

Cookin' for COWFOLK

A COMPILATION OF BRANDING RECIPES FROM CARAS 2015 LADIES CALVING CLINIC



Photo Courtesy of Liz Westerlund



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Ladies Calving Clinic

Monday February 23, 2015

4:00-9:00PM

Hanna Legion Hall

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CARA is a producer-directed society dedicated to improving the sustainability and profitability of agriculture in the Special Areas, MD of Acadia, Starland County and MD of Provost. Our program of applied research, demonstration and extension projects provides a link in the transfer of technology between research and the producer. Producers, industry, government and others can access reliable data on crop, livestock and soils that is relevant to the area and its soil and climatic conditions.

The current program contains the evaluation of many cereal, oilseed and pulse crops; annual and perennial forages; agronomic practices of annual and perennial crops; pasture and grazing management, as well as methods of conserving and reclaiming our fragile soils and the environment in general. CARA conducts a large number of extension activities throughout the year to deliver information to local producers, including formal projects reports, newsletters, tours, field days, seminars, workshops, website, Facebook and Twitter. Producers also have the option to address problem areas by consulting with members of the CARA staff.

The Chinook Applied Research Association partners with many individuals and organizations to carry out the program each year. Basic operational funding is received from Alberta Agriculture, the Special Areas Board and the MD of Acadia. Many of the projects are cooperative ventures with ARECA partners, the Ag Service Boards, Alberta Agriculture, Agriculture Canada, local Agricultural Societies and other producer groups in the province. Project support comes from a number of sources, including commodity commissions, Ducks Unlimited, agri-businesses and various provincial and federal programs. Our site cooperators, all producers within the area, are instrumental in maintaining our applied research and demonstration program.

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Breads



Photo Courtesy of Sierra Berg

Cookin' for COWFOLK

Beer Bread

Andrei Poncelet

Jenner, A.B.

Ingredients:

3 cups flour (sifted)	1/4 cup sugar
3 tsp baking powder	1 can of beer
1 tsp salt	1/4 to 1/2 cup melted butter

Instructions:

- 1) Mix dry ingredients and beer.
- 2) Pour into greased loaf pan.
- 3) Pour melted butter over mixture.
- 4) Bake at 350°F for 1 hour. Remove from pan and let cool for 15 minutes.

*Makes a very hearty, crunchy bread. Get creative with cheese, garlic & chives if you like!

Brianna's Biscuits

Regien Household

Veteran, A.B.

Ingredients:

2 cups flour	4 tsp. baking powder	1 to 2 eggs, beaten
2 tbsp. sugar	1/2 cup margarine or butter	2/3 cup of milk

Instructions:

- 1) In a large bowl combine flour, sugar, baking powder and margarine (or butter).
- 2) In a separate bowl, mix 1 to 2 beaten eggs and milk. Add to large bowl.
- 3) Mix by hand. Do not over—knead it!
- 4) Roll out and cut into biscuit sized circles with a knife.
- 5) Bake at 375°F for 10-15 minutes until edges are barely golden brown. If you feel fancy, put grated cheese in the dough and add parsley flakes!

*This biscuit recipe is a perfect match for the Regien's Mennonite Stew Recipe found on page 18

Cookin' for COWFOLK

Hot Spinach Dip Loaf

Claire Abraham-Hickle

Hanna, AB

Ingredients:

1 round loaf bread	1 small onion, chopped	1 cup grated cheddar cheese
1 box frozen spinach	1 tbsp. minced garlic	1 tsp. dill weed
1/2 pkg bacon or 1 cup real bacon bits	1 pkg cream cheese	1 tsp. pepper
	150ml sour cream	

Instructions:

- 1) Fry bacon and onion. Add minced garlic near end. Set aside
- 2) Microwave cream cheese until soft. Whip.
- 3) Add sour cream, cheese, dill weed and pepper. Mix well.
- 4) Microwave frozen box of spinach for 2 minutes. Drain and squeeze all the water out.
- 5) Crumble up bacon mixture and add to mix.
- 6) Add spinach last. Mix well.
- 7) Slice top off of bread and hollow out. Place dip into bread bowl, put top back on and wrap the whole thing in tin foil.
- 8) Bake for 2 hours at 325°F. Serve with bread pieces and crackers.



Photo Courtesy of Andrei Poncelet

Instant Buns

Kathy Griffith

Hanna, AB

Ingredients:

3 cups hot tap water	7 tbsp. of oil, divided
2 eggs	6-8 cups of flour (white, brown or both)
8 tbsp. sugar	4 1/2 tsp. instant yeast

Instructions:

- 1) Mix in order, in large bowl: hot water, eggs, sugar, 6 tbsp. oil
- 2) In separate bowl, mix 3-4 cups of flour and yeast. Add to large bowl.
- 3) Add 3-4 more cups of flour and knead until dough is soft but not sticky.
- 4) Place 1 tbsp. of oil in clean large bowl. Coat dough in oil.
- 5) Allow to rise, covered, for 2 hours.
- 6) Bake in 350°F oven for 20 minutes.

* Can add cheese or spices to top of dough prior to baking

Mom's Sweet Buns

Ingredients:

1 cup scalded milk	1/2 cup sugar	2 tsp. salt
2 cups warm water	2 eggs, well beaten	8 cups flour
	2 tbsp. lard, melted	1 pkg yeast

Instructions:

- 1) Scald milk and leave to cool until lukewarm.
- 2) Beat eggs. Add sugar, lard and water.
- 3) Prepare yeast as directed on package and let rise.
- 4) Measure flour and salt into large bowl. Make a well in the flour. Add lukewarm liquids and then knead until smooth.
- 5) Let rise and knead one more time.
- 6) On second rising, form into buns. Let rise.
- 7) Bake at 350°F for 15-20 minutes (depending on your oven you may want to take them out at 12-16 minutes.)

Main Dishes: Beef



Photo Courtesy of Jesse Williams

BBQ Beef — Pulled Beef

Staci Charbonneau

Halkirk, AB

Ingredients:

boneless beef roast	1/3 cup vinegar	2 tbsp. Worcestershire sauce
1 medium onion or 1/4 cup onion flakes	1/4 cup packed brown sugar or 1/8 cup maple syrup	2 tbsp. yellow mustard
1/2 cup of ketchup	2 tbsp. paprika	1 1/2 tsp. salt
		1 1/4 tsp. black pepper

Instructions:

- 1) In a slow cooker, mix all ingredients except roast, until combined.
- 2) Add boneless beef roast.
- 3) Turn often to coat well with sauce.
- 4) Cook 8-10 hours on low.
- 5) Transfer beef to cutting board or bowl. Turn slow cooker to high and boil sauce until slightly thickened. While sauce boils, pull beef into shreds with two forks. Return to slow cooker and toss with the sauce.
- 6) Spoon mixture onto buns and serve!

Beer— Braised Beef with Onions

Ingredients:

1 whole chuck roast (2.5-5 lbs)	3 tbsp. olive oil	2 cans beer
salt & pepper (to taste)	4 whole onions, sliced thick	1 tsp. ground thyme
	5 cloves of garlic, chopped	1/2 tsp. rosemary leaves

Instructions:

- 1) Preheat oven to 275°F.
- 2) Heat oil in large dutch oven over high heat.
- 3) Season meat generously with salt and pepper. Sear meat on both sides, about 2 minutes per side. Remove meat from pan. Lower heat to medium.
- 4) Throw in onions and garlic. Stir for 30 seconds. Pour in beer. Add thyme, rosemary and salt to taste. Add meat to pot and place lid on pot.
- 5) Cook in oven for 2.5-3 hours or until meat is fork tender and falling apart.
- 6) Shred meat with two forks. Serve on dinner plates and spoon juices and onions over the top. Serve with crusty bread to sop up the juice!

Cookin' for COWFOLK

BBQ Sauce for 40lbs Roast Beef

Ingredients:

1 1/2 litres ketchup	1 large chopped onion, boiled	1 bottle BBQ sauce
1 small molasses	1 tbsp. garlic powder	1/2 cup vinegar
1 bottle chili sauce	1 cup brown sugar	2 tsp. salt
6 cups water	1/2 cup Worcestershire sauce	3 tsp. pepper
	3 tbsp. chili powder	

Instructions:

- 1) Combine ingredients.
- 2) Heat and pour over shredded or sliced beef.

