

# THE PANDEMIC COOKBOOK

From the members and staff of  
First Presbyterian Church of Durham NC

Many of us have found that certain foods and beverages have been sources of comfort and sustenance as we confront the chaos of the world around us. The folks at Windesday (the Wednesday FPC fellowship group that now meets *weekly* on ZOOM) enjoy sharing with each other what we are making in our kitchens as well as what foods bring us comfort in general.

We decided to open the invitation up to whole congregation and collect some of those recipes. We wanted to hear what people have been making, and we were not disappointed.

We hope you enjoy!!

- Natalie Wolf, Laurie Williamson, and Cris Rivera

# *Lazy Pickled Beets*

*Weird but delicious root! [Low calorie, high nutrition and fiber, some studies show positive effects on inflammation and blood pressure- why yes, I am a beet missionary!] I like this because I can roast as I am cooking other things and stores forever. Pickled beets are a great snack, cool and delicious after a hot summer activity. I keep beets in my fridge as soon as it gets hot, all summer long. My Mom loved beets and I hated them as a kid. She pickled from scratch, I take the Claussen's short cut. This is a Pennsylvania Dutch recipe (not sure who she got it from). Eating beets this way always remind me of her, my growing up time and how much you can change over a life time.*

- Laurie Ray

Prep time: 10 minutes

Total time: 70 minutes

## *Ingredients*

- Beets, roasted & sliced
- Claussen's pickle juice
- Refrigerator or cool place

## *Directions*

Heat oven to 400 degrees. Thoroughly wash the beets, peel if you do not like texture variation. Still damp from washing, wrap in a bit of foil. Roast for 60 minutes for tender beet, 50 minutes for firmer beet. Let rest until cool to touch. Slice as thin as you'd like. Buy and eat a jar of Claussen's pickles (find in the refrigerator section). Recycle pickle juice and drop in beet slices, ensure all are completely covered. Refrigerate and after about 90 minutes, eat any time. I like to liberally sprinkle feta on top for a cool snack or side dish on hot summer days (goes great with tuna or on a salad).

This also works great for pickled eggs. Drop a peeled hard boiled egg into the Claussen's pickle juice for a nice brined egg for breakfast or into the pickled beet juice for a 3rd recycling, cool purple color and more complex flavors (great sliced and added to any salad).

# ***Blueberry Bread***

*The recipe makes two small loaves.*

*I like to make the two loaves and have one to freeze. It's good to have the second one on hand to give to friends. Then they frequently request the recipe. The recipe came from a good friend in Grand Rapids, MI.*

*- Jane Brawley*

**Prep time:** 20 minutes

**Total time:** 1 hour, 25 minutes

## ***Ingredients***

**Brown sugar** | 1 ½ cup

**Vegetable oil** | 2/3 cup

**Egg** | 1

**Buttermilk** | 1 cup

**Vanilla** | 1 tsp

**Salt** | 1 tsp

**Baking soda** | 1 tsp

**Flour** | 2 ½ cups

**Walnuts, chopped** | ½ cup

**Blueberries** | 1 ½-2 cups

### **TOPPING**

**Sugar** | ½ cup

**Butter** | 1 Tbsp

**Cinnamon** | 1/2 tsp

**Nutmeg** | dash

## ***Directions***

1. Sift flour, salt, and soda.
2. Combine brown sugar, oil, egg, buttermilk, vanilla.
3. Add flour mixture.
4. Add nuts and blueberries.
5. Pour into 2 WELL-GREASED with shortening and floured small loaf pans.
6. Sprinkle each loaf with topping.
7. Bake at 350 degrees for 65-70 minutes. Make sure center of loaf is done before removing from oven.

# ***Simple Crusty Bread***

***Matt's latest bread experiment. He says it's super easy. And it's tasty!***

***-- Laurie Williamson***

## ***Ingredients***

**1 ½ tablespoons yeast**

**1 ½ tablespoons kosher salt**

**6 ½ cups unbleached, all-purpose flour, more for dusting dough**

**Cornmeal**

## ***Directions***

1. In a large bowl or plastic container, mix yeast and salt into 3 cups lukewarm water (about 100 degrees). Stir in flour, mixing until there are no dry patches. Dough will be quite loose. Cover, but not with an airtight lid. Let dough rise at room temperature 2 hours (or up to 5 hours).
2. Bake at this point or refrigerate, covered, for as long as two weeks. When ready to bake, sprinkle a little flour on dough and cut off a grapefruit-size piece with serrated knife. Turn dough in hands to lightly stretch surface, creating a rounded top and a lumpy bottom. Put dough on pizza peel sprinkled with cornmeal; let rest 40 minutes. Repeat with remaining dough or refrigerate it.
3. Place broiler pan on bottom of oven. Place baking stone on middle rack and turn oven to 450 degrees; heat stone at that temperature for 20 minutes.
4. Dust dough with flour, slash top with serrated or very sharp knife three times. Slide onto stone. Pour one cup hot water into broiler pan and shut oven quickly to trap steam. Bake until well browned, about 30 minutes. Cool completely.

*From NYT Cooking*

# ***Sausage Crescent Rolls***

## ***Ingredients***

**Sausage (I use Jimmy Dean) | 1 lb**

**Onion, chopped | 1 medium**

**Black pepper | to taste**

**Crushed red pepper | to taste**

**Barbeque sauce | 1/2 cup**

**Crescent rolls | 2 packages**

## ***Directions***

1. Brown sausage and onions in skillet. Add peppers and mix well.
2. Drain grease from sausage mixture.
3. In a medium sized bowl mix barbeque sauce into sausage mixture.
4. For best results, store the sausage mixture (with the barbeque sauce mixed in) in a sealed container in refrigerator for at least two hours before next step.
5. Take crescent rolls out of package and lay each roll into a triangle on waxed paper.
6. Take about ¾ tablespoon of sausage mixture and place into center of each triangle and then form triangle into a roll.
7. Brush each roll with egg yolk.
8. Bake in 375 oven on well-greased baking sheet.

**– Michael Honeycutt**

# ***Chef John's Blueberry Muffins***

**Yield:** 16 muffins

**Prep time:** 15 minutes

**Total time:** 45 minutes

## ***Ingredients***

1 cup white sugar  
½ cup butter, softened  
2 large eggs  
2 tablespoons vegetable oil  
1 cup sour cream  
½ cup milk

1 Tb grated lemon zest  
3 cups all-purpose flour  
1 Tb baking powder  
½ tsp baking soda  
¾ teaspoon salt  
2 cups fresh blueberries

## ***Directions***

1. Pre heat oven to 375 F. Grease 16 muffin cup pan, or line sheet pan with 16 paper muffin liners.
2. Beat butter and sugar in a large bowl until light and fluffy, about 3 minutes. Stir in eggs until well mixed. Add vegetable oil, stir to combine. Whisk sour cream, milk, and lemon zest into butter mixture until smooth.
3. Whisk flour, baking powder, baking soda, and salt in a small bowl.
4. Stir half the flour mixture into the butter mixture until combined. Add remaining half of flour mixture and blueberries into the batter, folding together until just combined.
5. Spoon batter into prepared muffin cups.
6. Place muffin cups on center rack of the preheated oven and bake until tops are golden and a toothpick inserted into the center of a muffin comes out clean, about 30 minutes, maybe less.

