: You may have to play around with the temperature and timing to see what works with your oven. If you touch/gently move the tops of the macarons, they shouldn't move or wiggle. If they do, bake longer!

- 9) Set macarons aside to cool completely.

- 10) Fill with your favorite filling (chocolate ganache, buttercream, Nutella, etc.) and enjoy!

S'more's Cookies



Drawing by Kayla C.

S'more's Cookies

Submitted by Kayla C.

During shelter in place, my work had a COVID-19 relief challenge where we made masks, volunteered, and donated money to various charities. Each time we reached a milestone, we received a reward: something fun, but also something to help us connect while apart. One of my coworkers in Boston hosted baking classes. He and his daughter taught us how to make these yummy cookies!

INGREDIENTS

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

1 tsp corn starch
1/2 cup butter, softened
1/4 cup granulated sugar
1/2 cup brown sugar, packed
1 egg

1 tsp vanilla
4 graham crackers
1 Hershey's bar
1 cup marshmallows

DIRECTIONS

1. Heat oven to 350F.
2. Mix flour, baking powder, baking soda, salt and corn starch.
3. In a separate bowl, use a mixer to cream the butter, granulated and brown sugar, egg, and vanilla together. Feel free to cut the amount of brown sugar in half.
4. Add 1/3 of the dry ingredients at a time, into the butter mixture, until all added. Hand mix until incorporated. Don't over mix.
5. Crush graham crackers into small pieces, but not crumbs.
6. Chop up Hershey's bar and add half of it along with all the crushed graham crackers into the mix.
7. Drop cookies on pan and bake for 10 minutes. While it's baking, break marshmallows in half, pea size.
8. After the 10 mins, put marshmallows and a couple pieces of chocolate on top.
9. Put back in oven and bake another 3-5 minutes, until marshmallows are roasted.

And whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks to God the Father through Him.
Colossians 3:17

Strawberry Shortcake

Submitted and photo by Tiffany N.

This is my Grandma's homemade shortcake recipe, and I make it every year for my family at the beginning of strawberry season. We all look forward to it!

INGREDIENTS

4 cups flour
4 Tbsp sugar
6 tsp baking powder
2 tsp salt
2/3 cup shortening
1 1/2 cup milk
Butter

Toppings:

Milk, sugar, and freshly sliced strawberries

DIRECTIONS

- Preheat oven to 450 degrees. Grease cookie sheet.
- Stir together flour, sugar, baking powder, and salt. Add shortening and milk and stir until soft dough forms. If too dry, can add more milk; if too sticky, can add more flour.
- Spread on cookie sheet and dot with butter. Bake for 15 minutes or until just lightly browned on top.
- Best served warm. Pour milk over individual pieces of shortbread, sprinkle some sugar, and top with fresh strawberries!

For He made Him who knew no sin to be sin for us,
that we might become the righteousness of God in Him.

2 Corinthians 5:21



Photo from Canva

Apple Cobbler

Submitted by Emily K.

SERVES 8 - 10

INGREDIENTS

7 large Golden Delicious apples, peeled, cored, and sliced
1 can blueberry pie filling (optional)
1 cup sugar
2 tsp cinnamon
1 Tbsp tapioca

Streusel topping:

1/3 cup butter, melted
2/3 cup flour
3/4 cup brown sugar
1 cup pecans, crushed
2/3 cup oatmeal

DIRECTIONS

1. Mix sugar, cinnamon, and tapioca together.
2. Stir apples and sugar mixture to combine well.
3. In a separate bowl, mix melted butter, brown sugar, pecans, flour, and oatmeal together. If the mixture is runny and not fairly dry, add more flour.
4. Place apples in large flat casserole dish—8" x 12" (optional: pour a can of blueberry pie filling over the top)
5. Sprinkle streusel on top.
6. Cover loosely with a piece of foil, so the topping does not burn. Just lay a flat sheet on top, you do not want to trap steam inside.
7. Bake at 425 for 45 minutes.
8. Remove the foil and bake another 15 minutes, till apples are bubbling and topping is lightly browned. Let cool before serving.



Photo from Canva

A word fitly spoken is like apples of gold
in a setting of silver.

Proverbs 25:11

Chocolate Chiffon Pie

Recipe and photo by Miyon Y.



INGREDIENTS

1 envelope unflavored gelatin

3 egg yolks

1/3 cup sugar

1/4 tsp salt

1 tsp vanilla

2 1-ounce squares

unsweetened chocolate

(*See note for substitution)

1/2 cup water

3 egg whites

1/2 cup sugar

1 9-inch baked pastry shell,

cooled

whipped cream

DIRECTIONS

1. Soften gelatin in 1/4 cup cold water.
2. Beat egg yolks until thick and lemon colored.
3. Gradually beat in the 1/3 cup sugar; add salt and vanilla. Combine chocolate and 1/2 cup water; stir over low heat until blended.
4. Add softened gelatin; stir to dissolve. Immediately beat chocolate mixture into egg yolks.
5. Chill, stirring occasionally, until mixture is partially set.

1. Beat egg whites to soft peaks.
2. Gradually add 1/2 cup sugar, beating to stiff peaks.
3. Fold small amount of egg whites into chilled chocolate mixture.
4. Then spoon about half the chocolate mixture over remaining egg whites; fold in just until blended.
5. Repeat with remaining chocolate. If necessary, chill until mixture mounds when spooned.
6. Pile into cooled shell. Chill until firm.
7. Garnish with whipped cream.

*Note - 1 ounce square = 3 Tbsp cocoa powder + 1 Tbsp butter



Strawberry Lemonade

Recipe and Photo by Lillian C.

This strawberry lemonade is the closest replica of Cheesecake factory's lemonade - hand squeezed and delicious! Can be served in small glasses as a palate cleanser.

Tip: To pick the best strawberries, the outside skin of the strawberry should be slightly rubbery. (Per our strawberry expert Lillian who's high school job was to dip thousands of stemberries in chocolate at Pier 39!)

INGREDIENTS

1 cup fresh lemon juice (about 5 to 6 lemons)
1 teaspoon grated lemon peel
2 cups water
1 cup sugar
1 pint (= 1 lb) fresh strawberries.
(Hulled then pureed)
2 cups sparkling water (e.g. club soda)

YIELDS 4-6 SERVINGS

DIRECTIONS

1. Bring water and sugar to a boil in a pot.
2. When sugar dissolves and is clear again, turn off heat and let it cool.
3. Puree strawberries in a blender - you can use a little bit of the lemon juice to help puree the strawberries more easily.
4. Add lemon juice and grated lemon to cooled water and sugar mixture.
5. Then add pureed strawberries to the mixture.
6. Stir and chill.
7. Just before serving add 1 to 2 cups of sparkling to mixture.
8. Glasses can be garnish with a fresh strawberry.



Mochiko Cake

In loving memory of Bessie W.

A favorite from the 1st FBC Cookbook



Photo by Crystal Jo on Unsplash

INGREDIENTS

1 box Mochiko (3 - 1/3 cup) sweet rice flour
3 cup milk
2 and 1/2 cup brown sugar
2 eggs, beaten
1/2 cup margarine, melted
2 tsp baking powder
1 cup shredded coconut or sesame seeds

DIRECTIONS

1. Mix flour, sugar, milk, eggs, margarine and baking powder; mix until smooth.
2. Add the coconut and mix.
3. Pour into 9" x 13" inch pan and bake at 350 F. for 1 hour and 10 minutes

Arnold's Caramel Popcorn

In loving memory of Arnold L.

Submitted by Joanie L.

Arnold spent a lot of labor of love in following this recipe. One of his favorites!

INGREDIENTS AND DIRECTIONS

1. Preheat oven to 250 degrees
2. Have ready 5 quarts pop corn – place in a large bowl
3. Slowly stir the following 4 ingredients – 4 minutes bring to a boil
 - a. 1 cup of butter
 - b. 2 cups light brown sugar
 - c. 1/2 cup light corn syrup
 - d. 1 tsp salt
4. Stop stirring and add to the mixture...
 - a. 1/2 tsp baking soda
 - b. 1 tsp vanilla extract
5. Stir and pour mixture over popcorn
6. Spread the caramel popcorn over two baking trays and bake for 1 hour
7. Stir the caramel popcorn every 15 minutes.
8. Cool and separate into chunks and enjoy.

PREP AND COOK TIME: 90 MINS

Sour Cream Chocolate Marbled Pound Cake

Submitted by Emily K.

Recipe from Judith Olney's "Joy of Chocolate"

This is my most requested cake.
It is simply FANTASTIC.

INGREDIENTS

6 ounces semisweet chocolate
2 sticks butter
2 cups sugar
6 eggs
3 cups flour
 $\frac{1}{4}$ tsp salt
 $\frac{1}{2}$ tsp baking soda
1 tsp baking powder
1 cup sour cream
2 tsp vanilla
1 Tbsp almond extract



Photo from Canva

DIRECTIONS

1. Preheat oven to 325 degrees.
2. Grease and flour 10 inch tube pan with removable bottom.
3. Bring an inch of water to boil in a small pot. Place chocolate chips in a heat proof glass bowl which is larger in diameter than the pot. Place the bowl of chocolate on top of the pot over simmering water and melt chocolate chips. Remove bowl from the pot and let cool to room temperature.
4. Cream butter and sugar in mixer, beating 5 minutes till light and fluffy.
5. Beat in eggs, one at a time. Add vanilla and almond extract.
6. Mix dry ingredients together. Add dry ingredients alternating with sour cream.
7. Pour half the batter into prepared pan. Add melted chocolate to remaining batter and mix well. Spoon chocolate batter onto white batter and cut down and swirl the chocolate into the white batter. Place the pan on a baking sheet to catch any leaks.
8. Bake 1 hour and 15 minutes till pick comes clean.

Mochi Muffins

Submitted and Photo from Rachel F.

*My mom shared this recipe with me!
They're chewy and delicious- warm or cold!*

INGREDIENTS

1/4 cup unsalted butter, melted and cooled, plus more for greasing pans
2 cups mochiko sweet rice flour
1 cup dark brown sugar
2 tsp baking powder
1/2 tsp kosher salt
1 (13 oz) can of full-fat coconut milk
2 large eggs, room temperature
1 1/2 tsp vanilla extract
1 tsp molasses
Optional black and/or white toasted sesame seeds, for garnish



YIELD: 12 MUFFINS

DIRECTIONS

1. Preheat oven to 350 degrees F.
2. Grease the sides and top of a 12 cup muffin tin with softened butter.
3. In a medium bowl, whisk together the sweet rice flour, brown sugar, baking powder, and salt.
4. In the bowl of a stand mixer, whisk together the melted butter, coconut milk, eggs, vanilla and molasses.
5. With the mixer on low speed, slowly add the dry ingredients to the wet ingredients and mix until completely combined.
6. Divide the batter among the prepared muffin tin, filling each cup all the way to the top.
7. Sprinkle the tops with black and white sesame seeds.
8. Bake approximately 50 minutes or until the tops are brown and crispy and the muffin springs back when poked with a finger. For a chewier texture, bake for less time. Let cool for 10 minutes in the pan, then transfer to a wire rack to cool completely.

*"Gracious words are a honeycomb,
sweet to the soul and healing to the bones."
Proverbs 16:24*



But you, O Lord, are a shield about me,
my glory, and the lifter of my head.

Psalm 33



Photo by Dilyara Garifullina on Unsplash

Mama Ho's Easy Blueberry Cream Cheese Pie

Submitted by Della C.