Cowboy Casserole

*Amy Spady
Alliance, AB*

Ingredients:

2 lbs ground beef	1 can whole kernel corn, drained	1/2 cup milk
1 medium onion, chopped	1 can cream of mushroom soup	4 tbsp. sour cream
3 cloves garlic, chopped	2 cups cheddar cheese, shredded	1 bag frozen tater tots

Instructions:

- 1) In large skillet, cook onion until tender. Add garlic and cook for another minute.
- 2) Add beef and cook until no longer pink. Drain and place into a large bowl. Set aside.
- 3) In a small bowl, combine the soup, milk and sour cream. Whisk until smooth. Add to hamburger and stir.
- 4) Add corn and 1 cup cheddar cheese. Gently mix.
- 5) Grease 9 x 13" baking dish. Layer half of the tater tots on bottom. Pour hamburger mixture over the top. Layer with other half of tater tots. Sprinkle remaining cheese over the top.
- 6) Bake at 350°F for 35-40 minutes or until golden brown and crunchy.

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Cowboy Casserole

Stacey Erion

Caston, AB

Ingredients:

1 lb ground beef	3 tbsp. parsley (optional)	3 tsp. ground dried mustard
2 tbsp. minced onions	1 can tomato soup	1 pkg tater tots
Worcestershire sauce (generous sprinkling)	1 can of corn	4 cups cheese

Instructions:

- 1) Brown beef with spices.
- 2) Add can of soup and corn. Let simmer for 5– 10 minutes.
- 3) Arrange tater tots in 9x13" pan.
- 4) Pour beef mixture over tater tots. Add cheese.
- 5) Bake at 350°F for 30 minutes.

* Frying up mushrooms to add to the casserole is really good too!



Photo Courtesy of Jesse Williams

Devil Round Steak Strips

Chrissie Malaka

Ingredients:

6 round steaks	2 tbsp. bacon grease (not maple)	black pepper
spicy clamato juice	seasoning salt	garlic powder
	dried parsley	

Instructions:

- 1) Cut desired amount of round steaks into 2" thick strips.
- 2) Marinate strips in spicy clamato juice overnight.
- 3) In large skillet, melt about 2 tbsp. on bacon grease. Sprinkle in seasoning salt, dried parsley, black pepper and garlic powder to taste.
- 4) Brown all sides of steak strips. Place in large roaster for future use with Devil Sauce (below).

*You could also use this recipe on ribs!

Chrissie Malaka

Devil Sauce

Ingredients:

3/4 cups white corn syrup	1/3 cup prepared mustard	2 tsp. hot sauce (optional)
3/4 cups tomato ketchup	1/4 cup prepared horseradish (drained)	*or use 1 cup thick salsa (medium)
	1 tbsp. Worcestershire sauce	

Instructions:

- 1) Combine and spread over Devil Round Steak Strips (above)
- 2) Bake uncovered at 400°F for 20-30 minutes.
- 3) Reduce oven temperature to 325°F and cover. Let bake for 2 hours.

OR you can use a slow cooker for 6-8 hours. For approx. 1/4 of time, cook on high heat. The remaining 3/4 of the time can be cooked on low heat.

*Turn & baste often. Can use clamato juice to baste if moisture is needed.

Hawaiian Meathalls/ Hamburger

Ingredients:

2 lbs ground beef	6 tbsp. brown sugar	1/3 tsp. salt
1 onion, finely chopped	1/4 tsp. ginger powder	2 tbsp. corn flour
1 cup bread crumbs	1/4 tsp. crushed garlic or powder	1/4 cup vinegar
2 eggs	1/4 tsp. dry mustard powder	1 cup water
salt & pepper	6 tbsp. ketchup	1 can crushed pineapple
	2 tbsp. soya sauce	

Instructions:

- 1) Make meatballs by combining ground beef, chopped onion, bread crumbs, 2 eggs and salt & pepper. Shape into small balls.
- 2) Fry meatballs until browned all over. Set aside to make sauce.
- 3) To make sauce, add ginger powder, garlic, mustard powder, ketchup, soya sauce, corn flour, vinegar, water and crushed pineapple. Simmer until clear and thickened.
- 4) Add meatballs to sauce and bake until beef is cooked all the way through.
- 5) Serve with boiled rice or pasta.

Healthified Mexican Skillet

*Haley Powell
Youngstown, OH*

Ingredients:

1 lb lean ground beef	1 cup tomato sauce	1 cup frozen corn
16oz jar salsa	1 1/2 cup water	1/2 cup light cheddar cheese, shredded
	2 cups uncooked macaroni	

Instructions:

- 1) Cook beef. Drain.
- 2) Add salsa, tomato sauce and water. Heat to boiling.
- 3) Add macaroni and corn. Reduce heat and simmer 12-15 minutes, stirring occasionally until macaroni is tender.
- 4) Sprinkle with cheese & serve.

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Jackie's Bourguignonne

Jackie Rodvang

Ingredients:

1 pkg bacon	3/4 cup red wine	12 mushrooms
3 lbs meat (recommend 1/2 beef steak, 1/2 moose)	1 bay leaf	4 carrots, chopped
1 1/2 cups beef stock	thyme	1 onion, chopped
	salt & pepper	parsley

Instructions:

- 1) Cut meats into bite sized pieces.
- 2) Fry bacon until soft cooked. Keep bacon fat to stir fry with beef/moose meat until cooked.
- 3) Add beef stock and wine to meats.
- 4) Add herbs and seasonings. Place into casserole dish and bake at 325°F for 1 1/2 hours.
- 5) Add vegetables and cook for an additional hour.
- 6) Sprinkle with parsley & serve.

Mennonite Stew

The Regier Household
Veteran, AB

Ingredients:

	carrots, sliced	salt & pepper
meatballs (or sliced smoked farmers sausage)	corn or peas	garlic &/or onion powder
potatoes, cubed	tomato soup (with equal parts water)	squirt of ketchup

Instructions:

- 1) Place all of the above ingredients in a large roaster pan at 350°F or 375°F until potatoes are soft. The amount of each ingredient above will depend on the number of guests being served.

* This stew goes wonderfully with Brianna's Biscuits on page 9

Mini Meatloaves

Ingredients:

2 lbs hamburger	1 cup water	1 tsp. garlic powder
1 pkg stove top dressing	3 tbsp. BBQ sauce	cheese, shredded

Instructions:

- 1) Mix above ingredients. Shape into balls.
- 2) Place balls into muffin tin.
- 3) Cook for 40 minutes. Add shredded cheese and cook for additional 10 minutes.

Mushroom & Bacon Sauce for Steak

Ingredients:

2 slices of bacon	1/4 cup BBQ sauce (Cattle Boys)	1 tsp. brown sugar
1 pkg sliced fresh mushrooms	1/4 cup dry sherry or water	

Instructions:

- 1) Cut bacon into 1/4" pieces. Cook in non-stick skillet until crisp. Set bacon aside.
- 2) Cook mushrooms in skillet for 5 minutes.
- 3) Stir in bacon, BBQ sauce, sherry and sugar. Bring to a boil then simmer for 5 minutes.
- 4) Serve over steak & enjoy!

*yields enough sauce for 2 steaks

One Pot Cowboy Skillet

Ingredients:

2 lbs ground beef	1/2 tsp. salt	3/4 cup rice, uncooked
3/4 cup onion, chopped	1/2 tsp. garlic salt	1 cup water
1 1/2 tsp. chili powder	1 can (16oz) tomatoes, undrained, cut up	3 tbsp. green pepper, chopped
	1 can (15oz) red kidney beans, undrained	3/4 cup shredded cheese

Instructions:

- 1) In a large skillet, cook the ground beef and onion until beef is brown and onion is tender.
- 2) Sprinkle meat mixture with chili powder, salt and garlic salt. Mix to combine.
- 3) Stir in tomatoes, beans, rice, water and green peppers. Cover and simmer, stirring occasionally for 20 minutes.
- 4) Top with cheese. Cover and heat until cheese melts. If desired, sprinkle with crushed corn chips.