- ***Submitted by Jeanne Hervey***

# ***Nonno's Pasta Fazul***

***This is a thick bean soup. If you want a thinner soup, add 2 cans of V8 juice. Serve with a spinach salad, crusty Italian bread, and some good Italian red wine.***

***–Tom Bloom***

**Yield:** 4 servings

**Prep time:** 60 minutes

**Total time:** 1 hour, 25 minutes

## ***Ingredients***

1 large sweet potato, baked, cooled, peel, and cut into 1/2" chunk  
2 long slices of thick bacon, chopped  
1 large clove garlic, peeled and crushed  
1/2 c. chopped onions  
1/2 c. chopped tomatoes  
2 green onions, chopped (all of it!)  
1 can white (cannellini) beans, drained and rinsed  
black pepper  
1 (2) can(s) V-8 juice  
1 V-8 can of water  
1 c. small pasta (ditalini)  
1 large bay leaf  
Parmigiano reggiano cheese to grate  
olive oil

## ***Directions***

1. Heat a large cast iron skillet to the next to highest setting. Add the garlic and bacon and cook till the bacon is crispy.
2. Add the chopped onions, chopped green onions, and tomatoes and sautee till everything is coated and begun to brown. Add the beans and stir till heated through. Add LOTS of black pepper.
3. Add 1 (or2) can(s) of V-8 juice, then fill the can again with water and add to the skillet.
4. Bring to a boil and add the pasta. Add 1 bay leaf. Keep at a boil for 8 minutes (pasta should be al dente).
5. Turn down to a simmer and add the sweet potato chunks and simmer for about 5 minutes to heat the sweet potatoes. Remove the bay leaf.
6. Ladle into bowls, grate cheese on top and drizzle olive oil over the surface (don't be stingy!).

# Vegetable and Bean Soup

*Easy, hearty vegetarian soup which is very adaptable - add meat if you like. Freezes well too. My cousin shared it with me at the beginning of the pandemic, I think she adapted it from a Trader Joe's recipe. I've made it several times and just had some last night that I'd stored.*

- Mary Jo Keenan

Prep time: 20 Minutes

Total Cook time: 40 Minutes

## Ingredients

- 1 container of mirepoix (approximately 1 1/2 cups of chopped onion, carrot and celery or just onion and carrot if you prefer)\*
- 4 cloves garlic minced
- ½ tsp crushed red pepper flakes
- 2 T olive oil
- approximately 4 cups kale or spinach, your choice of greens\*\*
- 1 can black beans rinsed
- 1 can red beans rinsed
- 1 can white beans rinsed
- 2 can chopped tomatoes
- 1/4 cup red wine vinegar
- 1 box veggie broth (32 oz)

## Directions

1. Sauté the onion, carrot and celery combination stirring in olive oil until the onions are soft and translucent.
2. Next add the minced garlic and crushed pepper flakes and stir for about a minute.
3. Add the greens and stir to coat with the aromatics and oil until the volume is reduced. Add the canned beans and tomatoes. Add the red wine vinegar. Add the vegetable broth and heat through.
4. Add ham or cooked sausage if you like.
5. After heating in a bowl we add parmesan cheese as a garnish.

Good with red wine :-)) and maybe a biscuit or corn bread.

In reality this is merely a framework... all the ingredients can be varied by amount and type as you prefer.

\* mirepoix is available at Harris Teeter & Trader Joes and lots of places. Saves you from chopping.

\*\* Try 1/2 package Southern Greens from Trader Joes



# ***Curried Lentil, Tomato, and Coconut Soup***

*-- Submitted by Virginia Lewis*

**Yield:** 4 servings

## ***Ingredients***

**2 tablespoons virgin coconut oil or extra-virgin olive oil**  
**1 medium onion, finely chopped**  
**2 garlic cloves, finely chopped**  
**1 2½-inch piece ginger, peeled, finely grated**  
**1 tablespoon medium curry powder (such as S&B)**  
**¼ teaspoon crushed red pepper flakes**  
**¾ cup red lentils**  
**1 14.5-ounce can crushed tomatoes**  
**½ cup finely chopped cilantro, plus leaves with tender stems for serving**  
**Kosher salt, freshly ground pepper**  
**1 13.5-ounce can unsweetened coconut milk, shaken well**  
**Lime wedges (for serving)**

## ***Directions***

1. Heat oil in a medium saucepan over medium. Cook onion, stirring often, until softened and golden brown, 8–10 minutes. Add garlic, ginger, curry powder, and red pepper flakes and cook, stirring, until fragrant, about 2 minutes.
2. Add lentils and cook, stirring, 1 minute. Add tomatoes, ½ cup cilantro, a generous pinch of salt, and 2½ cups water; season with pepper.
3. Set aside ¼ cup coconut milk for serving and add remaining coconut milk to saucepan. Bring mixture to a boil; reduce heat and simmer gently, stirring occasionally, until lentils are soft but not mushy, 20–25 minutes.
4. Season soup with more salt and pepper if needed.

To serve, divide soup among bowls. Drizzle with reserved coconut milk and top with more cilantro. Serve with lime wedges.

**Do Ahead:** Soup (without toppings) can be made 3 days ahead. Let cool; cover and chill.

# ***Peachy Pandemic Recipes***

***Best peaches from King's Red and White on Club Blvd.  
Not sweet enough to eat in hand? Make best use with these summer recipes.  
– Celia Dickerson***

## ***Peach Gazpacho***

### ***Directions***

- 1 Chop roughly, put into blender (or immersion blender) these:
  - **1 peach, peeled 1 yellow tomato, peeled or not**
  - **1 basket mixed color cherry tomatoes**
  - **yellow pepper (opt)**
  - **1 cucumber**
- 2 Add these:

<b>1 garlic clove, finely chopped</b>	<b>1-3 tsp sugar</b>
<b>½ cup onion</b>	<b>1/3 cup lime juice</b>
<b>chives</b>	<b>½ tsp. salt</b>
<b>1 TB rice wine vinegar</b>	<b>¼ tsp hot oil</b>
- 3 Process all to make a thick soup.
- 4 Chill for 3-4 hours.

Serve with chunks of any of these: cucumber, peach, tomato. Add salt, if you like.

# Gazpacho Grande

Russell and I enjoy making and eating this cool gazpacho from the Jane Brody Good Food cookbook. No heat required!! Good with cornbread.

- Ruth and Russell Roberson

## GAZPACHO GRANDE

SOUPS

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*about 6 servings*

It's hard to think of anything more delightful to eat—or to prepare—for a late-summer meal than gazpacho—a no-cook Spanish soup of garden-fresh vegetables and just the right amount of zing to make them interesting. I keep the calorie count low by using much less oil than is traditionally put in gazpacho. The vegetables are divided: half are puréed to give the soup body; half are chopped and added for texture. The result is wonderful. *Preparation tip:* This recipe uses canned tomato juice, so be gentle on the salt unless you buy or make juice with no added salt.