DIRECTIONS

INGREDIENTS

1 baked pie shell
1 small container of Cool Whip
3 oz. cream cheese
3/4 cup powdered sugar
1 tsp vanilla
1 can blueberry pie filling (can also substitute cherry pie filling)

1. Whip together 1/2 pint of Cool Whip with 1 Tbsp powdered sugar.
2. In a bowl, cream together cream cheese, 3/4 cup powdered sugar, and 1 tsp vanilla.
3. Fold together the Cool Whip mixture with the cream cheese mixture.
4. Pour blended mixture into pie shell.
5. Spoon blueberry filling over top of the cream cheese mixture.
6. Place pie in refrigerator to chill.



Cranberry Coconut Chews

Submitted by and Photo by Lillian C.

Cranberry Coconut Chews recipe is from my friend Phyllis who made this for me for my 50th birthday tea party! I didn't prefer coconut until I ate these cookies!

DIRECTIONS

1. Preheat oven to 350 F.
2. In a large bowl (with a mixer on medium speed), beat the butter, sugar, orange peel and vanilla until smooth.
3. Beat in egg, until well blended.,
4. In a medium bowl, mix flour, baking powder, and salt.
5. Add to butter mixture, stir to mix, then beat on low until dough comes together (about 5 minutes).
6. Mix in cranberries and coconut. (*Note: mixture may look dry until it comes together as a dough. If it is too crumbly to form a ball, the dough needs to be mixed longer. It should be smooth.)
7. Shape dough into 1 inch balls and place about 2 inches apart on buttered baking sheet.
8. Bake for 11 to 15 minutes or until the edges are golden.

Shorter baking time will yield a chewier cookie.

INGREDIENTS

1 and 1/2 cups butter
2 cups sugar
1 Tbsp grated orange peel
2 tsp vanilla extract
1 large egg
3 and 1/4 cup flour
1 tsp baking powder
1/4 tsp salt
1 and 1/2 cups dried cranberries
1 and 1/2 cups sweetened, flaked dried coconut



Brown Sugar Shortbread with Chocolate Ganache

Submitted and photo by Lillian C.

Brown sugar shortbread is fun because you can half dress them with ganache and add chopped pecans. There are lots of ways you can dress these cookies for a festive event. I always make these when I host tea parties for my friends!

INGREDIENTS

Shortbread:

- 1 cup salted butter, softened
- 3/4 cup light brown sugar, packed
- 2 tsp pure vanilla
- 2 cups all-purpose flour

Ganache:

- 1/4 cup heavy cream (or half and half, to serve along with tea)
- 1 cup semi-sweet chocolate chips
- 2 tsp light corn syrup

DIRECTIONS

Shortbread

- Preheat oven to 325 F.
- In a large bowl, cream butter and sugar with an electric mixer at medium speed.
- Scrape down the sides of bowl.
- Add vanilla and flour, and blend thoroughly on low speed.
- Shape level tablespoonfuls of dough into 1 inch balls, then form into logs 2 inches long and 1 inch wide.
- Place on ungreased baking sheets, 2 inches apart.
- Bake for 17-19 minutes or until cookies spread and turn lightly golden brown.
- Transfer onto a cool, flat surface.

Ganache

- Scald cream in a small saucepan, then remove from heat.
- Stir in chocolate chips and corn syrup; cover and let stand for 15 minutes.
- With a small wire whisk or wooden spoon, gently mix ganache until smooth, being careful not to create bubbles in the chocolate.
- When the cookies are completely cooled, drizzle patterns on them.
- Refrigerate the cookies on waxed paper until the ganache has set (about 10 minutes).

Spice Cookies

Submitted by Emily K.

I got this recipe from a girl in my freshman dorm in 1977 and have been making them regularly ever since. Chewy with a crinkly top, this is a classic in our house.

INGREDIENTS

3/4 cup shortening or butter
1 cup sugar
1 egg
1/4 cup molasses
2 cups flour
2 tsp baking soda
1/4 tsp salt
1 tsp cinnamon
3/4 tsp cloves
3/4 tsp powdered ginger
.

DIRECTIONS

1. Preheat oven to 375 degrees.
2. Mix shortening, sugar, egg, molasses.
3. Sift together dry ingredients, then stir into egg mixture.
4. Form into 1.5 inch balls
5. Place 2 inches apart on baking sheet.
6. Bake 10 minutes.
7. Remove while still hot/warm to a cooling rack.



Photo by Jennifer Pallian on Unsplash

INGREDIENTS

2 large eggs plus 1 egg yolk
5 oz. sugar
1 and 1/2 tsp lemon juice
5 oz. all-purpose flour plus 1/4 tsp baking powder, sifted
5 oz. unsalted butter melted
1 tsp pumpkin pie spice
1 Tbsp Trader Joe's Pumpkin Butter



DIRECTIONS

Preheat oven to 400 degrees.

- Grease madeleine pan with cooking spray.
- In a mixer, beat eggs and sugar until thick and foamy.
- Mix in lemon juice.
- Fold in flour/baking powder mixture.
- Mix in melted butter, pumpkin spice and pumpkin butter.
- Fill madeleine pan molds until just below the top edge and tap lightly.

Bake 9-11 minutes until slightly golden and toothpick test reveals cooked all the way. Cool on cooling rack.

Pumpkin Spice Madeleines

Submitted and Photo by Jenni Y.



See what great love
the Father has
lavished on us,
that we should
be called
children of God!
And that is
what we are!

1 John 3:1a



*All the fat belongs to God..."
Leviticus 3:16A*

DIRECTIONS

1. Preheat oven to 450 degrees F (230 degrees C). Grease a cookie sheet.
2. In a medium saucepan, combine 1/2 cup butter and 1 cup water. Bring to a boil, stirring until butter melts completely. Reduce heat to low, and add flour and salt. Stir vigorously until mixture leaves the sides of the pan and begins to form a stiff ball. Remove from heat. Add eggs, one at a time, beating well to incorporate completely after each addition. With a spoon or a pastry bag fitted with a No. 10, or larger, tip, spoon or pipe dough onto cookie sheet in 1 1/2 x 4 inch strips.
3. Bake 15 minutes in the preheated oven, then reduce heat to 325 degrees F (165 degrees C) and bake 20 minutes more, until hollow sounding when lightly tapped on the bottom. Cool completely on a wire rack.
4. For the filling, combine pudding mix and milk in medium bowl according to package directions. In a separate bowl, beat the cream with an electric mixer until soft peaks form. Beat in 1/4 cup confectioners' sugar and 1 teaspoon vanilla. Fold whipped cream into pudding. Cut tops off of cooled pastry shells with a sharp knife. Fill shells with pudding mixture and replace tops.
5. For the icing, melt the chocolate and 2 tablespoons butter in a medium saucepan over low heat. Stir in 1 cup confectioners' sugar and 1 teaspoon vanilla. Stir in hot water, one tablespoon at a time, until icing is smooth and has reached desired consistency. Remove from heat, cool slightly, and drizzle over filled eclairs. Refrigerate until serving.

Instead of frosting, I use this Chocolate Ganache recipe:

Heat the heavy cream in a saucepan over medium high heat until it comes to a slight boil. Dump the chocolate chips into a bowl and pour the hot cream over the chocolate making sure to submerge it. Let the chocolate sit for a few minutes then stir until it becomes a smooth, creamy consistency. Let it cool slightly before piping or spooning onto assembled eclairs.

Eclairs II Recipe

Submitted and Photo by Alexandra C.

Recipe from

www.allrecipes.com/recipe/19010/eclairs-ii/

These are a simple version of a technically difficult dessert! Also tastes great with sugar-free substitutes like sucralose and sugar-free jello pudding. Enjoy!

INGREDIENTS

1/2 cup butter
1 cup water
1 cup all-purpose flour
1/4 teaspoon salt
4 eggs
1 (5 ounce) package instant vanilla pudding mix
2 and 1/2 cups cold milk
1 cup heavy cream
1/4 cup confectioners' sugar
1 teaspoon vanilla extract
2 (1 ounce) squares semisweet chocolate
2 tablespoons butter
1 cup confectioners' sugar
1 teaspoon vanilla extract
3 tablespoons hot water

GANACHE:

1 cup semisweet chocolate
1/2 cup heavy whipping cream

MAKES 9 ECLAIRS

PREP TIME: 15 MINS

COOK TIME: 45 MINS

Pumpkin Cream Cheese Swirl Muffins

Submitted and Photo by Elizabeth C.

I found this recipe when I wanted to make something with pumpkin in it to welcome the Fall season! They're amazing with or without cream cheese!

PREP TIME: 12 mins

COOK TIME: 18 mins

MAKES 18 muffins

INGREDIENTS FOR MUFFIN:

1 3/4 cups all purpose flour
1 Tbsp pumpkin spice
1 tsp baking soda
1/2 tsp salt
1 (15 oz) can pumpkin (pure pumpkin puree)
1 cup granulated sugar
1/2 cup packed brown sugar
2 large eggs
1/2 cup vegetable oil
1 Tbsp vanilla extract

INGREDIENTS FOR CREAM CHEESE SWIRL

8 oz cream cheese
1/4 cup granulated sugar 1
large egg yolk
2 tsp vanilla extract

DIRECTIONS

Preheat oven to 375° F. Place paper baking cups into muffin pan. Set aside.

1. In a medium bowl, whisk flour, pumpkin spice, baking soda and salt until well combined. Set aside.
2. In large bowl, whisk together pumpkin, sugar and brown sugar.
3. Beat in eggs, vegetable oil and vanilla extract. Slowly whisk in the flour mixture, until there are no lumps. Fill muffin tins 3/4 full.
4. In a medium bowl, beat cream cheese until smooth. Add in sugar, egg yolk and vanilla extract and beat until well combined.
5. Top each muffin with about 1 tablespoon of cream cheese mixture and use a toothpick to swirl it into the batter. This will not look smooth, but it will bake up much prettier.
6. Bake muffins for 18-20 minutes, or until a toothpick inserted in the center comes out clean.

Recipe from

thenovicechefblog.com/pumpkin-cream-cheese-swirl-muffins/?

Chocolate Buttermilk Cake

Submitted by Emily K.

This cake has great texture, good flavor. Serve simply, with raspberries & whipped cream. Adapted From Judith Olney's "Joy of Chocolate"

INGREDIENTS

2 sticks (1 cup) butter
1 and 1/2 cups sugar
2 eggs
1/2 cup cocoa powder
1 tsp baking soda
1 tsp baking powder
1 tsp cinnamon
2 cups flour
1 and 1/2 cup buttermilk
1 tsp vanilla
1 Tbsp instant coffee dissolved in 1 Tbsp hot water
1 tsp vanilla extract
1 Tbsp instant coffee dissolved in 1 Tbsp hot water

You will need a three inch tall, 10 inch diameter cake pan. If using a shorter pan, it will overflow.



Photo from Canva

DIRECTIONS

Preheat oven to 350 degrees.

- Cut a circle of parchment paper to fit the bottom of the pan.
- Grease bottom and sides of the pan, then line bottom with parchment paper, then grease the parchment paper.
- Cream butter and sugar with an electric mixer until fluffy. Let it go for a good 5-7 minutes, it should be the texture of light airy frosting.
- Add eggs, one at a time, beating well after each.
- Sift cocoa to get rid of lumps.
- Mix together cocoa, flour, baking powder, baking soda, cinnamon.
- Add half of flour mixture to butter mixture and blend just till mixed.
- Add buttermilk, coffee, and vanilla and stir till just mixed.
- Add the remaining flour mixture and mix well, scraping down sides of pan. Pour batter into prepared pan. (I make a depression in the middle of the cake batter, and it bakes with a flat top.)

