

*Recipe Treasures
Crosnoe to Caswell*





Compiled by Sandra Crosnoe

*with lots of love and
great family memories*

for Christmas 2010 - 2011



This little walk down memory lane is for friends and family of the Crosnoes and the Caswells and the Perriellos to enjoy. It is dedicated with lots of love to my Mom and Dad and has been a labor of love to compile.

No copyright is expressed or implied on recipes or photos. The book was not compiled for commercial purposes.

Table of Contents



Appetizers and Salads



Vegetable Dishes



Main Dishes



Bread & Desserts

Cheese Balls - Sharp



Basic Cheese Ingredients

1 lb Velveeta Cheese
1 lb Sharp Cheddar Cheese
12 oz Philadelphia Cream Cheese
(plus spices and toppings listed below)

Grate and mix all three cheeses together then add spices to the mixture as follows:

1/2 teaspoon red pepper
1 t tabasco sauce
4 cloves garlic pressed or chopped finely
1 cup finely chopped pecans
sprinkle of parsley

You can add white wine IF cheeses are too hard to mix (optional). You may want to vary the cheese proportions (suggest more sharp cheese to taste). Toast pecans on cookie sheet at ~200 degrees for about 30 minutes. Form the cheese into balls and roll them in chili powder or paprika or toasted pecans (always a favorite) or parsley.

Favorite Recipe of . .

Sandie and Paula

In fact Paula has become famous for her "annual cheese ball factory" over the years. Her preference for the recipe now is 1/2 pound velveeta with extra sharp cheddar and increasing the cheddar cheese to at least 20oz. The point being that you can create your own blend by varying the amounts and types of cheese and seasonings to taste.

Cheese Balls - Blue Cheese

Ingredients

2 pkg 8 oz Philadelphia Cream Cheese - softened
3 cups shredded cheddar cheese (12 oz extra sharp)
1 cup crumbled Blue Cheese (4 oz)
1 1/2 Tablespoon Worcestershire Sauce
1 1/2 Tablespoon onion salt (optional)
1 1/2 teaspoon chopped parsley (may be dried)
1/2 cup or more pecans chopped

Directions

Mix all ingredients together. Whip until fluffy. Shape into two balls. Roll in pecans or parsley. Freezes well.

Toast pecans on cookie sheet at ~200 degrees for about 30 minutes for toasted pecans.



Favorite Recipe of. . .

Sandie and Paula

And all their friends who get these as gifts during the holidays.

Paula's preference is to use extra sharp cheddar and to increase it to at least 20 oz. depending on taste frequently adding 4-8 oz more of extra sharp cheddar cheese. Have fun!

Grapefruit Avocado Salad



Ingredients

1 tablespoon Dijon mustard
1/4 cup freshly squeezed lemon juice
1 1/2 teaspoons kosher salt
3/4 teaspoon freshly ground black pepper
1/2 cup good olive oil
4 ripe Hass avocados
2 large red grapefruits

Directions

Place the mustard, lemon juice, salt, and pepper in a small bowl. Slowly whisk in the olive oil until the vinaigrette is emulsified.

Before serving, cut the avocados in 1/2, remove the seeds, and carefully peel off the skin. Cut each half into 4 thick slices. Toss the avocado slices in the vinaigrette to prevent them from turning brown. Use a large, sharp knife to slice the peel off the grapefruits (be sure to remove all the white pith), then cut between the membranes to release the grapefruit segments.

Arrange the avocado slices around the edge of a large platter. Arrange the grapefruit segments in the center. Spoon the vinaigrette on top, sprinkle with salt and pepper, and serve.

Favorite Recipe of. . .

Paula

Her cooking ability is only outdone by her presentation style.

Pimento Cheese Sandwiches or Cheese Spread

Ingredients

1/2 lb grated cheddar cheese (sharp to taste)
1 hard boiled egg chopped
1 1/2 Tablespoon chopped pimento (more to taste)
2 Tablespoons minced onion (optional)
1/2 cup evaporated milk (approximate amount to consistency desired)
dash of cayenne pepper (season to taste)
1/4 teaspoon salt

Directions

You may add cream cheese for creamier texture and garlic and mayonnaise also as optional ingredients.

By changing the texture and taste you can vary it easily from sandwich to spread.

You can also add pecans if you like. Mix all the ingredients and add the milk to soften as needed.

Use as a spread for either open or closed sandwiches. Spread can be frozen as needed.



Favorite Recipe of. . . The Crosnoes

These sandwiches were a family favorite on vacation. We usually added sliced tomatoes to sandwiches pre-packed to travel at a roadside park along the way. We saw a lot of the USA growing up on car trips from one coast to the other nearly every year in the summertime.