- 1 large cucumber, peeled, halved lengthwise, and cored to remove seeds, divided
- 2 large tomatoes, peeled, cored, and seeded, divided
- 1 green pepper, halved and seeded, divided
- 1 medium onion, peeled and halved, divided
- 1 pimiento
- 3 cups tomato juice, divided
- $\frac{1}{3}$  cup red wine vinegar
- 1 tablespoon olive or vegetable oil
- $\frac{1}{4}$  teaspoon hot pepper sauce (Tabasco)
- $\frac{1}{4}$  teaspoon salt, if desired
- $\frac{1}{8}$  teaspoon freshly ground black pepper or more, to taste
- 3 to 4 cloves garlic, finely minced or crushed
- Croutons for garnish (optional)

1. In a blender, combine half the cucumber, 1 tomato, half the green pepper, half the onion, the whole pimiento, and 1 cup of the tomato juice. Purée the ingredients at high speed.
2. Chop the remaining cucumber, tomato, green pepper, and onion. Place the vegetables in a bowl, cover it, and refrigerate it until serving time.
3. Pour the purée into a large serving bowl or tureen, and add the remaining 2 cups tomato juice, the vinegar, oil, pepper sauce, salt, pepper, and garlic. Refrigerate the gazpacho, covered, for at least 2 hours.
4. Just before serving the soup, add the reserved chopped vegetables to the purée mixture. Check the seasonings. Serve the gazpacho with croutons, if desired.

# ***Eggs Over Onions***

*If you love onions and you love eggs, this one's for you.*

*- Tom Bloom*

Total Cook time: 15 Minutes

## ***Ingredients***

- 1 small cast iron skillet with a lid
- 1 oz. chopped bacon, pancetta, or sausage
- 3/4 c. chopped onion
- 2 large eggs
- 2 Tbsp cheap white wine
- salt and pepper

## ***Directions***

1. Heat skillet to medium high.
2. Add the bacon, pancetta, or sausage and cook till crispy.
3. Add the onions and salt and pepper.
4. Carefully crack the eggs on top of the onions.
5. Pour the white wine around the edges of the skillet and cover.
6. Cook until the yolks are your desired consistency.
7. Serve with well-done toast spread with honey/walnut cream cheese.

# ***Fruit Oatmeal***

***This recipe can be assembled the night before and also doubles well so that you can freeze a batch for future baking.***

***Reheats well in microwave (add a little more juice before reheating).***

***- Paul Pasquarella & Michael Honeycutt***

**Yield:** 8 servings

**Prep time:** 15 minutes

**Total time:** 1 hour

## ***Directions***

**Fresh or frozen (defrosted) fruit (a mixture of sliced peaches, cantaloupe, honeydew, blackberries, blueberries, mandarin oranges – whatever you like) | 2 cups**

1. Place fruit in oven-proof dish (sprayed with vegetable spray) and set aside.
2. Place **1 cup fruit juice (from defrosting frozen fruit or orange or peach juice)** in separate bowl.
3. Add to juice:
  - 1 teaspoon ground cinnamon**
  - ½ teaspoon ground allspice**
  - ½ teaspoon ground coriander**
  - 1 tablespoon vanilla**
  - 1 tablespoon peach schnapps**

Stir all this together until well blended and pour over the fruit.

In another bowl add:

**1 cup old fashioned oats**  
**½ cup brown sugar**  
**¼ cup butter**  
**2 tablespoons flour**

4. Cut sugar, butter, and flour into oats with a fork.
5. Add this mixture firmly into center of fruit with the back of a spoon and leave about 1 inch around sides uncovered.
6. Bake uncovered at 350 degrees for 30 – 40 minutes or until center is set and fruit along sides bubble over.

Serve hot.

# Blueberry Marmalade

*The blueberry marmalade is the one my mom and I use. It was clipped out of the Pittsburgh Press ages ago.*

*Mom froze the blueberries until oranges were back in season (winter) and then made the marmalade. Probably no one but me remembers when fruits and vegetables had actual seasons and one could not buy them fresh any other time! And she wasn't trying to get the marmalade made while freezing and canning other goodies from the garden, which was another plus. It's also very pretty...I just gaze upon the jars for a while admiring my work!*

*- Mickey Velkey*

## Make preserves to help budget

By Cecily Brownstone  
Associated Press Food Editor

Here's a budget tip. As I'm sure you've noticed, the cost of good fruit preserves has skyrocketed.

You can save money by making small batches of them as summer's fresh fruits appear. And you can concoct combinations you don't ordinarily find in stores. To start you off, here's a recipe for a blueberry marmalade. By the beginning of July, those dusky blue berries will be here aplenty.

### BLUEBERRY MARMALADE

1 medium-size thick-skinned orange	5 cups sugar
1 medium-size lemon	1 pouch (from a 6-oz. box containing 2 pouches) liquid fruit pectin
$\frac{3}{4}$ cup water	
$\frac{1}{4}$ tsp. baking soda	
1 pint (about) fully ripe blueberries	

Wash and dry the orange and lemon; cut off a thin slice from ends of each. Make 4 equidistant lengthwise cuts through rind to pulp on the orange.

With the tip of a butter knife, gently loosen peel at ends; with fingers peel off each section of rind. Remove the peel from the lemon in the same way.

With a tablespoon scrape off and discard the top layer of white pith from rind sections.

In a food processor, with metal blade, finely chop the orange and lemon rind; turn into a saucepan with the water and soda; bring to a boil; stirring occasionally, cover and simmer 10 minutes.

Pull off sections of the peeled orange and lemon; discard seeds; in the food processor, with metal blade, coarsely chop sections; add to rind-water mixture; cover and simmer 15 minutes longer. (There will be a scant cup.)

In the food processor with metal blade, using a few on and off turns, crush enough blueberries to add to the orange-lemon mixture to make 3 cups.

In a 6-or 8-quart saucepot thoroughly stir together the fruit mixture and the sugar. Stirring constantly over high heat, bring to a full rolling boil and boil hard 1 minute.

Remove from heat and at once stir in pectin. With a metal spoon skim off foam. Quickly ladle into sterilized 8-ounce wide-mouth preserving jars, filling to within  $\frac{1}{4}$  inch of the top.

Adjust covers (caps and screwbands) according to jar manufacturer's directions. Process in a boiling water bath for 5 minutes.

Place on a wire rack to cool. Makes about six 8-ounce jars. Store in a cool dry place.



