Cookin’ for COWFOLK
A COMPILATION OF BRANDING RECIPES FROM CARAS 2015 LADIES CALVING CLINIC

Photo Courtesy of Liz Westerlund

CHINOOK APPLIED RESEARCH ASSOCIATION
Box 690 Oyen, AB T0J 2J0
Ph: 403-664-3777 Fax: 403-554-3007
Email: cara-1@telus.net Web: chinookappliedresearch.ca
Monday February 23, 2015  4:00-9:00PM  Hanna Legion Hall

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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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# Table of Contents

Ladies Calving Clinic Thank You
CARA Introduction
CARA Membership Renewal

## Breads

- Beer Bread .......................................................... 9
- Brianna’s Biscuits .................................................... 9
- Hot Spinach Loaf .................................................. 10
- Instant Buns ......................................................... 11
- Mom’s Sweet Buns ............................................... 11

## Main Dishes: Beef

- BBQ Beef—Pulled Beef ........................................ 13
- Beer—Braised Beef with Onions ............................ 13
- BBQ Sauce for 40lbs Roast Beef ............................ 14
- Cowboy Casserole ................................................. 14
- Cowboy Casserole ............................................... 15
- Devil Round Steak Strips .................................... 16
- Devil Sauce ......................................................... 16
- Hawaiian Meatballs/Hamburger ......................... 17
- Healthified Mexican Skillet ................................ 17
- Jackie’s Bourguignonne ....................................... 18
- Mennonite Stew ................................................... 18
- Mini Meatballs .................................................... 19
- Mushroom & Bacon Sauce for Steak ..................... 19
- One Pot Cowboy Skillet ................................... 20
- Pepper Steak ....................................................... 20
- Perogie Casserole ............................................... 21
- Pull Apart Pizza .................................................... 21
- Salsa Mac & Beef ................................................ 22
- Shipwreck ........................................................... 22
- Slow Cooker Pepper Steak ................................... 23
- Sweet & Sour Sausage ......................................... 23
# Table of Contents

## Main Dishes: Chicken
- Chicken Parmigiana Rollatini ......................................................... 25
- Chicken Pasta .................................................................................. 25
- Chicken Stuffing Bake ................................................................. 26
- Chicken Wings Japanese .............................................................. 26
- Fried Chicken Shake & Bake ........................................................ 27
- Ketchup BBQ Chicken .................................................................. 27
- Pineapple Chicken .......................................................................... 28

## Main Dishes: Pork
- Bull Sale Baked Beans ................................................................. 30
- Pulled Pork ..................................................................................... 30
- Slow Cooker Pulled Pork ............................................................. 31
- Sweet & Sour Spare Ribs .............................................................. 31

## Soups for Sippin’
- Cream of Cauliflower, Cheddar & Bacon Soup ............................. 33
- Hamburger Soup ........................................................................... 33
- Meaty Chilli ................................................................................... 34

## Sides
- Broccoli Casserole ......................................................................... 36
- Cheesy Ranch Crockpot Potatoes .................................................. 36
- Easy Scallop Corn Mae ................................................................. 37
- Knephla ......................................................................................... 37
- Sinful Potatoes .............................................................................. 38
- Stewed Potatoes ............................................................................ 38
- Super Potatoes .............................................................................. 39
- Tater Tot Casserole ....................................................................... 39

## Greens
- Broccoli Salad ............................................................................... 41
- Broccoli Salad ............................................................................... 41
## Table of Contents

**Corn Salad** ................................................................. 42  
**Cabbage Japanese Salad** ............................................. 42  
**Japanese Cabbage Salad** ............................................. 43  
**Pasta Salad** ............................................................... 43  
**Taco Salad** ................................................................. 44  

