Cooking with CARE

Sharing fond memories through food

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Sometimes, Food Means Love

Making and eating good food can be a source of wonderful memories of the grandparents or great-grandparents who shared those recipes with us, and perhaps even gave us our first cooking lessons when we were young.

In collecting these recipes, the Center for Aging Research and Education (CARE) wished to give you the opportunity to build on those memories. We hope you enjoy this small collection of family recipes.

Special thanks to all who contributed to this cookbook!
Cream Cheese Kolacky

8 oz cream cheese
1 1/2 cups margarine
3 cups flour
2 cans of Solo pie filling (12 oz each) (I like apricot or raspberry best)
powdered sugar for decoration

1. Mix cream cheese and margarine until smooth. Add flour slowly until blended. Shape into a ball and chill overnight.
2. Preheat oven to 350. Roll out dough 1/8 inch thick on a floured surface. Cut into 2 1/2 squares and place 1/2 tsp filling. Overlap opposite corners and pinch. Place on ungreased cookie sheets

From Paula Jarzemskey
Gran's Italian Rigotta / Ricotta Cookies

1/2 pound margarine - creamed       ICING:
2c sugar                        1 3/4c 10X sugar and 3T milk
2t vanilla
4c flour
1t baking powder
1t baking soda
1lb rigotta / ricotta cheese
2 eggs

Drop ("teaspoon" - that's written in mom's handwriting) on ungreased cookie sheet. Bake at 350" for 12 minutes. When warm dip cookies in icing and colored jimmies. Makes about 80.

Mary's addendum: I cream the margarine and sugar, then add vanilla and eggs one at a time. I combine the dry ingredients, add them slowly, then mix in the ricotta.

From Diane Farsetta's Grandmother
Gran's rum cake

8 eggs, separated
2 c, 4T sifted cake flour
1/2 t salt
2 t vanilla
1/2 c water
1 1/2 c sugar
1/2 T baking powder

1/2 t cream of tartar
2 t lemon juice
custard filling *
maraschino cherries
chocolate frosting *
jimmies

*see next page for instructions

Sift flour, salt and baking powder together. Beat egg whites and cream of tartar until foamy; gradually add 3/4 c sugar and beat until stiff and glossy.

With same beaters, beat egg yolks until thick and lemon colored (about 2 mins). Gradually add 3/4 c sugar. Mix in dry ingredients one-third at a time, alternating with water and lemon juice mixture; beat 1 min.

Fold mix into egg whites. Bake at 350F in wax paper lined 8.5x11 baking pans for 25-30 mins. Immediately remove from pans and cool on cooling rack. When completely cool, cut each cake layer in half transversally. Cool overnight.

Put one layer on platter and top with 1/3 of cream filling. Continue to alternate cake and filling two more times and top with final layer. Cover sides (and top if desired) with chocolate frosting. Cover with maraschino cherries and jimmies.

From Diane Farsetta
Custard filling

6 T flour
1 c sugar
4 eggs, beaten
3 c scalded milk
2 t vanilla

Mix dry ingredients and whisk into milk. Cook until thick, stirring constantly, about 10 mins. Pour gradually over beaten eggs, then return to heat (preferably over double boiler). Cook 3 mins, stirring constantly. Remove from heat and stir in vanilla. DO NOT BOIL. Cool completely before filling cake.

Chocolate frosting

2 oz melted unsweetened chocolate
1/3 c softened butter
2 T milk
2 c 10x sugar
1/2 T vanilla

Mix thoroughly butter and cooled chocolate. Blend in sugar. Stir in vanilla and milk; beat until frosting is smooth and of spreading consistency.
Grandma's Fruit-Filled Yeast Coffee Cake

Mix together in the bowl of standing mixer: 2 c flour, 2 packets rapid-acting yeast (or 4 ½ tsp), ½ c sugar 1 t salt
Heat 1 stick + 2 T butter in small pan on med heat until melted.
Add 1 c milk & ½ c water, turn off heat. Stir and feel mixture with finger- it should be warm, but not uncomfortably hot (110-120 degrees).
Pour milk into flour mixture and mix on medium with paddle until smooth.
Add 2 eggs & ½ c flour. Mix 2 minutes on medium.
Add 2 c flour, 1 c at a time, mixing until incorporated after each addition.
Change to dough hook, add 1 c flour & mix to incorporate. Keep adding small amounts of flour until there is no dough left sticking to sides of bowl.
Remove dough from hook, form into ball.
Turn oven on warm (170 degrees) for 2-3 minutes, then turn off.
Grease a large bowl non-stick spray. Add dough & turn over to coat with non-stick spray. Cover with plastic wrap. Place in warm oven, let rise until double (45-60 minutes).