# ***Blueberry Jalapeno Pepper Jelly***

***I've never made this, but I'm thinking it is probably pretty good.***

***- Mickey Velkey***

## **Ingredients**

5 cups blueberries  
1/2 cup lemon juice, divided into two 1/4 c. portions  
1 1/2 cups water  
1 cup jalapeno pepper, seeded and chopped fine  
2 tablespoons bell peppers, chopped fine  
1/2 cup vinegar  
5 cups sugar, you can use 1/2 sugar and 1/2 Splenda also, but not just Splenda  
1 (4 ounce) boxes pectin, low sugar formula

## **Directions**

1. In one saucepan, combine the peppers, vinegar, 1/4 cup lemon juice and 1 cup water. Cook on medium high for 20 minutes, then using a sieve, remove all the peppers from the liquid and set aside.
2. In another saucepan, place blueberries, 1/4 cup lemon juice and 1/2 cup water and cook on medium high for 20 minutes, Strain with a cheesecloth or jelly bag.
3. Combine both liquids into one of the pans, adding sugar/Splenda. Cook on medium low until the sugar dissolved. Skim any foam off of the surface.
4. Bring mix to a boil and add 1 box pectin and bring to a rolling boil for one minute.
5. Remove from heat, skim off any foam and ladle into sterilized jelly jars and place lids tightly on the jars.
6. Boil in a hot water bath (with 1-2 inches of water over the lids) for 5 minutes.
7. Set on counter to cool and to set. Listen for the lids to pop. They could pop anywhere from 2 minutes to 2 hours afterward.
8. If they do not pop, they are not sealed and will need to be refrigerated and used immediately.

# ***Tomato and Avocado Salad***

***This one I actually made myself! Perfect summer salad with tasty dressing.***

***-- Laurie Williamson***

**Prep time:** 15 Minutes

**Total Cook time:** 20 Minutes

## ***Ingredients***

- ¼ cup plus 2 tablespoons freshly squeezed lemon juice,  
divided (2 lemons)**
- 2 firm, ripe Hass avocados**
- 2 pints cherry or grape tomatoes, halved through the stem**
- ½ cup medium-diced red onion**
- Good olive oil**
- Kosher salt and freshly ground black pepper**
- 3 ounces baby arugula**

## ***Directions***

1. Pour ¼ cup of the lemon juice into a mixing bowl. Cut the avocados in half, remove the pit, peel them (or scoop them out with a spoon), and cut in ½-inch dice. Immediately add the avocados to the lemon juice and toss carefully. Add the cherry tomatoes and red onion and toss again.
2. In a small glass measuring cup, whisk together the remaining 2 tablespoons of lemon juice, ¼ cup olive oil, ½ teaspoon salt, and ½ teaspoon pepper.
3. Pour enough of the vinaigrette over the tomato and avocado mixture to moisten completely. Add the arugula, add more vinaigrette, sprinkle with 1½ teaspoons salt and ½ teaspoon pepper, and toss well. Taste for seasonings (you want the salad well seasoned!) and serve at room temperature.



# ***Summer Squash Sauté***

*Great way to serve summer squash that is plentiful in our garden in early summer. We are spending a lot more time in the garden this year!*

*Recipe is from Bon Appetit 2013*

- *Charlotte Nelson*

**Yield:** 4 servings

**Prep time:** 15 minutes

**Total time:** 25 minutes

## ***Ingredients***

**2 lb. summer squash and/or zucchini,  
cut into matchsticks\*  
1 tsp. kosher salt plus more  
¼ cup sliced almonds  
2 Tbsp. olive oil  
2 garlic cloves, sliced**

**¼ tsp. crushed red pepper flakes  
¼ cup finely grated Parmesan  
Salt & freshly ground black pepper, to taste**

## ***Directions***

1. Place squash in a colander set in the sink or over a large bowl and toss with 1 tsp. salt. Let squash stand 10 minutes, then squeeze well to remove as much excess moisture as possible (do not rinse).
2. Meanwhile, toast almonds in a large dry skillet over medium heat, tossing occasionally, until lightly browned, about 3 minutes. Transfer to a plate; let cool.
3. Heat oil in same skillet over medium heat. Add garlic and red pepper flakes and cook, stirring often, until fragrant but not browned, about 2 minutes. Add squash and cook, tossing occasionally, until crisp-tender, about 5 minutes. Fold in Parmesan and season with salt and pepper. Fold in almonds.

Notes:

\*If you have a mandoline with a julienne attachment or julienne peeler, use it here.  
For best texture, stop cooking before the squash goes limp.

# ***Cauliflower “Mac” and Cheese Casserole***

*Here's a recipe, I love to make--my family and friends expressed how they enjoyed it.*

- *Sybil King*

**Prep time:** 15 Minutes

**Total Cook time:** 35 Minutes

## ***Ingredients***

- Kosher salt, as needed, plus 1/2 teaspoon
- 1 large head cauliflower, cut into small florets
- Vegetable oil spray
- 1 cup heavy cream
- 2 ounces cream cheese, cut into small pieces
- 1 1/2 teaspoons Dijon mustard
- 1 1/2 cups shredded sharp Cheddar, plus 1/2 cup for topping the casserole
- 1/4 teaspoon freshly ground black pepper
- 1/8 teaspoon garlic powder

## ***Directions***

1. Preheat oven to 375 degrees F. Bring a large pot of water to a boil. Season the water with salt.
2. Spray a baking dish with vegetable oil spray.
3. Cook the cauliflower in the boiling water until crisp-tender, about 5 minutes. Drain well and pat between several layers of paper towels to dry. Transfer the cauliflower to the baking dish and set aside.
4. Bring the cream to a simmer in a small saucepan, and whisk in the cream cheese and mustard until smooth. Stir in 1 cup of the cheese, salt, pepper and garlic and whisk just until the cheese melts, about 1 to 2 minutes. Remove from heat, pour over the cauliflower, and stir to combine. Top with the remaining 1/2 cup cheese and bake until browned and bubbly hot, about 15 minutes. Serve.

# ***Okra and Corn with Goat Cheese***

***Okra, queen of summer food. From a Durham Farmers Market recipe.***

***I promise it eats like a dessert.***

***– Celia Dickerson***

## ***Ingredients***

- **Okra**, chopped
- **Onion**, chopped. Maybe 2-3 cups okra to  $\frac{3}{4}$  cup onion.
- **Corn** cut from 2 ears of corn.
- **Goat cheese**
- **Bacon**. (I cook the whole pack in the oven, store on layers of paper towel in fridge. Save bacon fat in small glass jar in freezer or fridge to use sparingly later.)

## ***Directions***

- 1 Melt in large skillet: combination of bacon fat/ghee/butter/oil. Probably healthier with oil only, but tastier with first 3 fats.
- 2 Saute onion in heated fat. Remove. Add more fat, if needed,
- 3 Saute cut okra 'til soft (15 min). Put onion and okra together. Cut up as many strips of bacon you want, add. Heat to crispiness. Cut off heat.
- 4 Add the cut corn. Residual heat will cook corn, will still be crisp.
- 5 Dot with goat cheese. Mix. Serve

Doesn't need anything else, but can add salt and pepper thyme if desired.

