



Celebrating History

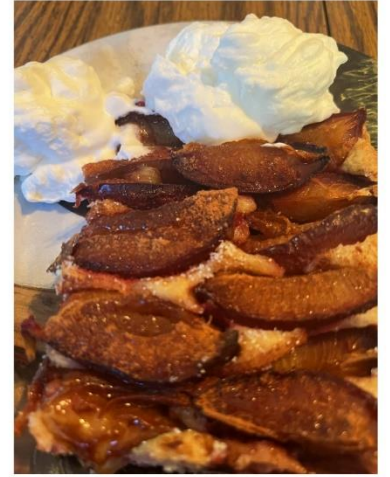
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SOUTHURY, CONNECTICUT

Southbury
350th
Anniversary
Community
Cookbook



The Southbury
350th Anniversary
Community Cookbook

The 350th Anniversary Community Cookbook was compiled and edited by the Southbury Arts and Culture Subcommittee of the Southbury Economic Development Commission in 2023. Each recipe was reproduced from the submission and edited lightly for style.

Each participant agreed to allow the recipe and accompanying photos and information to be used for this project including being published and promoted by the Town of Southbury, such as on social media. All other rights remain with the owner of the recipe and the photographer.

As this cookbook is made with submissions from Southbury community members, the recipes are presented as they were entered and are untested by the Town. The recipes are presented as-is without guarantee of the outcome.

The Arts & Culture Subcommittee can be contacted at artsculturesouthbury@gmail.com or edcchair@southbury-ct.gov. The Arts & Culture Subcommittee website is www.southbury-ct.org/arts. The Southbury Economic Development Commission website is www.southbury-ct.org/EDC. More information about the cookbook can be found at www.southbury-ct.org/350-cookbook.

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Introduction

As part of the yearlong celebration of Southbury's founding, the 350th Anniversary Community Cookbook is a tribute to Southbury's past and present through the lens of culinary arts. The Arts & Culture Subcommittee of the Southbury Economic Development Commission asked Southbury residents for their family recipes with an opportunity to include a brief story about the recipe and images. Each participant was limited to two submissions and asked to provide permission to include the submissions in this cookbook. Recipes were collected for most of 2023 and this cookbook is the result.

Each recipe is unique and together they offer a glimpse into Southbury's past and present—and even future. The many recipes included in this volume come out of a variety of personal experiences. Recipes from Southbury's history are included along with new creations. Some are family recipes that have been passed down and others are family favorites perfected. The stories touch on Southbury history, personal remembrances, family members, and family recipes brought here as people set down roots in Southbury. Additionally, people shared information about their holiday celebrations, traditions, and goals. In total, the 350th Anniversary Community Cookbook is a record of Southbury after 350 years through the recipes and stories shared with the community.

A heartfelt thank you to all who have contributed to Southbury's 350th Anniversary Community Cookbook and all who have made it possible. The Arts & Culture Subcommittee would like to acknowledge each person who contributed their recipes. Thank you for sharing your stories and creativity. Special thanks to the Southbury 350th Anniversary Steering Committee, the Southbury Economic Development Commission, and the First Selectman's Office.

Arts & Culture Subcommittee of the Economic Development Commission members for 2023:

Kelly Keenan, Chair
Kim McNeill, Vice Chair
Danielle Hawthorne, Treasurer
Don Winter, Secretary
Jeromy Nelson
Alison Litke

In celebration of our community and with appreciation,

Kim McNeill, Vice Chair
Arts & Culture Subcommittee of the Southbury Economic Development Commission

Notes

About this cookbook: As much as possible, original recipe submissions were preserved with minor edits. As shown below, ingredient measurements were updated for consistency as below:

- lb for pound
- tsp for teaspoon
- tbsp for tablespoon
- oz for ounce

Some additional reference information is included here for convenience. Information about food safety can be found at the [United States Department of Agriculture \(https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation\)](https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation) and their publication, [The Kitchen Companion: Your Safe Food Handbook, PDF](#).

Volume Conversions

1 cup = 16 tbs = 48 tsp = 8 fl oz = 250 ml

1 tbsp = 3 tsp = ½ fl oz = 1/16 cup = 15 ml

Common Baking Ingredient Substitutions

Baking powder, 1 tsp	¼ tsp baking soda and ⅝ tsp cream of tartar
Buttermilk, 1 cup	1 cup plain yogurt, or 1 tbsp vinegar or lemon juice and enough milk to equal 1 cup
Chocolate, semisweet, 1 oz	½ oz unsweetened chocolate and 1 tbsp granulated sugar
Chocolate, unsweetened, 1 oz	3 tbsp unsweetened cocoa and 1 tbsp butter or vegetable oil
Cornstarch, 1 tbsp	1 ½ tbsp flour
Corn syrup, 1 cup	1 ¼ cups granulated or packed brown sugar and ¼ cup liquid such as water
Cream, heavy or whipping, 1 cup	¾ cup whole milk and ⅓ cup butter
Honey, ½ cup	½ cup corn syrup, molasses, or syrup
Lemon juice, 1 tsp	1 tsp cider vinegar
Pumpkin pie spice, 1 tsp	½ tsp cinnamon, ¼ tsp ginger, ⅛ tsp cloves, and ⅛ tsp nutmeg
Sour Cream, 1 cup	1 cup plain yogurt
Sugar, confectioners' or powdered	Grind 1 cup granulated sugar in a blender or food processor until fine with 1 tbsp cornstarch. Measure out amount needed.
Sugar, brown, 1 cup	1 cup granulated sugar and 1 tbsp molasses

Internal Meat Temperatures for Doneness*

Beef	155° well done
	150° medium well
	140° medium
	130° medium rare
	125° rare
Fish	145°
Pork	160°
Poultry	175° dark meat
	165° light meat

* Temperatures are for flavor—not USDA recommendations. For food safety, follow the USDA.

* Thermometer should be away from bones and fat.

* Internal temperatures will continue to rise once away from the heat depending on size, cooking temperature, and other variables. Smaller items could increase 3°-5° or more and larger items may continue to increase 7°-10° or more.

Volume to Weight Conversions for Typical Baking Ingredients*

Bananas, mashed, 1 cup	227 grams
Bread crumbs, dried, ¼ cup	28 grams
Butter, ½ cup or 8 tbsp or 1 stick	113 grams
Butter, ⅓ cup or 5 ⅓ tbsp or ⅔ stick	75 grams
Cornmeal, 1 cup	156 grams
Flour, all-purpose, 1 cup	122 grams
Flour, cake, 1 cup	124 grams
Milk, 1 cup	227 grams
Olive oil, ¼ cup	50 grams
Raisins, 1 cup	160 grams
Rice, dry, 1 cup	190 grams
Sugar, confectioners' or powdered, 1 cup	117 grams
Sugar, brown, 1 cup packed	213 grams
Sugar, granulated, 1 cup	198 grams
Water, 1 cup	227 grams

* Weight conversions for ingredients like flour can be dependent on the type of flour used and how the flour is measured. It is best to use the weight provided by the recipe.

* Weights given are estimates and may vary by brand or specific type.

Breakfast

Tasty Honeybee Waffles

Submitted by Louvonia Boone

As a family of two, this recipe is great because it's able to be scaled up or down for as few or as many waffles as you want. We use it many Saturdays for tasty speedy treat, and it's a recipe for your little helper. It's also great for teaching fractions.

Ingredients

2 cups flour
2 cups milk
Juice from ½ lemon
¼ tsp salt
2 tbsp alum free baking powder
4 tbsp oil
2 tbsp sugar/honey/date syrup

Directions

1. Blend dry ingredients.
2. Add milk and lemon.
3. Add remaining ingredients.
4. Heat waffle maker. Pre-coat with oil if not nonstick.
5. Pour in batter.
6. Remove after 4-5 minutes depending on heat selected.

Optional

A little handful of chopped fruit

Notes

- FYI: you can use this to make pancakes, too, as this was its original purpose.
- This recipe is very forgiving—no milk? You can use sour cream cut with water, or water and apple sauce (reduce by ⅓).
- Don't do dairy—that's ok—this was originally a vegan recipe so coconut, almond, or cashew milks work perfectly.
- Only need to make 2 pancakes or 1 waffle? Since this has no egg, you can scale up or down. We've made it with ¼ cup flour.

Rich Waffles

Submitted by Judy Novella

When we were kids my brother and I spent one week each summer with my grandparents. During our stay our grandmother would make us homemade waffles for breakfast and she'd let us help make the batter. When I was engaged to be married, she asked what I'd like for a shower gift. I asked her for a waffle iron and her waffle recipe. My grandmother passed away long ago and I cherish the handwritten recipe card she gave me.

Ingredients

2 cups all-purpose flour
4 tsp baking powder
¼ tsp salt
2 cups milk or buttermilk
½ cup melted butter
4 large eggs, separated

Directions

1. Preheat waffle iron.
2. Mix dry ingredients in a bowl. Beat egg yolks and mix into the milk. Blend milk/egg mixture into dry ingredients and stir until smooth. Blend in melted butter. Beat egg whites into stiff peaks and fold into batter.
3. Scoop or pour batter into waffle iron—be careful not to over fill or the batter leak. Cook waffles to preferred doneness.

Notes

- Recipe may be halved. Batter may be made a day ahead and stored in the refrigerator.

Apple Pie Scones

Submitted by Carina Bandhauer

This recipe mixes two of my favorite things into one: freshly baked scones and apple pie. Yum! It's the perfect treat for a fall brunch.

Ingredients	Directions	12 servings
6 apples, cored and chopped	1. Preheat oven to 385 degrees.	
1 large lemon fully zested and then cut in half	2. Mix chopped apples, lemon zest, and juice of first half of the lemon in a medium bowl. Set aside in a cool place (refrigerator is fine).	
4 ¾ cups all-purpose flour	3. In a large bowl, blend flour, sugar, baking powder, baking soda, salt, pumpkin pie spice, cinnamon & clove powder.	
1 tbsp baking powder	4. Create a well in the flour mixture and pour in heavy whipping cream. Using a pastry cutter or large fork, stir and cut the cream and flour mixture together until it begins to come together. Do not use a mixer.	
¾ tsp baking soda	5. Pour in the apple mixture and cut/mix, scraping the flour from the bottom until it comes together as a large dough ball. Again, do not use a mixer.	
½ cup white sugar	6. Cut the dough ball in half. Note: it's really important to keep your dough relatively cold so if you get interrupted, pop it in the refrigerator until you can get back to baking.	
1 ¼ tsp salt	7. Place each dough ball on a lightly floured surface and shape them into one-inch thick discs. Then cut each disc "pizza style" into 8 pieces. They will about double in size when baked. Feel free to sample the dough; it's egg free!	
1 tbsp pumpkin pie spice	8. Place the wedges about an inch apart on a cookie sheet or baking stone.	
1 tbsp cinnamon	9. Bake for 18-20 minutes or until they are just beginning to brown on top. Be careful not to burn the bottoms.	
1 tsp clove powder	10. While they are baking, in a large measuring cup (or small bowl), use a fork to mix the second half of the lemon into the powdered sugar.	
2 ½ cups heavy whipping cream (do not whip)	11. Upon removing the scones from the oven, arrange them on a platter and drizzle the lemon icing on top.	
1 cup powdered sugar		

Notes

- This recipe makes enough for 12 people. If you're feeding 5-6 people wrap half of the dough from step 4 in plastic wrap, before adding the apples, and freeze it for another day (up to 2 months). You'll just need to pop the frozen dough in the refrigerator the night before in order to defrost it and then continue from step 5.



Apple Pie Scones

Thriving on Leftovers

Submitted by the Kloth-Zanard Family

There were years when we struggled financially and needed to make our food go as far as we could. We learned to take the leftovers and create new meals. This could often add 4 extra meals a week.

Ingredients

Leftover protein
Eggs, enough for the people eating
Other items that may be in the refrigerator or pantry like cheese and salsa

Directions

- Don't do leftovers? Maybe you should think again. We can make sometimes 2 extra meals out of left overs. We call this one the Kitchen Sink.
- Do you have any leftover protein such as meat, chicken, turkey, pork or even macaroni and cheese? Or maybe you have baked potatoes from the other night. Or what about that left over Italian dish? Or the rice from the other night? Scramble up enough eggs for the number of people who are eating. Chop up the leftovers. Mix them into the eggs. Does it need cheese or maybe salsa, go for it. Pour the mixture in a frying pan or cook in a microwave safe dish. You have just made the Kitchen Sink Frittata Omelet. The combinations are endless. Turn yesterday's lunch or dinner into a brand-new dish.
- Only cooking for one? Use a microwave-safe soup cup. Mix 2 eggs and ingredients, put in the microwave for 1 ½ minutes to start. Depending on how many wet ingredients you put in you may need a half minute or so more. Mix some rice or cooked potatoes in to get your starch. And you have it, a Cup of the Kitchen Sink.

Notes

Mother's Raised Doughnuts

Submitted by Frances Wentworth

This recipe is special to me because it came to me from my grandmother and mother who were both from Southbury. My mother, Lillian (Hicock) Wentworth, a Southbury native, named this recipe for her mother, Edna (Tuttle) Hicock (1878-1950). They were the kind of cooks who did some things by look and feel, therefore, the exact amount of flour is not specified.

Ingredients

1 quart milk
2 yeast cakes
1 tsp salt
Flour as needed
3 eggs, beaten
1 ½ cups sugar
1 cup of butter or shortening
like Crisco
1-2 tsp nutmeg
Oil for frying

Directions

1. Warm 1 quart milk; soak 2 yeast cakes 1 minute in the milk.
2. Add 1 tsp salt, and flour until it forms a dough.
3. Let set until bubbles come, half an hour.
4. Then add:
3 beaten eggs
1½ cups sugar
1 cup butter or shortening, Crisco
1-2 tsp nutmeg
5. Add flour until stiff and looks like bread dough.
6. Then knead. Let rise in dish until light, half an hour.
7. Then roll and cut. Let rise again.
8. Cook in deep fat.

Notes

Kelly's Orange Sugar-and-Spice Baked Donuts

Submitted by Kelly Keenan

Because our weekday mornings are such a chaotic rush to get out of the house on time, I've made a point to slow things down on and bake special breakfast treats on the weekends. This is one of our favorite recipes, and it comes together surprisingly quickly. The only special pan needed is a couple of cake donut baking pans.

Ingredients

Donuts

2 cups all-purpose flour
1 cup granulated sugar
1 tsp baking powder
¼ tsp baking soda
½ tsp cinnamon
¼ tsp nutmeg
¼ tsp cardamom
Zest of one large orange
Pinch salt
2 large eggs
½ cup vegetable oil
2 tbsp butter, melted and cooled
1 tbsp vanilla extract
¾ cup buttermilk

Sugar coating

1 stick butter, melted
1 cup granulated sugar
Zest from one orange
½ tsp cinnamon
¼ tsp nutmeg
¼ tsp cardamom

Directions

1. Preheat the oven to 375 degrees. Lightly grease 2 cake donut baking pans with a non-stick cooking spray and set aside.
2. Whisk together donut dry ingredients—flour, sugar, baking powder, baking soda, cinnamon, cardamom, nutmeg, pinch of salt, and zest from one orange. Set aside.
3. In a large bowl, whisk together vegetable oil, eggs, vanilla, and 2 tbsp butter that has been melted and cooled.
4. Mix in the dry ingredients and buttermilk into the oil/egg mixture, alternating between flour mix and buttermilk until combined.
5. Evenly spoon the batter into the donut pans. There will be enough batter for 12 donuts.
6. Bake at 375 degrees for 12 to 14 minutes, until lightly browned.
7. Remove from the oven and allow to cool for 5 minutes before turning out onto a wire cooling rack.
8. Prepare the sugar coating.
9. Melt the stick of butter in a small bowl. In a separate bowl, combine the sugar, orange zest, cinnamon, cardamom, and nutmeg.
10. When the donuts are cool enough to touch, working one at a time, dip the top and bottom of the donut in the melted butter and then directly into the sugar mix. Make sure the donuts are well coated in sugar on all sides.
11. Serve and enjoy. Refrigerate leftovers.