### Sweets

- **Banana Bread Bars with Brown Butter Frosting** ............................................. 46  
- **Banana Snack Cake (on a cookie sheet)** ..................................................... 47  
- **Brownies** ......................................................................................... 47  
- **Big Batch Oatmeal Cookies** ........................................................................ 48  
- **Blackberry Cobbler** ................................................................................. 48  
- **Chewy Bacon Butterscotch Cookies** ......................................................... 49  
- **Chocolate Cobbler** .................................................................................... 49  
- **Cuban Lunches** .......................................................................................... 50  
- **Death by Chocolate** .................................................................................... 50  
- **Drumstick Cake** ......................................................................................... 51  
- **Elephant Ears** ............................................................................................ 51  
- **Farmer’s Chocolate Cake** ............................................................................. 52  
- **Frozen Mocha Cake** .................................................................................... 52  
- **Mars Bar Cheesecake** .................................................................................. 53  
- **Mud Pie Cookies** ........................................................................................ 53  
- **No-Bake Cheesecake** .................................................................................. 54  
- **No-Bake Peanut Butter Bars** ....................................................................... 54  
- **Oatmeal Refrigerator Cookies** ..................................................................... 55  
- **Popcorn Balls** ............................................................................................ 55  
- **Peanut Butter Cup Cookies** ......................................................................... 56  
- **Pumpkin Pie Filling** ..................................................................................... 56  
- **Raspberry Muffins** ...................................................................................... 57  
- **Slush** ......................................................................................................... 57  
- **Toffee Tarts** ............................................................................................... 58  
- **Zucchini Muffins** ....................................................................................... 58
Breads
**Beer Bread**

*Ingredients:*
- 3 cups flour (sifted)
- 3 tsp baking powder
- 1 tsp salt
- 1/4 cup sugar
- 1 can of beer
- 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**

*Ingredients:*
- 2 cups flour
- 2 tbsp sugar
- 4 tsp baking powder
- 1/2 cup margarine or butter
- 1 to 2 eggs, beaten
- 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 barley 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 Regier’s Mennonite Stew Recipe found on page 18.*
Hot Spinach Dip Loaf

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

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**

**Ingredients:**
- 3 cups hot tap water
- 2 eggs
- 8 tbsp sugar
- 6 tbsp oil, divided
- 6-8 cups of flour (white, brown or both)
- 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.

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

**Mom’s Sweet Buns**

**Ingredients:**
- 1/2 cup sugar
- 2 eggs, well beaten
- 2 tbsp lard, melted
- 8 cups flour
- 2 tsp salt
- 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.
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

Ingredients:
- boneless beef roast
- 1 medium onion or 1/4 cup onion flakes
- 1/2 cup of ketchup
- 1/3 cup vinegar
- 1/4 cup packed brown sugar or 1/8 cup maple syrup
- 2 tsp paprika
- 2 tbsp Worcestershire sauce
- 2 tbsp yellow mustard
- 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)
- salt & pepper (to taste)
- 3 tbsp olive oil
- 2 cans beer
- 4 whole onions, sliced thick
- 5 cloves of garlic, chopped
- 1 tsp ground thyme
- 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!
### BBQ Sauce for 40lbs Roast Beef

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

**Instructions:**
1. Combine ingredients
2. Heat and pour over shredded or sliced beef

### Cowboy Casserole

**Ingredients:**
- 2 lbs ground beef
- 1 medium onion, chopped
- 3 cloves garlic, chopped
- 1 can whole kernel corn, drained
- 1 can cream of mushroom soup
- 2 cups cheddar cheese, shredded
- 1/2 cup milk
- 4 tbsp sour cream
- 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.
Cowboy Casserole

Ingredients:

- 1 lb ground beef
- 2 tbsp minced onions
- Worcestershire sauce (generous sprinkling)
- 3 tbsp parsley (optional)
- 3 tsp ground dried mustard
- 1 can tomato soup
- 1 can of corn
- 1 pkg tater tots
- 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!
Devil Round Steak Strips

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

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. of 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!

Devil Sauce

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

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 Meatballs/Hamburger

Ingredients:

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

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

Ingredients:

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

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.

Haley Powell
Youngstown, AB
Jackie’s Bourguignonne

Ingredients:

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

Ingredients:

meatballs (or sliced smoked farmers sausage)  
potatoes, cubed  
carrots, sliced  
corn or peas  
tomato soup (with equal parts water)  
salt & pepper  
garlic &/or onion powder  
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 pkg stove top dressing
- 1 cup water
- 3 tbsp BBQ sauce
- 1 tsp garlic powder
- 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.