Tomato Aspic Salad



Ingredients

1 pkg lemon jello
1 teaspoon chopped onion
1/8 teaspoon cloves
1 2/3 cup tomato juice
1/4 teaspoon salt
1/8 teaspoon pepper
1/4 cup vinegar
10-12 stuffed olives chopped
1/2 cup celery finely chopped
1 cup peas

real mayonnaise for topping as desired

Directions

Heat tomato juice and seasonings to boiling point, strain and pour over jello, stirring until dissolved. Chill until beginning to set and then add other ingredients. Congeal in a jello mold or individual cups. Serve cold on a bed of lettuce as desired and top with a dab of real mayonnaise.

Favorite Recipe of...

Mom and Sandie

(but Sandie didn't like peas back then and Mom would put the peas only on one side of the mold so she could have pea-less tomato aspic!)



Basil Bruschetta Trio - Tomato Bruschetta

Ingredients - Bruschetta:

Good, crusty french bread, sliced at an angle
Garlic Cloves

Directions for Bruschetta:

Brush bread with olive oil, grill facedown on a hot grill surface until you just begin to see black grill marks. Remove grilled bread and rub with the raw garlic. Congratulations! You've just made bruschetta (by the Italian definition).

Tomato Bruschetta Ingredients:

1 Lb. Cherry / Grape tomatoes
2 cloves garlic
2 Tbsp Fresh Basil - julienned (**Super fresh Italian-style basil highlights the fresh tomato flavor**)
1 Tbsp good olive oil
Sea Salt and Black Pepper
Balsamic Vinegar - for finishing

Directions:

Dice the tomatoes finely (quarter the grape tomatoes for about the right size), mince the garlic, and julienne the basil. Combine in a large bowl with sea salt and black pepper, add the oil, and mix briefly. Refrigerate for 15-30 minutes, then remove and portion out onto the grilled bread. Top with 1 - 3 drops of balsamic vinegar (seriously, no more) and a small pinch of sea salt.

Favorite Recipe of. . . Caswells and Perriellos

Byron says: "This dish is really a combination of things inspired by my lovely wife Tracy. Proper grilled bread for bruschetta is one of my favorite things, and the 3 toppings represent things that both of us love. The topping trio is really a study in all of the different ways that Basil can flavor a dish. Tomato Bruschetta, Tomato Confit, and Fennel Dip all use different type of Basil to bring out slightly different, yet complimentary flavors. It's always fun to play with the same set of basic ingredients to see just how different the end products can be."

Tomato Confit

Ingredients:

1 - 2 Lbs. Cherry tomatoes
2 - 3 cloves garlic
3 Tbsp Thai basil - torn
Olive Oil
Parmesan Cheese
Sea Salt
Black Pepper



Directions:

Preheat oven to 275 F. Cover the bottom of a 9x13 baking dish with olive oil. Slice the tomatoes in half and place them cut side down in the oil. Slice the garlic cloves and toss evenly throughout the dish. Take a goodly amount of thai basil (including the flowers, those are the best part), tear it into square inch pieces, and lay them through the pan as well. Sprinkle a goodly amount of salt and black pepper over the tomatoes and put in the oven for 1.25 hours. Every 30 minutes, open the oven door to let some of the steam out. After the 1.25 hour period, remove the tomatoes from the oven and flip so the cut side is facing up (use 2 spoons for this, trust me), and put back in the oven for another 1.25 hours.

Once it's finished, remove from the oven and spread over the grilled bread, topping each slice with a pinch of fresh-grated Parmesan cheese.

*Favorite Recipe of . . .
The Caswells*



Fennel Dip

Ingredients:

2 bulbs of fennel
2 large shallots
2 tsp white balsamic vinegar
1 tsp honey
1 tbsp olive oil
salt
pepper
2 Tbsp dried basil.

Directions:

Remove the fronds from the fennel, cube the 2 bulbs into centimeter cube, and finely dice the shallots (prep work done, yay!). In a large skillet, heat the olive oil over medium high heat until the oil is almost smoking. Season the fennel with salt and pepper and cook for about 10 minutes until it starts to caramelize, then add the shallots. Continue to cook for another 5-10 minutes until the mixture is nice and caramelized. Add the dried basil at this point and mix through the fennel and shallot mixture. Deglaze the pan with the vinegar, and add the honey to sweeten up the dip. Cook for another 2-3 minutes, then transfer the mixture to a food processor and blend until the mixture is a fine paste. Smear over grilled bread to serve.

In the fennel dip, substitute duck fat for olive oil for a proper decadent experience.