# ***Zucchini Fritters***

***Easy and delicious!***  
***– Mindy Douglas***

**Prep time:** 15 minutes

**Total time:** 25 minutes

## ***Ingredients***

**Zucchini, grated** | 1.5 lb

**Salt** | 1 tsp

**All-purpose flour** | ¼ cup

**Parmesan, grated** | ¼ cup

**Garlic, minced** | 2 cloves

**Egg** | 1 large

**Kosher salt and freshly ground pepper to taste**

**Olive oil** | 2 Tbsp

## ***Directions***

1. Place grated zucchini in a colander over the sink. Add salt and gently toss to combine; let sit for 10 minutes. Using a clean dish towel or cheese cloth, drain zucchini completely.
2. In a large bowl, combine zucchini, flour, Parmesan, garlic, and egg, season with salt and pepper, to taste.
3. Heat olive oil in a large skillet over medium high heat. Scoop tablespoons of batter for each fritter, flattening with a spatula, and cook until the underside is nicely golden brown, about two minutes. Flip and cook on the other side, about 1-2 minutes longer.
4. Serve immediately.

*(<https://damndelicious.net/2014/04/02/zucchini-fritters/>)*

# Walnut-miso Bagna Cauda

*Our latest COVID favorite recipe served with roasted veggies.  
attribute to Matt though...he's doing all the real cooking*

*From the Baco cookbook*

- Laurie Williamson

## Walnut-miso bagna cauda

This is a version of the warm Piedmontese dip of anchovy, garlic, butter, and olive oil. Here it's enriched with white miso and sesame paste instead of butter and gets a little spicy heat from urfa biber. Red-skinned walnuts are available in the fall at farmers' markets in California and have an especially beautiful color; you can substitute other walnuts. Serve warm or hot with vegetables, roasted or fried potatoes, steaks, roasts, or just good bread.

**NOTE:** You can substitute urfa biber with any coarsely ground, dried, mildly spicy chile, such as New Mexico chile, Aleppo pepper, or cascabel. I use Japanese sesame paste, labeled atari goma, which can be found at Japanese markets and online. It can be substituted with high-quality unsalted tahini.

MAKES ABOUT 1½ CUPS [260 G]

1 garlic clove  
2 anchovy fillets  
½ cup [120 ml] olive oil  
1 cup [120 g] walnuts, preferably red walnuts, coarsely chopped  
1 Tbsp white miso  
1 Tbsp sesame paste  
Juice of 1 lemon  
1 tsp urfa biber

Mash the garlic and anchovies to a coarse paste with a mortar and pestle. Transfer to a small saucepan and add the oil. Heat the mixture over medium-low heat, stirring occasionally, until the garlic is aromatic and golden, about 1 minute. Add the walnuts, stirring occasionally, and cook until toasted, about 1 minute. Stir in the miso, then immediately remove from the heat.

Stir in the sesame paste, lemon juice, and urfa biber. The bagna cauda is best used within a day or two. If not using right away, store in a covered container in the refrigerator for up to 1 day; rewarm in a small pan over medium heat.

# ***Dairy Free Parmesan Cheese***

*I came across this recipe looking for a way to add a dairy free version of the oh-so-important Parmesan cheese to my new pesto recipes. It is truly delicious, and with our dedicated stay-at-home existence, it has been a great mental boost to find these recipes such as this one. You can find nutritional yeast in any grocery store – it tends to be the “go to” for creating a tart, cheese-y taste to vegan foods. (Tastes great on popcorn too.)*

- Katherine Whitmore

Prep time: 10 Minutes

## ***Ingredients***

- 3/4 cup raw cashews
- 3 Tbsp nutritional yeast
- 3/4 tsp sea salt
- 1/4 tsp garlic powder

## ***Directions***

1. Easy! Add all ingredients to a food processor and mix/pulse until a fine meal is achieved.
2. Store in the refrigerator to keep fresh. Lasts for several weeks.

# Carrot Top Pesto

*Our family dietary restrictions have barred me from some of the junk food I normally crave during times of duress. Thank goodness for the existence of potato chips! But when I climb out of those Utz bags, I really need some "healthy" salty, oily, and yummy snacks.*

*So again, through my new CSA – I found that you can make pesto with just about any green – the feathery dill fronds, scary beet greens, delightful carrot tops – you name it. The Cuisinart is your best friend!*

- Katherine Whitmore

Prep time: 15 Minutes

Total Cook time: 20 Minutes

## Ingredients

- 2 cups carrot tops, heavy stems removed, packed
- 3 large cloves garlic
- 1 cup walnuts or pecans
- $\frac{3}{4}$  to 1 cup olive oil
- $\frac{1}{4}$  to  $\frac{1}{2}$  teaspoon salt
- $\frac{3}{4}$  cup parmesan cheese (we use a dairy free option)
- Lemon juice (optional but I think it's important!)

## Directions

1. You can be nonchalant with this step: Blanch carrot tops in boiling water for 3 minutes or less. They should still be bright green. Drain in a colander and plunge into a bowl of ice water.
2. When cool, drain, wring out excess water, spread on paper or a towel to dry.
3. Combine all ingredients in a food processor adding more or less oil and salt according to taste.

If you plan on freezing some for later use, do not add the parmesan cheese.

4. Add lemon juice to taste if desired.

Serve on pasta, as a dip, or as a spread on sandwiches.

# ***Baked Mac and Cheese***

*This is the recipe I use for our daytime Fellowship meals (not the evening ones where the “Blue Box” is preferred). We published this on our hope-to-be-resurrected website <http://feedingcommunity.blog> so y’all could make it anytime you wanted. We’ve made it a few times this pandemic, since it freezes nicely for sharing.*

- ***Cris Rivera***

## ***Ingredients***

### **Topping:**

1 cup panko (Japanese bread crumbs)  
2 T butter, melted

### **Macaroni and Cheese:**

Salt  
1 pound elbow macaroni (don’t use Barilla b/c we’re boycotting them)  
6 T butter  
1 medium pressed garlic clove  
1 t dry mustard

1/4 t cayenne pepper

6 T flour

1 3/4 cups organic vegetable broth

3 1/2 cups whole milk (yes, WHOLE milk)

16 ounces sharp cheddar cheese, shredded (about 5 1/3 cups)

8 ounces smoked gouda, shredded (about 2 2/3 cups)

## ***Directions***

1. For the topping: melt butter in a pan with sides and then toss bread crumbs to coat; set aside.
2. For the macaroni and cheese: Preheat to 400 degrees. Bring 4 quarts of water to a boil in a dutch oven over high heat. Stir in salt and the macaroni; cook, stirring occasionally, until al dente, about 5 minutes. Drain the pasta and leave it in the colander. (Do not rinse.)
3. Add the butter to the warm pot and return to medium heat until melted. Add the garlic, mustard, and cayenne; cook until fragrant, about 30 seconds. Add the flour and cook, stirring constantly, until golden, about 1 minute. Slowly whisk in the broth and milk; bring to a simmer and cook, whisking often, until large bubbles form on the surface and the mixture is slightly thickened, 5 to 8 minutes. Off the heat, whisk in the cheeses gradually until completely melted.
4. Add the drained pasta to the cheese sauce and stir, breaking up any clumps, until well combined. Pour into a 9 x 13” baking dish and sprinkle with the bread crumb topping. Bake until golden brown and bubbling around the edges, approximately 20 minutes. Remove from the oven and cool for 10 minutes before serving.