Notes

- We prefer King Arthur flour.



Kelly's Orange Sugar-and-Spice Baked Donuts



Butterscotch Breakfast Rolls

Butterscotch Breakfast Rolls

Submitted by Nicole Dragone

Growing up in Michigan my Mother always made Butterscotch Breakfast Rolls for our family on just one very special morning a year—Christmas! After moving to Connecticut 30 years ago to raise my own family, the tradition has continued. Our three now adult children look forward to this sweet Christmas morning treat every year! This recipe always warms my heart with memories of home, both near and far. From our kitchen to yours! The Dragone Family

Ingredients	Directions	12 servings
Cooking spray	1. Spray a fluted tube pan, such as a bundt pan, with cooking spray. Place frozen rolls in the pan. If using Grands cut each refrigerated (not frozen) roll in half and mix in with frozen rolls.	
12 frozen Rhodes White Dinner Rolls	2. Sprinkle nuts over the rolls, if using, and sprinkle dry pudding mix over the rolls. Set aside.	
8 frozen Rhodes Cinnamon rolls or 1 tube of Pillsbury Cinnamon Grands	3. Combine melted butter, brown sugar, and cinnamon in a pan over medium heat, stirring constantly until the caramelized mixture begins to boil. Boil 1 minute longer. Remove from heat and pour over the rolls.	
1 3.5 oz package Cook and Serve Butterscotch Pudding Mix	4. Place bundt pan inside a room temperature oven on a cookie sheet allowing plenty of room for the rolls to rise without sticking to another rack. Leave to rise 8+ hours/overnight.	
2 sticks butter, melted	5. The next morning, remove your rolls from the oven and set gently on the counter while you preheat oven.	
1 cup brown sugar	6. Preheat the oven to 350 degrees (175 degrees C).	
1 cup white sugar	7. Place the bundt pan on the baking sheet, as the mixture will boil over in the oven. Cover with a foil drape and bake for 25 minutes. Remove the foil drape and bake another 10-15 minutes or until the edges of the buns are golden brown.	
1 tsp ground cinnamon	8. Let rest 3 minutes and then turn out onto a large serving platter. Enjoy!	
Optional		
Chopped pecans		

Notes

Toffee Bar Coffee Cake

Submitted by Danielle Hawthorne

Gramma Brinkman's recipe.

Ingredients

½ cup Country Morning Blend
(butter and margarine)
2 cups flour
1 cup brown sugar
½ cup sugar
1 cup buttermilk
1 tsp baking soda
1 egg
1 tsp vanilla
1 package Bits O'Brickle or 1
cup chopped Heath Toffee
Bars, about 6 oz
¼ cup chopped pecans

Directions

1. Blend flour, shortening, and both sugars. Set aside ½ cup.
2. To the remainder add the milk, soda, egg, vanilla, and ½ of the Bits O'Brickle. Blend well and pour into grease and floured 9x12 pan.
3. Mix remaining Bits with chopped nuts and add to set-aside mixture. Sprinkle evenly over top of batter.
4. Bake at 350 degrees for 30 minutes.

Notes

Apple-Nut Coffee Cake

Submitted by Danielle Hawthorne

Ingredients

1 cup popcorn, ground to
flour in blender
1 ¼ cup whole wheat pastry
flour
2 tsp baking powder
1 tsp cinnamon
½ tsp baking soda
¼ tsp nutmeg
2 eggs
½ cup honey
2 tsp low-fat yogurt
1 tsp vanilla
4 medium apples, shredded
¼ cup chopped walnuts

Directions

1. Put popcorn flour in a medium bowl, add the flour, baking powder, cinnamon, baking soda, and nutmeg.
2. In a large bowl, mix the eggs, honey, yogurt, and vanilla.
3. Add the flour mixture to the bowl and mix well. Fold in the apples and nuts.
4. Bake in a greased 8x8 pan at 350 degrees for 30 to 35 minutes.
5. Cut in small bars.

12-16 servings

Notes

GRANDMA'S NUT TORTE

325 deg. for 30 min. - 8" sq. cake pan greased & floured
Mix together
1/2 pkg.+2 slices Swieback, (1 cup) rolled or
1/2 tsp. cinnamon ground fine
1 c. finely ch. nuts 1 tsp. Baking powder
Beat three egg whites until stiff & set aside
Beat three egg yolks until light, add 1/2 c. sugar and beat until fluffy. Add 1 tsp. vanilla.
Mix with dry ingred., fold in stiffly beaten

APPLE-NUT COFFEECAKE

1 c. popcorn, ground to flour in blender
1 1/2 c. whole wheat pastry flour
2 t. B. P. 1 t. cinnamon 1 t. B. Soda
1/2 t. nutmeg 2 eggs c. honey
2 T. low-fat yogurt 1 t. vanilla
4 med. apples, shredded 1/2 c. ch. walnuts
Put popcorn flour in a med. bowl, add the flour, B.P., cinnamon, B. S. and nutmeg.
In a large bowl, mix the eggs, honey, yogurt and vanilla. Add the flour mixture to the bowl and mix well. Fold in the apples and nuts.
Bake in a greased 8x8 pan at 350 deg. for 30 to 35 min. Cut in small bars. Serves 12 to 16.

PINEAPPLE DELIGHT

1 1/2 c. flour 1 1/2 sticks butter (room temp.)
Mix with pastry blender or fork until crumbly.
Add 3/4 c. chopped nuts. Mix and press into 9 x 13 pan. Bake at 400 deg. 12 minutes. Cool.
Cream 8 oz. cream cheese (room temp.) Add 1 c. conf. sugar and mix well. Add 1 scant cup of whipped cream. Spread on cooled crust. Top with pudding mix as follows:-
2 pkgs. vanilla instant pudding. Add 3 c. milk and beat only one minute. Let it set up slightly then add 1 small can of crushed pineapple from which all of the juice has been pressed out.
Spread on top of pudding and let it set before spreading the remaining wh. cream on top. Sprinkle

TOFFEE BAR COFFEE CAKE

End - No!

1/2 c. Country Morning Blend (butter & margarine)
2 c. flour 1 c. br. sug. 1/2 c. sugar
1 c. buttermilk 1 t. soda 1 egg
1 t. vanilla 1 pkg. Bits O'Brickle
1/2 c. ch. pecans
Blend flour, shortening and both sugars. Set aside 1/2 cup. To the remainder add the milk, soda, egg, vanilla and 1/2 of the Bits O'Brickle. Blend well and pour into greased and floured 9 x 12 pan. Mix remaining Bits with ch. nuts and add to set-aside mixture. Sprinkle evenly over top of batter. Bake 350 deg. 30 min. +
A substitute for the Bits' O'Brickle would be 6 ozs. of Heath Toffee Bars chopped=1 c.

egg whites just until blended together.

By beating the egg whites first, the same beaters can be used then to beat the yolks.

with 1/2 c. or more of chopped nuts.
Keep in refrig. until serving in squares.
Serves about 12, more or less depending on size of pieces. This requires 1/2 pt. of heavy cream but if you want a thicker layer on top you will need part of another 1/2 pt.
Note: Beat cream first, then cheese, etc., then pudding, using same beaters each time. This saves washing the beaters each time.

Apple-Nut Coffee Cake and Toffee Bar Coffee Cake

Beverages

The 350

Submitted by Michael Carrington

I've been making this Manhattan variant for years, and I think that just like Southbury, it's rooted in tradition but still forward-thinking. Or at least forward-drinking.

Ingredients

- 2 oz Litchfield Distillery Straight Bourbon
- 1 oz Grand Marnier
- 3 dashes orange bitters

Directions

1. Mix ingredients with ice and serve up or on the rocks.
2. Garnish with orange twist, orange wedge, maraschino cherry or nothing—whatever floats your boat!

Notes

- I usually prefer a spicy rye whiskey in my Manhattans, but for the 350, I think the sweetness of bourbon pairs better. You can use whatever bourbon you fancy, but I think Litchfield Distillery Straight Bourbon is a well-balanced local offering.
- This is a strong cocktail so consume responsibly.



Kitchen Kahlua

Submitted by Tracy Shaw

After learning about vanilla beans and soaking them for baking vanilla then sharing as holidays gifts, Kahlua was a natural evolution.

Ingredients

Simple syrup

Ingredients (1:1)

5 cups water

5 cups sugar

Directions

1. Add sugar to boiling water.
2. Simmer for 20 minutes or so.
3. Stir regularly so the sugar fully dissolves and the liquid reduces.

Double brewed espresso

Ingredients

Freshly ground coffee for 12 cups

Water for 6 cups

Directions

1. Brew enough coffee to yield 6 cups.
2. Change to fresh ground coffee.
3. Run the previously brewed coffee through the coffee maker, as though it's the water, with the fresh grounds. Enough to yield 6 cups.

Kahlua

Ingredients

Simple syrup, above

Double brewed espresso, above

½ cup vanilla extract or 4 vanilla beans

Fifth of grain alcohol or vodka

Directions

1. Cool the simple syrup and the double-brewed espresso, then combine.
2. Add ½ cup vanilla extract or 4 vanilla beans to the cooled, syrupy espresso.
3. Add a fifth of grain alcohol or vodka.
4. Let steep, strain out vanilla beans after 2-4 weeks.
5. Serve and/or share.

Notes

- Recommend Café Bustelo though regular coffee is an option.
- Serve: as is, in a cocktail, as an ice cream topping, or to flavor baking.



Kitchen Kahlua

The Southbury Autumn Mule

Submitted by Michael Carrington

This is a great cocktail for those crisp fall New England days and nights. It's a drink I'm still experimenting with, so consider this recipe a loose guideline.

Ingredients

4 oz spiced apple cider
2 oz ginger beer
2 oz vodka
Dash of lime juice
Ice

Directions

Mix ingredients in a copper mug if you have one, but a highball glass works just fine, too. Plenty of ice!

Notes

- The original Moscow Mule recipe calls for generous amounts of lime juice, but I don't use much lime for the Southbury Autumn Mule. You really want the spiced cider flavor to shine through and that has its own acidity.
- For the spiced cider, you can go with a pre-made spiced apple cider (Trader Joe's makes a nice one—wish we had one in Southbury!) or you can easily spice your own local apple cider to taste using cinnamon, clove, nutmeg, allspice, etc. If you're looking for simplicity, McCormick Seasonings makes an all-in-one "Apple Pie Spice."
- As for the ginger beer, you can play around with different brands and/or proportions depending on how much ginger you want, but I recommend the basic 4 oz and 2 oz balance to start.



Appetizers

Stuffed Mushrooms

Submitted by Brianna Levine

A dear friend shared this recipe with me. It is now the most requested dish at every holiday and family function.

Ingredients

1 lb of small mushrooms
2 tbsp olive oil
2 garlic cloves, minced
2 green onions, minced
½ to ¾ cups of sherry
Juice from ½ lemon
1 cup bread crumbs
½ cup grated parmesan
½ cup grated fontina cheese
2 tbsp butter

Directions

1. Wash, dry, and destem mushrooms.
2. Preheat oven to 350 degrees.
3. Mince mushroom stems.
4. Brush mushroom caps with olive oil and place in a 9x13 baking dish.
5. Heat a pan over medium Heat, adding olive oil, garlic, butter, and onions. Cook until browned.
6. Add minced mushroom stems to pan and cook for 2 more minutes.
7. Take pan off heat and add lemon juice, bread crumbs, sherry, fontina, and parmesan. Mix together.
8. Stuff mushroom caps.
9. Cook for 30 minutes at 350 degrees.

Notes



Fresh Salsa

Submitted by Sandy Vas

It is our family's favorite snack!

Ingredients

2 20 oz cans of whole peeled tomatoes
1 cup of mild peppers of your choice; cubanelle, red, yellow, or orange work well
1 cup onion
1 cup cilantro
5 tsp salt
Juice of 3 fresh limes

Directions

1. Place onion, peppers, and cilantro into your food processor. Pulse until chopped. Place mixture in a large glass or stainless bowl.
2. Drain the liquid from the tomatoes into the bowl, and place the tomatoes into the food processor. Pulse until broken up. Add tomatoes into the bowl.
3. Squeeze lime juice into mixture, add salt—it seems like a lot, but it is needed.
4. Mix, and enjoy with your favorite chips or recipes.

Notes

- Please note, you will need a food processor for this recipe.
- This salsa keeps well, sealed in the refrigerator for up to 4 days.

Stuffed Mini Sweet Peppers

Submitted by Shawna Fantel

This adorable and quick appetizer is a crowd pleaser in our house and can easily be modified for various flavors and heat levels. Best when served right out of the oven or room temp.

Ingredients

1 bag small mini sweet peppers, about 20-25
4 slices bacon, cooked and chopped
15 oz jar ricotta cheese
1 cup shredded mozzarella
½ cup frozen peas
1 tsp garlic powder
Salt & pepper

Directions

1. Preheat oven to 400 degrees.
2. Using a small paring knife, cut the tops/stems off of each pepper and then carefully cut out the internal ribs. Shake out any seeds you can. This will give you lots of room for the delicious filling.
3. In a mixing bowl combine: the whole jar of ricotta, chopped bacon, mozzarella, peas, garlic powder, some salt and pepper to taste.
4. Using a spoon, shovel some filling into the pepper until each pepper is filled to the top.
5. Place the filled peppers on a baking sheet lined with parchment paper or foil (to help with clean up).
6. Bake for 20-25 minutes until the peppers start to blister and the filling just starts to ooze out.
7. Place on a super cute plate and enjoy!

Makes 2 dozen

Notes

- Make it spicy! Add chopped jalapeños (pickled, fried, or regular).
- Make it vegetarian! Replace bacon with another crunchy salty element like fried onion strips.





Stuffed Mini Sweet Peppers



Elizabeth Muscolino

Eggplant Caponata

Submitted by Emily Muscolino

Born in the early 1920s on a farm in Pennsylvania before marrying my grandfather and moving to Connecticut, my paternal grandmother, Elizabeth Muscolino (who was a resident of Southbury for many years), was an excellent cook and an amazing baker. Of course, this made choosing a single recipe from her collection difficult, but this one's a family favorite. I hope you enjoy it too!

Ingredients

#1

3 cups peeled & cubed
eggplant
1 medium onion, chopped
2 cloves garlic, crushed
½ cup chopped green
pepper
4 oz can mushrooms
½ cup oil

#2

6 oz can tomato paste
1 tsp (+ a taste) wine vinegar
1 tsp salt
½ cup stuffed green olives,
sliced
½ tsp oregano
⅛ tsp black pepper

Notes

Directions

1. Cook #1 ingredients in covered skillet about 10 minutes. Stir occasionally.
2. Add #2 ingredients and mix well.
3. Simmer until tender, about 30 minutes.
4. Serve with crackers or pita chips.

Bacon Roll Ups

Submitted by Christine Martino

This has been a family holiday fan favorite recipe for over 30 years! Bring these to a party and you will definitely be invited back! Bon Appétit, Southbury!



Ingredients

1 loaf white bread (1 pound),
crusts trimmed
1 8 oz package of cream
cheese, softened
1 lb sliced bacon, cut in half
Toothpicks

Directions

1. Preheat the oven to 350 degrees (175 degrees C).
2. Cut each slice of white bread in half horizontally; spread with cream cheese. Tightly roll each piece of bread with $\frac{1}{2}$ a piece of bacon and secure with toothpicks. The bacon should be on the outside of the bread. Arrange roll ups in a single layer on a baking sheet.
3. Bake in the preheated oven until bacon is no longer pink and bread is lightly browned, about 30 minutes. Serve warm.