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**Mushroom & Bacon Sauce for Steak**

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

**Instructions:**
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
- 3/4 cup onion, chopped
- 1 1/2 tsp. chili powder
- 1/2 tsp. salt
- 1/2 tsp. garlic salt
- 1 can (16oz) tomatoes, undrained, cut up
- 1 can (15oz) red kidney beans, undrained
- 3/4 cup rice, uncooked
- 1 cup water
- 3 tbsp. green pepper, chopped
- 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

**Ingredients:**
- 1 lb lean round steak
- 1 tbsp. paprika
- 2 tbsp. butter
- 2 cloves garlic
- 1 1/2 cups beef broth
- 1 cup sliced onions (or green onions)
- 2 green peppers cut in strips
- 2 tbsp. cornstarch
- 1/4 cup water
- 1/4 cup soya sauce
- 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!
Perogie Casserole

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

**Instructions:**
2. While beef is cooking, arrange perogies in a 9 x 13” 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 homemade)
- pizza sauce
- 2 cups mozzarella cheese
- pepperoni, cubed
- any additional pizza toppings you enjoy
- 1/2 cup olive oil

**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.
Salsa Mac & Beef

Ingredients:
- 1 lb ground beef
- 2 cups beef broth
- 2 cups pasta
- 1 cup cheddar cheese soup
- 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

Ingredients:
- 2 large onions
- 2 medium potatoes
- 1 lb ground beef
- 1/2 cup long grain rice
- 1 can tomato soup
- 1 cup boiling water
- 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!
Slow Cooker Pepper Steak

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

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 sugar
- 3 tbsp cornstarch
- 1 cup water
- 1/2 cup vinegar
- 1/2 cup ketchup
- 1 can crushed pineapple, drained (optional)
- Hot cooked rice or spaghetti noodles

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
Chicken Parmigiana Rollatini

Ingredients:
- 6 boneless skinless chicken breasts (~4 lbs)
- 8 oz frozen spinach, thawed & squeezed dry
- 2/3 cup part skim ricotta cheese
- 1/4 cup freshly grated parmesan cheese, divided
- 8 oz mozzarella cheese, shredded & divided
- 1 egg
- 2 large cloves garlic, finely minced
- 1/2 cup Italian seasoned bread crumbs
- 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. Dip 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

Ingredients:
- 1 jar of alfredo garlic sauce
- 1 can mushroom soup
- 1 heaping tbsp pesto
- 1/2 cup parmesan cheese
- 1 pack boneless chicken thighs
- penne (boiled el 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.
Chicken Stuffing Bake

Ingredients:
- 6 boneless chicken breast halves (6 oz)
- 6 slices swiss cheese
- 1 can cream of chicken soup
- 1/3 cup chicken broth
- 3 cups seasoned stuffing cubes or 1 box stove top stuffing, chicken flavor
- 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°F.

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

Ingredients:
- 3 lbs chicken wings, cut into halves
- 1 beaten egg
- 1 cup flour
- 1 cup butter
- 1 cup oil
- 3 tbsp soya sauce
- 3 tbsp water
- 1/2 cup vinegar
- 1 cup white vinegar
- 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.
Fried Chicken Shake & Bake

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

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

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.
Pineapple Chicken

Ingredients:
6-8 chicken breasts, cut into chunks
4 large bell peppers, cut into 1/2" squares
2 large onions, 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 Sienna Berg
Main Dishes: Pork

Photo Courtesy of Colleen Baron
### Bull Sale Baked Beans

**Ingredients:**
- 10–28oz cans of brown beans (with or without pork) or 25–10oz cans
- 10 cups chopped onion, sautéed
- 5 cups ketchup
- 2 1/2 cups molasses
- 2 1/2 cups brown sugar
- 3 tsp salt
- 1 1/2 tsp pepper
- Garlic powder to taste
- 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!!*