# *Pea-nut spaghetti*

*Cleaning out the pantry to use up what we had on hand, I revived an old, easy to assemble creation that I made a lot during graduate school. It's hardly a recipe--but it's tasty. Recipe shrinks or expands easily according to how many folks you are feeding.*

*-- Kim Abels*

Prep time: 15 Minutes

Total Cook time: 20 Minutes

## *Ingredients*

- Jar of hoisin sauce (asian food section)
- package of ramen or other noodles or pasta you have on hand
- frozen peas
- some peanuts (from can/jar of whatever you have on hand--almonds would also likely work fine.)
- (add spinach, kale, carrots, or other vegetable to add more veggie umph if you have on hand)

## *Directions*

1. Boil ramen/noodles without seasoning packet--just the noodles plain--until cooked through.
2. Drain and immediately add frozen peas to noodles and combine. Peas will cook through with the heat of the noodles.
3. Add a dollop or two of of hoisin sauce to taste--mix in.
4. Add as many peanuts as seems good to you (main protein source here) and mix in.

Serve in bowls.

# *Sheet Pan Pizza*

*-- Submitted by Karen Romines*

## *Directions*

### *Pizza Dough:*

1. Warm 1  $\frac{3}{4}$  cup water to  $\approx 105^\circ$ . Stir in 7 g yeast (one envelope) and a  $\frac{1}{2}$  teaspoon of sugar. Allow to stand until yeast begins to foam.
2. In mixing bowl, stir together 18 oz ( $\approx 4$  cups) AP flour and 2 t salt. Add yeast mixture and 2 T olive oil. Stir together using dough hook. Knead by mixing 2-3 minutes at low speed. Place dough in oiled bowl (with lots of extra room). Turn dough to coat with oil. Cover bowl and refrigerate for 24 hours.

### *Sauce:*

1. Saute  $\frac{1}{2}$  an onion (chopped) in olive oil with a little chopped garlic (optional).
2. Add  $\approx 1$ -2 teaspoons each of dried oregano and basil. Add tomatoes (1 or 2 x 14 oz can), tomato sauce (8 oz can) and tomato paste (6 oz can).
3. Add  $\approx 1$  T brown sugar and simmer for at least 30 min.
4. Use immersion blender to puree.

Note: This sauce recipe will make more than needed for a single pizza. It freezes well for future use.

### *Sheet Pan Pizza:*

1. Allow dough to warm briefly.
2. Spread  $\frac{1}{2}$  cup of olive oil in a sheet pan. Place dough on pan and spread to edges. You may have to stop a couple of times and let the dough rest / warm to get it to the edges. Cover with plastic and allow dough to rise for ca 30 min in a warm place, until puffy.
3. Preheat oven to 525
4. Top pizza with sauce and any toppings. Bake for 15 min at 525. Remove pizza and add cheese. Bake another ca 10 min at 525.

# ***Bacalhau à Brás***

***(Salt Cod, Eggs and Potatoes)***

***One more delish comfort food...a favorite dish from our trip to Portugal in Feb***

***-- Laurie Williamson***

## ***Ingredients***

- **6 ounces bacalhau (salted cod), soaked overnight**
- **2 medium white potatoes, peeled**
- **1/4 cup lard, duck fat or coconut oil**
- **1/2 onion, chopped**
- **1/2 pinch saffron (about 5 threads)**
- **1/2 teaspoon black pepper**
- **4 eggs, lightly beaten**
- **Small handful fresh parsley, chopped**
- **3 ounces black olives (10 to 15 total)**