Notes

Soups and Stews

Veal and Sausage Stew

Submitted by Jack and Monique Zazzaro

Ingredients

1 medium onion, chopped
1 cup pearl onions
Butter
½ clove garlic, minced
2 lbs veal stew meat, trimmed
and cut into bite-sized
pieces
1 lb sweet Italian sausage
1 tsp olive oil
18 oz tomato sauce
2 cups chicken stock
½ cup white wine
1 medium red-skinned
potatoes, cut into small
pieces
Salt and pepper
1 tbsp Worcester sauce
1 tbsp balsamic vinegar
2 cups sliced mushrooms
Fresh parsley, chopped

Directions

1. Sauté 1 medium onion and 1 cup pearl onions in butter adding a half a clove of minced garlic and gently brown in a Dutch oven or large saucepan.
2. Add 2 lbs veal stew meat, trimmed and cut into bite sized pieces, and brown lightly.
3. In a separate pan, brown 1 lb sweet Italian sausage with a teaspoon of olive oil.
4. Add the sausage, 18 oz tomato sauce, 2 cups chicken stock, ½ cup white wine and 2 medium red-skinned potatoes, cut in small pieces.
5. Season generously with salt and pepper, and 1 tablespoon each of Worcestershire sauce and balsamic vinegar.
6. Bring to a boil and add 2 cups sliced mushrooms and simmer, stirring often for 20 minutes or potatoes start to soften.
7. Sprinkle chopped fresh parsley on top of each serving. Serve with crusty bread or polenta.

Notes



Veal and Sausage Stew



Spicy Corn Chowder

Spicy Corn Chowder

Submitted by Kristen Frederickson

We love appreciating corn on the cob during our summer visits, and freeze a large quantity for enjoyment in other seasons.

Ingredients

2 tbsp butter
2 large carrots, finely diced
2 sticks of celery, finely diced
1 large potato, finely diced
4 cloves garlic, finely diced
1 large shallot, finely diced
4 ears sweetcorn, kernels cut off
3 tbsp Marsala or Madeira
Small handful fresh thyme leaves
Chili flakes to taste
Sea salt and fresh black pepper to taste
1 liter chicken or vegetable stock
1 cup (240 ml) double cream
Finely chopped chives to garnish

Directions

1. Melt the butter in a heavy-bottomed saucepan and add the diced vegetables. Sauté gently until soft, then add the sweetcorn.
2. Add all of the remaining ingredients and turn the heat down quite low.
3. Simmer for 30 minutes or until vegetables are of a texture to your liking.
4. If you can, leave the mixture in the pot for a few hours to marinate; this will add huge depth of flavor. It needn't cook all this time, but merely live together in the pot, for warming later.
5. Top with the chives and serve hot or warm.

6 servings

Notes

French Onion Soup

Submitted by Anthony Buchsbaum

Anthony Buchsbaum was born in Southbury and is now 12 years old and in 7th grade at Memorial Middle School. Anthony has always enjoyed cooking and baking with his family and aspires to become a chef. He especially likes cooking comfort foods and delicious desserts inspired by his travels. This is one of his favorite recipes.

Ingredients	Directions	8 servings
3 tbsps unsalted butter	1. Melt butter in a heavy stock pot over medium heat.	
2 strips bacon, diced	2. Add bacon and cook while stirring until lightly browned, about 4 minutes.	
4 sweet onions (2-2.5 lbs), sliced extra thin	3. Add onions and garlic and cook, stirring often, until onions are soft and lightly browned, about 30 minutes.	
4 garlic cloves, mashed	4. Reduce heat to low and cook, stirring frequently, until onions are very brown, approximately 1 ½ hours. Adjust heat to avoid onions burning.	
1 tbsps flour (optional)	5. Sprinkle flour onto the onions.	
10 cups beef stock	6. Add stock, wine, thyme, and bay leaf and simmer until golden brown with rich taste, approximately 1 hour.	
1 cup red wine	7. Toast baguette slices in the oven for 15 minutes at 350 degrees.	
1 sprig fresh thyme	8. Ladle soup into oven proof serving bowls, add 2 baguette slices, sprinkle cheese on top.	
1 bay leaf	9. Broil until the cheese is golden brown.	
16 slices French baguette		
8 oz gruyere cheese, shredded		

Notes

Potato Cheese Soup

Submitted by Kayanne Davis

This soup is easy to make and always delicious!

Ingredients	Directions
5 medium potatoes	1. Cut the vegetables into small pieces and cook in chicken broth. Add salt and pepper. Simmer until vegetables are cooked. Puree to your liking with an immersion blender right in the pan.
1 cup chopped celery	2. Add the cheese cubes to the hot soup and stir until cheese is slightly melted but not thoroughly mixed into the soup. Or just add cheese to each bowl of hot soup.
¼ cup chopped parsnips, optional	
1 cup chopped onions	
1-2 cups chopped carrots	
1 large can chicken broth	
Salt and pepper	
½ lb cheddar cheese cut into cubes or a bag of shredded cheese.	

Notes

Cheddar Broccoli Soup

Submitted by Cathy Winter

I love the fall and holiday season for many reasons, one of which is the start of soup season! I enjoy making all kinds of soup, but this recipe is my favorite. Enjoy!

Ingredients

4 tbsp butter
Medium onion, chopped
4-5 cups of broccoli, including stems, cooked until tender
2 ½ cups of chicken broth
1 cup of milk
½ tsp pepper
¾ tsp dry mustard
4-5 tbsp flour
2 cups of shredded cheddar cheese
Garnish of choice

Directions

1. Cook broccoli until tender; blender stems and ½ tops.
2. Cook onions in butter until tender—5 minutes.
3. Add pepper, mustard, and flour; stir until smooth.
4. Add chicken broth and milk; bring to boil, stir constantly.
5. Slow boil and stir 5-10 minutes until thickened.
6. Add broccoli mixture and remaining ½ tops; stir.
7. Add cheese; mix in.
8. Top with a garnish.

Notes

Broccoli and Potato Soup

Submitted by Deirdre Sullivan

My Mom was a single Mom of 4 and a full-time teacher. So, meals had to be filling, inexpensive, and the kids could help with preparation. This dinner was so easy and warm on winter nights.

Ingredients

3 onions, diced
2 garlic cloves, chopped
2-3 tbsp oil. Olive oil is preferable, but any oil will do
1 ½ lbs frozen broccoli
8-10 medium potatoes, scrubbed, with skin and quartered
64 fl oz chicken stock or more

Directions

1. Add oil to large pot at medium high heat.
2. Cook onions in pot until translucent.
3. Add garlic into pot & fry for 3 minutes.
4. Pour chicken stock into pot & add potatoes.
5. Boil gently until potatoes are cooked, roughly 20 mins.
6. Add broccoli & cook for 5-10 mins until done.
7. Add salt & pepper to taste.
8. Two options for serving:
 - a. Using potato masher, mash all ingredients in pot and then serve, or
 - b. Let it cool, ladle soup and ingredients into blender and then blend to create a smooth, creamy soup.

Notes

Main Dishes



Kelly's Slow Cooker Balsamic Roast Beef

Submitted by Kelly Keenan

The very first time I hosted Thanksgiving at our home, I panicked that my turkey wasn't big enough to feed the crowd. I got this dish going as a backup in case the turkey was a bust, and it has since become a reliable family favorite, especially on cold winter nights. Even my very picky children will eat this when it is on the dinner table. It is easy to get started in the morning and then leave unattended all day in the slow cooker. As a bonus, your house will smell amazing all day.

Ingredients

3-4 lbs boneless chuck roast
1 tbsp vegetable oil
1 cup beef broth
½ cup balsamic vinegar
¼ cup soy sauce
1 tbsp Worcestershire sauce
2 tbsp honey
3 cloves garlic, minced
3 cloves garlic, crushed
Salt and pepper

Directions

1. Generously salt and pepper the chuck roast.
2. In a large skillet, add 1 tbsp of vegetable oil and 3 cloves of crushed garlic. On high heat, quickly sear all sides of the chuck roast. Set aside.
3. In a mixing bowl, whisk together all remaining ingredients to create a sauce.
4. Add seared chuck roast, seared garlic, and sauce to a large slow cooker. Cook on low heat for 8 hours until tender. Serve with mashed potatoes.

Notes

Meatloaf and Mashed Potato Cupcakes

Submitted by Tracy Shaw

Silly suppers quickly became a menu staple for our Wednesday Night Supper Club play group that brought together 4 families who met through daycare in the very early 2000s.

One might consider an ice cream entree with French fries for dessert or, in this case, food disguised as a different course. Imagine the reactions from the tastebuds of the under 5 crowd when they dig into meatloaf cupcakes with mashed potato frosting...and, yes, they were all in the clean-plate club by the end of the meal.

Meat Loaf

Ingredients

1 pound of ground meat;
cook's choice: beef,
meatloaf mix with pork and
veal, or turkey
½ cup bread crumbs (or
crushed saltines), gluten-full
or gluten-free
Enough milk of choice to soak
bread crumbs, about ⅔ cup
3 tbsp or 2 hearty squirts of
ketchup
1 egg
½ tsp of celery salt
¼ tsp of black pepper
couple of shakes of onion
powder (the little ones
won't grimace at onion
chunks)

Directions

1. Pre-heat oven to 375 degrees and line muffin tin with foil baking cups.
2. Portion bread crumbs in a bowl and cover with milk, let sit to soak while assembling other ingredients.
3. In a large bowl mix together all of the meatloaf ingredients until combined, then add the wet bread crumbs and mix again until well combined.
4. Evenly divide meatloaf mix between the 12 muffin cups, approximately ¾ full.
5. Bake 15 minutes or until cooked through.
6. While the meatloaf is baking, make the mashed potatoes.

Makes 12

Notes

- Cook's choice: optional adds
Cheese: 1 cup cheddar or Monterey jack or ¼-½ cup parmesan
Mustard: 1 tbsp or a quick squirt
Worcestershire sauce: up to 1 tbsp
Plain yogurt: about ¼ C

Meatloaf and Mashed Potato Cupcakes continued

Submitted by Tracy Shaw

This recipe is easy to customize for level of spice/herb flavoring as well as diet restrictions and preferences. Meatloaf can be constructed the day prior, then popped in the oven to bake and serve warm for guests. Mashed potatoes can be made up to 2 days in advance, then warmed for frosting and serving.

A great beginning to this meal is 'hour devours' (aka to adults as hors d'oeuvres): simply offer a platter of sliced red peppers, celery, cherry tomatoes, carrot sticks and cucumber chips with hummus or ranch dressing for dipping. The kids can nosh on veggies while the meatloaf bakes. When served with spiffy napkins, they'll feel all the fancier (and eat even more veggies).

Mashed potatoes

Ingredients

4 pounds russet or Yukon gold,
peeled and cubed (can
substitute sweet potatoes
for orange frosting)
½ cup salted butter, melted
1 cup milk or cream
Salt and pepper to taste
Option to add food colorings

Directions for mashed potatoes

1. Boil peeled and cubed potatoes in salted water, starting at cold, for 15 minutes or until fork tender.
2. Warm milk and combine with melted butter while potatoes are boiling.
3. Drain potatoes.
4. Slowly add milk and butter to cooked potatoes while mashing.
5. Season with salt and pepper.
6. Cook's choice: divide potatoes and add food coloring to give a more authentic sense of frosting (or serve white like vanilla)

Assemble to serve

Top meatloaf cupcakes with a scoop of mashed potatoes.

Notes

- Cook's choice: make your own mashed potatoes or buy frozen steamers or boxed instant.



Easy Chunky Chili

Easy Chunky Chili

Submitted by Kim McNeill

Cool New England autumns and snowy winters are perfect for cooking hearty food all day. There is nothing quite like having your child greet you and then happily exclaim when you tell them you made their favorite chili. This is made easily with dried spices and a cut up roast to go directly into the slow cooker

Ingredients

2 ½ lb beef chuck roast
½ cup chili powder
1 tbsp onion powder
½ tbsp garlic powder
½ tbsp paprika
1 tbsp cumin
½ tbsp oregano
2 tsp salt
¼ cup cornstarch
½ tbsp red pepper
28 oz can diced tomatoes,
drained
28 oz can crushed tomatoes
12 oz can tomato paste
15 oz can black beans
15 oz can pinto beans
15 oz can kidney beans

Directions

1. Trim the roast of visible fat and silver skin. Cut into ¾-1 inch sized pieces.
2. Optionally, drain the beans and rinse them before adding to the slow cooker. Rinsing the beans helps reduce the sodium and reduce the liquid in the chili.
3. Add all ingredients to a 6+ quart slow cooker. Stir.
4. Cook on high for 4-6 hours or low 8-10 hours.
5. Serve with cornbread, beer bread, rice, baked potato, or corn chips. Can be topped with shredded cheese, sour cream, hot sauce or sriracha, sliced jalapenos, chopped green onion.

Notes

- The cut roast can be seared in a pan before adding it to the slow cooker.
- The amount of red pepper is to your taste and the corn starch is optional. If using cornstarch, mixing it with the chili powder helps prevents lumps.
- Precooked cut or shredded chicken can be substituted for the beef.
- A package of cooked frozen corn, or a can or two of corn, drained, can be added.
- Freezes well.

Spareribs and Sauerkraut

Submitted by Karen Scribe

My Mom used to make this every fall or winter when I was growing up. It's comfort food for whenever it's cold out, and I have fresh apple cider and apples on hand! It has loads of flavor, too!

Ingredients

2 packages 3-4 lbs meaty
pork spareribs
Vegetable oil
2 cups water
2 cups apple cider
12 oz bottle or can of beer
28 oz can sauerkraut, drained
½ cup brown sugar
2 apples, pared, cored and
chopped
Salt & pepper to taste

Directions

1. Brown the spareribs in a hot oiled frying pan. Transfer to a Dutch oven or other deep pot with a cover.
2. Preheat oven to 425 degrees.
3. Add water, cider, beer, salt, and pepper to the pot.
4. Cover and bake for about 1 ½ hours. Pour off some of the liquid.
5. Add brown sugar, apples, and sauerkraut.
6. Cover and bake another 30-45 minutes, or until hot and bubbly and the rib meat starts falling off the bone.
7. Remove the ribs and put on a platter. Then put the sauerkraut and apples in a bowl.
8. Serve hot with buttered noodles.

Notes

Brats in Beer

Submitted by Carrie Lucas

This recipe is an easy picnic favorite! Enjoy!

Ingredients

4 lbs bratwurst, uncooked
2 lbs yellow onions, sliced
36 oz light beer

Directions

1. Pierce each bratwurst with a fork.
2. Layer the onions in a crock pot. Arrange the bratwurst on top. Cover with the beer.
3. Cook on low for 4 hours.
4. Remove the bratwurst from the crock pot and grill for 2-3 minutes per side to add color.
5. Serve on rolls with assorted mustard and the drained onions.

Notes



Lemon Chicken

Submitted by Sandy Vas

It is a family favorite!

Ingredients

1 lb of chicken breast, cut into bite sized chunks
5 tbsp of flour or gluten free substitute
Salt and pepper to taste
2-3 tbsp olive oil
32 oz of chicken broth
Juice of 3 lemons
¼ cup of capers
1 cup of artichoke hearts

Directions

1. Place cut chicken breast in a lidded container or gallon zip bag. Add flour, salt, and pepper. Shake.
2. In a large skillet, heat up olive oil to medium high heat. Add dredged chicken to the skillet and cook until almost done and browning.
3. Add chicken broth and cook for an additional 5 minutes until thickening occurs.
4. Add lemon juice, capers, and artichokes. Cook until heated and serve on top of pasta or rice.

Notes

What the Cluck?! White Chicken Chili

Submitted by Jenny Wojteczko

This chili is comfort food for my family. It is hearty without weighing you down, it's delicious and perfect for a chilly day. It won second place in an office chili cook-off too!