Pepper Steak

*Cindy Standing
Garden Plain, AB*

Ingredients:

1 lb lean round steak	2 cloves garlic	2 tbsp. cornstarch
1 tbsp. paprika	1 1/2 cups beef broth	1/4 cup water
2 tbsp. butter	1 cup sliced onions (or green onions)	1/4 cup soya sauce
	2 green peppers cut in strips	2 large fresh tomatoes, cut in eighths

Instructions:

- 1) Cut steak into 1/4" wide strips. Sprinkle meat with paprika and allow to stand while preparing other ingredients.
- 2) Using a large skillet, brown meat in butter.
- 3) Add garlic and broth. Cover and simmer for 30 minutes.
- 4) Stir in onions and green pepper. Cover and cook for additional 5 minutes.
- 5) In a bowl, blend cornstarch, water and soya sauce. Stir into meat mixture.
- 6) Cook in skillet, stirring until clear and thickened about 2 minutes.
- 7) Add tomatoes and stir gently.
- 8) Serve over beds of fluffy rice & enjoy!

Cookin' for COWFOLK

Perojie Casserole

Sienna Berg
Riverbend Ranch
Coronation, AB

Ingredients:

1 bag of frozen perogies (enough to fill the bottom of 9 x 13" casserole dish)	1 lb ground beef
1 tsp oil	1 to 2 cups shredded marble cheese
1 onion, chopped	seasonings for ground beef
1 cup milk	
1 can (10 oz) mushroom soup	

Instructions:

- 1) Place oil in a skillet. Add beef and onion. Brown beef over medium heat, adding any desired spices.
- 2) While beef is cooking, arrange perogies in a 9x13" casserole dish.
- 3) In a bowl, combine mushroom soup and milk. Mix well and set aside.
- 4) Once beef is finished, put on top of the perogies in casserole dish. Pour mushroom mixture over the beef/perogies.
- 5) Sprinkle grated cheese over the top of the dish.
- 6) Bake at 350°F for 30 to 40 minutes. Enjoy!

Pull Apart Pizza

Ingredients:

2 cans (14oz) Pillsbury pizza dough (or home-made)	2 cups mozzarella cheese	any additional pizza toppings you enjoy
	pepperoni, cubed	1/2 cup olive oil
pizza sauce		

Instructions:

- 1) Cut pizza dough into pieces.
- 2) Combine all ingredients into a bowl. Mix well. Ensure the oil is incorporated throughout.
- 3) Place in shallow cake pan. Cook for 25-40 minutes at 350°F.
- 4) Once cooled, pull apart and eat.

Cookin' for COWFOLK

Salsa Mac & Beef

Ingredients:

1 lb ground beef	2 cups pasta	1 can cheddar cheese soup
2 cups beef broth	1 cup salsa	

Instructions:

- 1) Brown beef in large skillet.
- 2) Once beef is no longer pink, add beef broth & pasta. Cook until pasta is tender (keep lid on skillet).
- 3) Add soup & salsa. Cook for another 5 minutes and serve.

* Tastes great with sour cream!

Shipwreck

Paulette Long
Veteran, AB

Ingredients:

1 lb ground beef	1 can tomato soup
2 large onions	1/2 cup long grain rice
2 medium potatoes	1 cup chopped celery salt & pepper

Instructions:

- 1) Peel onions and slice over bottom of 2 quart (2.5L) casserole dish. Sprinkle with salt and pepper.
- 2) Slice peeled potatoes over onions. Sprinkle with salt and pepper.
- 3) Pat ground beef over top of the onions/potatoes in casserole dish. Sprinkle with salt and pepper.
- 4) Sprinkle rice over mixture, followed by celery. Again add salt & pepper.
- 5) Mix soup and water together. Pour over the top of the casserole dish.
- 6) Bake, covered, at 350°F for 2 hours until vegetables are tender. Serves 4 people.

* An old favorite for harvesters with a great flavor. Enjoy!

Cookin' for COWFOLK

Slow Cooker Pepper Steak

Chantell Block
Rumsey, AB

Ingredients:

	black pepper	2 tbsp. tomato paste
1 lb. beef round steak	1 tbsp. cooking oil	1 tsp. Worcestershire sauce
salt	1 can Italian-style stewed tomatoes, undrained	2-3 bell peppers, cut into strips

Instructions:

- 1) Cut steak into 3/4" to 1" thick bite sized pieces. Sprinkle lightly with salt and pepper. In a large skillet, brown meat on both sides in hot oil. Transfer to the slow cooker.
- 2) In a bowl, stir together undrained tomatoes, tomato paste and Worcestershire sauce. Pour over meat in cooker. Top with pepper strips.
- 3) Cover and cook on low for 10-12 hours or on high for 5-6 hours, until meat and vegetables are tender.
- 4) Serve on rice, noodles or by itself!

* If you don't have Italian-style tomatoes, just add 1 tsp of Italian seasoning

Sweet & Sour Sausage

Ingredients:

1 pkg (12oz) uncooked sausage links	1 cup water	1 can crushed pineapple, drained (optional)
1 cup sugar	1/2 cup vinegar	Hot cooked rice or spaghetti noodles
3 tbsp. cornstarch	1/2 cup ketchup	

Instructions:

- 1) Cut sausage into bite sized pieces. In a skillet, cook sausage until no longer pink. Drain and set sausage aside.
- 2) In a bowl, combine sugar, cornstarch, water, vinegar and ketchup. Add to skillet. Bring to a boil.
- 3) Reduce heat and continue to cook for additional 2 minutes or until thickened.
- 4) Add pineapple (optional) and sausage. Heat through.
- 5) Serve over rice or spaghetti noodles. Yields 4 servings.

Main Dishes: Chicken



Photo Courtesy of Andrei Poncelet

Cookin' for COWFOLK

Chicken Parmigiana Rollatini

Heather Clarke
Spondin, AB

Ingredients:

6 boneless skinless chicken breasts (~4 lbs)	1/4 cup freshly grated parmesan cheese, divided	2 large cloves garlic, finely minced
8oz frozen spinach, thawed & squeezed dry	8oz mozzarella cheese, shredded & divided	1/2 cup Italian seasoned bread crumbs
2/3 cup part skim ricotta cheese	1 egg	2 eggs, beaten with a dash of milk
		1 cup marinara sauce

Instructions:

- 1) Preheat oven to 450°F. Lightly spray baking dish with non-stick spray.
- 2) Lay one chicken breast on a cutting board with what would have been the skin side up. Place your hand on top, and using a chef's knife, cut the breast down the middle being sure to stop before cutting all the way through. Open the breast so the cut surface is exposed, cover with plastic wrap and lightly pound the chicken to an even thickness. Season on both sides well with salt and pepper. Repeat with remaining chicken breasts.
- 3) In a medium sized bowl, combine the ricotta, spinach, half the mozzarella, half the parmesan, garlic and 1 egg. Add 1/2 tsp salt and 1/4 tsp pepper to the mixture. Evenly divide and spread the filling on the inside cut side of the chicken. Roll up the chicken and place it seam side down on the work surface.
- 4) On a plate, mix together the bread crumbs and remaining parmesan cheese. Place your 2 beaten eggs with the dash of milk in a small bowl. Drip each breast first in the eggs, then roll them into the breadcrumbs to coat. Place them on your greased baking dish seam side down.
- 5) Bake for 25 minutes. Remove from the oven and top with marinara sauce and remaining mozzarella cheese. Bake for another 3-4 minutes.

Chicken Pasta

Laura McNabb
Castor, AB

Ingredients:

1 jar of alfredo garlic sauce	1 heaping tbsp pesto	1 pack boneless chicken thighs
1 can mushroom soup	1/2 cup parmesan cheese	penne (boiled al dente)

Instructions:

- 1) Cut chicken thighs into pieces and brown. Set aside.
- 2) In a bowl, combine alfredo garlic sauce, mushroom soup, pesto and parmesan.
- 3) Combine sauce, chicken and penne. Bake at 350°F for one hour. Add extra cheese on top at the end. Serves 4 people.