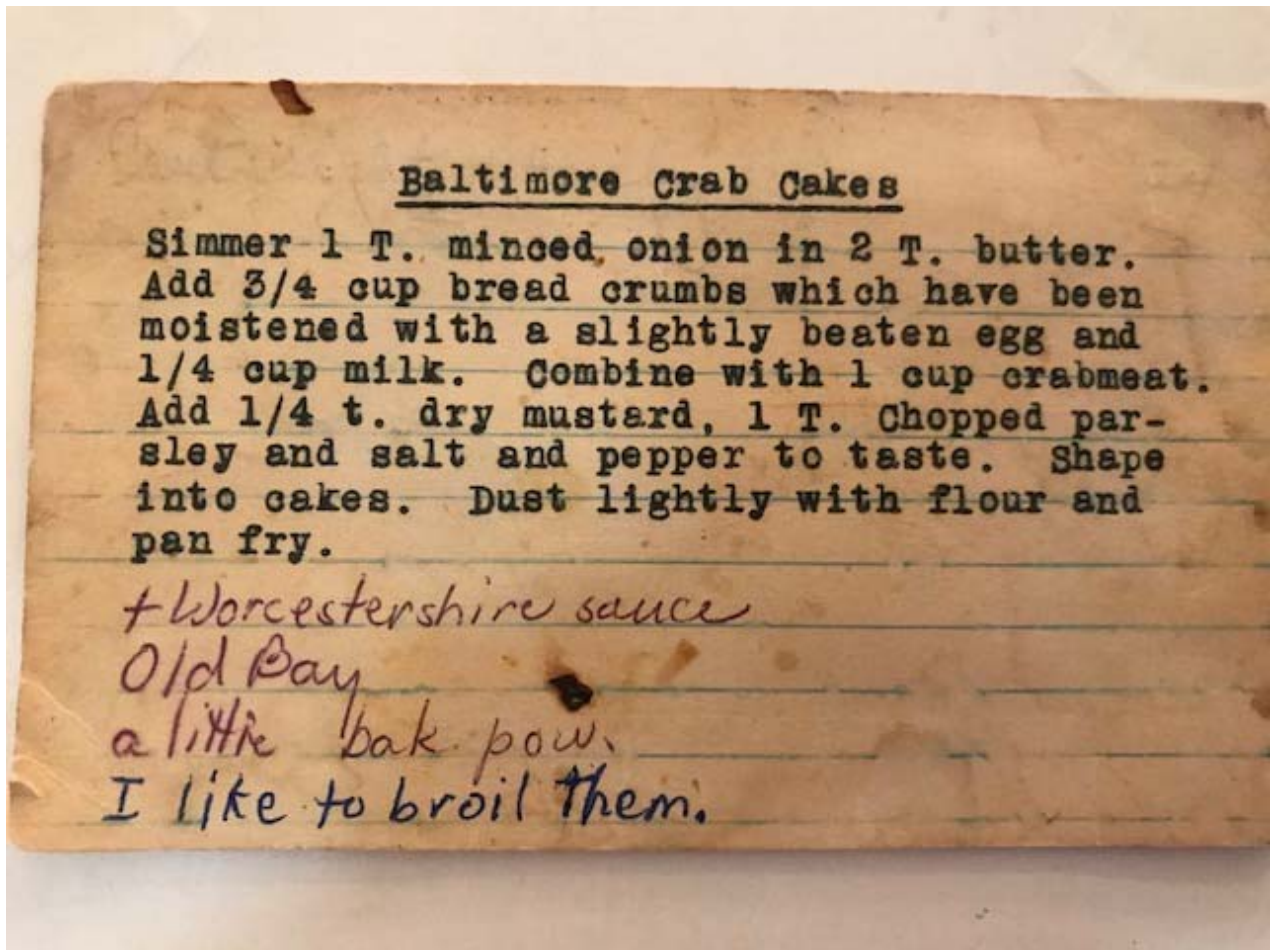
## ***Directions***

1. Gently rinse the salt cod under cold water to remove any surface salt. Soak overnight in cold water (12 to 18 hours) in the fridge, changing the water twice. Drain the fish, gently rinse again under cold water, then pat dry with paper towels. Shred the fish into bite-sized strips.
2. Using a cheese grater or the grater attachment of a food processor, grate the potatoes into shreds. Soak in cold water for 5 minutes, then drain and rinse thoroughly and pat dry with paper towels.
3. Warm the lard or duck fat in a large skillet on medium-high heat until shimmering. Add half of the potatoes and pan-fry, stirring often to keep the potatoes from sticking together; remove with a slotted spoon when they turn golden brown, about 5 minutes, and set aside to cool on paper towels. Repeat this process with the other half of the potatoes. Reduce heat to medium and discard all but 1 tablespoon of the cooking fat.
4. Add the chopped onion and saffron to the skillet and sauté until the onion is translucent, about 5 minutes. Add the fish and pepper; gently stir to combine. Allow to sauté until the fish is softened, 3 to 5 minutes.
5. Add half of the fried potatoes, stirring to combine, then pour the beaten eggs over everything. Scramble the eggs until cooked, stirring occasionally, about 3 minutes. Stir in the parsley and the other half of the potatoes; add the black olives and serve.

# Baltimore Crab Cakes

*I grew up in Maryland and my mom was from Baltimore. This is her recipe plus a few additions of mine. I buy Philip's crab meat from Costco. It's perfect!*

*- Jeanne Hervey*



## Baltimore Crab Cakes

Simmer 1 T. minced onion in 2 T. butter.  
Add  $\frac{3}{4}$  cup bread crumbs which have been  
moistened with a slightly beaten egg and  
 $\frac{1}{4}$  cup milk. Combine with 1 cup crabmeat.  
Add  $\frac{1}{4}$  t. dry mustard, 1 T. Chopped par-  
sley and salt and pepper to taste. Shape  
into cakes. Dust lightly with flour and  
pan fry.

+ Worcestershire sauce  
Old Bay  
a little bak. pow.  
I like to broil them.

# ***Wild Rice Chicken Salad***

*From 1999 Southern Living Hall of Fame; reprinted April 2001.*

- *Submitted by Marcia Lorimer as requested by the APNC*

**Yield:** 8 servings

**Prep time:** 40 minutes

**Total time:** 8 hours, 40 minutes

## ***Ingredients***

- 2 (6.2 oz) packages long grain and wild rice
- 2 (6 oz) jars marinated artichoke quarters, undrained
- 4 cups chopped cooked chicken
- 1 medium sized red bell pepper, chopped
- 3 celery ribs, thinly sliced
- 5 green onions, chopped
- 1 (2.25 oz) can sliced ripe olives, drained
- 1 cup mayonnaise
- 1 ½ teaspoons curry powder

## ***Directions***

1. Cook rice mix according to package directions.
2. Drain artichoke quarters, reserving ½ cup liquid. Stir together rice, artichoke, chicken, and next 4 ingredients.
3. Stir together artichoke liquid, mayonnaise, and curry powder; toss with rice mixture. Cover and chill 8 hours.

# ***Chicken Pie***

## ***Ingredients***

**Whole fryer** | 1

**Cream of celery soup** | 1 can

**Cream of chicken soup** | 1 can

**Chicken stock** | 1 ½ can

### **CRUST**

**Bisquick** | 1 ½ cup

**Milk** | 1 ½ cup

**Oleo** | 1 ½ stick

**Salt** | 1 ½ tsp

## ***Directions***

1. Cook chicken. Save stock .
2. Cut chicken into bite size pieces.
3. Put chicken in 9x12 baking dish.
4. Pour undiluted soup over chicken.
5. Mix bisquick, milk and melted oleo. Pour over chicken and soup.
6. Bake in 350 oven for 45 minutes to hour.

- ***Elizabeth High***

# ***Apricot Chicken***

***When Tom was growing up on the farm in central Kansas, there were 4 beautiful apricot trees in the front yard. So his mother became very creative with recipes using apricots. This was one we got from her. Have always loved it.***

- ***Diane Prosser and Tom Juhnke***

**Prep time:** 15 minutes

**Total time:** 1 hour, 20 minutes

## ***Ingredients***

**Dry onion soup mix** | 1 envelope

**Apricot preserves** | 8 oz jar

**French dressing** | 8 oz jar

**Chicken breasts or thighs,skinned** | 4-6 pieces

## ***Directions***

1. Mix onion soup mix, apricot preserves, and dressing together.
2. Place skinned chicken pieces in flat casserole.
3. Pour dressing mixture over chicken and cover with foil.
4. Bake 50 minutes in 350 degree oven.
5. Uncover and bake another 10 minutes.

Serve over rice.

# ***Chicken and Eggs and Olives over rice***

*This recipe is one that my grandmother-in-law shared with me the first summer I moved to Lenoir, NC. It has been one of our family's "comfort meals" through the years. George and I have had it several times over the past several months.*

- Johanna Bernhardt

Yield: 6 servings

Prep time: 40 Minutes

Total Cook time: 50 Minutes

## ***Ingredients***

- 3 Tbsp butter
- 3 Tbsp flour
- @1/4 tsp salt
- 1/8 tsp. pepper
- 1 1/2 cups chicken broth
- 3 hard-boiled eggs, chopped
- 6 or more chopped green olives
- 2 cups cooked chicken
- Salt and pepper to taste
- Rice-cooked

## ***Directions***

1. Make the white sauce in 1 1/2-quart saucepan, melt butter over low heat. Stir in flour, salt and pepper. Cook over medium heat, stirring constantly, until mixture is smooth and bubbly; remove from heat.
2. Gradually stir in chicken broth. Return to heat, heat to boiling, stirring constantly; boil and stir 1 minute.
3. Add olives, eggs and chicken. Cook until bubbly and warm, and serve over hot rice.

I find baking the chicken with rosemary , or thyme, adds more flavor. You can also boil your chicken, using herbs and use the broth you have made.