Ingredients

1 whole rotisserie chicken
1 stick butter, divided
1 large onion, diced
¼ cup all-purpose flour
¾ cup chicken broth
2 cups half and half
1 tsp Tabasco
1 ½ tsp chili powder
1 tsp ground cumin
½ tsp salt; I use a little more—
adjust to your taste
½ tsp pepper
16 oz can white beans (great
northern, cannelloni, etc.)
2 4 oz cans chopped mild
green chilies, drained
1 ½ cups grated Monterey
Jack; ok to substitute
Pepper Jack, Colby Jack,
or cheddar
½ cup sour cream

Directions

1. Remove all the skin and bones from the rotisserie chicken and discard. Shred or chop the meat and set aside.
2. In a large pot or Dutch oven, cook the onion in 2 tbsp of butter until softened.
3. Remove from the pot and set aside.
4. In the same pot, melt remaining 6 tbsp of butter over moderately low heat and whisk in the flour. Cook the roux, whisking constantly, for three minutes.
5. Stir in the onion.
6. Gradually add the broth then the half and half, whisking the whole time. Bring the mixture to a boil.
7. Reduce the heat and simmer, stirring occasionally, 5 minutes, or until thickened. It will be nicely and obviously thick.
8. Stir in Tabasco, chili powder, cumin, salt, and pepper.
9. Add beans, chilies, chicken, and cheese.
10. Cook over moderately low heat, stirring occasionally for 20 minutes.
11. Add sour cream.
12. May be served immediately but is best served the next day.
13. Serve with any of your favorite chili garnishes—cilantro, cheese, jalapenos, crackers, Fritos, etc.

Notes



What the Cluck?! White Chicken Chili

Southbury's Nellie Brown "Old Hundred" Chicken Pie

Submitted by John Dwyer

This is an old family recipe. A local and historically relevant dish.

Ingredients

Broth

1 large chicken
¼ lb salt pork
Salt to taste

Pie

Biscuit dough
2 tbsp butter
2 tbsp flour
1 ½ cups broth
Salt and pepper to taste

Directions for the broth

1. Place ingredients for broth in large pot with a lid, cover with water and simmer until tender. Cool.
2. Remove skin and bones from chicken and cut in large pieces. Simmer broth down to about half in volume to make strong.

Directions for the pie

1. Melt butter and stir in flour. Cook until crumbly. Add broth slowly, stirring constantly. Cook until it thickens. Season to taste.
2. Roll light biscuit dough 1 ½ inches thick and line greased baking dish. Fill with chicken and gravy.
3. Bake in a 400-degree oven until the crust is done, about 15 minutes.
4. Roll a circle of dough to fit top of baking dish, place on greasy cooky sheet and bake separately.
5. When both are done, place on top of chicken. When baked separately like this, the crust is always crisp and perfect.

Notes

Honey Chicken

Submitted by Camille Dumont

My Mom's friend shared this recipe with her well over 40 years ago. It was a favorite in our home. Now I make it for my family. When my children return home from college, this is the first meal they ask for. We now lovingly refer to as "The Honey."

Ingredients

1 stick butter
½ cup onion
2 large cloves garlic
¼ cup Dijon mustard
½ cup honey
1 tsp salt
1 tsp curry powder
2 tbsp mango chutney
Handful of raisins, chopped
small
6 large chicken breasts,
bone-in

Directions

1. In hot pan heat butter until melted. Add onions and garlic and sauté for 5 minutes. Add all remaining ingredients and simmer together.
2. Place in deep bowl to cool thoroughly. When cool, using your hands, coat chicken on all sides completely.
3. Place on cookie sheet. Spread remaining glaze on top.
4. Roast for one hour at 400 degrees.
5. Serve with rice and a vegetable.

Notes

Chicken Salad Souffle

Submitted by Don Winter

This is a recipe from my late mother. She would make this for entertaining and it became a favorite of mine. As I got older it would be one of the dishes she would make whenever I visited. My wife, Cathy, now makes it for me. It's simple and looks equal parts fancy and gooey.

Ingredients

4 slices white bread and more for the top
5 cups cubed, cooked chicken
½ cup chopped onion
½ cup chopped green pepper
1 cup chopped celery
1 ½ tsp salt and pepper
1 cup mayonnaise
4 eggs, beaten
3 cups milk
2 cans cream of mushroom soup
1 cup shredded cheddar cheese

Directions

1. Cube 4 slices of white bread and put in the bottom of a well-greased 13x9x2 pan.
2. Spread the following over the bread cubes after mixing together:
5 cups of cubed chicken, cooked
½ cup of chopped onion.
½ cup of chopped green pepper.
1 cup of chopped celery.
1 ½ tsp salt and pepper.
1 cup of mayo.
3. Place enough slices of bread to cover the salad mix.
4. Pour mixture of 4 well beaten eggs and 3 cups of milk.
5. Let stand overnight in the refrigerator.
6. Before baking, cover the top with 2 cans of cream of mushroom soup.
7. Bake at 325 degrees for 40 minutes.
8. Sprinkle 1 cup of shredded cheddar over the top for the last 10 minutes.

Notes

Fox-Cotta Turkey Meatballs

Submitted by Nichole Lucarelli

This recipe was created by my father Kevin Fox (hence the name of the recipe) and myself. Before his passing in 2019, he and I were always in the kitchen creating some of the best recipes and playing our own version of a cooking show. I am allergic to eggs, so he said "let's add ricotta or cream cheese" and I picked the ricotta. I was trying to get him to eat healthier so this was our first time using turkey instead of any other ground meat. This was one of our best creations and I'm happy to share.

Ingredients

½ cup panko breadcrumbs
3 tbsp milk
½ cup ricotta cheese
⅔ cup fresh grated parmesan cheese
1 lb or 1 package of ground turkey
½ tsp salt
½ tsp white ground pepper
½ tsp dried oregano
2 large garlic cloves, 3 if you love garlic
1 tbsp packed fresh chopped basil
2 cups fresh spinach
24 oz jarred or homemade marinara
¼ cup olive oil

Directions

1. Combine meat, breadcrumbs, milk, ricotta and parmesan cheese, salt, pepper, oregano, garlic, and basil. Mix well and let it sit in the fridge covered for 10 minutes.
2. Make tablespoon sized balls. Heat the olive oil in the pan on medium and then add the formed meatballs. They will be moist so handle gently.
3. Brown meatballs on all sides flipping carefully and cover for added steamed cooking. Remove meatballs when fully cooked and allow them to rest.
4. Pour excess oil out and then add 24 oz marinara. Leave heat at low medium and add the meatballs into the sauce. Cover for 10 minutes.
5. Add the spinach on top of the sauce and meatballs and cover for another 5 minutes.
6. Top with fresh grated parmesan if you would like and serve over a pasta of your choice.

Notes

Fish Curry

Submitted by Margaret Das

This is my version of fish curry. Rice with fish curry and greens is a favorite meal for my family.

Ingredients

1 lb. salmon fillet	Curry leaves, optional
3-5 cloves of garlic, chopped	2 tsp turmeric powder
½ cup coconut milk	½ tsp mustard seeds
Canola or other odorless oil	1 medium sized onion, chopped
1 inch piece of ginger, peeled and grated	2 tsp cumin powder
Salt	Heavy bottomed pot with lid and a wooden spoon
½ tsp fenugreek seeds	
2-3 tbsp coriander powder	Optional
1 piece of kokum (garcinia indica), cut into small pieces; see notes	1-2 tsp paprika
	1-2 tsp cayenne powder

Directions on the following pages.

Notes

- All the ingredients can be found at the grocery stores in town or Costco/Walmart. Optional ingredients such as curry leaves can be found at an Indian grocery store.
- Fish: Salmon steaks or fillets can be used—buy pieces that include the stomach. Remove the scales before cutting into smaller pieces. Tilapia, Sea Bass, and Red Snapper are also good fish for curry. Bone-in fish tastes better, if you are able to debone while eating.
- Coconut milk: Buy unsweetened coconut milk that does not have thickeners such as gaur gum, pectin, or starch.
- Kokum. Substitute green mango (chopped into small pieces), or tamarind paste (1 tsp). The tartness balances the sweetness of the coconut.
- Ginger and garlic. Substitute 2-3 teaspoons of powdered garlic or ginger for fresh. Add with the other powdered ingredients. Be sure to lower the heat and stir constantly because they burn easily. Instead of chopping fresh ginger and garlic, grind them together in a food processor and add to the onion.
- Cayenne. Add as little or as much cayenne as you want to obtain the level of spiciness that you like. You can also add jalapenos or other chilis if you want it to be spicier. If you want it mild, add paprika for red color and just a pinch of cayenne. You can also substitute ground pepper but it alters the taste.



Fish Curry

Fish Curry continued

Submitted by Margaret Das

Directions

1. Clean the fish—remove the scales, keep the skin, and cut into 2-inch pieces
2. Heat 2-3 tablespoons of oil in a heavy bottom pot on medium heat
3. Add fenugreek seeds and curry leaves, wait a few seconds for them to heat up and then add the chopped onions. Sauté onions stirring frequently until they are translucent and just beginning to turn brown.
4. Add ginger and garlic, sauté stirring frequently until light brown. Stir to prevent the mix from sticking to the pan; add a little oil if necessary.
5. If adding tomatoes, add them now, and sauté until well cooked and the oil separates.
6. Add the coriander, turmeric, cumin, cayenne, and paprika powders. Sauté stirring constantly until fragrant.
7. Add kokum or substitute and salt.
8. Add the coconut milk and bring to a gentle boil on medium heat.
9. At this point, you should have a thin sauce. If it is a pasty, add hot water and mix to thin it.
10. Taste the sauce to make sure that it has the amount of salt and spice for your taste; add more as needed. Remember that the flavors will concentrate as the water evaporates so don't over season.
11. Add the fish pieces to the boiling sauce (slide the fish in away from you so that the sauce doesn't splash on you). The sauce should just about cover the fish. If not, add a little more hot water.
12. Cover and bring to a boil. Reduce heat and simmer 20-40 minutes until the oil separates. Every 5-10 minutes, lift the pot and gently swirl to prevent the fish from sticking to the bottom. Don't stir with a spoon because it will break up the fish.
13. Turn off the stove, let it rest for 10 minutes before serving. The fish curry will be creamy and fragrant.
14. Serve with rice, naan, crusty bread, rolls, or pasta and a vegetable dish.
15. Fish curry tastes even better the next day. Cool completely, transfer to a storage container (single layer is best), and refrigerate. To use, gently scoop and transfer to a microwave safe container, cover, and microwave for 30-60 seconds (or use the reheat option), swirl the container and repeat until heated through. Alternatively, reheat on the cooktop on low heat, swirling the pot frequently to prevent the curry from sticking to the bottom of the pan or burning.

Notes

Lobagus

Submitted by Judy Novella

In the 90s my husband and I bought a house and got friendly with our neighbors, the Wilsons. We vacationed with them to Maine and they took us to their favorite restaurant, Lord's Harborside Restaurant in Wells. A unique dish on the menu caught my eye and I ordered it. My husband and The Wilsons thought it sounded odd. They all sampled it and loved it so much we went back the following evening and we all ordered it. This is my take on that dish.

Ingredients

1 ½ cups lobster, partially cooked, shelled and cut into 1-inch pieces
4 strips bacon
1 cup mushrooms, sliced
¼ cup onion, diced
10 stalks of asparagus, cut into 1-inch pieces
Salt and pepper
Parsley for garnish, chopped

Sauce

1 cup heavy cream
¼ cup dry white wine
10 oz sharp cheddar cheese, shredded

Directions

1. Preheat oven to 350 degrees.
2. In a saucepan, simmer white wine for a few minutes to release alcohol. Add in heavy cream and bring to low boil. Add in 8 oz of cheese a little at a time and whisk as it melts and the sauce thickens. Season with salt & pepper to taste. Keep it warm—stir occasionally so it doesn't burn.
3. Cook bacon strips in a non-stick frying pan. Remove once crisp and dice once cool enough to handle. Sauté mushrooms in bacon grease until cooked through. Set aside. Repeat with onion & asparagus.
4. Mix lobster, bacon, and vegetables in an oven safe casserole dish. Pour sauce over the mixture. Top with remaining cheese.
5. Cook 15 minutes. Broil to brown the cheese. Let stand 10 minutes before service.

Notes

Stuffed Calamari

Submitted by Virginia Brown

This was a dish I always asked my Mom to make for me when it was my birthday. Now my children also ask for it on their birthdays.

Ingredients

2 lbs large calamari bodies & 8-10 tentacles
4 cloves of mince garlic—2 for the stuffing, 2 to fry calamari bodies
¼ tsp oregano
1 ½ tsp chopped parsley
2 cups breadcrumbs
¾ cup grated parmesan/Romano cheese
2 eggs, beaten
Can of shrimp, drained
¼ cup olive oil
Large jar of marinara sauce or Fra Diavolo sauce

Directions

1. Rinse & clean calamari bodies, pat dry and set aside.

Directions for stuffing mixture and how to stuff calamari.

1. Chop tentacles and shrimp very fine and mix with all ingredients in a large bowl. If mixture appears to be too dry, add a little olive oil—1 or 2 tsp to 1 tbsp. The mixture should have a moist firm consistency but not very dry.
2. Using your fingers, gently stuff calamari bodies until ¾ filled. Be sure to press the stuffing down to fill the bottom end of the body. Secure with a toothpick. Do not overfill or it may ooze out when cooking.
3. In a frying pan, put ¼ cup olive oil and chopped garlic—2 cloves. Sauté garlic and add calamari bodies. Lightly brown the calamari bodies. Be careful when turning these, you don't want them to break open.
4. When slightly brown remove from pan and gently put in pot with your tomato sauce of choice
5. Cook 30-40 minutes on low.
6. Serve over pasta of your choice.

Notes

Stuffed Peppers

Submitted by Lisa Cesare

This dish can be made with a variety of ingredients. It's easy, inexpensive and nutritious.

Ingredients

3-4 medium peppers
2 ½ cups cooked rice
12 sliced, pitted black olives
½ cup grated cheese
2 stalks celery, cut lengthwise
and then cut in small pieces
1-2 eggs, as needed for
moisture, beaten
Olive oil
A pinch or more according to
taste:
Salt and pepper
Parsley, oregano, and
chopped garlic
Anchovies, optional

Directions

1. Slice tops off peppers and chop tops in small pieces.
2. Cook rice and mix with pepper pieces and other ingredients until moist but firm.
3. Stuff peppers with rice mixture.
4. Drizzle with olive oil.
5. Bake in a 350-degree oven for about 30 minutes.

Notes

Red Pepper Pasta with Artichokes

Submitted by Trish Stewart

My friend Ann introduced me to this recipe when we were roommates after college. Its unique flavors are always a hit.

Ingredients

6 medium red peppers or 4
peppers and 1 can
artichoke hearts, drained
4 tbsp olive oil
1 clove garlic, minced
½ tsp salt
½ tsp oregano
½ tsp basil
½ tsp black pepper
1 tsp salt
½ tsp crushed red pepper
4 tbsp red wine vinegar

Directions

1. Cook garlic and herbs in oil for one minute.
2. Sauté peppers for 6-8 minutes, until soft.
3. Add artichoke hearts and cook until warm.
4. Remove from heat. Stir in vinegar.
5. Toss with hot, drained pasta.

Notes

Side Dishes

Scalloped Corn Casserole

Submitted by Courtney Zimmerman

My paternal grandmother, whom I grew up living next to in Watertown, made a "Corn Casserole" every year for Thanksgiving. I only ever remember eating this side dish at Thanksgiving and it was quintessential Grandma H. Once she passed, I gathered the recipe from her cookbooks and have continued to make this dish every year only on Thanksgiving.

Ingredients	Directions	4-5 servings
2 eggs	1. Preheat oven to 350 degrees.	
1 can of creamed corn	2. Beat two eggs and add one can of creamed corn and salt and pepper.	
Salt and pepper	3. Make a layer of corn mixture in a casserole dish with half of the corn mixture. Put a layer of cracker crumbs on top.	
Cracker crumbs	4. Put the remaining corn mixture on top of the crumbs and top it with another layer of cracker crumbs. Dot with butter.	
Butter	5. Pour $\frac{3}{4}$ cup of milk over the top.	
$\frac{3}{4}$ cup whole milk	6. Bake at 350 degrees for 1 hour or more until top is brown and set.	