Cookin' for COWFOLK

Chicken Stuffing Bake

Cindy Hickle

Hanna, AB

Ingredients:

6 boneless chicken breast halves (6oz)	1 can cream of chicken soup	3 cups seasoned stuffing cubes or 1 box stove top stuffing, chicken flavor
6 slices swiss cheese	1/3 cup chicken broth	1 cup melted butter

Instructions:

- 1) Place chicken in a greased 9x13" baking dish. Top with cheese.
- 2) In a small bowl, combine soup and chicken broth. Spoon over cheese in casserole dish.
- 3) In another bowl, combine stuffing cubes and butter. Sprinkle over soup.
- 4) Bake uncovered at 350°F for 45 to 55 minutes until meat is heated through or until meat thermometer reads 170°.

*Adjustments: You can precook the chicken, cube it and freeze it for future use. Pull out the night before, add stuffing mixture just before putting in the oven. Cook until heated through. Cook time will vary depending on size of chicken cubes and batch size. For large batches, you may have to cover halfway through if it gets too brown. Yields approx. 6 servings.

Chicken Wings Japanese

Nancy Chick

Ladsky, AB

Ingredients:

Chicken Wings:	1 cup butter	3 tbsp. water
3 lbs chicken wings, cut into halves	1 cup oil	1/2 cup vinegar
1 beaten egg	Sauce:	1 cup white vinegar
1 cup flour	3 tbsp. soya sauce	1/2 tsp. salt

Instructions:

Chicken Wings:

- 1) Dip chicken pieces into egg. Roll in flour.
- 2) In large deep frying pan, melt butter and oil. Fry chicken until golden brown. After frying, arrange chicken pieces in shallow baking dish (9x13" cake pan).

Sauce:

- 1) Combine sauce ingredients. Pour over chicken pieces.
- 2) Bake at 350°F for 1/2 to 3/4 hour, continuously basting. Serve hot or cold.

*While cooking it smells a lot like vinegar but that is normal

Cookin' for COWFOLK

Fried Chicken Shake & Bake

Laurie Jaffray

Ingredients:

2 cups flour	2 tsp. dry mustard	1 tsp. ginger
2 tsp. salt	4 tsp. paprika	1/2 tsp. thyme
1 tsp. celery salt	2 tsp. garlic salt	1/2 tsp. sweet basil
1 tsp. pepper	3 tsp. meat tenderizer	1/2 tsp. oregano

Instructions:

- 1) Combine all ingredients in a large bowl and mix well. Scoop at portion of the seasoning mix and place in a paper bag.
- 2) Soak chicken pieces in a mixture of 1 cup milk & 1 egg. Place chicken pieces (1-2 at a time) in paper bag and shake to coat.
- 3) Lightly brown coated chicken pieces in cooking oil. Place in baking dish and bake for 1 hour at 350°F for one hour. Serve hot or cold!

* This is a family favorite whether served at the dinner table, in the field or for the branding crew. The 'shake & bake' seasoning goes a long way so I usually do up 3 or 4 family sized packages of chicken pieces, bake and freeze what isn't to be used right away.

Ketchup BBQ Chicken

*Raige Jones
Byemoon, AB*

Ingredients:

10 pieces of chicken	5 tsp. lemon juice	1/2 tsp. garlic salt
3 cups ketchup	2 tsp. soya sauce	1/2 cup brown sugar
4 shakes of Worcestershire sauce	1/2 tsp. mustard	

Instructions:

- 1) Mix all ingredients except chicken together. You may require more brown sugar.
- 2) Add chicken.
- 3) Cook in the oven for 1 1/2 hours or in the slow cooker on high for 6 hours.

Cookin' for COWFOLK

Pineapple Chicken

Ingredients:

6-8 chicken breasts, cut into chunks 2 large onions, cut into 1/2" squares
4 large bell peppers, cut into 1/2" squares 1 can (16oz) pineapple chunks in juice

Instructions:

- 1) Place all ingredients in slow cooker.
- 2) Smile at how easy it is.
- 3) Cook on high for 6 hours or low for 8-9 hours.
- 4) Serve over a bed of rice.



Photo Courtesy of Sierra Berg

Main Dishes: Pork



Photo Courtesy of Colleen Baron

Cookin' for COWFOLK

Bull Sale Baked Beans

Clint & Erin Wilkie
Jakes Butte Ranch
Big Valley, AB

Ingredients:

10— 28oz cans of brown beans (with or without pork) or 25— 10oz cans	5 cups ketchup	
10 cups chopped onion, sautéed	2 1/2 cups molasses	1 1/2 tsp. pepper
	2 1/2 cups brown sugar	garlic powder to taste
	3 tsp. salt	Worcestershire sauce to taste

Instructions:

- 1) Fill the slow cooker with the above ingredients.
- 2) Cook for approximately 3 hours to heat through. Makes enough for 150 people.

*Easy to make the night before for less stress the day of!

Pulled Pork

Ingredients:

1 pork roast	onion	pinch of cumin
1 cup brown sugar	garlic	1 cup ketchup
1 cup BBQ sauce	1/4 cup balsamic vinegar	

Instructions:

- 1) Roast pork for 6-8 hours on low in a slow cooker. Shred with fork.
- 2) Combine remaining ingredients and pour over pork.
- 3) Simmer in slow cooker for another hour (or longer). Serve with buns or potatoes.

*If you have time, fry onions and garlic in a tbsp. of olive oil before adding spices.

Slow Cooker Pulled Pork

Heide Downey

Caston, AB

Ingredients:

3-5 lbs pork roast	2 tbsp. chili powder	14oz can tomato sauce
salt & pepper	2 tsp. ground coriander	2 tbsp. brown sugar
2 onions, chopped	3 bay leaves	2 tbsp. Worcestershire sauce
4 garlic cloves, minced	1 can tomato paste	2 tbsp. apple cider vinegar

Instructions:

- 1) Combine ingredients. Pour over roast.
- 2) Cook in slow cooker for 8-10 hours on low. When done, take out of slower cooker and let sit for 10 minutes. Using two forks, shred meat.
- 3) Pour liquid from slow cooker to pot. Skim off fat. Boil vigorously for about 15 minutes until liquid is reduced to 3 cups. Discard bay leaves. Pour sauce over shredded meat & serve.

Sweet & Sour Spare Ribs

Kari Currie

Munson, AB

Ingredients:

2-3 lbs pork ribs
2-3 bottles sweet & sour sauce
Pineapple (optional)

Instructions:

- 1) Cut pork ribs into appropriate size. Boil ribs on the stove for 30-45 minutes.
- 2) Drain water from ribs and place them into a roaster. Add 2-3 bottles of sweet & sour sauce and pineapple.
- 3) Cover and cook at 350°F for 1 1/2 hours.

Soups for Sippin'



Photo Courtesy of Andrei Poncelet

Cream of Cauliflower, Cheddar & Bacon Soup

Terra James
Caston, AB

Ingredients:

1 pkg bacon, sliced & cooked until crisp	1 medium head cauliflower, chopped	6 tbsp. all-purpose flour
2 medium onions, chopped	5 cups chicken broth	1 cup milk
2 medium carrots, chopped	1/4 cup minced fresh parsley	1/2 cup whipping cream
2 celery ribs, sliced	1 tsp. salt	2 cups shredded sharp cheddar cheese
2 garlic cloves, minced	1 tsp. coarsely ground pepper	1/4 cup sour cream
1/4 cup & 6 tbsp. butter or margarine, divided	1/2 tsp. dried basil	fresh tarragon (optional)
	1/2 tsp. dried tarragon	

Instructions:

- 1) In soup kettle or Dutch oven, sauté onions, carrots, celery and garlic in 1/4 cup butter until tender.
- 2) Add cauliflower, bacon, broth, parsley, salt, pepper, basil and tarragon. Cover & simmer for 30 minutes or until vegetables are tender.
- 3) In a saucepan, melt the remaining butter. Stir in flour until smooth. Gradually stir in the milk and whipping cream. Bring to a boil, stirring for 2 minutes or until thickened. Add cheddar and stir until cheese is melted. Add to cauliflower mixture.
- 4) Cook for 10 minutes or until thickened, stirring frequently.
- 5) Remove from heat. Stir in the sour cream. Garnish with tarragon if desired. Serves 8 people.