Bake 45 minutes till pick comes clean..

Let cool completely.

Slide a knife around the edge and tip over to release cake from pan. Peel parchment off the bottom and invert again onto cake plate so that it is upright.

YIELDS a single, lofty (2.5 inch tall) 10 inch round cake.



Lemon Ginger Bundt Cake

Submitted and photo by Miyon Y.

Fresh citrus and crystallized ginger sparkle up this buttery, dense cake. A dusting of confectioners' sugar finishes its presentation.

INGREDIENTS

1 cup (2 sticks) unsalted butter, room temperature, plus more for pan
3 cups all-purpose flour (spooned and leveled), plus more for pan
2 Tbsp finely grated lemon zest and $\frac{1}{3}$ cup fresh lemon juice (from 2 lemons)
1/3 cup minced crystallized ginger
1 tsp baking soda
1 tsp salt
2 1/2 cups granulated sugar
6 large eggs
1 cup sour cream
Confectioners' sugar, for dusting

DIRECTIONS

1. Preheat oven to 350 F.
2. Butter and flour a standard 12-cup bundt pan.
3. In a medium bowl, whisk together flour, lemon zest, ginger, baking soda, and salt; set aside.
4. Using an electric mixer, beat butter and granulated sugar on medium-high until light and fluffy, 4 to 5 minutes. Add eggs one at a time, beating well after each addition; mix in lemon juice.
5. With mixer on low, alternately add flour mixture in three parts and sour cream in two, beginning and ending with flour mixture; mix just until incorporated (do not overmix). Spoon batter into prepared pan, and smooth top with a rubber spatula. Firmly tap pan on a work surface to level batter.
6. Bake until a toothpick inserted in center of cake comes out clean; 55 to 60 minutes (if cake browns too quickly, tent loosely with aluminum foil).
7. Let cake cool in pan 30 minutes, then turn out onto a rack to cool completely. (To store, wrap cake in plastic and keep at room temperature, up to 3 days) Dust with confectioners' sugar before serving.

YIELDS 12 SERVINGS



"But the fruit of the Spirit
is love, joy, peace,
forbearance, kindness,
goodness, faithfulness,
gentleness and self-control.
Against such things
there is no law."

Galatians 5:22-23

Mexican Wedding Cakes

Submitted by Emily K.

A.k.a. Russian Tea Cakes or Snowball Cookies, this is one of my favorite cookies to eat. From James Peterson's Baking Book



Photo from Canva

INGREDIENTS

2 cups flour
1/4 tsp salt
1 cup butter
2/3 cup sugar
2 tsp vanilla
2 cups pecans, toasted and finely chopped

YIELDS 6 dozen cookies

Tip: Make little cookies.
Smaller is better!

DIRECTIONS

- Mix butter and sugar together.
- Add vanilla and mix well.
- Then, add flour and salt to combine.
- Add pecans and mix well.
- Chill dough.
- Preheat oven to 275 degrees.
- Roll chilled dough into 3/4 inch balls and place on ungreased cookie sheet. They will not spread much so you can place them an inch apart.
- Bake at 275 degrees for 25 minutes.
- Let cool. Roll in powdered sugar.

Grandma's Rice Puff Treats

Submitted by Johanna D.

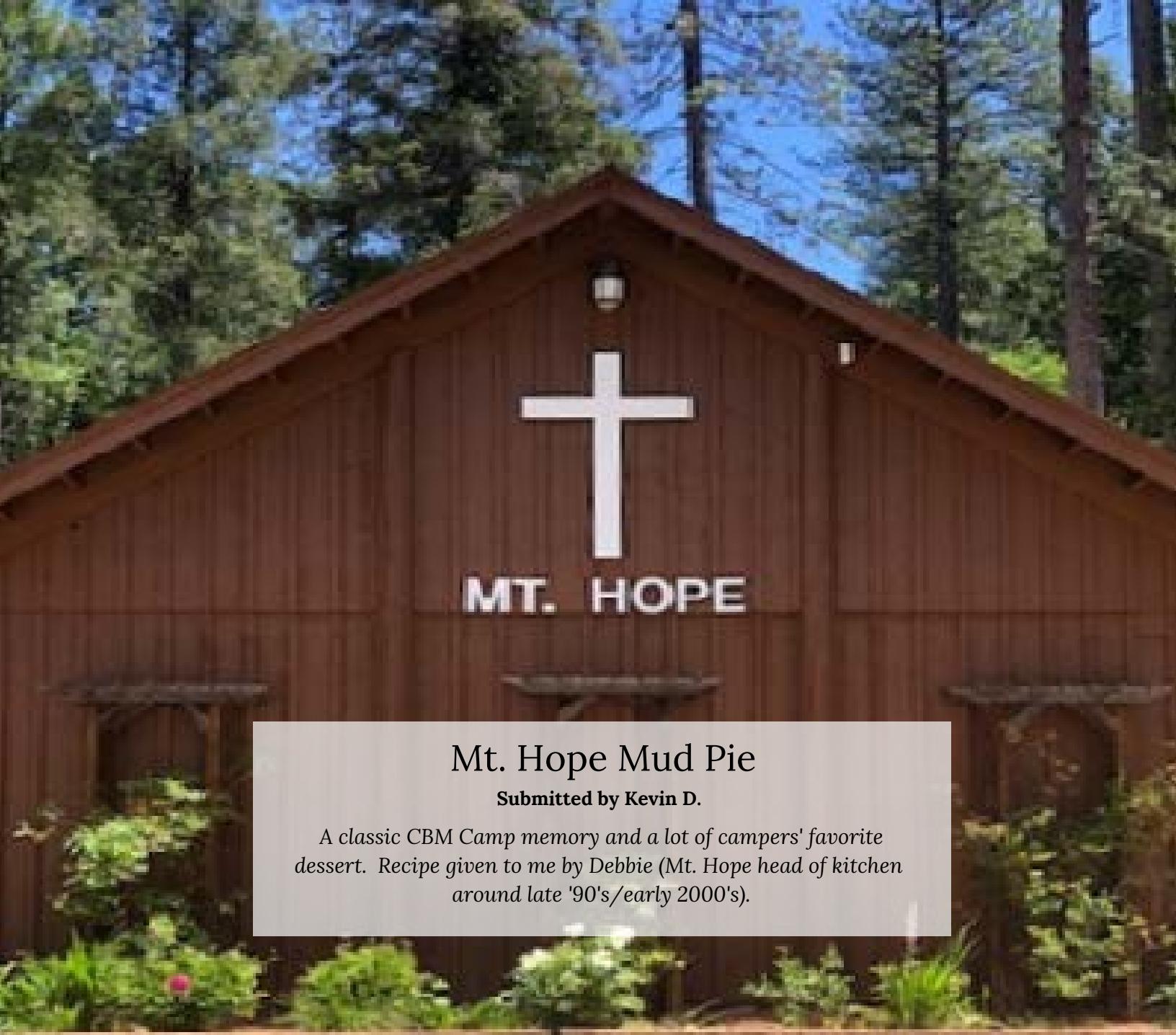
My grandma used to make these every time we saw her.....
she knew they were my favorite! They are light, crispy and just a little sweet! My favorite version of a rice krispy treat!



Photo from Canva

INGREDIENTS AND DIRECTIONS

1. Toast 8 cups of puffed rice cereal at 300 F.
2. Combine over low heat: 1 cup sugar, 3/4 cup light corn syrup, 1/2 cup butter or margarine.
3. Stir until candy drop test is crunchy (~20 minutes).
4. Add peanuts (as much as you would like) into the pot.
5. Add sauce into the cereal and stir until evenly distributed.
6. Press into cookie sheet with wax paper.
7. Flip onto cutting board and cut before it hardens.



Mt. Hope Mud Pie

Submitted by Kevin D.

A classic CBM Camp memory and a lot of campers' favorite dessert. Recipe given to me by Debbie (Mt. Hope head of kitchen around late '90's/early 2000's).

INGREDIENTS

- 4 cups Oreo cookie crumbs
- 1/2 cup margarine
- 6 cups (1/2 #10 can) chocolate pudding
- 16 oz. cream cheese (room temp.)
- 2 cups powdered sugar
- 2 tsp vanilla
- 8 cups whipped cream

YIELD: 25 SERVINGS

DIRECTIONS

1. Mix cream cheese, powdered sugar, and vanilla.
2. Whip the whipped cream to hard peaks.
3. Layer in 9x 13 or larger pan as follows:
 - Oreo crumbs
 - Chocolate pudding
 - Cream cheese mixture
 - Whipped cream
 - Sprinkle with chocolate chips

Apple Bavarian Torte

Submitted by Lanette H.

INGREDIENTS

Crust:

1/2 cup butter
1/3 cup white sugar
3/4 teaspoon vanilla extract
1 cup all-purpose flour
1 tsp vanilla extract

Cheese Mixture:

1 (8 ounce) package cream cheese
1/4 cup white sugar
1 egg
1/2 teaspoon vanilla extract

Apple Mixture:

6 medium (2 3/4 diameter) (approx 3 per lbs) apples - peeled, cored, and thinly sliced
1/3 cup white sugar
1/2 teaspoon ground cinnamon
1/4 cup sliced almonds

DIRECTIONS

1. Preheat oven to 450 degrees F (230 degrees C). Grease bottom of a 9-inch springform pan. Set aside.
2. Cream together butter, 1/3 cup sugar, vanilla, and flour. Press crust mixture into the flat bottom of a 9-inch springform pan. Set aside.
3. In a medium bowl, blend cream cheese and 1/4 cup sugar. Beat in egg and vanilla. Pour cheese mixture over crust.
4. Combine 1/3 cup sugar and 1/2 teaspoon cinnamon. Toss the sliced apples with the sugar mixture and spread over the cheese filling.
5. Bake for 10 minutes. Reduce heat to 400 degrees F (200 degrees C) and continue baking for 25 minutes. Sprinkle almonds over top of torte. Continue baking until almonds are lightly browned and apples are tender. Cool before removing from pan.

Photo from Canva



Orange Chiffon Cake

Submitted by Emily K.

I got this recipe from Frances, who brought it to a family party. It is remarkably easy to make, and one of my favorite cakes. A friend of mine who tasted it remarked "Well, that's a little bit of heaven, isn't it?". You will need a 10 inch tube pan with removable bottom.

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Photo from Canva

INGREDIENTS

Cake:

2 and 1/4 cups cake flour
1 and 1/2 cups sugar
1 Tbsp baking powder
1/2 tsp salt
1/2 cup vegetable oil
5 egg yolks
3/4 cup fresh orange juice
2 Tbsp grated orange zest
2 tsp vanilla
8 egg whites
1 tsp cream of tartar

Frosting:

2 cups well chilled heavy cream
2 Tbsp Grand Marnier or other orange liqueur
2 tsp orange zest
1/4 cup sugar

DIRECTIONS

- Preheat oven to 325 F. In a large bowl mix together flour, 3/4 cup of sugar (NOT ALL THE SUGAR), baking powder and salt.
- In another large bowl whisk together oil, egg yolks, orange juice, orange zest, and vanilla. Add the oil mixture to the flour mixture, whisking till smooth.
- In another large bowl, using an electric mixer, beat egg whites, cream of tartar, and the remaining 3/4 cup sugar until the egg whites hold stiff glossy peaks. Stir 1/3 of the egg whites into the batter to lighten it, then fold in the remaining whites gently but thoroughly.
- Pour the batter into an UNGREASED 10-inch tube pan with a removable bottom. Place the pan on a baking sheet and bake the cake in the middle of a preheated 325°F. oven for 1 hour, or until the tester comes out clean.
- Invert the pan immediately onto a wine bottle neck, so that the cake pan tube is resting on the bottle, and let the cake cool completely IN THE PAN upside down.
- Once the cake is COMPLETELY cool, run a long thin knife around the outer edge and remove the cake with center tube. Run the knife around the bottom and tube edges of the pan and, using 2 spatulas, carefully lift the cake off the pan onto a serving plate.
- For the frosting: Using an electric mixer, beat above ingredients until the cream holds stiff peaks. Frost top and sides of cake.