Favorite Recipe of . . . Byron and Tracy
Byron notes that Fennel Dip highlights the licorice aspect of dried basil

Hummus with Endive

Ingredients:

4 garlic cloves, minced
2 cups canned chickpeas, drained, liquid reserved
(2 cups is slightly less than 2 cans - so go ahead
and use 2 cans of chickpeas and then increase the
amount of lemon juice and tabasco sauce.)
1 1/2 teaspoons kosher salt
1/3 cup tahini (sesame paste)
6 tablespoons freshly squeezed lemon juice (about
2 lemons)
2 tablespoons reserved liquid from the chickpeas
8 dashes tabasco sauce (more or less, as desired)
good olive oil



Directions:

Place all of the ingredients into a food processor and process until the hummus is pureed to your preference. (We like it creamy and smooth) . Taste, for seasoning, and serve chilled or at room temperature. You can either drizzle a little bit of olive oil on top before serving or our preference is to sprinkle with paprika. We serve this with endive..

Use about 8 tablespoons of lemon juice and be more liberal with tabasco sauce than 8 dashes. A favorite way to serve is with endive. For anyone that is gluten free this is a great treat as you do not need to have crackers or flat bread with it. Also frequently served with veggies like tomatoes, carrots, celery, etc.

Favorite Recipe of. . .
The Caswells

Fried Green Tomatoes



Southerners really do eat fried green tomatoes; and they eat fried red tomatoes too if no green ones are available, but the green ones are the best! There are plenty of ways to coat and fry your tomatoes; use bread crumbs, cracker crumbs, cornmeal, or flour. Some people dip them in beaten eggs before dredging, while some just dredge then fry. Salt and pepper them first, and use a little bacon grease for flavor as an option.

As I recall Mom used flour or cornmeal and eggs to help the flour 'stick' better and salt and pepper to taste.

Favorite Recipe of. . . Mom and Sandie -- Homegrown tomatoes are always the best!

Frosted Green Beans



Basic Dish:

2 cans green beans (long version preferred)
6 Tablespoons vinegar
3/4 cup salad oil
2 onions (purple preferred - minced or sliced thin)
salt and pepper
8 slices bacon

Marinate and chill several hours (or overnight in refrigerator) green beans in mixture of vinegar, oil, onions, salt, and pepper. **Drain** then add 8 slices of bacon cooked and crumbled. Heap in a salad bowl.

Dressing:

4 hard boiled eggs chopped
5 Tablespoons mayonnaise
4 teaspoons vinegar
2 teaspoons prepared mustard
salt and pepper

Make dressing and pour over basic dish. Toss salad. This is a double duty dish - both a salad and a vegetable!

Favorite Recipe of...

Aunt Evelyn and Sandie

We shared lots of great times and huge family meals around the dinner table at the Moore home in Lubbock Texas.

Potato Salad with Mustard

Ingredients

6 large potatoes boiled, peeled and chopped warm
3 hard boiled eggs chopped
1 cup onion finely chopped
1 cup dill pickles finely chopped
vinegar (guessing about 1/4 cup)
mayonnaise (guessing about 1/4 cup)
mustard (guessing about 3 Tablespoons)
salt
pepper
paprika (optional)



Mom and Dad were a team on this recipe and to my knowledge it was never written down. Mom cooked and chopped all the ingredients and Daddy came in to do the seasoning. Of course we all had to taste it to get it just right but I will tell you that his recipe had more mustard than most people's did and definitely dill pickles instead of sweet pickles. The vinegar is sprinkled over all and was used liberally too. Everything mixes a little easier while the ingredients are warm but the potato salad should then be refrigerated until served. Add salt and pepper to taste.

Some people garnish with paprika and a slice of egg on top. Enjoy~

*Favorite Recipe of . . . the Crosnoe Clan and all their friends;
it was a favorite at pot luck dinners and backyard barbecues too.*

Shoepeg Corn Casserole



Ingredients:

2 cans shoepeg corn drained
8 oz creamed cheese
1 stick butter
5 or 6 jalepeno peppers chopped up

Directions:

Blend and bake at 350 degrees for about 30 minutes.

*Favorite Recipe of. . .
Aunt Betty and Sandie
A special request at all Boone gatherings in Lubbock,*

Sweet Potatoes

Basic Dish Ingredients

~3 cup of mashed sweet potatoes
(or about 3 large or 4 medium sized)
1 cup of sugar
1 teaspoon vanilla
1/2 cup butter (real butter)
1/2 cup milk

Topping Ingredients

1 cup brown sugar
1/2 cup flour
1/3 cup butter
1 cup nuts



Directions:

Mix all ingredients for basic dish in bowl and then spread in a baking dish.
Mix all ingredients for topping in separate bowl.
Mix and crumble topping over sweet potatoes in baking dish.
Bake at 350 degrees for about 30 minutes.