Hamburger Soup

Ingredients:

1 1/2 lbs ground beef	3 cans consommé	3 celery sticks, chopped
1 medium onion	2 can tomato soup	1/2 tsp. thyme
2 8oz can diced tomatoes	4 carrots, chopped	pepper to taste
2 cups water	2 bay leaves	8 tbsp. barley

Instructions:

- 1) Brown meat and onions. Drain well.
- 2) Combine all ingredients in large pot and let simmer, covered, for at least 2 hours. Serves 10 people.

Cookin' for COWFOLK

Meaty Chili

Ingredients:

2 tbsp. butter or margarine	10oz can sliced mushrooms, drained	1/4 tsp. garlic salt
1 cup chopped onion	12oz can kernel corn	1/4 tsp. pepper
1 cup green pepper, chopped	3- 7 1/2oz cans tomato sauce	2 tsp. salt
2 1/2 lbs ground beef	1 tbsp. chili powder	2 cups peas
	1tbsp. granulated sugar	

Instructions:

- 1) Melt butter in large, heavy saucepan. Add onion and green pepper. Sauté until onion is clear and soft.
- 2) Add ground beef. Stir to break up. Brown, adding more butter if needed. Transfer to large saucepan.
- 3) Add next 9 ingredients to saucepan. Bring to a boil. Simmer covered for 15 minutes.
- 4) Add peas and simmer for about 5 minutes more. Serves 8 people.

*Freezes well



Photo Courtesy of Andrei Pincelet

Sides



Photo Courtesy of Sierra Berg

Broccoli Casserole

Christie Greiner
Stettler, AB

Ingredients:

4 cups Uncle Bens brown rice 3 heads of broccoli
2 cans mushroom soup cheddar cheese

Instructions:

- 1) Layer broccoli, rice then soup. Repeat. Top with cheese.
- 2) Bake at 350°F for 1 hour. Enjoy.

Cheesy Ranch Crockpot Potatoes

Hope Eaton
Hanna, AB

Ingredients:

6 slices of bacon 1 1/2 cups shredded cheddar cheese, divided 1 tbsp. chopped chives
3lbs red potatoes, chopped 1 tbsp. Hidden Valley Ranch dressing mix

Instructions:

- 1) Pre-heat oven to 400°F. Place bacon on lined baking sheet and bake until crispy. Let cool before crumbling. Set aside.
- 2) Line slow cooker with tinfoil and coat with cooking spray. Place a layer of potatoes in the bottom. Top with cheese, ranch seasoning and bacon. Repeat twice more to make layers. Reserve 1/2 cup cheese.
- 3) Cover potatoes with tinfoil (fold over at top) and cook on low heat for 7-8 hours or on high heat for 3-4 hours.
- 4) Sprinkle with remaining cheese, cover and cook until melted.
- 5) Serve garnished with chives.

Cookin' for COWFOLK

Easy Scallop Corn Mae

Gloria Nelson
Veteran, AB

Ingredients:

16oz can cream corn	1/2 cup melted butter	1 cup cubed cheddar cheese
16oz can whole corn, undrained	1 cup uncooked macaroni	

Instructions:

- 1) Mix all ingredients together in a cast iron pot. Put in oven for 1 hour.
- 2) Cook with sausage on the side. When you are ready to take it to the field, put it all in one dish!

Knephla

Heide Downey
Caston, AB

Ingredients:

2 eggs	1 tsp salt	
4 cups flour	water	1 large onion
2 tsp. baking powder	2 cups bread crumbs	bacon
	1/2 cup margarine	sauerkraut

Instructions:

- 1) Stir flour, baking powder and salt together. Make a well. Pour in beaten eggs and lukewarm water to make a stiff dough. Knead well.
- 2) Cut a baseball sized chunk off and roll into a thin log. Snip pieces off the end with scissors into boiling salted water.
- 3) Cook for 5-8 minutes. Lift out with strainer. Continue with another batch.
- 4) Drain well and fry in butter, breadcrumbs and onions. Add bacon and sauerkraut if you choose.



Photo Courtesy of Colleen Baron

Cookin' for COWFOLK

Sinful Potatoes

Roberta Ann Buchwitz

Hanna, AB

Ingredients:

potatoes (enough to fill 9x13" pan)	1 can cream of chicken soup	1/2 cup cornflakes, crushed
1/2 cup sour cream (or plain yogurt)	1 small onion, minced	salt & pepper to taste
	1 1/2 cups grated cheddar cheese	

Instructions:

- 1) Boil potatoes until almost cooked. Thinly slice into a 9x13" pan.
- 2) Prepare and mix the rest of the ingredients except cornflakes. Pour mixture over potatoes and bake at 350°F for 35 minutes uncovered.
- 3) Sprinkle with crushed cornflakes.

Stewed Potatoes

Heide Downey

Caston, AB

Ingredients:

1 large onion	6-8 potatoes, dices	salt & pepper to taste
1/3 cup margarine	water	fresh dill

Instructions:

- 1) In a saucepan sauté onions and margarine.
- 2) Add diced potatoes. Just barely cover potatoes with water. Add salt, pepper and dill. Bring to a boil. Simmer for 30 minutes or until potatoes are done.
- 3) Serve with more dill and sour cream.



Photo Courtesy of Colleen Baron

Cookin' for COWFOLK

Super Potatoes

Jesse Williams

Whiskey Creek Ranch

Hanna, AB

Ingredients:

2 lbs hashbrowns (frozen)	2 cans cream of mushroom soup	
1 cup diced onions	500mL sour cream	2 cups cheddar cheese, shredded
	1/2 cup margarine	salt & pepper to taste

Instructions:

- 1) Mix all ingredients together & put in casserole dish. Top with additional shredded cheese or even crushed cornflakes.
- 2) Bake at 350°F for 1 hour.

*Easy to make & freezes great!

Tater Tot Casserole

Heide Downey

Caston, AB

Ingredients:

1 bag tater tots	1 tsp. seasoning salt	1 can milk
2 lbs ground beef	2 cans mushroom soup	3 cups cheddar cheese

Instructions:

- 1) Thaw tater tots.
- 2) Dry ground beef. You can add onions or seasoning to taste.
- 3) Mix soup with milk.
- 4) Put meat over bottom of 9x13" pan. Layer tater tots over meat. Pour soup mixture of all. Cover with cheese. Bake for 45 minutes.

Greens



Photo Courtesy of Andrei Poncelet

Broccoli Salad

Ingredients:

4 heads of broccoli, chopped	1 cup dried cranberries	1/3 cup balsamic vinaigrette
1/2 red onion, diced	3/4 cup sunflower seeds	2 tbsp. white sugar
	1 cup mayonnaise	

Instructions:

- 1) Combine broccoli, onion, cranberries and sunflower seeds.
- 2) In a separate bowl, mix may, balsamic vinaigrette and sugar.
- 3) Pour mixture over salad and stir. Enjoy!

Broccoli Salad

Ingredients:

4-5 cups broccoli, cut up	10 strips bacon, fried and cut into small pieces (or 1/3 cup fresh bacon bits)	Dressing:
1 cup raisins		1/2 cup mayonnaise
1/4 cup red onion, diced	1 cup sunflower seeds	3 tbsp sugar
		1 tbsp. vinegar

Instructions:

- 1) Combine washed, well drained broccoli with raisins, onion, bacon and sunflower seeds in a large bowl
- 2) In a separate bowl, mix dressing ingredients together. Pour over broccoli. Mix well

Kim Hok
Youngstown, OH



Photo Courtesy of Jesse Williams

Corn Salad

Ingredients:

1 can mixed beans, drained	1/2 cup red onion, diced	1/4 cup oil
1 can kernel corn, drained	1/4 cup yellow pepper, diced	1/4 cup cider vinegar
1/2 cup celery, diced	1/4 green pepper, diced	1/4 cup white sugar (or to taste)

Instructions:

- 1) Mix all vegetables together in a large bowl
- 2) Mix oil, cider vinegar and sugar together. Pour over vegetables.