Chocolate Biscotti with Hazelnut/Walnut

Submitted by Lanette H.

Recipe from mimicooks.files.wordpress.com/2010/05/mcbiscotti2.jpg

INGREDIENTS

1-1/4 cup all-purpose flour (300ml)
1/3 cup cocoa powder (80 ml)
2 tsp baking powder (10 ml)
Pinch salt
Grated zest of 1/2 orange

1 cup sugar (250 ml)
1/3 cup extra virgin olive oil (80ml)
2 large eggs
1 tsp pure vanilla extract (5 ml)
1 cup whole hazelnuts (250 ml) or almonds

YIELDS 40 BISCOTTI



Photo from Canva

DIRECTIONS

1. Preheat oven to 325 degrees F.
2. Line a large baking sheet with parchment paper.
3. Sift flour, cocoa, baking powder, and salt into a medium bowl. Add hazelnuts or almonds.
4. In another bowl, add orange zest, sugar, oil, eggs and vanilla extract. Whisk until smooth.
5. Add the egg mixture to the flour mixture. Stir with wooden spoon and blend well.
6. Divide dough in half and shape each into a cylinder (roughly 12 x 2-inches). Dough will be sticky so use a little oil on hands to shape dough.
7. Arrange the cylinders on the baking sheet, leaving at least 3-inches – they will spread out as they bake.
8. Bake for 25-30 minutes or until golden and firm.
9. Remove from oven and let stand for 15 minutes before cutting to keep shape.
10. With a large spatula carefully scrape cylinders off tray and transfer to a cutting board.
11. Carefully slice crosswise on the diagonal with a serrated edge knife (in one full cut) into 1/2-inch slices.
12. Put slices back onto the baking sheet, lying flat and not overlapping.
13. Bake a second time (again at 325 degrees F) for 20 more minutes or until golden brown and crisp.

Air-Fried Beignets

Submitted by Rachel F

Recipe from

<https://bluejeanchef.com/recipes/air-fried-beignets/>

A healthier alternative to deep-fried beignets :)

We love because He first loved us.

1 John 4:19



Photo from Canva

DIRECTIONS

- Combine the lukewarm water, a pinch of the sugar and the yeast in a bowl and let it proof for 5 minutes. It should froth a little. If it doesn't froth, your yeast is not active and you should start again with new yeast.
- Combine 3 1/2 cups of the flour, salt, 2 tablespoons of butter and the remaining sugar in a large bowl, or in the bowl of a stand mixer.
- Add the egg, evaporated milk and yeast mixture to the bowl and mix with a wooden spoon (or the paddle attachment of the stand mixer) until the dough comes together in a sticky ball. Add a little more flour if necessary to get the dough to form. Transfer the dough to an oiled bowl, cover with plastic wrap or a clean kitchen towel and let it rise in a warm place for at least 2 hours or until it has doubled in bulk. Longer is better for flavor development and you can even let the dough rest in the refrigerator overnight (just remember to bring it to room temperature before proceeding with the recipe).
- Roll the dough out to 1/2-inch thickness. Cut the dough into rectangular or diamond-shaped pieces. You can make the beignets any size you like, but this recipe will give you 24 (2-inch x 3-inch) rectangles.
- Pre-heat the air fryer to 350°F.
- Brush the beignets on both sides with some of the melted butter and air-fry in batches at 350°F for 5 minutes, turning them over halfway through if desired. (They will brown on all sides without being flipped, but flipping them will brown them more evenly.)
- As soon as the beignets are finished, transfer them to a plate or baking sheet and dust with the confectioners' sugar. Serve warm with a chocolate or raspberry sauce.

INGREDIENTS

- 3/4 cup lukewarm water about 90°F
- 1/4 cup sugar
- 1 generous tsp active dry yeast 1/2 envelope
- 3 and 1/2 to 4 cups all-purpose flour
- 1/2 tsp salt
- 2 Tbsp unsalted butter room temperature and cut into small pieces
- 1 egg lightly beaten
- 1/2 cup evaporated milk
- 1/4 cup melted butter
- 1 cup confectioners' sugar
- chocolate sauce or raspberry sauce to dip

YIELDS 24 beignets



Set an example in speech, in life,
in love, in faith, and in purity.

1 Timothy 4:12

Triple Berry Pie

Submitted and Photo by Grace S.

Recipe from

<https://tastesbetterfromscratch.com/triple-berry-pie/>

My older daughter introduced me to the Triple Berry Pie and making a crust from scratch. She and later I have made it at least 3 times. Btw, the easiest way for getting the berries, is buying Costco's. For such a large quantity, they are perfect!



INGREDIENTS

Homemade pie crust for a 9" deep dish pan. This recipe makes 2 crusts: one for the bottom and one for the top

7 cups fresh or frozen raspberries, blueberries and blackberries about 2 1/3 cups of each type of berry

1 cup granulated sugar (plus a little extra to sprinkle on top of the pie)

1 Tbsp lemon juice

4 Tbsp cornstarch

2 Tbsp butter

1 large egg white beaten with a fork

Prep Time: 20 min

Cook Time: 45 min

Servings: 12

DIRECTIONS

1. Cook berries: Add berries, sugar and lemon juice to a large saucepan over medium heat.
2. Simmer, until warm and juicy, about 5-10 minutes, gently stirring occasionally. (You can taste it at this point and see if it's sweet enough for your liking. I don't like to make mine too sweet, but if you want it sweeter you can add 1/4 cup more sugar.)
3. Thicken filling: Spoon out about 1/2 cup of the juice from the pan into a bowl. Stir cornstarch into the juice until smooth.
4. Bring pot of berries back to a simmer and slowly pour in the cornstarch. Gently stir mixture (being careful not to mash the berries) until thickened, about 2-5 minutes.
5. Cool and add to pie shell. Remove from heat and stir in the butter. Allow to cool for 15 minutes. Pour mixture into unbaked pie shell (in a 9" deep dish pan).
6. Add lattice top or a whole top with holes pricked on top for steam to escape. (See directions for lattice crust below). Pinch the edges of the top and bottom pie crusts together and crimp the edge, if you like. Brush a thin layer of beaten egg white over the top of the pie and sprinkle lightly with sugar.
7. Bake at 400 degrees F. for 40-45 minutes. Check it after about 25 minutes and place a piece of aluminum over it if the top crust is getting too brown. Remove to a wire cooling rack and allow to cool for several hours. Once cooled completely, you can cut into it or cover it and refrigerate it overnight to serve the next day.
8. For the lattice crust: Roll out crust on a lightly floured counter or on a piece of parchment paper. (I like to place a piece of parchment paper on top of a damp kitchen towel to keep it from moving around). Roll the pie crust into a large circle that's about 1-2 inches larger than the top edge of your pie dish. Cut strips. Use a pizza cutter to cut strips. Cut them as wide as you'd like them to be (there's really no right or wrong way). Lay first layer of strips. Lay your longest strip across the middle of the pie then lay a few shorter strips on either side, parallel to each other and spaced evenly. Fold back even numbered strips. Fold back the second and 4th strip and lay a shorter strip of dough perpendicular to other dough strips. Unfold those dough strips over the new strip. Fold back odd numbered strips: fold back the first, third and fifth strips in the same direction and lay another dough strip across the pie. Unfold the first, third and fifth strips over the new strip. Repeat steps 4 and 5 until pie is covered with a lattice crust. Trim dough strips. If your dough strips hang over the edge of the pie, trim them to the edge. Pinch crusts together. Pinch the lattice top with the bottom crust to form one unified outer edge. Crimp edges.

*Notes...I LOVE Costco's bag of frozen berries. It already has all three types of berries and they are big and beautiful and you can't beat the price! To make ahead: This pie can be prepared completely 1 day ahead of time. You can also prepare the filling up to 3 months ahead of time and store it in the freezer. Thaw it overnight in the refrigerator before pouring in unbaked pie crust. To freeze: You can freeze the baked pie for up to 3 months. Thaw overnight in the refrigerator and allow to come to room temperature before serving.

Almond Jello

Submitted by Emily K.

This is my mother's recipe. When I was young, my job was to make this for big parties. Back then we always used canned fruit cocktail. 3 recipes feeds about 15-20 guests

INGREDIENTS AND DIRECTIONS

Gelatin

1 envelope gelatin
1/4 cup cold water
3/4 cup boiling water
1/3 cup sugar
1 cup nonfat milk
1 tsp almond extract
Softens gelatin in cold water.
Add sugar and boiling water, stirring to dissolve.
Add milk and almond extract.
Pour into a pyrex dish and chill.

Syrup

1/3 cup sugar
1 cup boiling water
1 cup cold water
1/2 tsp Almond extract
Dissolve sugar in boiling water. Stir in cold water and almond extract. Cover and chill.

Fruit

1 can mandarin oranges, chilled
1 can pineapple chunks, chilled
1 can pitted bing cherries, drained or 1 box fresh raspberries

To serve: Cut the gelatin into cubes. Pour gelatin into a large serving bowl. Add chilled syrup and chilled fruit and stir gently.

Photo by Joshua Hoehne on Unsplash

15 Minute Puff Pastry

Submitted by Grace S.

Recipe from

<https://www.dessertfortwo.com/15-minute-puff-pastry/>

I tried using the frozen butter puff pastries from Trader Joe's and Whole Foods, but it never turned out the way the show does it. I then found the best the puff pastry recipe, which I've included here. I make a minimum of two puff pastries at a time and freeze them until I'm ready to make the Almond Galette. I have made this at least 6 times. And getting ready to make it again very soon.



Photo from Canva

INGREDIENTS

1 cup all-purpose flour
1/4 tsp fine salt
10 Tbsp high quality butter, cold
1/3 cup ice cold water
*Yields 1 sheet of dough

My son, do not forget my teaching, but keep my commands in your heart, for they will prolong your life many years and bring you peace and prosperity. Let love and faithfulness never leave you; bind them around your neck, write them on the tablet of your heart. Then you will win favor and a good name in the sight of God and man. Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight. Do not be wise in your own eyes; fear the Lord and shun evil. This will bring health to your body and nourishment to your bones. Honor the Lord with your wealth, with the firstfruits of all your crops; then your barns will be filled to overflowing, and your vats will brim over with new wine. My son, do not despise the Lord's discipline, and do not resent his rebuke, because the Lord disciplines those he loves, as a father the son he delights in.