*Favorite Recipe of. . .
Aunt Betty and all the Boone Clan -
specially at Thanksgiving and Christmas times.*

Dillicious Green Beans

Ingredients:

1 1/4 pounds fresh green beans, trimmed
6 tablespoons of butter
2 tablespoons of lemon juice
1 1/3 teaspoons dried dill
1/2 clove garlic, crushed
1 tablespoon chopped parsley
10 cherry tomatoes, halved
1/2 cup sliced ripe olives
salt and pepper to taste

Serves 6



Directions:

Cook beans in boiling salted water until tender. (Our preference is to have them slightly crisp which is about about 3-4 minutes) Drain. Melt butter in pan. Add beans, lemon juice, dill, garlic and parsley. Toss over low heat. Add tomatoes and olives and heat through. Season with salt and pepper.

Note: Paula uses Kalamato olives and also uses more olives and tomatoes than the recipe calls for, but the family likes both.

Favorite Recipe of . . .
Tim & Paula Caswell



Chicken Orzo Pasta Soup

Ingredients:

3 Chicken Breast baked with skin and seasoned with poultry seasoning and garlic
 1 cup water
 1 cup chopped carrots (1/2 inch)
 2/3 cup chopped celery (1/4 inch)
 2 handfuls of orzo pasta
 3 cans of chicken broth
 1 can stewed tomatoes
 1/8 cup chopped green onion
 3-4 bay leaves (5-6 of the purists)
 dash of basil
 dash of sage or use poultry seasoning
 1/4 tsp of garlic
 1/8 cup minced parsley
 Romano cheese to taste
 Escarole - chopped as garnish

Directions: Start with broth, carrots, celery and seasonings. Slow boil until carrots are half cooked. Add chicken (leave skin on), stewed tomatoes and orzo. Cook for 10 minutes at reduced temperature. Remove chicken and separate meat from skin and bone. Return chicken in large chunks to pot. Cook for 5 minutes or less and it is ready to serve. Serve and top with romano cheese and escarole to taste.

Variations: Use boneless breast of chicken and cut it into chunks and skip the step of removing and separating from skin and bones. Be more generous with basil, bay leaf and poultry seasoning. Use poultry seasoning instead of the sage. Make a larger recipe and use more veggies, chicken broth etc.. Instead of water use more chicken broth.

Favorite Recipe of . .

The Perriellos and The Caswells love it too -- specially with Romano Cheese and Escarole

Chicken Tortilla Soup



Main Ingredients (best guesses!)

1-2 pounds bone-in, skin-on chicken thighs
Seasoning rub (recipe follows)
2 Large Carrots - diced
2 Large Celery Stalks - diced
1 Large Yellow Onion - diced
1 tin chipotle in adobo sauce
1 Lime - juiced
1 1/2 OZ. Tequila
1 TBSP Oil (olive is fine, canola works too)
2 Tsp diced cilantro leaves (plus extra for garnish)
1 32 OZ container of low sodium chicken stock
Crushed Tortilla chips
Grated Cheddar cheese

Spice Rub Ingredients (Special Tex-Mex version): 1 Tsp kosher salt, 1/4 tsp black pepper, 1/4 tsp red pepper, 1/2 tsp chili powder, 1/2 tsp paprika, 1/4 tsp cumin, 1/4 tsp onion powder, 1/4 tsp powdered garlic
Use a mortar and pestle (or just a fork in a bowl) to mash up these spices together in a single rub.

Soup Directions: - Heat a soup pot with 1 tbsp of oil in the bottom to medium-high heat until the oil is smoking. Coat chicken thighs on both sides with about 1/2 the spice rub and drop them in the hot pan for about 3-4 minutes a side until they are appropriately browned, then remove them from the pot and set aside on a plate. At this point you'll want to drain a bit of the excess fat from the pan since the chicken thighs are a bit fatty and tend to give up their juices quickly. Once the pan is drained (and there's a bit of oil left), add the diced carrots, celery, and onion to the pot, season them with a pinch of the extra spice rub, and cook for about 10 minutes.

Once onions have clarified, add tequila and cook for 30 sec, making sure to scrape up brown bits from bottom of pan (flavor country). After deglazing pan, add low-sodium chicken stock, 2 tsp of adobo sauce (from tin), as well as 1 of the diced chipotle peppers from the same can. Add chicken thighs back to the pot, as well as remainder of the spice rub and the diced cilantro. Bring to a boil, cover, reduce the heat to low and simmer for 1.5-2 hours. After about an hour of cooking, remove chicken thighs from the pot, take meat off the bones (very easy with 2 forks), and put it back in the pot to finish cooking. Once everything is done, remove the lid, add the juice of 1 lime, and it's ready to serve.