*This easy to make-ahead salad is even better if you let it sit overnight

Cabbage Japanese Salad

Ingredients:

1/2 head cabbage, shredded	fresh mushrooms	2 tbsp. vinegar
2 pkg of ichiban beef noodles	water chestnuts	1 tbsp. sugar
6 chopped green onions	Dressing:	1 tbsp. soya sauce
sprouts	1/2 cup oil	1/2 tsp. pepper
	2 pkg seasoning from noodles	

Instructions:

- 1) Break ichiban noodles and set aside.
- 2) In a bowl, combine dressing ingredients.
- 3) Combine cabbage, noodles and dressing.

Japanese Cabbage Salad

Ingredients:

1/2 cup almond slivers, toasted	2 green onions, chopped	2-4 tbsp. soya sauce
2 tbsp. sesame seeds, toasted	1/4 cup sunflower seeds	3 tbsp. vinegar
1/2 head medium cabbage, shredded	2 pkg instant noodles	1 tbsp. sugar
12oz bean sprouts	1/2 pkg chow mein noodles	1 tsp. monosodium glutamate
2 cups fresh mushrooms, sliced	Dressing:	1 tsp. salt
	1 pkg seasoning from instant noodles	1/2 tsp. pepper
	1/2 cup oil	

Instructions:

- 1) Put shredded cabbage and bean sprouts into a large bowl. Add mushrooms, onions, sunflower seeds, almonds and sesame seeds.
- 2) Combine broken noodles and chow mein noodles in small bowl. Set aside.
- 3) For the dressing, combine all above dressing ingredients. This can be made ahead and stored in the fridge. Shake before serving.
- 4) Pour dressing over cabbage. Toss. Sprinkle dry noodles over the top followed by the chow mein noodles.

* By doubling the recipe you can feed about 25 people

Pasta Salad

*Lois Andrew
Youngstown, A.B.*

Ingredients:

2 cups cooked pasta (spiral noodles)	Dressing:	1 tsp. or more paprika
1/2 red pepper	2/3 cup sugar	salt & pepper to taste
1/2 green pepper	1/4 cup vinegar	
1/4 cup red onion, diced	1/2 cup canola oil	
	1/3 cup ketchup	

Instructions:

- 1) Cook pasta, let cool. Add vegetables.
- 2) Combine dressing ingredients. Pour over pasta and vegetables. Stir. Refrigerate for 2 hours before serving.

Cookin' for COWFOLK

Taco Salad

Marilyn Vredegoor

Handhills, AB

Ingredients:

ground beef	cucumbers	*any other vegetables you may like
taco seasoning	tomatoes	zesty taco chips
lettuce	cauliflower	cheddar cheese
green onions	celery	catalina dressing
	peppers	

Instructions:

- 1) Brown the ground beef. Season with taco seasoning
- 2) Cut up lettuce. Combine with vegetables. Mix with ground beef.
- 3) Just before you serve, add taco chips, cheese and catalina dressing



Photo Courtesy of Sierra Berg

Sweets



Photo Courtesy of Jesse Williams

Cookin' for COWFOLK

Banana Bread Bars with Brown Butter Frosting

Ingredients:

3 or 4 ripe bananas, mashed

Banana Bread Bars:

2 tsp. vanilla extract

1 1/2 cups sugar

2 cups all purpose flour

1 cup sour cream

1 tsp. baking soda

1/2 cup butter, softened

3/4 tsp. salt

2 eggs

1/3 cup chopped walnuts (optional) 1 cup
shredded coconut (optional)

Brown Butter Frosting:

1/2 cup butter

4 cup powdered sugar

1 1/2 tsp. vanilla extract

2 tbsp. milk

Instructions:

- 1) Preheat oven to 375°F. Grease and flour 15x10" jelly roll pan.
- 2) For the bars, in a large bowl, beat together sugar, sour cream, butter and eggs until creamy. Blend in bananas and vanilla extract. Add flour, baking soda, salt and blend for 1 minute. Stir in walnuts.
- 3) Spread batter evenly into pan. Bake for 20-25 minutes or until golden brown.
- 4) Meanwhile, for frosting, heat butter in a large saucepan over medium heat until boiling. Let the butter turn a delicate brown and remove from heat immediately.
- 5) Add powdered sugar, vanilla extract and milk. Whisk together until smooth (it should be thicker than a glaze but thinner than a frosting). Using a spatula, spread the brown butter frosting over the warm bars (the frosting will be easier to spread while the bars are warm).



Photo Courtesy of Colleen Baron

Cookin' for COWFOLK

Banana Snack Cake (on a cookie sheet)

Jolayne Regier
Veteran, AB

Ingredients:

1/2 cup margarine or butter	1 tbsp. vanilla
3/4 cup lightly packed brown sugar	2 cups flour
1/2 cup white sugar	1 tsp. baking soda
2 eggs	1 tsp. salt
1 cup mashed ripe bananas (about 2 or 3 bananas)	1/2 cup buttermilk*
	1/2 cup chopped nuts (optional)

Frosting:

1/2 cup brown sugar
1/4 cup margarine (or butter)
6 tbsp. milk
2 1/2 to 3 cups icing sugar

Instructions:

- 1) For banana bread, cream together margarine, brown sugar and white sugar. Add to creamed mixture, beaten eggs.
- 2) In a separate bowl, mix together mashed bananas and vanilla.
- 3) In a third bowl, mix together flour, baking soda, salt, buttermilk and nuts.
- 4) Alternately put banana mixture and dry mixture in with your creamed mixture. Pour into greased cookie sheet for at 350°F for 25-30 minutes.
- 5) Meanwhile, for the frosting, combine brown sugar, margarine and milk into a saucepan. Bring to a boil and stir for 2 minutes. Let cool.
- 6) Beat in icing sugar to desired consistency.
- 7) After banana cake has cooled, use a spatula to spread frosting on it.

*If you don't have buttermilk on hand, put regular milk in a glass bowl, adding a teaspoon of either vinegar or lemon juice. Let sit.

Best Brownies

Jan Rock
Ladsby, AB

Ingredients:

1 cup margarine	2 cups sugar	1/4 tsp. salt
1/2 cup cocoa	1 1/2 cups flour	2 tsp. vanilla
	4 eggs	1 cup walnuts

Instructions:

- 1) Melt margarine. In a bowl, mix margarine, cocoa and sugar. Add eggs and flour alternately, beating after each addition. Blend in salt, vanilla and nuts.
- 2) Pour into well greased cake pan. Bake at 350°F for 30 minutes.

Big Batch Oatmeal Cookies

Ingredients:

1 1/2 cups margarine or butter	2 tsp. vanilla	1/2 tsp. salt
1 1/2 cups white sugar	1/4 cup milk	3 cups rolled oats
1 1/2 cups brown sugar	3 cups flour	3/4 cup coconut
3 eggs	1 1/2 tsp. baking soda	3 cups chocolate chips & raisins
	1 tbsp. baking powder	1 1/2 cups crushed cornflakes

Instructions:

- 1) Cream butter and sugars. Add eggs, milk and vanilla.
- 2) In a separate bowl, combine flour, baking soda, baking powder and salt. Add to creamed mixture.
- 3) Stir in oats, coconut, chocolate chips, raisins and cornflakes.
- 4) Bake at 350°F for 10-12 minutes. Yields 4 dozen cookies.

Blackberry Cobbler

Liz Westerlund
Oyen, AB

Ingredients:

1 cup flour	1 1/2 tsp baking powder
1 cup sugar plus more for sprinkling on top	Fresh or frozen blackberries (or blueberries, saskatoons, raspberries or peaches)
1 cup milk	

Instructions:

- 1) Preheat oven to 350°F. Butter a baking dish.
- 2) Mix the flour, sugar, milk and baking powder together. Pour into baking dish.
- 3) Spread the berries over the batter. Use as many as you like.
- 4) Sprinkle sugar over the top and bake for one hour or until the top is golden brown.
- 5) Serve with ice cream or whipped cream.