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### Pulled Pork

**Ingredients:**
- 1 pork roast
- 1 cup brown sugar
- 1 cup BBQ sauce
- Onion
- Garlic
- 1/4 cup balsamic vinegar
- Pinch of cumin
- 1 cup ketchup

**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**

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

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**Sweet & Sour Spare Ribs**

**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.

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Heide Downey
Castor, AB

Kari Currie
Munson, AB
Soups for Sippin’

Photo Courtesy of Andrei Poncelet
Cream of Cauliflower, Cheddar & Bacon Soup

Ingredients:

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

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
- 1 medium onion
- 28oz can diced tomatoes
- 3 cans consommé
- 3 celery sticks, chopped
- 2 cups water
- 2 bay leaves
- 1/2 tsp thyme
- pepper to taste
- 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.
Meaty Chili

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

**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.*
Sides

Photo Courtesy of Sierra Berg
Broccoli Casserole

Ingredients:
- 4 cups Uncle Ben's brown rice
- 2 cans mushroom soup
- 3 heads of broccoli
- 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

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

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.

Christie Greiner
Stettler, AB

Hope Eaton
Hanna, AB
Easy Scallop Corn Mae

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

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

Ingredients:
- 2 eggs
- 4 cups flour
- 2 tsp baking powder
- 1 tsp salt
- water
- 1 cup bread crumbs
- 1/2 cup margarine
- 1 large onion
- bacon
- 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

Gloria Nelson
Veteran, AB

Heide Downey
Castor, AB
Sinful Potatoes

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

**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

**Ingredients:**
- 1 large onion
- 1/3 cup margarine
- 6-8 potatoes, dices
- water
- salt & pepper to taste
- 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.
Super Potatoes

Ingredients:
- 2 lbs hash browns (frozen)
- 1 cup diced onions
- 2 cans cream of mushroom soup
- 500mL sour cream
- 1/2 cup margarine
- 2 cups cheddar cheese, shredded
- 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

Ingredients:
- 1 bag tater tots
- 2 lbs ground beef
- 1 tsp seasoning salt
- 2 cans mushroom soup
- 1 can milk
- 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.
Broccoli Salad

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

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
- 1 cup raisins
- 1/4 cup red onion, diced
- 10 strips bacon, fried and cut into small pieces (or 1/3 cup fresh bacon bits)
- 1 cup sunflower seeds

Dressing:
- 1/2 cup mayonnaise
- 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.

Photo Courtesy of Jesse Williams
**Corn Salad**

**Ingredients:**
- 1 can mixed beans, drained
- 1 can kernel corn, drained
- 1/2 cup celery, diced
- 1/2 cup red onion, diced
- 1/4 cup yellow pepper, diced
- 1/4 green pepper, diced
- 1/4 cup oil
- 1/4 cup cider vinegar
- 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
- 2 pkg of ichiban beef noodles
- 6 chopped green onions
- sprouts
- fresh mushrooms
- water chestnuts
- 1/2 cup oil
- 2 tbsp vinegar
- 1 tbsp sugar
- 1 tsp soya sauce
- 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.

Cookin' for COWFOLK
Japanese Cabbage Salad

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

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

Lois Andrew
Youngstown, AB

Pasta Salad

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

Instructions:
1) Cook pasta, let cool. Add vegetables.
2) Combine dressing ingredients. Pour over pasta and vegetables. Stir. Refrigerate for 2 hours before serving.
**Taco Salad**

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

**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.

Marilyn Vredegoor
Handhills, AB

Photo Courtesy of Sierra Berg
Sweets

Photo Courtesy of Jesse Williams
Banana Bread Bars with Brown Butter Frosting

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).