Proverbs 3:1-12

DIRECTIONS

1. In a medium bowl, add the flour and salt. Stir to mix.
2. Next, cube the butter and then add it to the flour bowl. Using a pastry blender or two knives, cut the butter into the dough. It will be very crumbly, and you're done when the butter is in uniform pieces all about the size of peas.
3. Next, make a hole in the center of the dough and pour in all of the water. Using a fork, stir to combine the dough.
4. Flour a cutting board, and add the dough. Pat it into a rough square. You will still see chunks of butter and it will seem too dry, but do not add extra water. The dough will come together with each roll.
5. Flour the rolling pin, and roll the dough out in front of you into a rectangle about 10" long. No need to be too precise here.
6. Fold the bottom third of the dough over the middle of the dough. Fold the upper third of the dough on top of the middle too. Rotate the dough one-quarter turn, and repeat. Use additional flour as needed to prevent the dough from sticking.
7. Roll out, fold, and turn the dough at least 6 or 7 times. When done, wrap the dough in plastic wrap and chill for at least one hour, or overnight. Dough may be frozen, too.
8. Roll out with flour for desired puff pastry use. Please note that this recipe does not have baking temperature and time, because you're supposed to use this pastry in any recipe that calls for one sheet of puff pastry.



Recipe from
<https://www.pbs.org/food/recipes/marys-galette/>

INGREDIENTS

- 750g ready-made butter puff pastry, chilled
- Plain flour for dusting

For the frangipane filling

- 1/2 cup unsalted butter, softened
- 1/2 cup caster sugar (superfine or baker's)
- 1 large free-range egg, plus 1 yolk, at room temperature
- 1/2 cup ground almonds
- 1/4 cup flaked almonds, untoasted
- 1 tsp almond extract
- Beaten egg, to glaze

Mary's Galette

Submitted and photo by Grace S.

My all time favorite is the Almond Galette which I learned how to make from binge watching the British Bakeoff Show on Netflix.

DIRECTIONS

1. Line a baking sheet with baking parchment. Roll out half the pastry on a lightly floured worktop until slightly thinner than a pound coin. Flour the rolling pin, not the pastry. Cut out a round about 23cm (9") in diameter. Set on the lined baking sheet.
2. Roll out the rest of the pastry in the same way and cut a second round. Set this on top of a piece of nonstick parchment paper, and then place on top of the first layer. Then cover the whole lot with cling wrap. Refrigerate until firm, while making the filling.
3. Beat the butter and sugar until creamy with a wooden spoon or electric mixer. Beat the egg with the yolk until just combined, then gradually add to the butter mixture a little at a time to prevent curdling, while beating the mixture. Remove from mixer.
4. Add almonds in separate bowl. Add almond extract to the butter and egg mixture. Then tip in all the almonds into the mixture and mix together gently by hand. It's optional to cover the bowl and chill for 15 to 20 minutes.
5. When ready to assemble uncover the pastry, and remove the top round and cling wrap. Spoon the filling onto the center of one of the pastry rounds on the baking sheet, mounding it slightly in the middle, and leaving a 2 cm (approx. 1") border uncovered all around the edge.
6. Brush the pastry border with a beaten egg, then gently lay the second pastry round over the filling. With your hand, gently press the edges firmly together to seal. Holding the finger of one hand down on the pastry and the other hand holding a small knife blade at right angles to the side of the pastry, 'knock up' the edge all around the pastry. Then go around the edge using the back of the knife to press down indentations at 1" intervals.
7. Brush the top of the pastry very lightly with beaten egg to glaze and chill for 30 minutes. Do not glaze the knocked up edge. Meanwhile, preheat the oven to 400 degrees F. with Convection (UK says 200 degrees fan).
8. Brush the top a second time with the beaten egg glaze (make sure the egg is well-beaten so there are no streaks of egg white).
9. Skewer three holes (decent size, not tiny) in the middle of the pastry but not down all the way, to release steam. Then score a pattern with a light touch, with the tip of a sharp knife scoring from the center to the edge all around the pastry. Should see through the egg glaze to the pastry.
10. Bake for 25 to 30 minutes or until the pastry is a golden brown and crisp. Leave to cool slightly before serving.

These brownies remain nice and moist and have a rich chocolate flavor

DIRECTIONS

1. Preheat oven to 375 F (convection bake).
2. Lightly grease 9" x 13" baking pan.
3. Melt butter and chocolate in double boiler over hot water. Cool.
4. In a large bowl, beat eggs and salt until light and lemon color.
5. Beat in sugar and vanilla.
6. Add cooled chocolate mixture and cream cheese and beat to combine.
7. With wooden spoon, stir in flour (just to moisten) and nuts (if using).
8. Pour batter into prepared pan.
9. Bake about 30 minutes or until center sets. Do not overbake.
10. Let cool and cut into squares



Photo from Canva

Cream Cheese Brownies

Submitted by Helen Y.
Recipe from the kitchen of Helen and Mary Lou M.

INGREDIENTS

- 1/2 cup soft butter
- 4 ounces chocolate (use semi-sweet chocolate morsels)
- 4 eggs
- 2 cups sugar
- 1/2 tsp salt
- 1 tsp vanilla
- 1 cup sifted flour
- 8 ounces cream cheese
- 1 cup chopped walnuts

YIELDS 24-30 SQUARES

Furikake Mix

Submitted by Lillian C.

Aunty Kay's recipe from Honolulu

INGREDIENTS

- 1/4 pound butter or margarine
- 1/2 cup Karo light syrup
- 3/8 cup sugar
- 2 Tbsp soy sauce
- 1/2 cup vegetable oil
- 2 boxes Crispex or Chex cereal
- 1 bottle (1.3 oz) Nori Furikake
- Arare and/or Shoyu peanuts (optional)

DIRECTIONS

1. Heat butter/margarine, syrup, sugar, soy sauce and oil until sugar dissolves
2. In a separate bowl, pour syrup mixture over cereal.
3. Mix well until lightly coated
4. Sprinkle the Nori Furikake evenly over cereal and mix well
5. Spread cereal mixture in a large roasting pan lined with foil
6. Bake 1 hour at 250 degrees; stir after 30 minutes
7. Lift foil with cereal onto table to cool
8. Add arare and/or shoyu peanuts after cereal is completely cooled
9. Store in airtight containers



Photo from Canva

Cupid's Cherry Cheesecakes

Submitted by Evelyn C.

Recipe from

<https://www.myfoodandfamily.com/recipe/055259/cupids-cherry-cheesecakes>

I always have cherry pie filling on hand because this recipe is always a crowd pleaser and it's so quick and easy to make!



PREP TIME
15 min



COOK TIME
2 hrs 30 mins
including refrigeration



SERVES
12

INGREDIENTS

12 vanilla wafers
2 pkg (8 oz. each)
PHILADELPHIA Cream
Cheese, softened
3/4 cup sugar
2 eggs
3/4 cup cherry pie
filling

DIRECTIONS

1. Heat oven to 350°F.
2. Place 1 wafer in each of 12 paper-lined muffin cups.
3. Beat cream cheese and sugar in small bowl with mixer until light and fluffy. Add eggs, 1 at a time, mixing after each addition just until blended. Spoon over wafers in muffin cups.
4. Bake 30 min. Turn off oven; open oven door slightly. Let stand in oven 30 min. Remove from oven; cool completely. Top with pie filling.
5. Refrigerate 1 hour.

Photo from Canva





Photo from Canva

Baklava

Submitted by Emily K.

Making baklava requires very little skill. Just don't let the phyllo dry out when you are making it. This recipe is from my dear friend Maggie, who was my first nurse manager when I joined Kaiser in 1989.

INGREDIENTS

You will need a pastry brush to make this.

1 16 ounce package frozen Phyllo dough

Remove from freezer and by the time you prepare the filling, it should be thawed.

2-3 sticks butter, melted

Filling:

1 cup finely chopped pecans

1 cup finely chopped almonds

1 Tbsp cinnamon

1 tsp nutmeg

1 cup sugar

YIELDS about 45 PIECES

DIRECTIONS

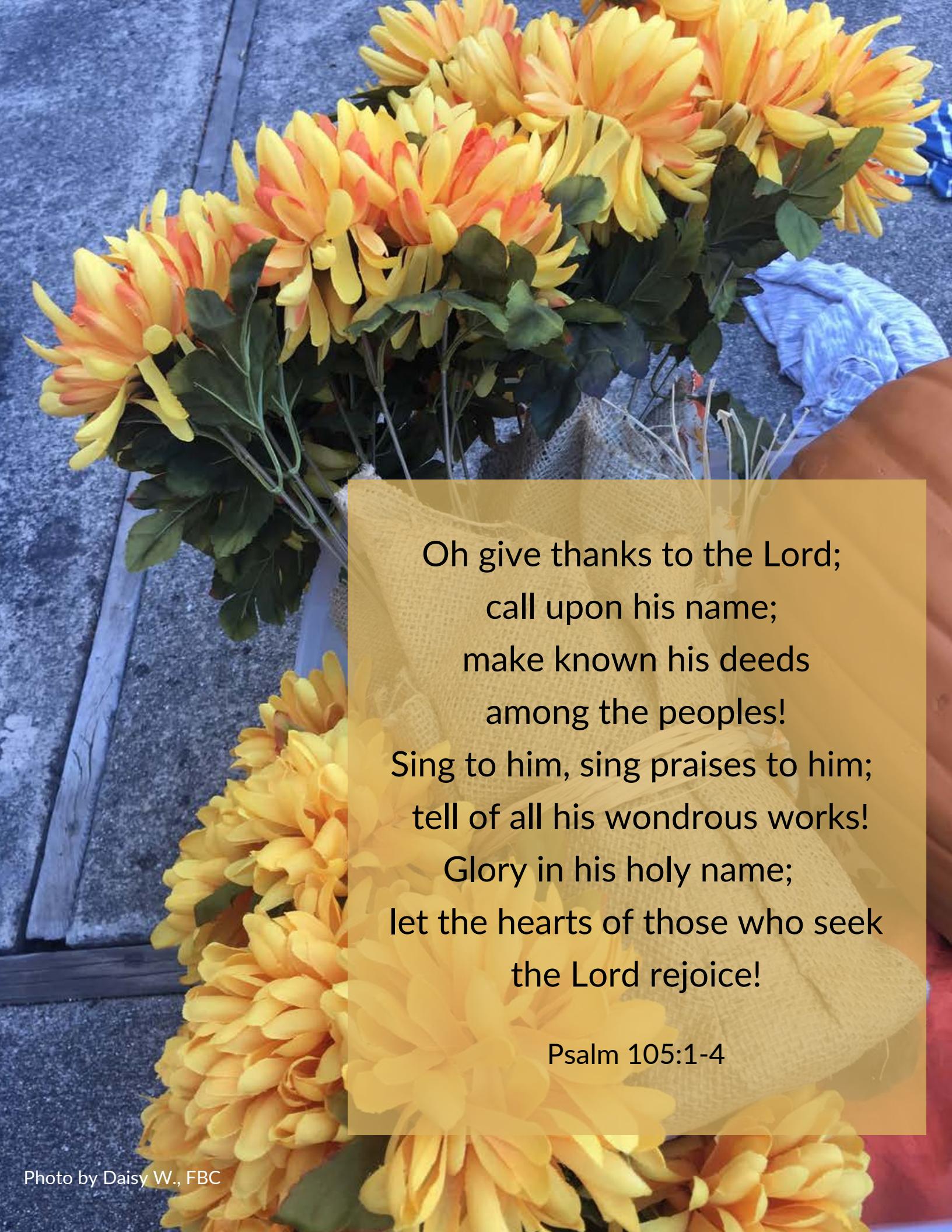
- Using a food processor to chop the nuts makes this a breeze.
- Mix ingredients together in a large bowl.
- Carefully unroll the thawed phyllo. Cover with plastic wrap, and keep it covered after removing each sheet, to avoid drying while preparing the recipe

In a 9x13 baking dish:

- Using pastry brush, brush bottom of pan with melted butter.
- Place one sheet of phyllo in pan.
- Brush with butter
- Place another sheet of phyllo on top.
- In the same fashion, continue to layer phyllo and butter until half of the phyllo is used.
- Pour filling over the layered phyllo and spread evenly over the dough.
- Continue layering remainder of phyllo dough with butter until all is used.
- Before brushing the top with butter, press down hard on baklava with both hands,
- squeezing out the air. Now brush the top layer generously with butter.