Favorite Recipe of... Byron and Tracy

Byron says: "Tracy and I got on a bit of a soup kick since we were trying to be better about planning out weekly dishes (for predictable food bills). I wasn't happy with much of anything that we were doing until I decided to crank up the heat with this spicy, savory dish. I tried to add layer upon layer of flavor to this simple soup to complete our soup odyssey and I think it turned out OK. Just as a caveat, I don't cook by using recipes, so any specific ingredient amounts are simply best guesses (hey, it worked for my grandfather and it seems to work for me)."

Frito Chili Salad



Ingredients

Tossed Greed Salad
Can Chili
Can Tomatoes
Vinegar
Grated Cheddar Cheese
Small Bag of Fritos
Avocado (optional)

Growing up this was a family favorite and there really wasn't a recipe at all. Simply make a green salad with whatever you normally put in a salad. Separately cook some chili with vinegar and canned tomatoes added in (however you normally cook chili will work).

At the last minute just before serving add a bag of fritos to the salad (small variety of fritos is best). Then pour hot chili over the salad, toss and serve immediately while the fritos are crunchy. Grated cheddar cheese is added last on top and avocados are optional but always good if available.

*Favorite Recipe of. . .
Entire Family and easy for Mom too!*

Meat Loaf



Ingredients:

1 egg
1 small can stewed tomatoes
(or about 1/4 cup catsup or tomato paste)
1-1 1/2 pounds lean ground beef
1/2 cup dry bread crumbs
(or approx 15 saltine crackers crumbled)
1 Tablespoon oil
1/2 cup chopped celery
1/2 cup chopped onion
dash of Worcestershire sauce
2 Tablespoons catsup
1 teaspoon mustard
1/2 teaspoon salt
1/4 teaspoon pepper

Directions:

In saucepan, cook onion and celery in oil until tender-crisp. or skip that first step and simply combine all ingredients with ground beef by hand. Vary seasonings to taste. Shape into a loaf in a baking dish.

Bake in 350°F oven for about 1 hour. Let stand 5 minutes before slicing. Makes about 6 servings.

Favorite Recipe of . . . Mom and Dad -- served often with lots of love~

Oysters Ernie



Ingredients

Melted butter
1/3 cup fresh lemon juice
1 cup steak sauce
1/3 cup Worcestershire sauce
2 jiggers sherry
24 oysters
Salt and pepper to taste
Flour

Directions

Combine 3 tablespoons butter, lemon juice, steak sauce, Worcestershire sauce and sherry in saucepan; heat thoroughly. Season oysters with salt and pepper; dredge in flour. Saute in butter in heavy skillet until lightly browned; add sauce. Serve on hot plate with frilled toothpicks. Sauce may be strained and used again.

Favorite Recipe of...

Dad (and we all loved it when he made it too!)

Smoked Turkey



... just order it from Greenberg Turkey at www.gobblegobble.com

These turkeys are from Tyler and are little expensive; but they come ready to eat and are simply awesome!

I must add that we have very high standards too because Dad was quite good with the smoker, the barbecue grill and all things cooked outdoors! The Caswells marinate steaks with teriyaki sauce, rice wine vinegar, garlic, salt and pepper for at least 24 hours before grilling them and so the 'gift of the grill' seems to have passed successfully to the next generation!

Favorite Recipe of. . . Entire Family



Sole Meuniere

Ingredients:

1/2 cup all-purpose flour
Kosher salt and freshly ground black pepper
4 fresh sole fillets, 3 to 4 ounces each
6 tablespoons unsalted butter
1 teaspoon grated lemon zest
6 tablespoons freshly squeezed lemon juice (3 lemons)
1 tablespoon minced fresh parsley

Directions:

Preheat the oven to 200 degrees F. Have 2 heat-proof dinner plates ready

Combine the flour, 2 teaspoons salt, and 1 teaspoon pepper in a large shallow plate. Pat the sole fillets dry with paper towels and sprinkle one side with salt.

Heat 3 tablespoons of butter in a large (12-inch) saute pan over medium heat until it starts to brown. Dredge 2 sole fillets in the seasoned flour on both sides and place them in the hot butter. Lower the heat to medium-low and cook for 2 minutes. Turn carefully with a metal spatula and cook for 2 minutes on the other side. While the second side cooks, add 1/2 teaspoon of lemon zest and 3 tablespoons of lemon juice to the pan. Carefully put the fish fillets on the ovenproof plates and pour the sauce over them. Keep the cooked fillets warm in the oven while you repeat the process with the remaining 2 fillets. When they're done, add the cooked fillets to the plates in the oven. Sprinkle with the parsley, salt, and pepper and serve immediately.