Batter
2 c flour
2 packets rapid-acting yeast
½ c sugar
1 t salt
1 stick + 2 T butter
1 c milk
½ c water
2 eggs
5 ½ c flour
Apricot Filling*

*See next page
Apricot Filling and Grandma's Fruit-Filled Yeast Coffee Cake, Cont’d.

**Filling**
2 packages (approx. 8-10 ounces) of California/Pacific style dried apricots, 3/4 c sugar, a dash of salt, 1 T butter

**Apricot filling**
Place in a medium pan: 2 packages (approx. 8-10 ounces) of California/Pacific style dried apricots, 3/4 c sugar, a dash of salt. Cover with water. Cook on medium heat until very soft. Add 1 T butter. Puree apricots in food processor. Adjust sugar to taste.

Once filling is done, grease 2 baking sheets. Remove dough from oven & divide in half. Place each piece of dough on a baking sheet & spread it out to cover the surface of baking sheet.
Divide apricot puree between 2 sheets of dough. Spread lengthwise down center third of dough. Fold dough in thirds, each unfilled side over the center filling. Fold ends under to contain filling.
Brush with egg wash, sprinkle with decorative sugar if desired.
Place in warm oven to rise to desired size.
Bake at 325 degrees 25-30 minutes, rotating front to back and switching shelves at 15-20 minutes.
Remove when golden brown and brush with melted butter to keep cake moist.

From Beth Fahlberg
Grammy Raggio’s Eggplant Shrimp Casserole

2 medium eggplants  12 shrimp, shelled
2 cloves garlic       2 eggs, beaten
Several large sprigs of parsley  1/2 cup fresh bread crumbs
1 large onion        1/4 - 1/2 cup grated Parmesan cheese
2 stalks celery      (optional)
1 small green pepper Olive oil, salt, pepper
1 small carrot

Peel eggplants and dice them. Drop into boiling water with some salt and simmer until tender. Drain and cool.

Mince garlic and parsley. Finely dice remaining vegetables. Sauté all the vegetables together in 2-3 Tbsp. of olive oil until tender. Season with salt and pepper.

Slice each shrimp into 3 or 4 pieces.

Mix drained eggplant, sautéed vegetables, shrimp, eggs, most of the bread crumbs, and optional cheese gently. Spoon into oiled or buttered casserole. Top with remaining bread crumbs and cheese.

Bake at 375 for 30-40 min.

From Betty Kaiser
Gran's Sesame Seed Cookies*

Bake at 375F for 10 min
7 c all purpose flour
7 t baking powder
1 t salt
2 c veg shortening or margarine - or 1 c each
2 c sugar
7 eggs
3 t vanilla
2 1/2 c sesame seeds

*most of Gran's recipes should be divided by two or three to make reasonable - i.e., non-Italian grandmother - amounts!

Cream shortening, sugar and eggs until light and fluffy. Add vanilla.
Sift dry ingredients together. Stir into butter mixture making stiff dough.
Divide dough into six parts. Roll each part into log one inch in diameter. (Cover remaining dough with towel to prevent drying out.)
Cut log into 1/2 inch pieces. Put small amount of water into custard cup. Put sesame seeds on wax paper to shape cookie.
Roll each 1/2 inch piece of dough into two inch logs. Dip in water then into seeds, curving dough into crescent (may also be shaped into ball).
Place on greased and floured cookie sheet. Bake 375 for 10 min, until cookies are set and beginning to brown.