Using a sharp knife, cut baklava into squares or diamonds BEFORE cooking. Be sure to carefully cut all the way through the bottom phyllo to the pan. To avoid ragged edges of end pieces, I cut a 1/4 inch margin all the way around the side of the pan, so that all the pieces look beautiful. The narrow edges are the cook's reward snack.

Bake Baklava in 375 degree oven for 35-40 minutes till golden brown.



Oh give thanks to the Lord;
call upon his name;
make known his deeds
among the peoples!

Sing to him, sing praises to him;
tell of all his wondrous works!

Glory in his holy name;
let the hearts of those who seek
the Lord rejoice!

Psalm 105:1-4



Photo from Canva

Creme Brulee Pumpkin Chocolate Cheesecake Bars

Submitted by Rachel F.

Recipe from <https://www.handletheheat.com/creme-brulee-pumpkin-chocolate-cheesecake-bars/>

This recipe takes time, but it's worth it. These bars are perfect for fall, or any time of year!

DIRECTIONS

For the crust:

1. Preheat the oven to 350°F.
2. Line an 8" square baking dish with foil, leaving an overhang.
3. In the bowl of a food processor, pulse the graham crackers until finely ground. Add the butter and pulse until moistened.
4. Press into the bottom of the prepared pan. Bake until lightly browned and set, about 8 minutes.
5. Remove from oven and sprinkle with the chocolate chips. Bake for another 2 minutes.
6. Remove from oven and smooth the melted chocolate chips with an offset spatula. Let cool and reduce the oven temperature to 300°F.

For the filling:

1. Place the cream cheese in a clean food processor bowl and pulse until smooth (you can also use an electric mixer).
2. Add the sugar, pumpkin, eggs, egg yolk, vanilla, flour, salt, and spices and pulse until combined and smooth. Do not overmix.
3. Pour the mixture into the prepared pan.
4. Bake until the cheesecake is set but still slightly jiggly in the center, about 45 minutes. Do no overbake.
5. Place the cheesecake on a cooling rack to cool completely in the pan. Cover and chill until firm, at least 2 hours.
6. Using the foil overhang, transfer the cheesecake to a work surface and use a big sharp knife to cut into squares.

For the brulee topping:

1. On a heat-safe work surface, sprinkle the tops of each square with sugar and torch the tops with a kitchen torch until it turns a deep amber color. Alternatively, use a broiler to brown the sugar.
2. Refrigerate until ready to serve.
3. Note that the chocolate layer does get a bit hard if these bars are very cold, so you may want to let them sit at room temperature for about 20 minutes before serving.

INGREDIENTS

For the crust:

9 whole graham crackers
5 Tbsp unsalted butter, melted
2 cups semisweet chocolate chips

For the filling:

2 (8 ounce) packages cream cheese, at room temperature
1 cup granulated sugar
1 cup pure pumpkin puree
2 large eggs plus 1 egg yolk
1 tsp vanilla extract
2 Tbsp all purpose flour
1/2 tsp fine sea salt
1 tsp cinnamon
1/4 tsp nutmeg
1/8 tsp ginger
1/8 tsp cloves

For the brulee topping:

1/4 cup granulated sugar

YIELD: 9 large bars or 16 smaller bars

*This is the recipe that I always cook for family desserts.
It's crunchy on the outside and soft on the inside.*

*I can do all things through Christ who strengthens me.
Philippians 4:13*

DIRECTIONS

Step 1: Preheat oven to 350 degrees F (175 degrees C).

Step 2: Cream together the butter, white sugar, and brown sugar until smooth. Beat in the eggs one at a time, then stir in the vanilla. Dissolve baking soda in hot water. Add to batter along with salt. Stir in flour, chocolate chips, and nuts. Drop by large spoonfuls onto ungreased pans.

Step 3: Bake for about 10 minutes in the preheated oven, or until edges are nicely browned.

Best Chocolate Chip Cookies

Submitted by Jenna W.

INGREDIENTS

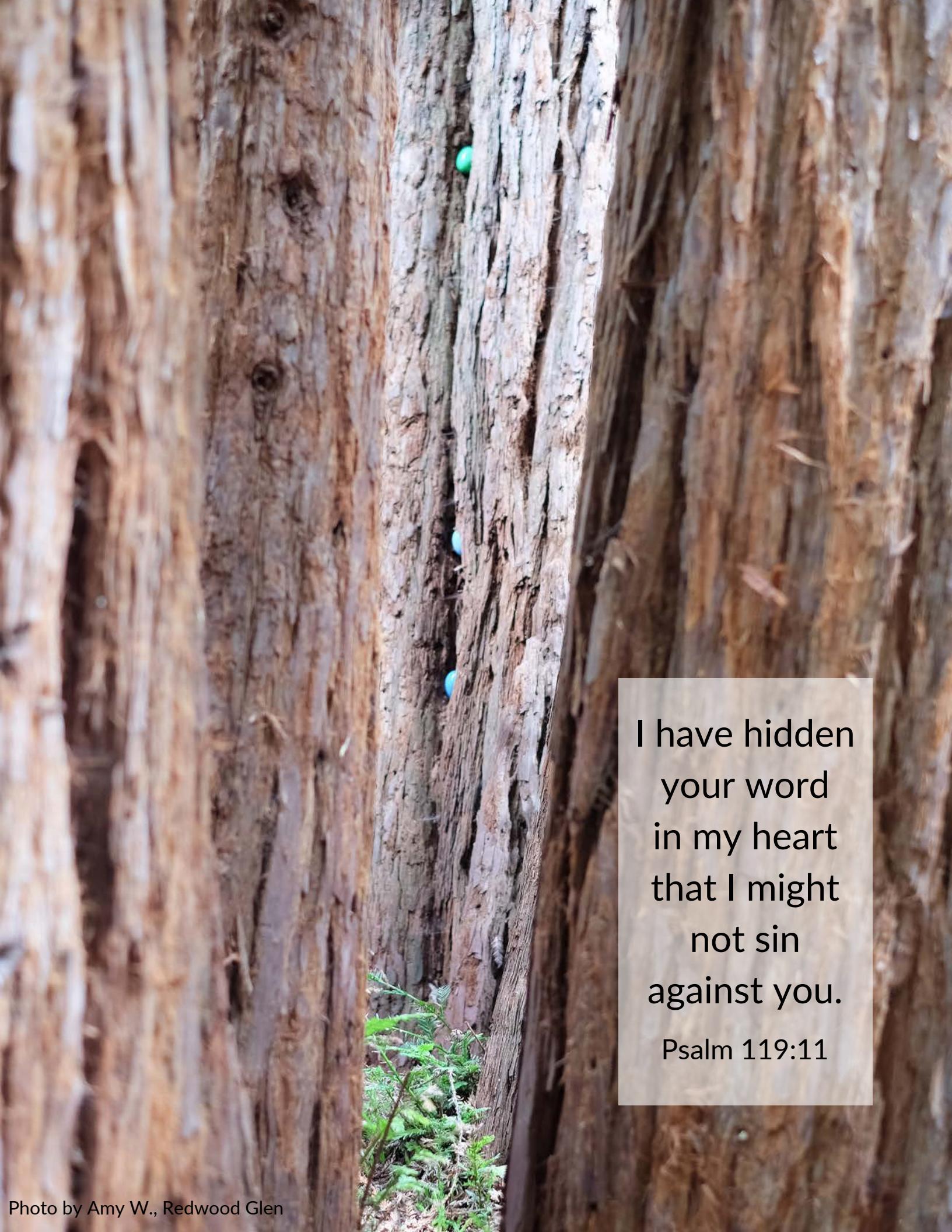
1 cup butter, softened
1 cup white sugar
1 cup packed brown sugar
2 eggs
2 tsp vanilla extract
1 tsp baking soda
2 tsp hot water
1/2 tsp salt
3 cups all-purpose flour
2 cups semi-sweet chocolate chips
1 cup chopped walnuts
buttered

YIELDS 4 dozen



Recipe link:
https://www.allrecipes.com/recipe/10813/best-chocolate-chip-cookies/?utm_source=emailshare&utm_medium=email&utm_campaign=email-share-recipe&utm_content=20201031

Photo by Ben Lei on Unsplash



I have hidden
your word
in my heart
that I might
not sin
against you.

Psalm 119:11

Banana Cream Pie

Submitted and photo by Saphina S.
Recipe from Baking Class Kids Cookbook

But the wisdom that is from above is first pure, then peaceable, gentle, willing to yield, full of mercy and good fruits, without partiality and without hypocrisy. James 3:17



INGREDIENTS

CRUST

12 graham crackers
6 Tbsp butter, melted

FILLING

3/4 cup sugar
1/3 cup cornstarch
1/8 tsp salt
3 cups milk
3 egg yolks
2 tsp vanilla extract
2-3 bananas

WHIPPED CREAM

1 pint chilled cream (heavy cream or whipping cream)
2-3 Tbsp powdered sugar or regular sugar (powdered sugar will set a little better)
2 tsp vanilla extract

SERVES 8-10

DIRECTIONS

To make the crust:

1. Crush the graham crackers in a food processor or in a plastic bag with a rolling pin.
2. Pour the crumbs into a bowl, add the melted butter, and stir.
3. Press the crust into the bottom and sides of a pie plate.
4. Freeze for 10 minutes to set the crust.

To make the filling:

1. Whisk the sugar, cornstarch, and salt in a medium saucepan. Then whisk in the milk and the egg yolks.
2. Heat the milk mixture over medium heat, stirring until it thickens and bubbles, about 5 minutes. Continue cooking and stirring until it coats your spoon, another minute or two. Turn off the heat.
3. Stir in the vanilla. Pour the hot filling into the piecrust. Cover with plastic wrap to prevent a "skin" from forming, and refrigerate for several hours or overnight.
4. Slice bananas. Remove the plastic wrap, and arrange bananas evenly over the pudding filling.
5. Spread a thick layer of fresh whipped cream (instructions below) over the pie. Add extra banana slices for decoration.

To make the whipped cream:

1. Pour the chilled cream into a mixing bowl. Start beating with an electric mixer. When the cream starts to thicken, stop mixing and add the sugar and vanilla.
2. Keep whipping until soft peaks form (you can also whip until stiffer peaks form, but be careful not to overmix, or you will have butter!)

Lemon Bars

Submitted by Emily K.

Adapted from 2 recipes:

Cook's Illustrated and Luscious Lemon Desserts

This is a great recipe.

Tip: Make a foil sling for a 9 x 13 pan, 2 sheets of foil, perpendicular, with overhang 'handles'. Grease the foil. Why are you doing this? This makes the bars VERY EASY to cut, without waste. If you don't make the foil sling there is a lot of waste and the bars will not be clean and neat.

INGREDIENTS AND DIRECTIONS

Preheat oven to 350 degrees.