Favorite Recipe of...

Paula Caswell

Prosciutto Roasted Bass with Autumn Vegetables

Ingredients:

2 cups peeled, seeded, and (1/2 inch) diced butternut squash
2 cups peeled and (1/2 inch) diced Yukon gold potatoes (2 medium)
2 cups peeled and (1/2 inch) diced parsnips (3 parsnips)
2 cups peeled and (1/2 inch) diced carrots (6 carrots)
Good olive oil
Kosher salt and freshly ground black pepper
1 Tablespoon minced garlic (3 cloves)
6 (8-ounce) skinless fish fillets such as striped bass or halibut
6 thin slices prosciutto di Pama
1/4 pound butter (1 stick) unsalted butter
6 sprigs of fresh rosemary
3 Tablespoon freshly squeezed lemon juice
Lemon wedges, for servings



Directions:

Preheat the oven to 400 degrees

For the vegetables, place the butternut squash, potatoes, parsnips, and carrots on a sheet pan and drizzle with 1/3 cup olive oil. Sprinkle with 1 tablespoon salt and 1 teaspoon pepper and toss together. Spread out in a single layer and roast for 30 minutes, turning once during cooking. After 30 minutes, toss with the garlic and roast for another 10 minutes until all the vegetables are tender and starting to brown.

Meanwhile line another sheet pan with aluminum foil, and place a baking rack on top of the foil. Brush the fish fillets on both sides with olive oil and season them liberally with salt and pepper. Wrap each fillet with a slice of prosciutto to form a wide band around the center of the fillet, overlapping the ends on the skin side. Arrange the fillets on the rack with the prosciutto seam side down and roast for 10 to 15 minutes, until barely cooked.

While the vegetables and fish are roasting, melt the butter over medium heat in medium size saute pan. Add the rosemary sprigs and cook over low heat until the rosemary leaves are crisp and the butter begins to brown, about 5 minutes. Discard the rosemary, stir in the lemon juice and set aside.

To serve, lace the fish on a platter or individual plates, spoon rosemary butter on top and surround with vegetables. Garnish with lemon wedges and serve hot.

*Favorite Recipe of . . .
Tim Caswells*

Chicken Piccata



Ingredients:

4 whole chicken breasts, halved, skinned and nobed
Salt and pepper to taste
1 tablespoon flour
2 tablespoons butter
2 tablespoons olive oil
1 pound mushrooms, sliced
1/2 cup dry white wine
1/4 cup fresh lemon juice
3 tablespoons capers
4 teaspoons grated Parmesan cheese
1/4 cup chopped fresh parsley

Serves 4-6

Directions:

Pound chicken to 1/4" thickness. Sprinkle with salt, pepper and flour.

Brown chicken on both sides in 1 tablespoon butter and 1 tablespoon olive oil. Remove to platter. Add remaining butter and olive oil to skillet and saute mushrooms. Remove mushrooms with slotted spoon and set aside.

Add white wine and lemon juice to mushroom juice in skillet. Deglaze pan and simmer a few minutes. Add capers and Parmesan. Return chicken and mushrooms to skillet and simmer 3 minutes. Turn and simmer 2 minutes more.

If necessary, thicken pan juices with flour. Sprinkle with fresh parsley and garnish with thin lemon slices.

*Favorite Recipe of . . .
The Caswells*



Idiot-proof Bread

Ingredients:

3 cups of bread flour + additional for dusting
 1 5/8 cups of water
 1/4 tsp instant yeast (I use bread machine yeast, the only thing that you can't use is active dry yeast)
 1 1/2 tsp salt
 3/4 tsp sugar
 1 Large Dutch Oven or 4-6 L stock pot with a lid (very important to get proper baking conditions)

Directions:

Add flour, salt, sugar, and instant yeast to a large mixing bowl and briefly stir together to combine. Pour the 1 5/8 cups of water over dry ingredient mixture and stir until there is no loose flour left in the bowl and no longer. Cover bowl with plastic wrap or a kitchen towel and place in a warmish area (I like to put it under the stove light) overnight, for an 18-24 hour rise. The long rise allows you to use very little yeast, and will aid in developing the gluten for a great texture to your bread. After the rise, turn out onto a lightly floured surface, dust the top of the dough with flour, and fold over twice. Cover again with a kitchen towel / plastic wrap and let proof for another 2 hours. Preheat the oven with the dutch oven or stock pot inside to 450 degrees for at least 30 minutes. Quickly form the proofed dough into a ball and drop in the preheated dutch oven. Cover with the lid and bake for 30 minutes, then remove the lid and bake another 15 minutes to brown the top and get a real crispy crust. Once it is done baking, remove from the dutch oven (it should come right out because the dutch oven was preheated) and place on a wire rack to cool for at least 5 minutes. Enjoy some delicious bread, you've earned it

Favorite Recipe of. . . Byron (and all his friends and family!)