For a double recipe

Ingredients	Directions
4 eggs	1. Put the original recipe in a 2-quart casserole (two layers of corn mixture and two layers of crumbs without milk on top).
2 cans of creamed corn	2. Repeat with another two layers of mixture and crumbs.
Salt and pepper	3. Dot with butter and pour $1 \frac{1}{2}$ cups of milk over.
Cracker crumbs	4. Bake 75-90 minutes or until brown and set.
Butter	
$1 \frac{1}{2}$ cups of whole milk	

Notes

Spicy Mexican Street Corn

Submitted by Shawna Fantel

This recipe comes from a long line of women in my family and is super easy to make. Can easily be made in bulk for a party and is great to grill out on a warm summer's day.

Ingredients

4-6 ears of sweet corn, husks removed and rinsed
1 cup sour cream
1 small can Chipotles in Adobo
1 lime
1 cup cotija cheese
Pepper

Directions

1. Boil corn just a couple of minutes until they are just about done.
2. Over a flame and using tongs, char your corn briefly until some black spots start to show up.
3. In a small bowl combine: sour cream, spoonful of the sauce from the chipotles in adobo, juice from ½ a lime and pepper. It's already spicy without seeds. If you pick up the seeds, it'll be VERY spicy.
4. Rub each ear of corn with the other half of lime.
5. Brush or spread on the crema mixture onto the corn.
6. Then, roll them in a healthy amount of cotija cheese. Enjoy!

4-6 servings



Notes





Spicy Mexican Street Corn

Baked Pineapple

Submitted by Kayanne Davis

Everyone will love this dish and ask for the recipe!

Ingredients

1 can (1 lb 4 oz)
unsweetened, crushed
pineapple
½ cup sugar
2 tbsp tapioca
2 eggs
Butter
Cinnamon

Directions

1. Beat eggs slightly in a 1.5-quart casserole dish. Mix eggs with pineapple, sugar, and Tapioca.
2. Sprinkle with cinnamon and dot with butter.
3. Bake at 350 degrees approximately 45 minutes until bubbly and set.

Notes

Green Bean Casserole

Submitted by Susan and William Crocco

This is one of our favorite side dishes to pair with a holiday meat.

Ingredients

2 lbs green beans
1 medium onion, chopped
10 oz of mushrooms
2 cups of vegetable stock
Olive oil
3 tbsp of flour

Directions

1. Sauté mushrooms and onions in olive oil coated pan.
2. Put mushrooms and onions in a bowl.
3. Add 3 tablespoons of olive oil and 3 tablespoons of flour to a pan. Cook for a couple of minutes, stirring. Wisk in 2 cups of vegetable stock.
4. Once flour is incorporated and not lumpy, add cooked mushrooms and onions. Let cook until gravy-like consistency.
5. Blanch green beans in boiling water for two and a half minutes.
6. Mix mushroom and onion gravy with green beans, and put into a casserole dish. Top with fried onions.
7. Bake at 350 degrees for 25 minutes.

Notes

Potato Salad

Submitted by Melanie Brooks

This is the potato salad that my Mom made for every summer party, barbeque, occasion for as long as I can remember. When she got older, she passed along the recipe to me. It became my responsibility to make it for any family get together.

Ingredients	Directions	10-15 servings
5 lb potatoes	1. Boil potatoes for 1 hour to 1 hour 15 min, until a fork pierces easily.	
6 eggs	2. Drain potatoes and let cool.	
16 oz mayonnaise	3. Boil eggs for 20 minutes. Drain and let cool.	
1 cup diced onion (about 1 large)	4. Peel potatoes, cut into bite size pieces.	
½ cup vinegar	5. Peel eggs and dice.	
1 tbsp salt	6. Dice the onion.	
Pepper to taste	7. Combine all ingredients in large bowl and mix.	

Notes

Yorkshire Pudding

Submitted by Frances Wentworth

A traditional English side dish for roast beef. For centuries, in England, Yorkshire pudding has been a traditional accompaniment to Sunday roast beef dinner. My mother followed the tradition and recipe passed down from a long line of Connecticut Yankee farmers (Chamberlains, Tuttlés, and Hicocks) who brought the practice with them from England. That is why I am one of the few Americans who know it is not a dessert.

Ingredients

½ tsp salt
1 tsp baking powder
⅔ cup of flour, about
½ milk
2 eggs
½ cup water
Roast beef drippings

Directions

1. Roast the beef. The juices from the beef are a mandatory ingredient. The resulting Yorkshire pudding will vary depending upon the amount of fat, and therefore, juice in the piece of beef.
2. Sift into a bowl:
½ tsp salt
1 tsp baking powder
about ⅔ cup flour
3. Make a hole in the middle of the dry ingredients, then add ½ cup milk and stir in.
4. Separately beat 2 eggs until fluffy and then beat into batter until small bubbles form.
5. Add ½ cup water. Beat again until big bubbles form.
6. Let stand for a few minutes.
7. Meanwhile, collect roast beef drippings, about ¼ inch deep or less, in a pan or baking dish (glass is good). Heat the dish in the oven with the drippings in it.
8. Remove the dish and pour in the batter.
9. Bake at 450 degrees for 15 minutes (or 400 degrees for 20), then 350 degrees for 15 more minutes.
10. Serve with the roast beef, roast potatoes, and gravy.

Notes

- Not a dessert!

Marquis Family Pork Stuffing

Submitted by Kristen Angelli Iseppi

This family recipe is a staple on Thanksgiving or anytime turkey is being served at our family holidays. It's one of those dishes either you love it or hate it. There is no in-between. When someone new joins the family (boyfriend/girlfriend, fiancé, spouse, etc.) it's like our family's version of an initiation. Everyone needs to at least try it. It's a very strong, potent dish; it also doesn't look that appealing. It is like pâté. Your home will smell like pork stuffing days after you made it (in our house, that's what Thanksgiving smells like). In many cases, you have to grow up on this recipe in order to appreciate and love it. I'm proud to share that many years ago, my dad was initiated into the family with this, as well as in more recent years, my husband, and they both loved it and were welcomed into the family with open arms!

Ingredients

3-4 lbs of ground pork
1 ½ tsp poultry seasoning
1 ½ tsp cinnamon
1 tbsp ground cloves
Salt and pepper
2-3 good sized onions pureed
in food processor with water
until smooth
Plain breadcrumbs

Directions

1. Place pork in large boiling pot. Pour the onion/water mixture over the pork. Add more water, only add enough to cover the pork.
2. Boil for about 45 minutes. Stir frequently to break up lumps. Turn off the heat when no longer pink (approximately 45 minutes).
3. Add spices. Stir well. Let sit for a while.
4. Add bread crumbs a little at a time. Stir well. Let it sit for approximately 5 minutes before adding more breadcrumbs. Repeat.
5. Keep adding the breadcrumbs until all water is gone and meat mixture is soft but dry.
6. Add a touch of salt & pepper. Stir. Let sit a while for flavors to develop.
7. Reheat in oven at 350 degrees for 15-20 minutes.

Notes

Rules of the recipe:

- In our big family, we were only taught how to cook in large quantities. You cannot, I repeat cannot cut the recipe in half, it will not turn out properly and the taste will be off. Cook it in its entirety and know that it freezes well so you can break it up in batches to freeze.
- The biggest family mistake: tasting it while cooking. Do not do this; you may think it's not flavorful enough and add more of the spices. I cannot emphasize enough, do not do that! It takes time for the stuffing to sit and develop it's flavor. Family members (I will not name names lol) have been banned from bringing their "versions" to family holidays because they mess with the recipe and don't follow the instructions exactly.
- Remember, either you love it or hate it.
- Best served as a side dish with Turkey or Chicken.
- Also, advised to serve with Tums (as needed lol).

Sauces and Condiments

Sweet and Smokey BBQ Sauce

Submitted by Susan and William Crocco

My husband and I perfected this recipe years ago. We smoke many different types of meat and ultimately pair them with a sauce. This BBQ recipe is one of our favorites.

Ingredients

6 tbsp of dark brown sugar
½ cup of cider vinegar
¼ cup of molasses
¼ cup of honey
¼ cup Worcestershire sauce
2 tbsp of dark rum
2 tbsp of yellow mustard
1 tbsp chili powder
1 tsp ground pepper
2 tsp garlic powder
1 tsp ground allspice
¼ tsp cloves
4 cups ketchup

Notes

Directions

1. Combine all ingredients except ketchup.
2. Simmer for 5 minutes.
3. Add ketchup and simmer for 20 minutes.

Health Relish

Submitted by Mary O'Neil

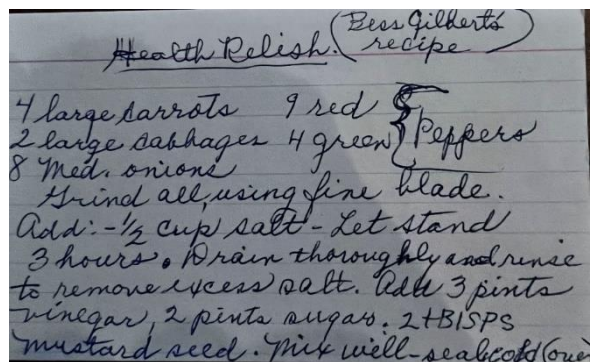
Bess Gilbert and her three sisters rented the old Saltbox Colonial built in 1740, on the corner of Rt 67 and Rt 172, from Miss Janie Pierce, who was born in the house. They operated Ye Olde Pine Tree Tea House during the late 1920s and early 1930s.

Ingredients

4 large carrots
2 large cabbages
9 red peppers
4 green peppers
8 medium onions
½ cup salt
6 cups vinegar
4 cups sugar
2 tbsp mustard seed

Directions

1. Grind all vegetables using a fine blade.
2. Add ½ cup salt. Let stand 3 hours.
3. Drain thoroughly and rinse to remove excess salt.
4. Add 3 pints vinegar, 2 pints sugar, 2 tbsp mustard seed. Mix well.
5. Keep cold.



Notes

Icebox Dills

Submitted by Melanie Brooks

I come from a large family, so my father always had a fairly large vegetable garden to help feed the family. The garden included cucumbers. He would make these pickles every year. Kid friendly snacks were a treat on a Friday or Saturday night. So, if we wanted a snack any other time, we had pickles. He would have large canning jars of them in the refrigerator at all times, especially during the summer, for us to eat. They remind me of my childhood.

Ingredients

¾ cup sugar
½ cup pickling salt
1 qt white vinegar
1 qt water
20-25 medium sized cucumbers
4 tsp mustard seed
Fresh dill
8 cloves garlic

Directions

1. Wash cucumbers and slice in half, lengthwise.
2. Combine sugar, salt, vinegar and water in a large pot.
3. Make a cheesecloth bag with pickling spices, add to pot and bring to a simmer.
4. Pre-heat canning jars (rinse cycle in dishwasher).
5. Pack cucumbers into jars, leaving about ½ inch to 1 inch of headroom.
6. Peel garlic cloves and add to jars—2 cloves per quart.
7. Add mustard seed to jars—1 tsp per quart.
8. Add 2-3 sprigs of dill to each jar.
9. Fill jars with boiling mixture, leaving about ¼ inch headroom.
10. Seal jars with lids, cool to room temperature and store in the refrigerator for 2 weeks before serving.

Notes

Bordeau Relish

Submitted by Tim O'Neil

Bess Gilbert and her three sisters rented the old Saltbox Colonial built in 1740, on the corner of Rt 67 and Rt 172, from Miss Janie Pierce, who was born in the house. They operated Ye Olde Pine Tree Tea House during the late 1920s and early 1930s.

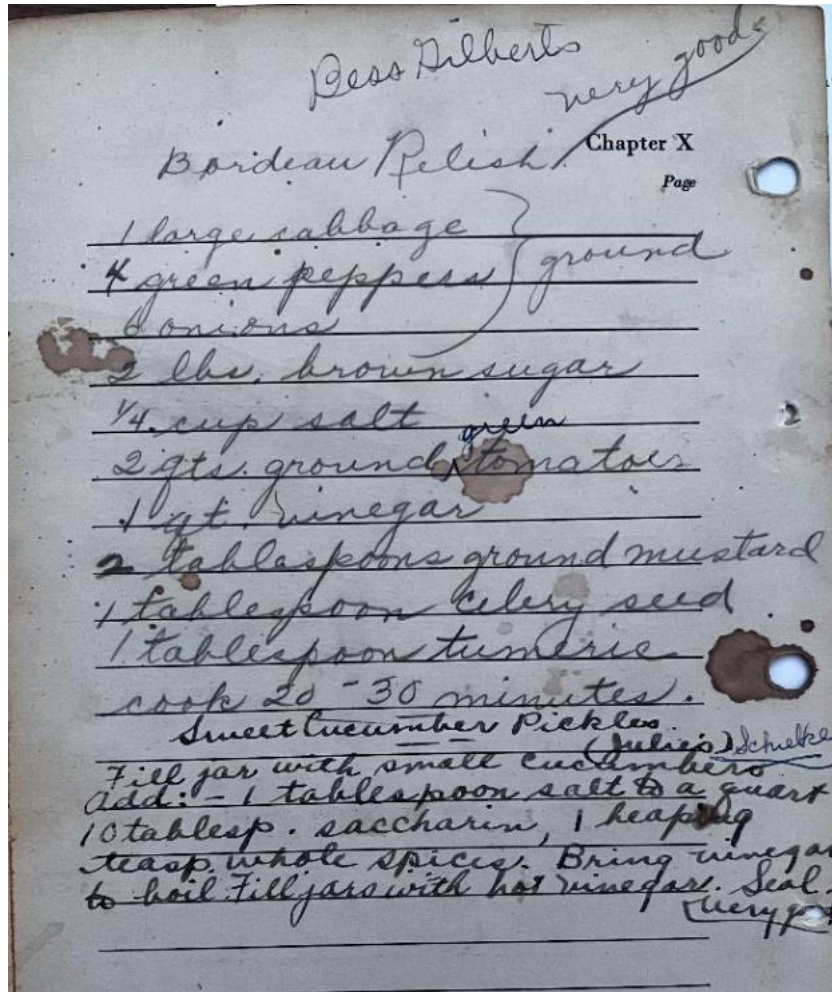
Ingredients

- 1 large cabbage, ground
- 4 green peppers, ground
- 6 onions, ground
- 2 lbs brown sugar
- ¼ salt
- 2 quarts ground green tomatoes
- 1 quart vinegar
- 2 tbsp ground mustard
- 1 tbsp celery seed
- 1 tbsp turmeric

Directions

Cook 20-30 minutes

Notes



Sweet Cucumber Pickles

Submitted by Tim O'Neil

Ingredients

- Small cucumbers
- 1 tbsp salt to a quart
- 10 tbsp saccharine
- 1 heaping tsp whole spices
- Vinegar

Directions

1. Fill jar with small cucumbers.
2. Bring vinegar with salt (1 tbsp to a quart), saccharine, and whole spices to a boil.
3. Fill jars with hot vinegar.
4. Seal.

Notes

Breads

Roscommon Bread—Irish Soda Bread

Submitted by Deirdre Sullivan

This recipe is from my grandmother, Johanna Sullivan O'Shea, 32 Year Resident of South Britain. Known as Hanna, she emigrated to the U.S. from Ireland, lived and worked in Waterbury for many years eventually living with her daughter, Joan O'Shea Sullivan, in South Britain. She continued working at the Hawkins Factory in her 80s. Her grandchildren, Hugh Sullivan and Deirdre Sullivan live in Southbury with their families. Hanna was 100 years old when she died in 2010.