Crust:

1 and 3/4 cup flour
2/3 cup confectioners' sugar
1/4 cup cornstarch
3/4 tsp salt
1 cup (2 sticks) butter, chilled and cut into small pieces

In food processor, place flour, sugar, cornstarch, and salt. Pulse to mix. Add butter and pulse several times until it resembles coarse meal. Do not overmix. It will appear dry. Pick some up in your hand and squeeze together. If it completely falls apart you may add 2 tsp of ice water, but you shouldn't need to. Dump the mealy mixture (it will appear dry) into the pan and press firmly into the bottom of the foil lined pan. Push the border edges up about 3/4 inch high, so the filling will not spill over the edge.

Bake for 22-27 minutes until golden brown.

Filling:

4 large eggs
1 1/3 cup sugar
3 Tbsp flour
2/3 cup lemon juice, strained
1 Tbsp lemon zest

Beat the eggs with a mixer on high speed for about 2 minutes. Add sugar and flour and beat till blended. Add lemon juice and zest and stir just until blended. Pour filling over HOT CRUST and return to oven. Reduce oven to 325 F. Bake about 20 minutes, until filling feels firm when touched lightly.

Let cool COMPLETELY. Remove from pan using foil sling. Place on cutting board and peel foil back to loosen crust. Cut with sharp knife. The cooler the bars, the cleaner the cut. I made these in the winter when the inside temp was 60 degrees, and they cut beautifully. If it's a warm day you may want to pop them in the fridge for a bit before cutting.

Macchiato Macarons

Submitted and photo by Grace S.

Recipe from <https://tasty.co/recipe/macchiato-macarons>

I never baked until Covid-19 forced us to be sheltered-in-place. Then my younger daughter introduced me to tasty.co's Macchiato Macarons, which she and I later have made at least 5 times.

INGREDIENTS

COOKIE:

3 large egg whites, room temperature
1/4 cup granulated sugar
1 3/4 cups powdered sugar
1 cup superfine almond flour, if unable to find "superfine" it is recommended that you pulse the almond flour in a food processor first
2 Tbsp instant espresso powder

BUTTERCREAM FILLING:

1/2 cup butter, room temperature
2 cups powdered sugar, sifted
2 tsp vanilla extract

GARNISH:

cocoa powder, optional

DIRECTIONS

1. Line a large baking tray with parchment paper.
2. In a medium mixing bowl, beat the egg whites with an electric hand mixer on medium speed until soft peaks form. Add 1/3 of the granulated sugar and with mixer on high, continue to beat until egg whites are stiff peaks. Add another 1/3 of the sugar and beat again until egg whites are back to stiff peaks. Repeat with last 1/3 of sugar, beating until whites are shiny and fluffy.
3. Using a fine mesh strainer, sift together the almond flour, confectioners sugar, and espresso powder into the bowl with the egg whites. Discard any large pieces that remain in the strainer.
4. With a rubber scraper, fold the mixture into the egg whites, about 35-45 strokes, or until the batter falls on itself but a slight peak remains (do not overmix or batter will be too thin and runny).
5. Fill a piping bag fitted with a round tip. Pipe batter onto prepared baking tray into 1-1/2 inch (4 cm) disks.
6. Lift and drop the baking tray onto a hard surface 2-3 times to smooth out the batter and knock out any air bubbles. Allow cookies to rest at room temperature for one hour, until a skin forms on the surface of the cookies.
7. Preheat oven to 285°F (140°C)
8. To make the filling, beat the butter, confectioners sugar and vanilla extract until light and fluffy. Set aside.
9. After about one hour, gently brush the top a cookie with your finger to check that a skin has formed. The batter should not stick to your finger, if it does, allow to set for an additional 15 minutes.
10. Bake cookies in preheated oven for 12-15 minutes, or until the cookies peel away from the parchment when lifted.
11. Allow the cookie shells to cool completely.
12. Pipe the buttercream frosting onto the bottom side of a cooled shell and sandwich together with a similarly sized cookie.
13. Dust with optional cocoa powder and serve.

*Store in an airtight container in the refrigerator.



Tara O'Brady's Basic Great Chocolate Chip Cookies



Submitted and Photo by Lizabeth W.

Recipe from <https://www.taraobrady.com/recipes-in-full/2019/5/1/tara-obradys-basic-great-chocolate-chip-cookies>

My favorite chocolate chip cookie recipe, they're perfectly crisp on the outside but chewy on the inside! You can also substitute the chocolate for M&M's, Oreos, or some other creative ingredient! This is my favorite thing to make to give away, if I'm stressed out, or if I'm craving a fresh batch of cookies.

DIRECTIONS

1. Preheat an oven to 360°F | 180°C.
2. Line two baking sheets or sheet pans with parchment paper.
3. In a medium saucepan over the lowest heat possible, melt the butter. There should be no sizzle, crackling or pops; let the butter ooze into liquid, without boiling, so minimal moisture is lost. Stir regularly, until the butter is almost completely melted. (This is a good time to chop the chocolate.)
4. In a bowl, whisk together the flour, baking powder, baking soda and salt. Set aside.
5. Pour melted butter into a large bowl, and then whisk in the sugars. The mixture may look to seize, but will relax with a few seconds of stirring. Add the eggs, one at a time, whisking briskly after each addition, but only to combine. Stir in the vanilla.
6. Use a wooden spoon or silicone spatula to stir in the dry ingredients. Once mostly blended, fold the chocolate into the dough until the remaining flour is incorporated and the dough no longer looks dusty. Bring any stray ingredients up from the bottom of the bowl. Do not over mix.
7. If the dough seems warm or looks overly glossy, refrigerate for 5 minutes. Roll into balls using 3 tablespoons of dough for each. Arrange on the prepared pans, leaving 3 inches in between each.
8. Sprinkle with sea salt, if using. Bake in the hot oven until the tops are cracked and lightly golden, yet still soft at the center, 10 to 12 minutes, rotating pan halfway through cooking.
9. Leave the cookies on the sheet pan for 2 minutes, then transfer to a wire rack to cool. Continue shaping and baking cookies with the remaining dough, making sure to use a cold sheet pan for each batch.
10. Cookies can be kept at room temperature in an airtight container for up to 1 week.

INGREDIENTS

1 cup unsalted butter, chopped
3 1/4 cups all-purpose flour
1 1/4 tsp baking powder
1 tsp baking soda
1 1/2 tsp medium-grained kosher salt
1 1/2 cups packed light brown sugar
1/2 cup granulated sugar
2 eggs
2 tsp vanilla extract
12 ounces semisweet or bittersweet chocolate, chopped
Flaky sea salt, for sprinkling (optional)

YIELDS about 28 cookies

God is our refuge
and strength,
an ever-present help
in trouble.

Therefore we will not fear,
though the earth give way
and the mountains fall
into the heart of the sea,
though its waters
roar and foam
and the mountains quake
with their surging.

Psalm 46: 1-3

Peanut Butter Cookies

Submitted by Abby Y.

*This is the day the Lord has made;
we will rejoice and be glad in it.
Psalm 118:24*



Photo from Abby Y.

INGREDIENTS

1/2 cup butter, room temperature
1/2 cup granulated sugar
1/2 cup brown sugar
1 egg
2 tsp vanilla
1 cup peanut butter
1 cup flour
pinch salt
1/2 tsp baking soda

DIRECTIONS

1. Preheat 350 degrees.
2. Line cookie sheet with parchment paper.
3. Cream butter and both sugars until fluffy.
4. Mix in vanilla and egg.
5. In small bowl, whisk flour, salt and baking soda.
6. Add to creamed mixture and fold until combined.
7. Scoop into balls and flatten with fork dipped in sugar.
8. Bake 12-15 minutes until light brown.



Ice Cream Cake

Submitted by Helen Y.

Easy to make and delicious!



Photo by Sheri Silver on Unsplash

INGREDIENTS

52 oreo cookies, crushed in processor
1 cube melted butter
3/4 cup Kahlua

DIRECTIONS

1. Mix all of the above together into a ball. Flatten to fit a 10-3/4" springform pan. I have a 9" pan. Might have to adjust ingredients. Freeze until hardened.
2. Soften ice cream just enough to spread on top of the crust. Freeze until hardened.
3. Continue to add different flavor ice creams to the desired number of layers and heights. Freeze until ready to serve.
4. Take out of the freezer for 1 hour before slicing and serving.

Applesauce Cake

For Altitudes 3500 to 6500 ft

Submitted by Angela C.

Recipe from Betty Crocker's Cookbook

We have an apple tree on the hospital compound. Every year they divide up the apples to the staff. So I make applesauce and then make cakes for each of the hospital departments. Since we are at about 3500 ft, this recipe works great with no need for an icing.

INGREDIENTS

2 2/3 cup flour
2 cup sugar
1 tsp baking soda
1/4 tsp baking powder
3/4 tsp cinnamon
1/2 tsp cloves
1/2 tsp allspice or nutmeg
2 cup applesauce
1/2 cup oil or butter
2 eggs
1 cup raisins or cut up dates
1/2 cup chopped walnuts

DIRECTIONS

1. Heat oven to 375. Grease and flour pan (13" x 9") or two round 9" pans.
2. Beat all ingredients in large bowl on low speed for 30 seconds, scraping bowl constantly. Then, on high speed for 3 minutes.
3. Bake until toothpick comes out clean. Oblong 60 minutes; rounds 50 minutes. No need for icing.

*The steadfast love of the Lord never ceases;
His mercies never come to an end;
they are new every morning, great is your faithfulness.*

Lamentations 3:22-23



INGREDIENTS

1 to 1 1/2 sticks of butter (1/2 to 3/4 Cups)
3 cups Sugar
1 (16oz) box Mochiko Flour (Glutinous Rice Flour)
1 tsp Baking Powder
1 tsp Vanilla Extract
4 Eggs
12 oz. Coconut Milk
2 cups 2% Milk

PREP TIME 20 minutes

COOK TIME 1 hour

REST TIME 4 hours

TOTAL TIME 5 hours 20 minutes

DIRECTIONS

1. Soften the butter and mix with sugar.
2. Slowly add in 1/4 of the Mochiko Flour, baking powder, vanilla, and 2 eggs.
3. Add in another 1/4 of the flour, 2 eggs and coconut milk. Alternate in another 1/4 flour and half the milk until all flour and milk is added and mixed in until smooth.
4. Pour into a 9" x 13" pan and cook at 350 F for one hour.
5. Let cool completely.
6. Cut with a plastic knife or wet your knife between cuts.

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Butter Mochi

Submitted by and photo by Orlena T.
Recipe from pintsizebaker.com/taste-of-home-butter-mochi/

Our sweet neighbor made this for us, and we finally found the courage to ask for the recipe. The whole family loves it, and when we miss Hawaii, it just gives us a taste of aloha!

So whether you eat or drink or whatever you do, do it all for the glory of God."

1 Corinthians 10:31

Cherry Coffee Cake

Submitted by Joanie L.

Recipe from davita.com/diet-nutrition/recipes/desserts/cherry-coffee-cake

INGREDIENTS

1/2 cup unsalted butter
2 eggs
1 cup granulated sugar
1 cup sour cream
1 tsp vanilla
2 cups all purpose white flour
1 tsp baking powder
1 tsp baking soda
20 ounces cherry pie filling

DIRECTIONS

1. Preheat oven to 350 F.
2. Set butter out at room temperature to soften
3. Using a mixer, cream butter, eggs, sugar, sour cream and vanilla.
4. In a separate bowl, combine flour, baking powder and baking soda.
5. Add dry ingredients to creamed butter mixture and mix well. Pour batter into a greased 9" x 13" baking pan.
6. Evenly disperse cherry pie filling over batter.
7. Bake for 40 minutes until golden brown.