# ***Forgotten Cookies***

## ***Ingredients***

**Egg whites** | 3, room temp

**Salt** | ½ tsp

**Cream of tartar** | ½ tsp

**Vanilla** | 1 tsp

**Sugar** | 1 cup

**Pecans or Walnuts** | ¾ cup

**Rice Cereal (Rice Krispies or Special K)** | 2 cups

**Chocolate chips** | 1/2 large package

## ***Directions***

1. Pre heat oven to 350.
2. Line cookie sheets with parchment paper
3. Beat egg whites, salt, and cream of tartar until very fluff, .stand alone stiff
4. Add vanilla and continue beating adding 1 cup of sugar gradually.
5. Keep beating until eggs are very stiff.
6. Add nuts, cereal and chocolate chips and mix well. Drop by teaspoons on prepared cookie sheets
7. Put in preheated oven...turn oven off and leave overnight or at least 6 hours

- ***Elizabeth High***

# ***Oatmeal Cream Pies***

***I made these at the beach last week. They were pretty popular, even with oatmeal-cookie-boycotters. Never underestimate the power of cream cheese frosting.***

***-- Karen Romines***

## ***Directions***

### *Oatmeal Cookies:*

1. Beat together **1 cup butter, 200 g (1 cup) brown sugar, 100 g (½ cup) granulated sugar**, and **2 t vanilla extract**. Mix in **1 egg**.
2. Mix together **6.75 oz (ca 1 ½ cups) AP flour, 9 oz (3 cups) quick oats and 1 t baking soda**. Add to above mixture.
3. Place small spoonfuls of cookie dough on greased cookie sheet. Flatten slightly with your fingers and shape in to small circles.
4. Bake at 375 for ca 10 min. Cool completely.

### *Filling:*

1. Beat together **3 oz cream cheese** and **3 T butter**.
2. Mix in **360 g (3 cups) powdered sugar, ¼ cup milk**, and **1 t vanilla**.
3. Add more powdered sugar, if needed, to get a slightly stiff frosting.

### *Assembly:*

1. Sort oatmeal cookies into pairs about the same size. Turn over, so bottom side is up.
2. Place a small spoonful of filling on the bottom side of half of the cookies.
3. Top with the second cookie (bottom side towards filling).
4. Allow oatmeal cream pies to stand for a couple of hours, to let the filling fully set.

Enjoy!

# ***Serious Chocolate Cake***

***Made early in the pandemic when the house was still chilly. Made again in July by request, and really, it's never too hot for a good chocolate cake. But do store it in the fridge.***

***Adapted from "New Recipes from Moosewood Restaurant"***

***-- Kathy Conner***

## ***Cake***

**1 cup cocoa (unsweetened)  
2 cups boiling water  
2 3/4 cups unbleached white flour  
2 tsp baking soda  
1/2 tsp salt  
1/2 tsp baking powder  
1 cup butter  
2 1/4 cups sugar  
4 eggs, room temperature  
1 1/2 tsp pure vanilla extract**

1. Preheat oven to 350.
2. Combine cocoa in boiling water, stir till smooth, then cool completely.
3. Sift dry ingredients together. Beat together butter, sugar, eggs, vanilla. Add dry ingredients alternately with cocoa mixture to creamed mixture. Do NOT overmix. Blend just enough to moisten the dry ingredients.
4. Pour into 3 buttered/floured cake pans. Bake 25 minutes.

## ***Frosting***

**8 oz unsweetened baking chocolate  
1 cup butter  
3/4 cup heavy cream  
4 cups powdered sugar**

1. In medium saucepan melt the chocolate and butter.
2. Stir in cream until smooth.
3. Use whisk or electric mixer (my choice) and beat in powdered sugar until the frosting holds a stiff shape, then chill.

# ***Fudge***

## ***Ingredients***

**Sugar** | 5 cups

**Semi-sweet chocolate chips** | 1 large bag

**Margarine (not a spread)** | 2 sticks

**Marshmallow cream** | 1 pint

**Evaporated milk** | 1 large can

**Pecans or Walnuts** | 2 cups

**Salt** | pinch

**Vanilla** | 1 tsp

## ***Directions***

1. Place sugar, cocoa, milk, margarine and salt in heavy pan and bring to boil.
2. When mixture comes to rolling boil begin to count boiling time and stir constantly for 8 minutes.
3. Remove from heat and add rest of ingredients. Stir until chocolate chips have melted.
4. Pour into greased 9X12 pan .Cool. Let set in pan until cool. Will be thick...If thinner fudge is wanted use another pan....

- ***Elizabeth High***

# ***S'mashing S'mores***

***A yummy, extremely easy and satisfying treat.***

- ***Mary Jo Keenan***

**Yield:** 6 servings

**Prep time:** 1 sec

**Total time:** 4 sec

## ***Ingredients***

**Chocolate and sugar**

## ***Directions***

Next time you are in Trader Joe's pick up a box of S'mashing S'mores from the chocolate treats above the frozen food.

Take them home and heat one in the microwave for 4 seconds, then pop it in your mouth for delicious and immediate gratification!

# ***Peach Pops***

***I make fruit popsicles a la LocoPops instead of baking in the summer. I get greater flexibility with measuring ingredients.***

***– Celia Dickerson***

## ***Directions***

- 1 Make a sugar syrup of 1:1 sugar and water. Boil, stir, simmer. (10 mins). Can make more, use for hummingbird feeder.
- 2 Chop 2-4 peaches. Simmer in 1 cup sugar syrup for 3-4 min. Remove peaches and reserve.
- 3 In blender, make 2-2 1/2 cups liquid of the following:
- 4 Cooked peaches, 1/2 cup peach syrup, 2/3 cup dairy (cream, Sour cream, vanilla yogurt). Blend to a puree. Can add more dairy, syrup to make 2 cups. Add flavorings: almond, vanilla, lime (all 3 or select).
- 5 Let puree cool in fridge. Pour into popsicle molds or silicone minimuffin pans. Freeze for 4 hours. Pop out 2-bitesized pops, store in ziplock bags. I have silicone zip bags I wash and reuse.

# ***Snacks***

*During the hot summer and dry cool of our AC, I had little desire to heat up our kitchen. I also felt parched after walking or mowing outdoors. This cool beverage uses the fruit I find a bit too ripe to eat as is. Non-dairy, but thick and sweet enough to call a treat, this recipe hydrates and boosts energy.*

*– Emily Wilkins*

**Yield:** 4 servings

**Prep time:** 10 minutes

**Total time:** 10 minutes

## ***Ingredients***

- 4 c. ripe watermelon or any melon
- 2 bananas or ripe pears
- 1 c. frozen berries
- 1 c. chilled coconut water
- Ice as desired

## ***Directions***

1. Puree all ingredients in a blender
2. Serve in a chilled glass with 1/2 stalk of celery if desired

# ***Basil-ica***

**-- Submitted by George Bernhardt**

**Eds. Note:** *George and Johanna are Winesday stalwarts. During Pandemic they have also taken to mixing a new cocktail every happy hour and recording them on index cards. We have asked them to share their recipes "at some point."*

## ***Directions***

**Muddle in a shaker:**

**4 basil leaves**

**½ oz. simple syrup**

**½ oz. lemon juice**

**Add:**

**½ oz. Elderflower liqueur**

**2 oz. gin**

**Dash Peychauds bitters**

**Dash orange bitters**

**Shake with ice (45-60 seconds)**

**Serve in a chilled coupe.**

**Garnish with a basil leaf.**

**Hope you like it!**