Ingredients

4 ½ cups flour
5 tsp baking powder
1 ½ tsp salt (scant)
¼ tsp baking soda
½ cup sugar
1 cup shortening
1 cup raisins
2 eggs, beaten
¾ cup Irish Mist
1 ¼ cups milk, less if using
buttermilk
½ cup orange marmalade

Directions

1. Combine first 5 ingredients. Cut in shortening. Add raisins.
2. Mix remaining ingredients. Blend all.
3. Pour into greased oven proof 10-inch frying pan or 3-quart casserole.
4. Bake in preheated oven 70-80 minutes at 350 degrees.

Notes

Bess Gilbert's Brown Bread, Boston

Submitted by Mary O'Neil

Bess Gilbert and her three sisters rented the old Saltbox Colonial built in 1740, on the corner of Rt 67 and Rt 172, from Miss Janie Pierce, who was born in the house. They operated Ye Olde Pine Tree Tea House during the late 1920s and early 1930s.

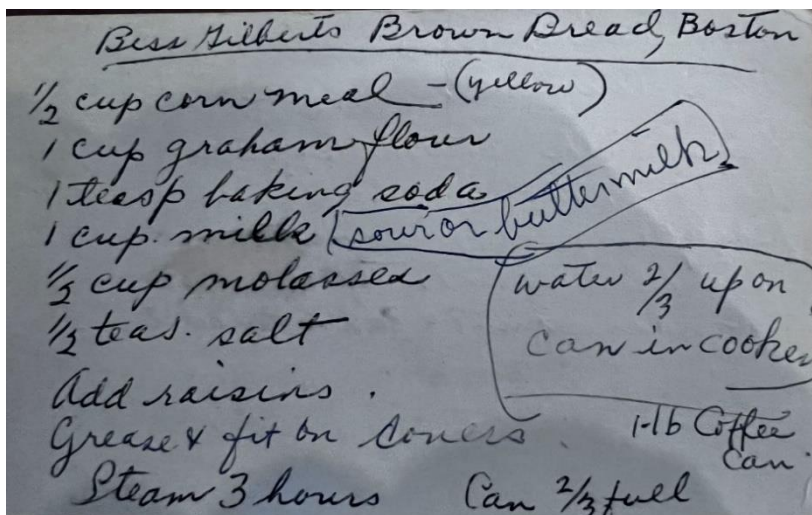
Ingredients

- ½ cup yellow corn meal
- 1 cup graham flour
- 1 tsp baking soda
- 1 cup milk, sour or buttermilk
- ½ cup molasses
- ½ tsp salt
- Raisins

Directions

1. Mix ingredients together. Stir in raisins.
2. Grease a coffee can.
3. Fill can ⅔ full.
4. Place in cooker. Add water ⅔ up the outside of the can.
5. Steam for 3 hours.

Notes



Desserts

Vanilla Pudding

Submitted by Marge Mullen

This was my Polish grandmother's recipe. Best eaten warm.

Ingredients

¾ cup sugar
½ cup flour
⅛ tsp salt
2 eggs
2 cups milk
½ tsp vanilla
2 tbsp butter

Directions

1. Scald milk in the bottom of a double boiler.
2. Meanwhile in the top of the double boiler mix the sugar, flour, salt, and eggs.
3. Slowly stir in the scalded milk.
4. In the bottom of the double boiler put 2 inches of water. Put the pudding mix on the top and over medium heat stir constantly.
5. When it appears thick enough, take it off the heat and add the vanilla and butter until lumps are gone.

Notes

- Tip: if you stir constantly with a whisk, you won't get lumps

Pillow Bread

Submitted by Anna Wiedemann

A dear friend gave me this recipe 40 years ago. It's a great recipe to make with kids. I've given out so many to friends, family, co-workers, countless doctors offices. Simple and delicious. You can add fresh fruit to change it up a little.

Ingredients

3 tubes biscuits—in refrigerator section of the supermarket
1 cup of sugar
4 tsp of cinnamon
1 stick of butter or margarine

Directions

1. Take 3 tubes of biscuits—store brand is good to use, 10 biscuits in each tube. Cut each biscuit into four.
2. In a bowl mix 1 cup of sugar with 4 tsp of cinnamon. Spray a bundt pan with Pam.
3. Roll each quarter piece of biscuit into the sugar mixture and drop into the bundt pan.
4. Melt one stick of butter or margarine in the remaining sugar mixture. Pour over top of the biscuits.
5. Bake at 350 degrees for 20-25 minutes. Invert and enjoy.

Notes

Southbury 300th Blue Ribbon Chocolate Cake and Frosting

Submitted by Connie Tarby

I have been making this cake for over 50 years. When I learned of the baking contest in 1973, I decided to enter this recipe. I was happy to find out the cake won a Blue Ribbon. I received an award that I have kept for 50 years. I still bake this quite often. It is a family favorite.

Ingredients

Chocolate mixture

3 squares unsweetened
baking chocolate

1 stick butter

1 tsp salt

1 cup water

Flour mixture

2 cups flour

1 tsp salt

1 ¼ tsp baking soda

2 cups white sugar

Sour cream mixture

2 eggs

1 cup sour cream

1 ½ tsp vanilla

Frosting

2 egg whites

1 ½ cups super fine sugar

¼ tsp cream of tartar

½ cup cold water

¼ tsp vanilla

Directions

1. Melt 3 squares of unsweetened baking chocolate with 1 stick of butter, 1 cup water, then let cool and set aside.
2. Combine 2 cups of flour, 1 tsp salt, 1 ¼ tsp baking soda, 2 cups white sugar. Set aside.
3. Combine and beat 2 eggs, add 1 cup sour cream and 1 ½ tsp of vanilla.
4. Combine flour mixture with sour cream mixture. Mix together then add cooled chocolate mixture. Mix thoroughly.
5. Butter and flour 2 8 inch cake pans. Line with parchment paper. Fill both pans as evenly as you can with cake mixture.
6. Bake at 350 degrees for 40-45 minutes. Cool completely.
7. Directions for the frosting.
8. Combine 2 egg whites with 1 ½ cup of super fine sugar, ¼ tsp of cream of tartar, ½ cup cold water, and ¼ tsp of vanilla.
9. Beat 1 minute then place a glass or stainless-steel bowl over a double boiler and beat 7 minutes constantly at high speed until stiff peaks form. Frost cake and enjoy.



Notes

- You can use a stand mixer or beat the frosting by hand.

Chocolate Zucchini Bread with Walnuts

Submitted by Michele Zommer

In the past 20 years “sneaking” healthy ingredients into meals became a popular trend to boost nutrition in our children’s diets. This recipe comes from that loving initiative. When I first baked it for my family, no one had a clue it contained two cups of fresh zucchini! I prefer using dark chocolate for nutritional value and flavor. We think of it as dessert, but it’s not overly sweet. With 2 cups of vegetables, it constitutes a healthy breakfast! It’s hard to find time to bake from scratch so I try to max the goodness by loading it up with as many organic ingredients as possible. I may substitute some ingredients, but never skip the fresh buttermilk; it defines the flavor and texture in this special bread.

Ingredients	Directions	10 servings, about
2 cups grated fresh zucchini, peeled or with skin, to preference	1. Preheat oven to 350 degrees.	
1 ½ cup flour	2. Grease a loaf pan. Line it with parchment paper, hanging over the sides.	
¼ cup Dutch process cocoa powder	3. Prep the zucchini: grate and let drain on a lint-free towel or paper towel. Squeeze lightly to extract excess moisture.	
¾ tsp baking soda	4. Wisk together the dry ingredients in a medium size bowl: flour, cocoa powder, baking soda, baking powder, salt.	
¾ tsp baking powder	5. Stir 1 cup of the chocolate into the batter, reserving the rest for the top.	
½ tsp salt—use sea salt for mildness	6. In a large bowl, beat the brown sugar with the melted butter. Add the egg, then the buttermilk and vanilla and beat until just combined. Gently fold the zucchini into the batter.	
1 ¼ cup chocolate, chopped or morsel, separated—dark chocolate is best but use what’s on hand	7. Pour the liquid ingredients into the dry ingredients and stir until just combined.	
¾ cup brown sugar—dark is best	8. Pour the batter into the prepared loaf pan and sprinkle the top with the ¼ cup remaining chocolate.	
¼ cup butter, melted and cooled	9. Optionally: Toss walnuts with one tablespoon butter and microwave 30 seconds, then toss with coarse sugar and spoon over top of loaf. If you prefer, simply stir plain walnuts into the batter before pouring it into the loaf pan.	
½ cup fresh buttermilk	10. Bake until a skewer comes out clean, 50-60 minutes.	
1 large egg		
1 tsp vanilla extract		
Optional		
½ cup walnuts, chopped or whole		
Coarse sugar such as Turbinado		

Notes



Chocolate Zucchini Bread with Walnuts



German Plum Cake (Zwetschkuchen)

German Plum Cake (Zwetschgenkuchen)

Submitted by Anne Armeno

Aside from my Mom's Apple Strudel, this was my mom's signature Summertime treat for the family. Italian plums are smaller than regular plums and have sort of a football shape. You can find them at the grocery store or at a farmers' market in late July and August. The season is short so don't miss it.

Ingredients

Cake mixture

- ½ cup butter
- ½ cup sugar
- 3 eggs
- 1 cup flour
- 1 tbsp baking powder
- 1 tsp cinnamon
- ½ tsp salt

Plum topping

- 25 or so Italian plums, ripe and soft
- ½ cup sugar
- 1 tsp cinnamon

Directions

1. Remove the pits from the plums by cutting the plum all the way around and twist the two halves. If the plums are ripe the pit will come right out. Then quarter each half of plum.
2. Combine softened butter and ½ cup sugar with mixer until smooth. Add eggs one at a time and continue mixing. In a separate bowl, put in sifter flour, baking powder, salt, and cinnamon. Once sifted, combine with butter and egg mixture. Mix well.
3. Preheat oven to 375 degrees. Cut a piece of parchment paper for bottom of 9x13 baking dish (my mom would use a piece of paper bag from the grocery store), then spray bottom and sides of baking dish with cooking spray and pour batter in pan. Make sure to spread it out evenly.
4. Place plums on batter, start at corner, lining the plums up next to one another and make rows. Depending on how many plum pieces you have, they can touch one another.
5. Mix the ½ cup sugar and cinnamon together and sprinkle on plums.
6. Place in preheated oven for 45 to 50 minutes. Plums will start to weep juice and batter will turn brown. Once done, take it out of the oven and let cool for 20 minutes.
7. When serving, cut into squares and sprinkle additional sugar on squares and top with fresh whipped cream. Tastes best if served room temperature.



Notes

Kloth Family Bitter Sweet Chocolate Ice Box Cake

Submitted by Joan Kloth-Zanard

This is a family recipe that has been handed down for years. My mother used to make this all the time. It is a family favorite. Especially as we are serious chocolate lovers.

Ingredients

2 squares bitter chocolate
½ lb semi-sweet chocolate chips, which is 16 tablespoons or just over 1 cup of chips
5 tbsp granulated sugar
¼ lb butter
6 eggs, separated
5 tbsp water
Soft Lady Fingers, around 3 packs
1 pint of heavy or whipping cream
2 tbsp confectionary sugar can be mixed into whipping cream

Directions

1. Using a double boiler, melt all the chocolate, sugar, butter, and water together. Continue melting slowly together until smooth. Add 6 egg yolks and mix together thoroughly. Let cool 10 minutes.
2. Beat egg whites until stiff and forms soft peaks but not dry. Fold egg whites into the cooled chocolate mixture.
3. Use a spring form pan. Lightly grease sides and bottom with butter. Layer the Lady Fingers on the bottom of the pan. Put a layer of the chocolate mixture over Lady Fingers. Do this two times. Finish with a layer of chocolate mixture on top. Refrigerate for 24 hours.
4. Whip cream until soft peaks. Add 2 tablespoons of confectionary sugar if desired while whipping for sweet whipped cream.
5. Remove spring siding of spring form pan, leaving it on the base of the pan. Put cake on platter and generously frost.
6. Refrigerate for several hours at least to cure the whipped frosting.

16 servings

Notes

- If done right this should make at least 3 layers, but you can do it with 4 layers for a light cake feel.



Almond Tea Ring

Submitted by Karen Scribe

My Mom, one of my sisters and I have been making this for years. One of us would make it for every Christmas or Easter family celebration. And I have made it for several funerals. It is very impressive looking, and tastes even better!

Ingredients

Cake

4 $\frac{3}{4}$ cups bread flour
1 cup scalded milk
 $\frac{1}{4}$ cup softened butter
 $\frac{1}{2}$ cup sugar
1 tsp salt
2 packets of yeast (4 $\frac{1}{2}$ tsp)
 $\frac{1}{4}$ cup lukewarm water
2 eggs, beaten
 $\frac{1}{4}$ - $\frac{1}{2}$ cup melted butter
12.5 oz can Solo almond cake
and pastry filling

Frosting

1 cup sifted powdered sugar
2 tbsp softened butter
 $\frac{1}{4}$ cup heavy cream
 $\frac{1}{4}$ tsp vanilla or almond
extract

Directions for the cake

1. Pour hot milk over butter, sugar, and salt, stirring well. Pour yeast into the water, stirring to dissolve. Cool milk mixture to lukewarm and add the yeast mixture. Add in the eggs, stirring well. Using a heavy-duty mixer gradually beat in the flour to make a soft dough.
2. Turn out onto a floured board or counter and knead until smooth. Form into a ball and place in a greased bowl. Cover with a towel and let rise until doubled in bulk.
3. When dough has risen, roll it out on the floured surface into a rectangle, about $\frac{1}{2}$ inch thick. Brush dough lightly with melted butter using a pastry brush.
4. Spread filling over buttered dough. Roll up dough, like a jelly roll, and pinch ends closed. Place on a large greased baking sheet pan. Form into a ring and cut most of the way through with scissors at 2 inch intervals. Cover dough again with the towel and let rise until doubled in bulk again, about 30 minutes.
5. Preheat oven to 375 degrees. Bake pastry for about 25-30 minutes, or until lightly browned. Remove from oven.
6. While still warm, frost with white frosting.

Directions for the frosting

1. Blend sugar and butter mixing well. Add cream and extract, stirring well until smooth.
2. Spread over top of warm pastry ring. Cool completely to set frosting.

Notes

- I use my bread machine to make the dough. And I let the dough ring rise in a warm oven with a bowl of boiling hot water along with it in the oven.

Jewish Apple Cake

Submitted by Kim McNeill

This is a recipe from my mom. This was her "go to" recipe any time she wanted to bring food to an event. She received many compliments and enjoyed making it and sharing it with everyone.

Ingredients

Topping

5 tbsp sugar
2 tbsp cinnamon
5-6 large apples, cut ½ inch thick

Cake

3 cups flour
2 cups sugar
3 tsp vanilla
1 tbsp baking powder
4 eggs
1 cup oil
½ cup orange juice

Notes

Directions

1. Combine cake ingredients and stir until smooth. It should be pasty.
2. Combine topping ingredients and set aside.
3. Pour half of cake batter into a greased and floured tube, bundt, or angel food cake pan. Arrange half of the apples over batter and top with half of the cinnamon and sugar mix. Repeat with remaining batter, apples, and topping.
4. Bake at 350 degrees for 1 ½ hours.





Jewish Apple Cake



Berry Limoncello Charlotte Cake

Berry Limoncello Charlotte Cake

Submitted by Nonna Antoinette Capodicci

Charlotte Cakes are very popular in Europe. They look elegant and you know they will be delicious. In addition to having layers of cake, custard/whipped cream and fresh fruit, Charlotte Cakes are surrounded by ladyfingers to look like a basket. The final touch is a fancy ribbon tied in a bow, making this luscious cake a true masterpiece for the eyes and palate. Antoinette Capodicci is a winner on Hulu's Best in Dough.