YIELD 24 SERVINGS

Helpful hints: Substitute blueberry or raspberry pie filling instead of cherry, if desired. Cut into 12 servings instead of 24 if you need extra calories. Lower sugar options for those with diabetes; include using sugar substitute for baking instead of sugar and using low-sugar cherry filling.



Photo from Canva

7 Layer Jello

Submitted by Helen Y.

This is a yummy gelatin dessert given to me from a friend.

INGREDIENTS

3 oz. package each of 4 different flavor jello; preferably all different colors

6 packages of Knox gelatin (each package is 1 oz)

8" x 12" pan



DIRECTIONS

1. Add 2 packages of Knox gelatin to 2 cups of cold water.
2. Add condensed milk to dissolved gelatin and place into a saucepan; heat over low flame until dissolved.
3. Divide into 3 parts and set aside. Each part makes 1 cup. This is called the "milk part."

First Layer of Jello:

- Dissolve 1 package of Knox in 1 cup of cold water. Beat until blended. Add 1 box of Jello and heat until all dissolved. Pour into the 8" x 12" pan. Refrigerate until firm.

2nd Layer:

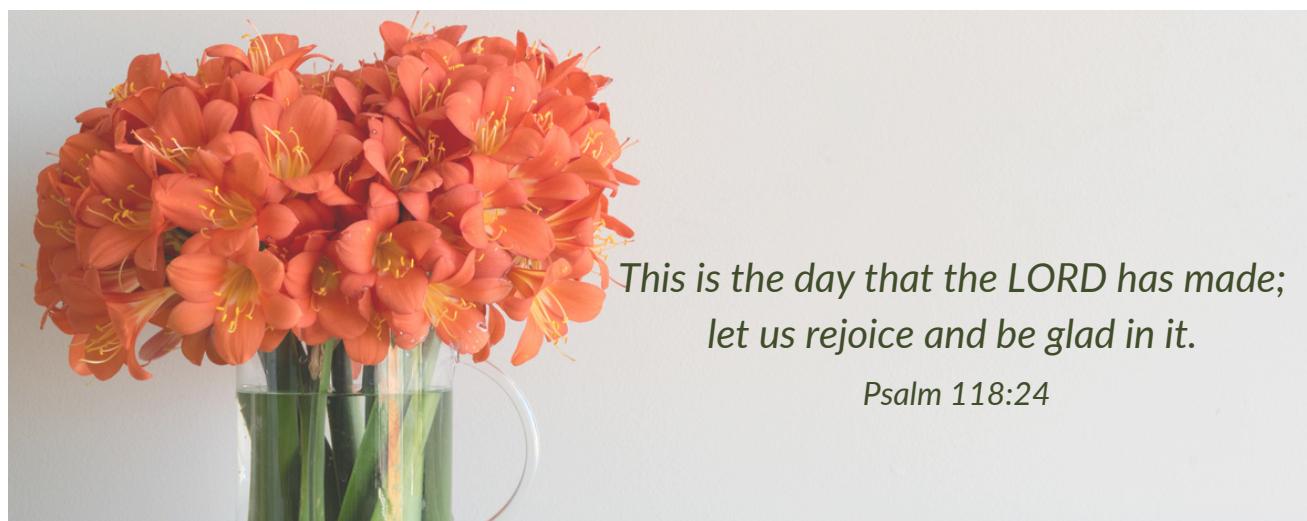
- Pour the one cup of milk part over the first layer. Refrigerate until firm.

3rd Layer:

- Repeat first layer. Refrigerate until firm.

Keep doing this alternating Jello and milk part until 7 layers are finished. Last layer is a Jello layer.

Example: Jello, milk part, Jello, milk part, Jello, milk part, Jello = 7 layers



*This is the day that the LORD has made;
let us rejoice and be glad in it.*

Psalm 118:24

The Best Mochi Recipe

Submitted by Naomi C.

Recipe from <https://keepingitrelle.com/the-best-mochi-recipe/>

Easy mochi recipe that's fun to make with the kids!
Be creative and try different extracts to get different flavors.

DIRECTIONS

1. Preheat oven to 350 F.
2. In a medium mixing bowl combine dry ingredients: mochiko flour, sugar, and baking powder. Set aside.
3. In a large mixing bowl combine wet ingredients: water, coconut milk, vanilla extract, and food coloring.
4. Add dry ingredients to wet ingredients and stir to combine.
5. Spray a 9" x 13" baking pan with non-stick spray, very important step do not skip. Pour batter in to baking pan and cover with foil.
6. Bake for 60 minutes or until the edges begin to pull away from the pan.
7. Once baking has completed allow to cool completely.
8. Dust your work surface with potato starch. Run a butter knife around the edge of the pan to help release the mochi from the pan. Invert pan onto work surface and allow the mochi to slide out of the pan.
9. Generously dust the top of the mochi with potato starch. Using a butter or plastic knife, slice mochi into bite sized rectangles. Toss in potato starch.
10. Cool completely before cutting.
11. Enjoy!

Notes *Mochi should be stored in an airtight container at room temperature.

YIELD: 1 PAN
COOKTIME: 1 HOUR

INGREDIENTS

1 box (16 ounce) mochiko flour
2 1/2 cups granulated sugar
1 teaspoon baking powder
2 cups water
1 can (14 ounce) coconut milk
1 tsp vanilla extract
1/4 tsp food coloring
potato starch



Photos by Naomi C.

Fellowship Bible Church

COOK BOOK



Food for the Soul



Food for the Body



So, whether you eat or drink,
or whatever you do,
do all to the glory of God.

1 Corinthians 10:31

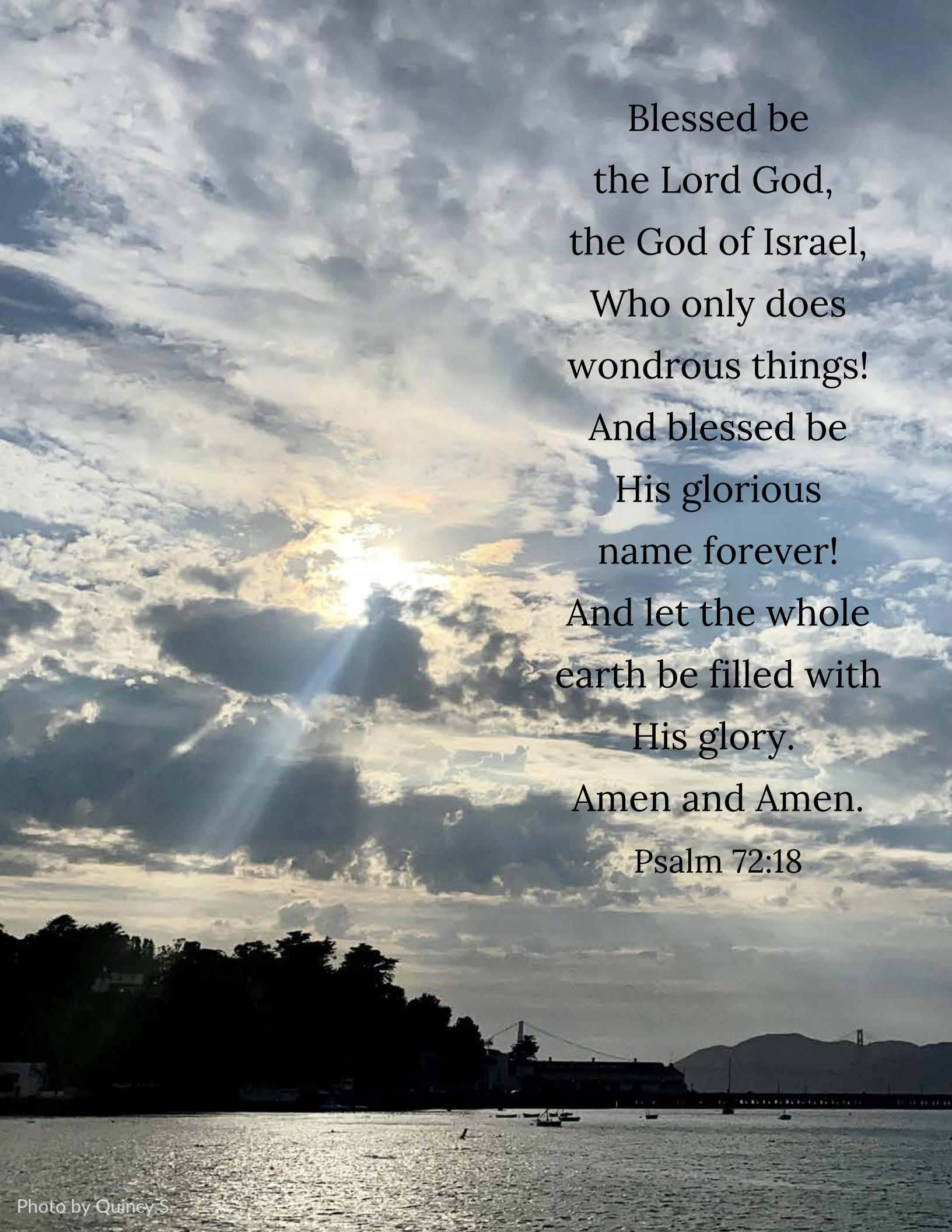
Our great God has given so many abilities and spiritual gifts to His saints to utilize in our lives. He wants us to use these abilities and gifts entrusted to us for building up the body of Christ (Rom. 12:3 and 1 Cor. 12:4-7). One of the unsung gifts to the Body is the gift of hospitality (Rom. 12:13). This gift, undoubtedly, includes the ability to cook and create in the kitchen. I've seen and been the recipient of those who have used this gift so well. Having a warm and open home, with comforting, delicious and tasty foods, breaks down so many social barriers. When people are at ease, they are open to conversing, learning, sharing, praying and connecting with others. How many have come to know the Lord a home of those willing to share God's goodness to them. I am so thankful for those who have and apply this hospitality gift and, even if you don't have the gift, you can still be more hospitable in our ministries for the kingdom of God. We pray that this FBC cookbook will be an effective tool to enhance your hospitality and build and encourage the Body of Christ. I smell the delicious aroma and can see those beautiful tables already.

Much appreciation to our FBC Cookbook Committee and also to the many who contributed and shared recipes and photos for all of us to enjoy. Of course, praise and thanks to our God who created us and gave us food and relationships to enjoy.

We want to share the good news of the Gospel to our friends. God loved us so much (Jn. 3:16), that He gave us His Son, Jesus Christ, to die on a cross to pay the penalty for our sins (Rom. 5:8). God offers eternal life to each of us as a gift; it's something that we can't work for or earn, but is received by faith (Eph. 2:8-9). We, who were condemned and without hope, can have our sins forgiven, have peace with God (Rom. 5:1) and enter into a personal relationship with Him. Talk to your friend about this relationship. Blessings to you all.

Love in Christ,
Pastor Kevin Kan



A photograph of a sunset over a body of water. The sky is filled with dramatic, layered clouds. A bright sun is partially obscured by dark clouds on the left, with rays of light streaming through. In the distance, a suspension bridge, similar to the Golden Gate Bridge, spans across the water. The overall atmosphere is serene and majestic.

Blessed be
the Lord God,
the God of Israel,
Who only does
wondrous things!
And blessed be
His glorious
name forever!
And let the whole
earth be filled with
His glory.
Amen and Amen.

Psalm 72:18