Byron says: "I call this particular recipe my idiot proof bread because I've made this in all kinds of conditions. Normal, doped up on cough medicine, and even blind drunk breadmaking (it was a very confusing morning when I realized I had made my best loaf yet with absolutely no memory of doing it) have all resulted in delicious, crusty artisan bread."

Red Ball Cake Anyone?

One year when Paula was about 2 or 3 years old and she had a birthday approaching Mom asked her what kind of cake she would like for her birthday. She promptly responded with 'red ball cake'. This brought on what seems to me looking back on it as a very long time trying to unravel what kind of cake Paula meant by that. Well I love a puzzle but this one stumped us all.

We asked if it was a Red Velvet Cake? Truffles? Popsicles?



No, nope, not that was the consistent reply from an exasperated little one and frustrated family members seeing the birthday approaching and no clue as to the proper cake to bake. Finally one night for dinner, Mom was making Dad a cherry pie for dinner and Paula bursts into the kitchen beaming - that is what I want for my birthday. Well duh? Why didn't we think of that. Thus ended the mystery of the red ball cake and Paula gave us yet another story that



Paula got her cherry pie and Dad was real happy about the correct answer too.

would survive the years. Cherry Pie became Red Ball Cake at our house. You want the recipe? I will just tell you that Mom was really good with pastries and she passed that talent on to Paula and not me; so the pastry chef will have to reveal her secrets at another day, but I do think I recall that Mom added lemon juice to both apple and cherry pie fillings that were put in pie shells. She would make batches of pastry dough and use some and freeze some so she could put a pie together quickly anytime from what was in the freezer.. Daddy loved pies and Mom loved to please him!

Chocolate Chip Pumpkin Muffins



Ingredients

1 cup all-purpose flour
1 cup sugar
1 teaspoon baking powder
1 teaspoon baking soda
1/4 teaspoon salt
1/4 teaspoon ground cinnamon
2 eggs, beaten
1/2 cup cooking oil
1 cup canned pumpkin
1/2 cup chopped pecans (optional)
1/2 cup semisweet chocolate chips

Directions

Preheat the oven to 350 degrees. Prepare muffin pan with butter, cooking spray or paper liners. Mix sugar, oil, eggs. Add pumpkin. Mix well. In separate bowl mix together the flour, baking soda, baking powder, salt and cinnamon. Stir flour mixture into moist mixture until just moistened. Do not over mix. Fold in pecans and chocolate chips. Fill muffin cups 2/3 full with batter. Bake in preheated oven for 18 to 24 minutes.

Favorite Recipe of...
Sandie (just recently discovered)

Lemon Snowballs



Ingredients

1/2 cup shortening
2/3 cup sugar
2 teaspoons grated lemon rind
1 egg
2 Tablespoons strained lemon juice
1 Tablespoon water
3/4 cup sifted flour
1/4 teaspoon baking soda
1/2 teaspoon salt
1/4 teaspoon cream of tartar
1/2 cup nuts finely chopped
confectioners sugar (to roll in)

Directions

Mix shortening, sugar, grated lemon rind and egg thoroughly. Stir in lemon juice and water. Sift flour, baking soda, salt and cream of tartar together and stir into shortening mixture. Add chopped nuts. Flour hands and form dough into balls the size of a small walnut. Place about 1 inch apart on un-greased baking sheet. Bake 10 to 15 minutes at 350 degrees. When done cookies are light brown on bottom, but not on top. Roll in confectioners sugar. Makes about 4 dozen cookies.

Favorite Recipe of. . .

Mom -- I remember these on a special holiday tree serving dish that we put together at Christmas time. This was the closest thing we got to 'snow' most years growing up in Texas.

Pineapple Cookies

Ingredients

1/2 cup shortening or butter
1 cup brown sugar
2 teaspoons vanilla
1 egg, beaten
1 teaspoon baking powder
1/2 teaspoon salt
1/2 teaspoon baking soda
2 cups flour
1/2 cup raisins (optional)
1/4 cup nuts (optional)
1 cup crushed pineapple, drained
Shredded sweetened coconut for
topping (optional)



Directions

Preheat oven to 375 degrees F.

Stir together flour, baking soda and salt. Set aside.

Cream shortening and brown sugar. Beat in vanilla and egg. Add dry ingredients sifted together. Add raisins, pineapple and nuts. Mix well.