For the 10 inch lemon cake

Ingredients

6 large eggs, room temperature
1 $\frac{3}{4}$ cup sugar
1 stick (4 Oz) butter, melted and cooled
Zest and juice from a large lemon (or two small)
1 tsp lemon extract
3 cups flour, sifted
3 tsp baking powder
Pinch of salt

Directions for the lemon cake

1. Generously grease and flour a 10" springform cake pan.
2. Sift together flour, baking powder and salt. Set aside.
3. Preheat oven to 350 degrees.
4. Place the eggs and sugar in the bowl of a stand mixer with whisk.
5. Beat on medium speed for a minimum of 5 minutes, until light and fluffy.
6. Add melted and cooled butter.
7. Mix on low speed for one minute.
8. Add lemon juice, zest and lemon extract.
9. Continue to mix for an additional minute.
10. Remove bowl from stand mixer, wiping off whisk.
11. Gently fold sifted flour, a little at a time, until fully incorporated. Do not overwork the batter.
12. Pour batter in prepared pan.
13. Evenly spread batter to sides of pan. This step will help achieve a cake with even height.
14. Bake in preheated oven for about 50 minutes or until golden and when a toothpick inserted in the middle of cake comes out clean.
15. Remove cake from oven and allow to cool before removing it from pan.

Recipe continues on the following pages.

Notes

- I recommend baking the lemon cake and making the custard the day before assembling the Charlotte Cake. In fact, refrigerated cake is easier to slice in half than a freshly baked cake.
- You can substitute the whipped topping with freshly made whipped cream.
- You can substitute strawberries with any other berry or combination of.
- If a ladyfinger doesn't stick to the side of the cake, just spread a little custard on the inside of the cookie and try again.

Berry Limoncello Charlotte Cake continued

Submitted by Nonna Antoinette Capodicci

For the custard

Ingredients

1 quart half and half (whole milk can be substituted)
4 eggs
 $\frac{3}{4}$ cup sugar
1 $\frac{1}{4}$ cup flour
1 tsp vanilla extract
1 $\frac{1}{2}$ tsp lemon extract

Directions for the custard

1. Pour the half and half into a small pan and place on low heat until warm.
2. Meanwhile, place the eggs, sugar, vanilla and lemon extract in a separate pan. Whisk until well-blended. Add sifted flour and continue to whisk until creamy and smooth.
3. Add $\frac{1}{3}$ of the warm milk to the egg mixture while stirring constantly until fully mixed. Repeat this step 2 more times so that all the milk is incorporated.
4. Place pan back on burner on low heat, stirring the entire time to avoid sticking and formation of lumps.
5. Bring to a gentle boil, about 5-7 minutes, and cook two more minutes, until the cream thickens to a pudding consistency.
6. Remove pan from stove and pour the cream into a glass bowl. Immediately cover with plastic wrap (sticking to the top of the cream) to avoid the formation of a "dry skin".
7. Refrigerate until needed.

Notes

Berry Limoncello Charlotte Cake continued

Submitted by Nonna Antoinette Capodicci

Assembling the cake

Ingredients

8 oz container whipped
topping (like Cool Whip),
defrosted
1 quart fresh strawberries or
other berries of your choice
Juice from ½ lemon
1 tbsp sugar
2 packages Italian
Ladyfingers, aka Savoiardi
Limoncello liqueur, as needed
Ribbon

Directions to assemble the cake

1. Wash, dry and slice strawberries in 4 pieces each.
2. Mix strawberry slices with lemon juice and sugar. Set aside.
3. Mix cold custard with whipped topping until fully blended.
4. Place some of the custard mix into a piping bag and set aside to decorate top.
5. Slice lemon cake horizontally in two equal circles.
6. Place top circle upside-down on a 12" round tray.
7. Drizzle limoncello over cake layer according to your taste.
8. Generously spread enough custard mix to cover entire cake layer.
9. Top with half of the strawberry slices, placing them at random to add color once cake is sliced.
10. Drizzle some limoncello on the other cake circle.
11. Place on top of berries/custard layer making sure that the bottom crust layer of cake is now the top.
12. This is done to achieve a flat top, which is easier to decorate.
13. Spread a thin layer of custard to top and sides of cake.
14. Gently attach each ladyfinger around the cake. The custard will act as glue.
15. When finished, tie a clean ribbon of your choice around the cake.
16. Place the remaining strawberries, drained of any juice, in the center of the cake top.
17. Pipe roses around the strawberries with the reserved custard.
18. Make a bow in front of the cake to finish the look.
19. Refrigerate until ready to serve. Enjoy!

Notes

Almond Banana Bites

Submitted by Margaret Das

This recipe resulted from a craving for something sweet and wondering what to do with a bunch of overripe bananas. Here is the current version of my go-to snack that uses no sugar, eggs, or flour. It is versatile, quick, and easy to make with ingredients available on hand. It can be modified to meet the dietary needs of almost anyone. It packs well for a hike or breakfast on-the-go.

Ingredients

2 medium ripe bananas
1 cup almond flour
½ cup rice flour
¼ tsp salt

Optional

¼ cup raisins or raisins
¼ cup sliced almonds
¼ cup coconut flakes

Directions

1. Heat oven to 350 degrees. Line a cookie sheet with parchment paper.
2. In a small bowl, mix the almond flour, rice flour, and salt.
3. In a medium bowl, mash the bananas.
4. Add the flour mix and blend well.
5. Add optional items and mix.
6. At this point, you should have a semi-stiff dough that will easily hold its shape. If not, add a little more flour in the same ratio (1 cup almond flour : ½ cup rice flour).
7. Shape into balls, flatten, and place on parchment lined cookie sheet.
8. Bake at 350 degrees for 20-25 minutes until top just begins to turn brown (less time for stiffer dough). Turn the cookie sheet half way through to ensure even baking.

Notes

- Variations/Substitutions: Instead of rice flour: oat flour (just grind oats in a coffee grinder), any other flour.
- Other optional ingredients: peanut powder, mini M&Ms, chopped pecans or walnuts, flaxseed meal.



Almond Banana Bites



Ann Stewart's Christmas Sugar Cookies

Ann Stewart's Christmas Sugar Cookies

Submitted by Trish Stewart

This was my mom's Christmas cookie recipe. They are the perfect sugar cookie, ideal for thin cookies and a buttercream frosting.

Ingredients

1 cup sugar
1 cup butter, softened
1 tsp vanilla
1 egg
3 cups flour
1 tsp baking powder
½ tsp salt

Directions

1. Mix dry ingredients.
2. Cream butter and sugar until light in color. Add egg and blend well. Mix in vanilla.
3. Gradually add dry ingredients to the bowl and mix until just blended.
4. Chill in the fridge, covered, at least 30 minutes. When you touch it, you don't want it to stick to your fingers.
5. Roll very thin, about ⅛ of an inch...they bake in very little time.
6. Bake at 400 degrees for 5 minutes.

Notes

Lemon or Anise Italian Cookies

Submitted by Margaret Mete

It reminds me of my childhood. My mom, aunts would make these all the time. If you are Italian, you will always find these at every family gathering especially baby or wedding showers and holidays. Cousin Phyllis's Recipe.

Ingredients

Cookies

4 cups flour
2 sticks melted butter
5 tsp baking powder
1 cup sugar
1 tbsp lemon flavoring
6 eggs
½ tsp baking soda

Directions for cookies

1. On a greased cookie sheet, put a scoop of the mixture (leaving room as they do grow).
2. Bake in a 400-degree oven for approximately 10 minutes.

Directions for icing

1. Mix confectionary sugar and water.
2. Depending on what you are making them for, you can color the icing to what you want with food coloring. You can also use sprinkles. Enjoy!

Icing

Confectionary sugar
Water

Notes

Southbury 300th Award-Winning Bar Cookies

Submitted by Bernice Scoville

Fifty years ago, I won the baking contest for these cookies. The owner and baker of Amos Bakery in the Bazaar was the judge. Here is the plaque I won for the Tercentennial Bake Off!

Ingredients

Cookie

4 cups flour
3 ½ tsp baking powder
½ tsp salt
1 cup sugar
1 cup Crisco
3 egg yolks
1 cup sour cream
1 tsp lemon rind

Filling

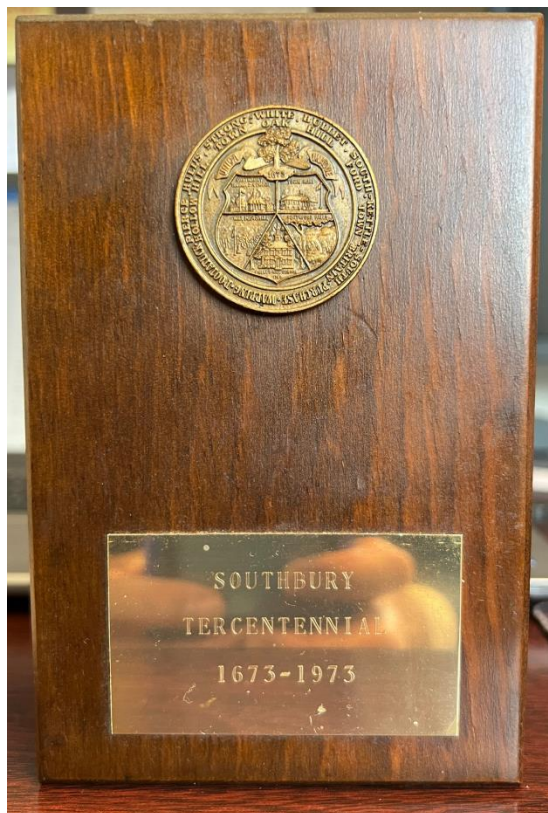
½ cup ground nuts
½ cup sugar
4 tbsp sweet cream
14 oz apricot preserves
14 oz prune paste, Lekvar

Directions

1. Preheat oven to 350 degrees.
2. Line and grease a 12x17x½ inch baking pan.
3. Cut the Crisco into the flour, adding in the baking powder, salt, sugar, and lemon rind.
4. Add in the egg yolks and sour cream. Mix well.

Notes

5. Divide and shape into four balls—one for each layer.
6. Roll out first ball and place in the prepared pan. Spread half of the apricot preserves over the top.
7. Roll out second ball and place on top of first layer. Spread with more apricot preserves.
8. Mix together ground nuts, sweet cream, and sugar and spread half of the mix over the second layer of apricot preserves.
9. Roll out the third ball and place on top of the second layer, covering with prune paste and the remaining nut mix.
10. Roll out fourth ball and place on top of the layers.
11. Bake at 350 degrees for one hour.



Cherry Winks

Submitted by Glenn Heckendorf

A family favorite recipe, Cherry Winks are a very popular cookie—especially at Christmastime—in the Midwest. All of my relatives make them; our grandmothers, and mothers, and my wife made them. Now our granddaughter makes them here in Southbury. At Christmas we make multiple batches and send them to other family members and friends. People like the texture and flavor of the cookies—plus the unique crushed corn flakes on the outside—topped with a cherry. Since moving to Connecticut, we've introduced many locals to these, who also liked them, with many now making them also.

Ingredients

¾ cup butter or shortening
1 cup white sugar
2 eggs
2 tbsp milk
1 tsp vanilla extract
2 ¼ cups sifted all-purpose flour
1 tsp baking powder
½ tsp baking soda
½ tsp salt
1 cup chopped pecans
1 cup dates, pitted and chopped
½ cup maraschino cherries, chopped
2 ½ cups crushed cornflakes cereal
10 maraschino cherries, quartered

Directions

1. Preheat oven to 375 degrees (190 degrees C). Lightly grease baking sheets.
2. Cream the butter or shortening with the sugar. Blend in the eggs, milk, and vanilla.
3. Sift together the flour, baking powder, baking soda and salt. Add the flour mixture to the creamed mixture and stir in the chopped pecans, chopped dates and ½ cup maraschino cherries.
4. Shape teaspoonful sized chunks of dough into balls. Roll each ball in the crushed corn flakes. Place balls on baking sheet and top each cookie with ¼ maraschino cherry.
5. Bake at 375 degrees (190 degrees C) for 10 to 12 minutes. Let cool completely before storing in airtight containers.

Notes

- I suggest using butter.
- The chopped pecans and dates are sometimes left out—personal taste. I prefer the cookies with them.

Oatmeal Cranberry Almond Cookies

Submitted by Nancy Monson

*It's a traditional New England recipe and I've worked on it a lot to make it healthier! Oatmeal cookies with cranberries are quintessential New England treats. Comfort food. I adapted a super-sweet recipe I found in *The New Basics Cookbook* by Julee Rosso and Sheila Lukins to make it healthier. I decreased the amount of the sugars and substituted monk fruit sweetener for granulated sugar, plus I used oat flour instead of all-purpose flour to decrease the gluten content. You can also try substituting applesauce for the white sugar to make the cookies moister. Baking is all about experimentation in my opinion—and chemistry, of course. The cookies are delicious warm from the oven, but I actually prefer them after they've been frozen. Nancy Monson is an artist, writer, health coach.*

Ingredients

- 1 $\frac{3}{4}$ cups quick-cooking rolled oats
- $\frac{3}{4}$ cup of oat flour
- $\frac{1}{2}$ tsp ground cinnamon
- $\frac{1}{2}$ tsp baking soda
- 10 tbsp of unsalted butter, softened
- $\frac{1}{4}$ cup packed light brown sugar
- $\frac{1}{4}$ cup monk fruit sweetener or $\frac{1}{4}$ cup granulated white sugar
- 2 eggs
- 1 tsp of vanilla extract
- $\frac{1}{2}$ cup dried cranberries
- $\frac{1}{4}$ cup of slivered almonds



Directions

1. Preheat the oven to 350 degrees. Put a silicone mat on a baking sheet.
2. In a medium-sized bowl, mix the oats, flour, cinnamon, and baking soda.
3. In a separate large bowl, use a mixer to cream the butter and the brown and white sugars until smooth. Beat in the egg and vanilla. Then mix in the dry ingredients. By hand, add in the cranberries and slivered almonds.
4. Drop small amounts of batter, about a rounded teaspoon, onto the baking sheet about two inches apart. Flatten the batter on the sheet to get thinner, crispier cookies.
5. Bake about 10 minutes until golden around the edges. Remove from oven and let sit for two minutes on the baking sheet and then move them to a rack to cool.

Makes 24 smaller cookies

Notes

- I like the cranberries with 50% less sugar.



Oatmeal Cranberry Almond Cookies

Anthony's Favorite Double Chocolate Chip Cookies

Submitted by Anthony Buchsbaum

Anthony Buchsbaum was born in Southbury and is now 12 years old and in 7th grade at Memorial Middle School. Anthony has always enjoyed cooking and baking with his family and aspires to become a chef. He especially likes cooking comfort foods and delicious desserts inspired by his travels. This is one of his favorite recipes.

Ingredients

1 cup flour
½ cup unsweetened cocoa powder
½ tsp baking soda
½ tsp salt
4 oz good quality semi-sweet chocolate, chopped small
4 oz milk chocolate chips
1 stick unsalted butter
1 ½ cups sugar
2 large eggs
1 tsp vanilla extract

Directions

1. Preheat oven to 325 degrees.
2. Whisk all dry ingredients together.
3. Melt the chopped chocolate only (not the chips) with butter over a double boiler
4. Take off heat and allow to cool slightly.
5. Transfer melted mix into mixer with paddle attachment.
6. Add sugar, eggs, and vanilla and mix on medium until combined.
7. Reduce speed to low, add dry mixture gradually until combined.
8. Fold in chocolate chips by hand.
9. Scoop in teaspoon sized amounts onto cookie sheet lined with parchment (12 cookies should fit).
10. Bake for 13-15 minutes. Take out of the oven when almost done and allow to cool on the pan.