* This recipe is easy to whip up with very few ingredients or for when company is dropping in! It also doubles easy to feed a large group and transports/stores well if you're taking it out to the field.

Cookin' for COWFOLK

Chewy Bacon Butterscotch Cookies

Ingredients:

1 cup margarine or butter	1/2 tsp. baking soda	1 cup rolled oats
1 1/2 cups brown sugar	1 tsp. baking powder	2/3 cup butterscotch chips
1 egg	1/8 tsp. salt	2/3 cup bacon pieces (crumbled)
1 1/4 cups flour	1 cup coconut	

Instructions:

- 1) Cream margarine and sugar. Add egg.
- 2) Add dry ingredients, then coconut and rolled oats. Stir in butterscotch chips and bacon pieces.
- 3) Drop by spoon on a baking sheet. Bake for 8-10 minutes at 350°F.

* Remember: Bacon makes everything better. Once you make these once, be prepared for requests of seconds!

Chocolate Cobbler

Heide Downey
Caston, AB

Ingredients:

3/4 cup butter, melted	1 1/2 cup self rising flour	2 tsp. vanilla extract
3 cups sugar	1/2 cup milk	2 1/2 cups boiling water
	1/2 cup plus 2 tbsp baking cocoa, divided	

Instructions:

- 1) Spread melted butter in a 9x13" pan. Set aside.
- 2) In a large bowl, combine 1 1/2 cups sugar, flour, milk, 2 tbsp. cocoa and vanilla. Pour over melted butter.
- 3) Mix together remaining sugar and cocoa. Sprinkle over batter.
- 4) Pour boiling water over it all. Do not mix.
- 5) Bake at 300°F for 30 minutes. Serve warm.

*Easy to make for last minute company or when you've been outside all day.

Cuban Lunches

Ingredients:

1 bag chocolate chips 1 bag caramel 1 cup crushed ripple chips
1 bag butterscotch 1 cup peanuts

Instructions:

- 1) Melt chocolate chips, butterscotch and caramel together.
- 2) Mix in peanuts and crushed ripple chips. Drop into small liners.

Death By Chocolate

Nichole Foot

Esther, AB

Ingredients:

9 x 13" chocolate cake, cooled *From a box or 2 pkg chocolate pudding & milk to prepare 1 pkg Skor bits (or 6 Skor bars)
see Farmer's Chocolate Cake on page 52 2 tubs of Cool Whip

Instructions:

- 1) Cut cooled cake into small cubed pieces. Scoop out half of the cubed pieces and place in a large bowl.
- 2) Prepare 1 pkg of chocolate pudding according to package directions and pour over cake. Spread 1 tub of Cool Whip on top of pudding & cake. Next, sprinkle 1/2 a package of Skor bits (or 3 crushed Skor bars) on top of the Cool Whip.
- 3) Repeat the same layers— cubed cake, prepared pudding, Cool Whip & Skor bits.
- 4) Chill overnight or for a few hours before serving.

*This is a must at our brandings! It never lasts very long at our place but if you have left overs or branding gets rained out you can throw it in the freezer until you need it. Enjoy!

Drumstick Cake

Ingredients:

First Layer:

1/4 cup butter or hard margarine
3 tbsp. smooth peanut butter
1 1/2 cups chocolate wafer crumbs
1/2 cup finely chopped pecans

Second Layer:

8oz cream cheese, softened
1/2 cup granulated sugar
1/2 cup smooth peanut butter
2 large eggs
2 tbsp. milk
1 1/2 tsp. vanilla
4 1/2 cups frozen whipped topping, thawed

Third Layer:

1/4 cup chocolate sundae topping
1/3 cup butterscotch sundae topping
reserved chocolate wafer crumb mixture

Instructions:

- 1) For the first layer: Melt butter. Stir in peanut butter. Add wafer crumbs and pecans. Mix. Reserve 1/2 cup of this mixture for the third layer. Press remaining crumb mixture in bottom of ungreased 9x13" pan.
- 2) For the second layer: Beat cream cheese, sugar and peanut butter until smooth. Beat in eggs, one at a time. Add milk and vanilla. Mix. Fold in whipped topping. Spread over first layer.
- 3) For the third layer: Drizzle chocolate and butterscotch topping over second layer or if you prefer, stir them together first. Sprinkle with reserved crumb mixture. Cover. Freeze.

Elephant Ears

Tashia Schmidt

Ingredients:

1 cup warm water
2 tbsp. active dry yeast
1 tsp. salt

2 tbsp. white sugar
3 tbsp. shortening
4 cups all purpose flour
Oil for deep frying

Topping:

4 tbsp. sugar
2 tsp. cinnamon

Instructions:

- 1) In a large bowl, add yeast and warm water. Let stand for 10-12 minutes. Combine with warm milk, salt, white sugar and shortening. Mix well. Add flour to make a smooth dough.
- 2) Take the dough to a floured board and knead until it turns soft and elastic. Add some more flour if dough is watery. Cover dough for 1 hour.
- 3) Divide dough into 12-15 balls, each about 1/8" thick. Fry the balls on each side for 1-2 minutes or until golden brown. Drain on paper towels.
- 4) Sprinkle the elephant ears with sugar and cinnamon.

Farmer's Chocolate Cake

Nichole Foot

Esther, AB

Ingredients:

3 cups all purpose flour	2 cups sugar	1/2 cup vegetable oil
1/2 cup sifted cocoa	2 tsp. baking soda	2 tbsp. white vinegar
1 tsp. salt	2 tsp. vanilla	2 cups cold water

Instructions:

- 1) Place dry ingredients into a large bowl. Mix with a large spoon. Make 3 holes in the mixture. Pour vanilla into one hole, oil into the second hole and vinegar into the third hole. Pour cold water over all and mix just enough to blend ingredients.
- 2) Turn batter into greased 9x13" pan and bake at 325°F for 35-40 minutes or until toothpick comes out clean.

Frozen Mocha Cheesecake

Ingredients:

Crust:

1/2 cup butter or hard margarine
1 1/2 cups graham cracker crumbs
1/4 cup granulated sugar
1/4 cup cocoa

Filling:

8oz cream cheese, softened	1 tsp. hot water
1oz sweetened condensed milk	1 cup whipping cream
2/3 cup flavored syrup	
1 tbsp. instant coffee granules	

Instructions:

- 1) For the crust: Melt butter. Stir in graham crumbs, sugar and cocoa. Reserve 1/2 cup of this mixture. Press remaining crumbs in bottom and up sides of 9" springform pan.
- 2) For the filling: Beat cream cheese until fluffy. Beat in condensed milk and chocolate syrup. Dissolve coffee in hot water. Add to cheese mixture. Whip cream until quite stiff. Fold into cream cheese mixture. Pour into prepared pan. Scatter reserved crumbs over the top. Freeze. Yields 8 average pieces.

Mars Bar Cheesecake

Melanie Berg
Cessford, AB

Ingredients:

250g plain chocolate cookies	20g butter, extra	1/4 cup water
125g butter, melted	300mL whipping cream	2 x 250g cream cheese
2 tbsp. brown sugar	50g milk chocolate	1/2 cup sugar
	3 tsp. gelatine	3 x 60g Mars bars

Instructions:

- 1) Crush cookies until they resemble bread crumbs. Add butter and process until just combined. Press cookie mixture evenly over base of 20cm tin cake pan. Put in fridge for about 30 minutes.
- 2) For butterscotch sauce, combine brown sugar, extra butter and 2 tbsp. of cream in small saucepan over low heat until sugar is dissolved. Leave aside.
- 3) For chocolate sauce, combine chocolate and 2 tbsp. of cream in a small saucepan over low heat until chocolate melts.
- 4) Sprinkle gelatine over the water in a heatproof jug. Stand jug in saucepan of simmering water until gelatine is dissolved. Cool for 5 minutes.
- 5) Beat cream cheese and sugar in medium bowl until smooth. Beat remaining cream until soft peaks form. Stir in gelatine into cream cheese with mars bars. Fold in cream.
- 6) Pour half the cream cheese mix into crumb crust. Drizzle half the butterscotch and chocolate sauces over the top. Repeat. Cover cheesecake and refrigerate for about 3 hours or until set.