From Diane Faretta
Grandma Aden’s Peanut Brittle

2 c. peanuts (we use Spanish, with as much of the red skins off as possible)
2 c. white sugar
1 1/2 c. water
1/2 tsp. salt
2 Tbsp. butter
1 tsp. vanilla (My Irish grandmother wouldn’t mind if you used whiskey)
1/4 tsp. baking soda

NOTE: Once the sugar is ready, you need move quickly, so have all your ingredients and equipment ready. This process is an exercise in patience and then action. A finicky recipe, but much more authentic than those using corn syrup.

Combine sugar, water and salt in a heavy saucepan over medium heat. Stir occasionally during the cooking process.

Using a candy thermometer, bring to 300(F). This may take around 20 minutes. Note: The last 50 degrees goes fast! Take it off the heat.

Working quickly, add butter, then vanilla and baking soda. The mixture will foam. Continue stirring until the foaming subsides and the mixture starts to get glossy.
Stir in the nuts all at once and quickly turn out onto a greased baking sheet.

Flatten and allow to cool for about 20 minutes, until brittle.

From Kimberly Nolet
Great Nana’s Maraschino Cherry Cake

2 c sugar
1 c butter or shortening
4 eggs separated
1 cup milk
½ tsp baking soda dissolved in hot water
3 ¾ cup sifted flour
1 tsp baking powder
1 cup chopped nuts (walnuts preferred)
1 tsp vanilla
1 lg bottle cherries chopped coarsely

Cream shortening and sugar, add yokes and milk, baking soda, flour, baking powder, nuts, cherries

Add juice of cherry

Fold in beaten egg whites

Bake in a spring form pan with tube in the center for 1 ½ hour

Cool & serve –doesn’t need icing!

Provided by Lois Flatley, Patti Brennan’s Mother
Fudge from Amanda Pichette Schram

2/3 cup Hershey cocoa
3 cup sugar
1/8 teaspoon salt
1 ½ cup whole milk
¼ cup butter
1 teaspoon vanilla
1 cup walnut chips


From Barb Bowers
Hershey Syrup Bars

Batter
1½ sticks of margarine or butter
1½ cups of granulated sugar
6 eggs
16 oz can of Hershey syrup
2 cups flour
1 tbsp. vanilla

Frosting
1 stick of margarine or butter
2 cups granulated sugar
8 tbsp. milk
12 oz package of semi-sweet chocolate chips
1 tsp. vanilla

Cream together 1½ sticks of margarine or butter and 1½ cups of granulated sugar. Add 6 eggs, one at a time beating well after each addition. Add 1-16 ounce can of Hershey syrup and mix well. Add 2 cups of flour and 1 tablespoon of vanilla.

Spread onto a greased cookie sheet (with sides) or a jelly roll pan. Bake 30 minutes at 350 degrees.

Frosting:
melt 1 stick of margarine or butter in medium or large saucepan. Add 8 tablespoons of milk and 2 cups of granulated sugar. Let mixture come to a rolling boil and boil 30 seconds. Remove from heat and add a 12 ounce package of semi-sweet chocolate chips. Stir until chocolate chips have melted. Add 1 teaspoon of vanilla. Beat until spreadable. Pour over bars.

From Barb King- Recipe from Alida Bowser (grandmother)
Toll House Cupcakes

**Batter**

Cream together:
- 1/2 cup butter (not margarine)
- 6 T. (Tablespoons) brown sugar
- 6 T. white sugar
- 1 tsp. (teaspoon) vanilla extract (imitation is OK)

Beat in:
- 1 egg
- 1 cup flour
- 1/2 tsp. baking soda (not baking powder!)
- 1/2 tsp. salt

Drop batter into 12 muffin tins. Bake at 375 degrees for 10 minutes. Remove from oven. Add topping.*

**Topping:**

Beat until thick with mixer:
- 1/2 cup brown sugar
- 1 egg

Stir in:
- 1 cup chocolate chips (semi-sweet is best)
- 1/2 cup chopped pecans
- 1 tsp. vanilla

After filling each cupcake with topping (I use a spoon and divide it as evenly as I can between the 12 cupcakes), return to oven and back 15 minutes more.

*From Jennifer Morgan*