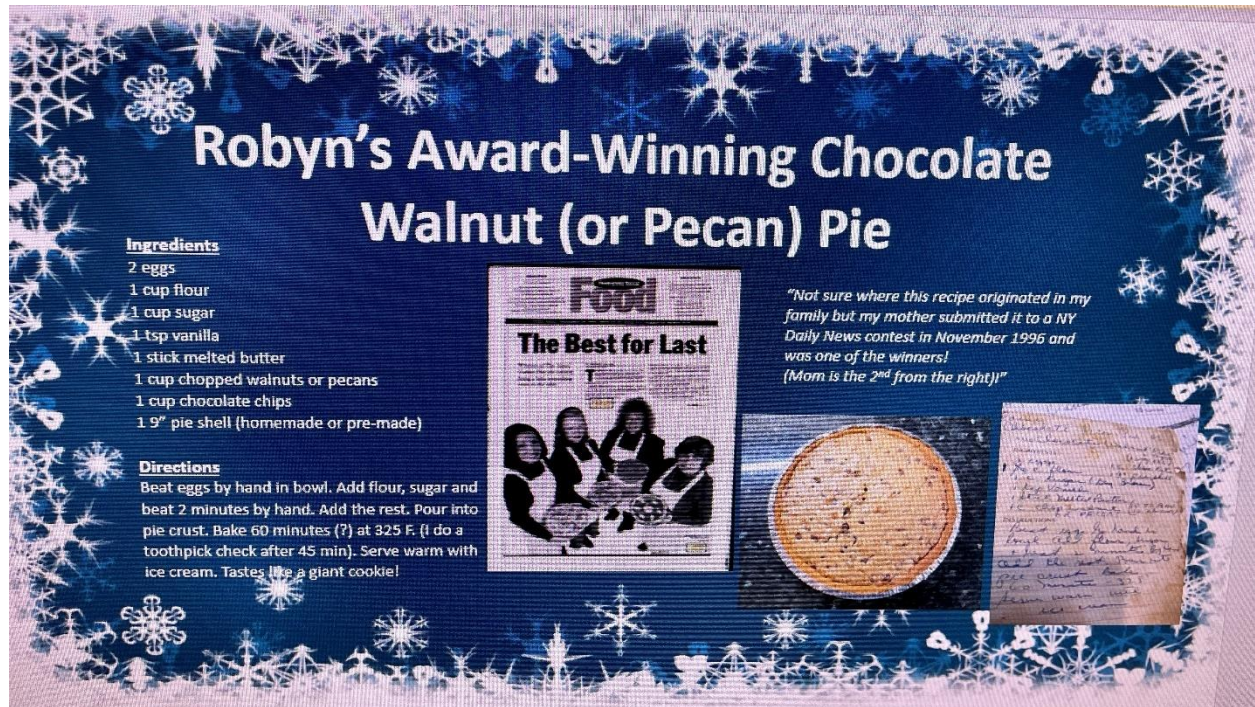
Notes

- We like Ghirardelli brand cocoa powder and chocolate.

Robyn's Award-Winning Chocolate Walnut (or Pecan) Pie

Submitted by Robyn Greenspan

Not sure where this recipe originated in my family but my mother submitted it to a NY Daily News contest in November 1995 and was one of the winners. Mom is the 2nd from the right. Tastes like a giant cookie!



Ingredients

- 2 eggs
- 1 cup flour
- 1 cup sugar
- 1 tsp vanilla
- 1 stick melted butter
- 1 cup chopped walnuts or pecans
- 1 cup chocolate chips
- 1 9" pie shell (homemade or pre-made)

Directions

1. Beat eggs by hand in bowl.
2. Add flour, sugar and beat 2 minutes by hand.
3. Add the rest.
4. Pour into pie crust.
5. Bake 60 minutes (?) at 325 degrees.
6. Serve warm with ice cream.

Notes

I do a toothpick check after 45 minutes.

Grandma's Lemon Meringue Pie

Submitted by Elizabeth Skinski

My grandmother made the best lemon meringue pie! No joke! With just the right combination of tart and sweet in the lemon filling, and sufficient meringue to please the palette rather than overwhelm, Grandma's Lemon Meringue Pie was always a treat. Her handwritten recipe card included a wise thought, "the way to a man's (picture a heart here) is through his (picture tulips here) two lips," and never fails to bring a smile to my own lips!

Ingredients

1 baked 8" pie shell
½ cup lemon juice
1 tsp lemon rind or ¼ tsp
lemon extract
1 can sweetened condensed
milk, 14 oz
2 eggs, separated
¼ tsp cream of tartar
4 tbsp sugar

Directions

1. Combine lemon juice and grated lemon rind or lemon extract; stir into condensed milk.
2. Add egg yolks and stir until well blended. Pour into chilled cooled pastry shell.
3. Add cream of tartar to egg whites; beat until almost stiff enough to hold a peak.
4. Add sugar gradually, one spoon at a time, beating until stiff, but not dry.
5. Pile lightly on pie filling. Bake in slow oven—325 degrees—until lightly browned, about 15 minutes. Enjoy!

Notes

Best EVER Chocolate Pudding Pie

Submitted by Jeanmarie Mullen

This is a recipe that my mother-in-law always made for holidays and special occasions. It's still a staple in all our homes even though she has been gone for many years. I get asked for this recipe more than any other. Enjoy!

Ingredients

3 cups milk
1 stick butter
2 8 oz containers cool whip
1 8 oz package cream cheese
1 cup powdered or confectioners' sugar
2 small boxes instant chocolate pudding
1 box Lorna Doone cookies

Directions

1. In a small bowl, melt butter. Add in crumbled cookies. Spread in a 9x13 pan.
2. Bake for 20 minutes at 325 degrees.
3. Mix 8 oz cool whip with cream cheese. Add in 1 cup powdered sugar and spread over crumbs. Mix well. It may have small lumps due to the cream cheese.
4. Mix pudding with 3 cups of milk. Beat until very thick, spread over cream cheese mixture.
5. Top with 8 oz cool whip.
6. Refrigerate till ready to serve. Enjoy!

Notes

Lemon Ricotta Cheesecake

Submitted by Emily Muscolino

Reminiscent of the plain ricotta cheesecake my maternal grandmother, Rose Gugliotti, made every Easter in tribute to her Italian-American heritage. This light, lemony twist on the plain classic (courtesy of my mom) is a dessert-lover's dream. Enjoy it on special occasions or just by yourself. Either way, it won't disappoint!

Ingredients	Directions	12-14 servings
Crust		
1 ½ cups crushed vanilla wafers (about 45 wafers)	1. In a small bowl, combine ingredients for the crust. Press onto the bottom of a greased 9-inch springform pan.	
¼ cup butter, melted	2. Bake at 325 degrees for 12-14 minutes or until lightly browned. Let crust cool.	
1 tsp grated lemon peel	3. In a large bowl, beat cream cheese and ricotta until smooth. Combine sugar and cornstarch; add to cheese mixture and beat well.	
Filling		
2 8 oz packages cream cheese, softened	4. Add eggs and cream, beating on low speed just until combined. Beat in lemon juice, peel, and vanilla extract until blended. Pour into crust. Place pan on a baking sheet.	
1 carton ricotta cheese, 15 oz	5. Bake at 325 degrees for 70-80 minutes or until the center is almost set.	
1 ¼ cups sugar	6. Cool on a wire rack for 10 minutes. Carefully run a knife around edge of pan to loosen; cool 1 hour longer. Refrigerate overnight.	
¼ cup cornstarch	7. Garnish with fresh mint and lemon slices if desired.	
4 eggs		
2 cups half-and-half cream		
½ cup lemon juice		
3 tsp grated lemon peel		
2 tsp vanilla extract		
Fresh mint and lemon slices for garnish		
Notes		



Grandma Rose



Citrus Shortcrust Cheesecake

Citrus Shortcrust Cheesecake

Submitted by Nicole Dragone

This Citrus Shortcrust Cheesecake recipe is special to me because my Nana would bake it only for Christmas & Easter which our family lovingly anticipated year after year. It is a challenging recipe that requires much patience, so now that Nana is no longer with us, I enjoy taking my time while baking it to think of her with love and gratitude for all she taught me inside the kitchen and out. Our loved ones live on in our hearts in many ways and carrying on this holiday baking tradition is very special to our family. We hope you'll love it as much as we do.

Ingredients

Crust

2 cups all-purpose flour
½ cup sugar
2 tsp grated lemon peel
3 tsp vanilla extract
2 egg yolks
1 cup softened butter

Filling

5 packages 8 oz. Philadelphia cream cheese at room temp
1 ¾ cups of sugar
3 tbsp all-purpose flour
2 tsp finely grated lemon zest
2 tsp finely grated orange zest
¼ tsp vanilla extract
5 eggs and 2 extra egg yolks
¼ cup heavy cream

Directions to prepare the dough for the crust

1. Combine the flour, sugar, lemon peel and vanilla in a bowl.
2. Make a well in flour mixture and add egg yolks and softened butter
3. With fingertips, mix until dough leaves sides of bowl. Don't overwork the dough.
4. Form dough into a ball, wrap it in wax paper and refrigerate 1 hour.
5. Preheat oven to 400 degrees. Lightly grease bottom and sides of a 9-inch springform pan.
6. Remove the side pan to assemble only the bottom of the crust for now.
7. Take ⅓ of the dough from the refrigerator and press evenly onto the pan bottom.
8. Bake just the bottom crust 8-10 minutes until golden brown (watch closely). Cool completely.
9. Reassemble pan sides and divide remaining crust into 3 parts pressing evenly around the inside of the pan ALL THE WAY UP to the top edge of the pan.
10. Be certain to seal the raw crust well to the baked bottom crust to avoid the cheesecake filling from seeping out.
11. Do not bake! Refrigerate until ready to fill.
12. Preheat oven to 500 degrees.

Directions to make the cheesecake filling

1. Beat cream cheese in stand mixer until smooth.
2. Add sugar, flour, lemon zest, orange zest and vanilla extract to mixer.
3. Beat the cheese mixture on high speed until the ingredients are blended smooth.
4. Lower the electric mixer speed to medium, and carefully add the eggs and yolks one at a time. Scrape down the sides as needed to help avoid lumps in your batter.
5. Pour in the heavy cream. Mix until just combined.

Recipe continues on the following page.

Notes

Citrus Shortcrust Cheesecake continued

Submitted by Nicole Dragone

Directions to finish the cheesecake

1. Oven should be preheated by now to 500 degrees.
2. Prepare a water bath baking method by gently wrapping the bottom and sides of the springform pan with foil.
3. Take the springform pan out of the fridge and pour in the filling.
4. Jiggle the pan slightly to break up any bubbles.
5. Place the foil wrapped, batter filled, springform pan inside a large baking pan that has been filled with enough water that it reaches half way up the sides of the springform pan. Bake for 10 minutes on a middle rack of the oven.
6. Lay a foil drape across an empty rack above the cheesecake.
7. Reduce the heat to 300 degrees.
8. Bake for approximately 75-90 minutes more until the center no longer jiggles.
9. Turn off the oven but leave the cheesecake inside for another 45-60 minutes otherwise you risk the cheesecake cracking.
10. Remove the cheesecake from the oven and set it on a wire rack to cool.
11. Once cool, remove the sides of the springform pan.
12. Cover the top of the cheesecake loosely with foil avoiding that it touches the top. Chill it in the fridge overnight before serving.
13. Just before serving, finish it off with your choice of toppings: Fresh sliced strawberries, canned cherry or blueberry pie filling, lemon curd or even chocolate and caramel sauce pairs nicely with this tangy recipe. Enjoy!

Notes

- Please note this recipe requires attention to detail but is well worth the work that goes into it.
- All ingredients should be started at room temperature for best results.
- Give yourself plenty of time and patience while baking this recipe, as it is indeed challenging.
- Run a sharp knife under hot water and wipe dry before slicing. Repeat between slices.
- Freezes great (if there's anything left)!

Mrs. Varga's Cheesecake

Submitted by Joan Varga

My husband's mother, Grace Varga, died unexpectedly at the age of 47. Her young family was devastated. As time went on, they would reminisce about what a great cook she was and lament they had never recorded any of her recipes.

One day, while visiting my soon-to-be mother-in-law, I asked if I could look through her cookbooks and out of one fell the recipe for her cheesecake—a family favorite.

That year for Christmas, all my husband's siblings got a copy of the cheesecake recipe below, which I entitled, "Mrs. Varga's Cheesecake." We have enjoyed it very much of the past 40+ years; "gracing" our tables as we fondly remember her.

Ingredients

Crust

2 cups honey graham
crackers, chopped fine
½ cup melted butter
¼ cup chopped walnuts
1 tsp cinnamon

Filling

2 8 oz packages of cream
cheese, softened
3 eggs
¾ cup granulated sugar
2 tsp vanilla extract
1 tsp almond extract
3 cups sour cream

Notes

Directions for crust

1. Blend crust ingredients well.
2. Press firmly to coat inside of springform pan.

Directions

1. Beat cream cheese, eggs, and sugar. Blend in extracts and sour cream. Pour into crust-lined springform pan.
2. Bake at 375 degrees for 40 minutes. Chill five hours.
3. ¼ cup of walnuts may be spread on top of cake after baking, if desired.

Campfire Dutch Oven Apple Crisp

Submitted by Troop 60

Troop 60 has been camping and cooking in Southbury since 1928. A Dutch Oven Crisp is one of our signature recipes!

Ingredients

For the apples

8 apples, peeled—like Golden Delicious and Granny Smiths for baking
3 tbsp sugar mixed with ½ tsp cinnamon

For the crisp

¾ cup flour
¾ cup brown sugar
½ tsp salt
1 ½ tsp cinnamon
¾ cup old fashioned oats
½ cup plus 2 tbsp butter, softened

Directions for the home oven

1. Preheat oven to 350 degrees.
2. Grease a 9x13 baking dish.
3. Layer apples in pan and sprinkle with cinnamon sugar.
4. In a medium bowl, combine flour, brown sugar, salt, cinnamon, and oats. Fork in ½ cup softened butter to distribute. It's Ok to have some pea-sized clumps. Cut remaining 2 tablespoons butter in pieces and dot the top of the apple crisp.
5. Bake in oven for 50 minutes, or until apples are bubbly and topping is browned. Serve with vanilla ice cream!

Directions for camping

1. Using a 10-inch Dutch Oven, line with a foil liner or parchment paper. Light 24 charcoal briquettes and wait until they are covered with ash, about 15 minutes.
2. Place the apples and topping into the Dutch Oven as described above and cover with the lid. Place the Dutch oven on top of 12 of the preheated charcoal briquettes. Place the other 12 preheated briquettes on top of the lid.
3. Bake for 20-25 minutes.

Notes



Campfire Dutch Oven Apple Crisp



Gender Reveal Blueberry Crisp

Gender Reveal Blueberry Crisp

Submitted by Kristen Frederickson

Our niece Sarah came to dinner here at our Southbury house, Red Gate Farm on Sanford Road, to announce her pregnancy. She brought along this dessert in order to reveal the gender of her baby. Blueberries for a boy!

Ingredients

1 cup (120 g) flour
½ cup (113 g) butter, cold
1 cup (200 g) granulated or
brown sugar
½ tsp salt
½ tsp baking powder
¾ tsp vanilla extract
4 ¼ cups (600 g) frozen wild
blueberries (do not thaw)
2 tbsp flour
1 tbsp sugar

Directions

1. Preheat oven to 375 degrees (190 degrees C).
2. In a food processor, place the flour, cold butter, sugar, salt, and baking powder. Process for about 2 minutes, or until the mixture begins to clump together like damp sand. Then add the vanilla and process until mixed.
3. Place blueberries in a large bowl and sprinkle with 2 tbsp flour and 1 tbsp sugar, then toss till the berries are fully coated. Scatter into a large baking dish.
4. Place the blueberry mixture in a buttered baking dish. Sprinkle the crumbled topping over the blueberry mixture; spread evenly, but don't pack down.
5. Bake for 45-55 minutes, until golden brown and crisp. Serve warm.

6 servings

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