Mud Pie Cookies

Marilyn Vredegoor
Handhills, AB

Ingredients:

1 cup butter	10 tbsp. cocoa	2 cups coconut
3 cups sugar	6 cups quick cooking rolled oats	2 pinches of salt
1 cup milk	2 tsp. vanilla	

Instructions:

- 1) Melt butter. Add sugar and milk. Bring to just a boil.
- 2) Add cocoa and rolled oats. Mix. Cook for 3 minutes.
- 3) Turn off heat and add vanilla, coconut and salt.
- 4) Drop by rounded spoon onto wax paper. Let cool & enjoy.

No Bake Cheesecake

Laura McNabb
Caston, AB

Ingredients:

Crust:

1 box graham cracker crumbs
1 1/2 blocks of imperial margarine

Filling:

2 blocks softened cream cheese
1/2 cup sugar

2 pkg dream whip

Instructions:

- 1) For crust, mix together graham cracker crumbs and margarine. Bake at 350°F for 9 minutes. Set aside.
- 2) For filling, combine cream cheese and sugar. Fold dream whip into creamed mixture. Do not over mix.
- 3) Put filling in crust and refrigerate for at least 12 hours.

No-Bake Peanut Butter Bars

Hope Eaton
Hanna, AB

Ingredients:

2 cup butter, melted
2 cups graham cracker crumbs

2 cups icing sugar
1 cup plus 4 tbsp. peanut butter

1 1/2 cups chocolate chips

Instructions:

- 1) Mix together melted butter, graham crumbs, icing sugar and 1 cup of peanut butter until well blended. Press into bottom of ungreased 9x13" pan.
- 2) In microwave, melt chocolate chips with 4 tbsp. of peanut butter, stirring every 30 seconds until melted and smooth. Spread over bottom layer.
- 3) Refrigerate for at least one hour before serving.

Cookin' for COWFOLK

Oatmeal Refrigerator Cookies

Jolayne Regier
Veteran, AB

Ingredients:

2 cups brown sugar	2 tsp. baking soda
1 cup margarine (or can substitute for Tender Flake)	4 eggs
2 cups white sugar	2 tsp. vanilla
3 1/2 cups flour	1 1/2 tsp. salt
	3 cups quick oats
	1 cup chopped pecans or chocolate chips

Instructions:

- 1) Cream together margarine and sugars. Then, one at a time, add eggs. Add vanilla.
- 2) In a separate bowl, combine flour, baking soda and salt. Stir in oats and pecans/chocolate chips. Add to creamed mixture.
- 3) Shape into rolls. Put on waxed paper or saran wrap overnight or for a couple of days.
- 4) Slice and bake at 390°F for 8-10 minutes (or use your usual cookie temperature setting).

*These cookies freeze well— unless the kids find them! Then they disappear out of the freezer, so label your cookies before putting them in an ice cream bucket with something like “chicken soup stock”.

Popcorn Balls

Ingredients:

1/4 cup butter or margarine	1/2 tsp. vanilla	3 qt. (12 cups) popped popcorn
40 jet-puffed marshmallows	1/4 tsp. salt	

Instructions:

- 1) Melt butter in large saucepan on low heat. Add marshmallows, vanilla and salt. Cook until marshmallows are completely melted and mixture is well blended, stirring constantly.
- 2) Place popcorn in large bowl. Add marshmallow mixture. Mix lightly to coat.
- 3) Shape into 10 (3") balls with lightly greased hands. Place on sheets of waxed paper. Let stand until firm.

Peanut Butter Cup Cookies

Terra James

Ingredients:

1 3/4 cups all-purpose flour	1/2 cup white sugar	1 tsp. vanilla extract
1/2 tsp. salt	1/2 cup peanut butter	2 tbsp. milk
1 tsp. baking soda	1/2 cup packed brown sugar	40 miniature chocolate covered peanut butter cups, unwrapped
1/2 cup butter, softened	1 egg, beaten	

Instructions:

- 1) Preheat oven to 375°F. Sift together the flour, salt and baking soda. Set aside.
- 2) Cream together the butter, sugar, peanut butter and brown sugar until fluffy. Beat in the egg, vanilla and milk. Add the flour mixture. Mix well.
- 3) Shape into 40 balls and place each into an ungreased mini muffin pan.
- 4) Bake for about 8 minutes. Remove from oven and immediately press a mini peanut butter cup into each ball. Cool and carefully remove from pan.

Pumpkin Pie Filling

Jesse Williams
Whiskey Creek Ranch
Hanna, AB

Ingredients:

2 cups pureed pumpkin	1 tsp. vanilla	1/2 tsp. nutmeg
14oz can sweetened condensed milk	2/3 cup brown sugar	1/2 tsp. ginger
2 large eggs	1/3 cup sour cream	1 tsp. salt
	2 tsp. cinnamon	

Instructions:

- 1) Combine above ingredients. Mix until smooth.
- 2) Place filling in homemade or purchased pie shells. Above recipe will fill two store-bought pie shells.
- 3) Bake at 350°F for 30-40 minutes or until pie no longer jiggles.
- 4) Cool & enjoy!

Raspberry Muffins

Staci Charbonneau

Halkirk, AB

Ingredients:

2 cups flour	1/3 tsp. salt	1 cup berries
3/4 cup sugar	3/4 cup milk	1 tbsp. flax (optional)
1 tbsp. baking powder	1/3 cup oil	1 tsp. almond extract
	1 egg	

Instructions:

- 1) Combine oil, egg, sugar, salt, milk and almond extract.
- 2) Add flour, baking powder and flax. Fold in berries.
- 3) Bake at 350°F for 17 minutes.

Slush

Ingredients:

8 cups water, boiled	1 L wild raspberry cocktail juice	2 can frozen lemonade
3 cups sugar	1 L pineapple-banana juice	2 x 26oz gin/vodka
1 L grapefruit juice	500g of frozen fruit	gingerale (for mixing)
	1 can frozen orange juice	

Instructions:

- 1) Boil 8 cups water and 3 cups of sugar. Let cool
- 2) Add all juices and frozen fruit.
- 3) Add vodka or gin.
- 4) Freeze for two nights. Spoon into glass and fill with gingerale

*Great for those hot branding days!

Toffee Tarts

Colleen Baron

Baron Coulee Ranch

Brooks, AB

Ingredients:

6 toffee bars or 3 bags of caramels
1/4 cup margarine or butter
1/2 cup milk or cream
24 uncooked sweetened tart shells

Instructions:

- 1) Precook the tart shells for 8-10 minutes at 350°F until barely browned. Remove and let cool.
- 2) Melt toffee or caramels, milk and margarine in the microwave, stirring at 1 minute intervals until the mixture is melted.
- 3) Fill tart shells with mixture and put back in the oven on 'broil' for 2-3 minutes until they bubble. Careful! They burn easy!
- 4) Remove and let cool. Enjoy!

Zucchini Muffins

Ingredients:

3 eggs
2 tsp. vanilla
2 tsp. cinnamon
1 1/2 cup white sugar
2 cups whole wheat flour
1 tsp. salt
1 cup oil (or 2/3 oil and 1/3 applesauce)
1/4 tsp. baking powder
1 cup raisins
2 cups grated zucchini with peel
2 tsp. baking soda
1 cup walnut pieces

Instructions:

- 1) Beat together eggs, sugar, oil, zucchini and vanilla.
- 2) Add flour, baking powder, baking soda, cinnamon and salt. Mix well.
- 3) Add in raisins and walnut pieces.
- 4) Bake at 350°F until done for 16 minutes. Yields 2 dozen muffins.

Y'all Come Back Again Next
Year, Ya Hear!



Photo Courtesy of Colleen Baron

Work Hard, Play Hard