Drop dough onto cookie sheets. Sprinkle shredded coconut on top of dough mounds. Bake at 375 for about 12 minutes or until cookies are golden around edges.

Favorite Recipe of . . Mom (there were some handwritten cards with this recipe ready to share with others; prepared in advance and kept with her recipes). I suspect it was a bridge club favorite.

Cinnamon Rolls - a Caswell Christmas Tradition



Overnight Rolls

Have all ingredients at about 75 degrees. Combine **1 crumbled cake compressed yeast** and **2 teaspoons sugar**. Permit these ingredients to stand until dissolved (about 10 minutes). Scald **1 cup milk**. Add and stir until melted **7 Tablespoons lard**. Cool. Combine and beat well **7 Tablespoons sugar, 3 beaten eggs, and 1 teaspoon salt**. Stir in the milk mixture and cool to 85 degrees. Stir in the yeast mixture and add **4 1/2 cups sifted all purpose flour**. Beat the dough about 5 minutes. Place in a foil covered bowl in the refrigerator overnight.

(reference "The Joy of Cooking" for above portion)

Turn the dough out onto a flour covered surface. Sprinkle flour, knead and add flour as needed. Should be warm to hands. When it is the right consistency, roll it out into an oblong shape. Flour underneath. Roll thin. Brush with **melted butter**. Sprinkle with **cinnamon**. Roll into long roll. Cut into 1 inch pieces. Use a baking pan with depth. Butter and brown sugar the bottom of pan (and sometimes honey too). Place 1 inch rolls on top of that spaced 3 x 2. Place a towel over the pan and let rise about 2 hours. Bake 375 degrees for 10 - 20 minutes (usually about 15-17 minutes). Have a cutting board covered with foil. Turn baking dish over and dump rolls out while warm. Rinse pan with warm hot water immediately. Recipe makes two pans of rolls (or approximately 20 rolls). *[Nuts as shown in the picture would be optional but not done at the Caswell household.]*

Favorite Recipe of. . .

This recipe has a long tradition in the Caswell family and while there is an easier version, this is the one that Paula has delighted all the family with on Christmas day. There is a lot of love in these cinnamon rolls (aka caramel rolls or sticky buns). Paula fulfills the Proverbs 31 woman rising up early to take care of the household. Because you must make sure cinnamon rolls are ready to enjoy along with a cup of coffee and gifts galore shared with family and creating sweet memories for sure.

Vira's Coconut Cream Pie



Ingredients

3/4 cup sugar
pinch of salt
1/2 cup of flour
3 eggs
2 cups of milk
1/2 cup freshly grated coconut
1 tsp of almond extract
1/2 cup whipping cream

Directions

Mix thoroughly the sugar, salt, flour and eggs. Add milk and cook in a double boiler until thick (stirring constantly). Add coconut and flavoring (almond extract) and cool in refrigerator. When cold beat in mixer until creamy and then pour into a baked pie shell. Cover with whipped cream and sprinkle with coconut.

Favorite Recipe of. . .

Entire Family - this was a recipe from a famous restaurant named the Green Parrot that we all loved dearly. The recipe was published in the newspaper and saved.

French Silk Pie



Ingredients:

1/4 lb of butter (1 stick)
3/4 cup sugar
1 square of bitter chocolate (melted)
1 tsp vanilla
2 eggs

Directions:

Beat butter and sugar together on high speed until light and fluffy. Add melted chocolate which has been thoroughly chilled. Add vanilla and beat well. Add eggs one at a time with mixer at high speed. Beat until light and fluffy. Pour into baked pie shell. Before serving top with whipped cream. Refrigerate for at least 3 hours.

*Favorite Recipe of . . .
Sandie*

This recipe looks easy if you just put the filling in a bought pie crust, but we were spoiled to have pastry chefs in the household. I must say that homemade pie crusts are almost a lost art form and just a fond memory in some families; not true in ours. This pie is so rich and so good that you may not notice however!

a little about

the Crosnoes and the Caswells

Ted Franklin Crosnoe and Jimmie Amelia Boone met and fell in love at Texas Tech. They married in Lubbock and ultimately raised their family in the Houston area. They had two daughters, Sandra and Paula in the 1950s who both grew to lovely young ladies and went to Texas Tech also. Ted & Jimmie loved the Lord and their family above all else.

Sandra remained single and had a corporate career. She ultimately became a writer and blogger active in the political arena working for life and liberty throughout the land.

Paula met and fell in love with Timothy Caswell who was serving in the Air Force at the time. They married in the 1980s and had one son Richard Byron Caswell. They lived all over the world and ultimately settled in the DC area. They both have active careers and work in a lot of travel and tennis too.

Byron grew up and married his high school sweetheart Tracy Perriello and the story continues . . .