Ingredients:

Banana Bread Bars:
- 1 1/2 cups sugar
- 1 cup sour cream
- 1/2 cup butter, softened
- 2 eggs
- 3 or 4 ripe bananas, mashed
- 2 tsp vanilla extract
- 2 cups all purpose flour
- 1 tsp baking soda
- 3/4 tsp salt
- 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

Photo Courtesy of Colleen Baron
### Banana Snack Cake (on a cookie sheet)

**Ingredients:**
- 1/2 cup margarine or butter
- 3/4 cup lightly packed brown sugar
- 1/2 cup white sugar
- 2 eggs
- 1 cup mashed ripe bananas (about 2 or 3 bananas)

**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 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.

**Frosting:**
- 1/2 cup brown sugar
- 1/4 cup margarine (or butter)
- 6 tbsp milk
- 2 1/2 to 3 cups icing sugar

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### Best Brownies

**Ingredients:**
- 1 cup margarine
- 1/2 cup cocoa
- 2 cups sugar
- 1 1/2 cups flour
- 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
- 1 1/2 cups white sugar
- 1 1/2 cups brown sugar
- 3 eggs
- 2 tsp vanilla
- 1/4 cup milk
- 3 cups flour
- 1 1/2 tsp baking soda
- 1 tbsp baking powder
- 1/2 tsp salt
- 3 cups rolled oats
- 3/4 cup coconut
- 3 cups chocolate chips & raisins
- 1 1/2 tbsp 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.

**Blackberry Cobbler**

**Ingredients:**
- 1 cup flour
- 1 cup sugar
- 1 cup milk
- 1 1/2 tsp baking powder
- Fresh or frozen blackberries (or blueberries, saskatoons, raspberries or peaches)

**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.*
Chewy Bacon Butterscotch Cookies

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

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

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

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

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

Death By Chocolate

Ingredients:
- 9 x 13” chocolate cake, cooled *From a box or see Farmer’s Chocolate Cake on page 52
- 2 pkg chocolate pudding & milk to prepare
- 1 pkg Skor bits (or 6 Skor bars)
- 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:**
  - 8 oz 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

**Ingredients:**

- 1 cup warm water
- 2 tbsp active dry yeast
- 1 tsp salt
- 3 tbsp shortening
- 4 cups all purpose flour
- 2 tbsp white sugar
- 2 tsp cinnamon
- 4 tbsp sugar
- Oil for deep frying

**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

Ingredients:
- 3 cups all purpose flour
- 1/2 cup sifted cocoa
- 1 tsp salt
- 2 cups sugar
- 2 tsp baking soda
- 2 tsp vanilla
- 1/2 cup vegetable oil
- 2 tbsp white vinegar
- 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 lb sweetened condensed milk
- 2/3 cup flavored syrup
- 1 tbsp instant coffee granules
- 1 cup whipping cream
- 1 tsp hot water

Instructions:
1) For the crust. Melt butter. Stir in graham cracker crumbs, sugar and cocoa. Reserve 1/2 cup of this mixture. Press remaining crumbs in bottom and up sides of 9" springform pan.
Mars Bar Cheesecake

Ingredients:
- 20g butter, extra
- 300mL whipping cream
- 50g milk chocolate
- 3 tsp gelatine
- 1/4 cup water
- 2 x 250g cream cheese
- 1/2 cup sugar
- 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 tsp 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.
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

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

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

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

Ingredients:

2 cups butter, melted
2 cups graham cracker crumbs
2 cups icing sugar
1 1/2 cups chocolate chips
1 cup plus 4 tbsp peanut butter

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.
Oatmeal Refrigerator Cookies

Ingredients:
- 1 cup margarine (or can substitute for Tender Flake)
- 2 cups white sugar
- 2 cups brown sugar
- 4 eggs
- 2 tbsp. vanilla
- 3 1/2 cups flour
- 2 tsp. baking soda
- 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

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

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

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

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

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

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

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

Ingredients:
- 6 toffee bars or 3 bags of caramels
- 1/2 cup milk or cream
- 1/4 cup margarine or butter
- 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
- 1 1/2 cup white sugar
- 1 cup oil (or 2/3 oil and 1/3 applesauce)
- 2 cups grated zucchini with peel
- 2 cups whole wheat flour
- 1/4 tsp baking powder
- 2 tsp baking soda
- 2 tsp vanilla
- 2 tsp cinnamon
- 1 tsp salt
- 1 cup raisins
- 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!

Work Hard, Play Hard

Photo Courtesy of Colleen Baron