



King Arthur Flour
Heritage Recipe Baking Contest
at Historic Deerfield
December 6, 2014

Stories and Recipes

Contest Winners:

Best Story ~ Mary Kay Felton for Spitz Buben

Best Recipe - Amy Stout for Mom's Apricot Danish

Most Creative - Johanna Swartzentruber for Clara's Croquembouche

Meme's Venison Mincemeat Pie – Story
Susanna Bowman, Irasburg, Vermont

This is what my mother-in-law, Isabel Collins, served me the first time I met her, in the ivy-tattered brick farmhouse on the western shore of Lake Champlain. After a tour of her dirt floor cellar, where she proudly explained what was in each newly-filled canning jar lining the wooden shelves, she sat me down in her kitchen with a plate of hot venison mincemeat pie. That blue table and black wood cookstove has graced our own kitchen for many years now. It convinced me she was the mama-in-law for me, I still wasn't so sure about her son at that point, but Isabel clinched the deal.

The recipe, give or take, was Isabel Collin's mother's recipe.
Elizabeth Paquette Collins lived on the island, North Hero, but I never met her, alas.

I prepared mincemeat early 2014 September. It is in canning jars, aging now. Enough to last a couple years at a time. I bake the pies as needed.

Recipe: for 8 quarts

Shoot a deer,(mine was frozen from last year, donated by neighbor)

Choose venison parts that are not good enough for better purposes.

Chop fine, about a well packed quart

Beef Suet about 1 cup, chop fine

Hardest Winter Apples you can find- about 6 qts of peeled, cored, chopped coarse

Candied orange and lemon peel

peel 2 oranges 2 lemons chop very fine

simmer with 2 cups water and 2 cup sugar

cheaper to make your own, but easier to buy

Apple Cider (I think she would have used hard cider, originally)

Cider Vinegar

Yellow Raisins

Brown Raisins

Brown Sugar

Spices

Simmered all together and canned

Pie crust

Lard or butter as available

flour,

sprinkle of *cardomon* (my own idea)

one Qt. jar of mincemeat,

add more raisins, mix, if needed to fill crust

and souse liberally with rum (Anglo) or Brandy (French)

Open treatment for top crust

Yummm it makes me smell Thanksgiving just writing about it.....
Hope you think this sounds good ~ It IS!

Meme's Venison Mincemeat Pie ~Recipe

Susanna Bowman

(Elizabeth Paquette Collins, North Hero, VT)

Isabelle Collins instructions to contestant, Swanton VT, circa 1974; Italics are comments

Mincemeat :

Prepare 8 Qts for Canning *age six weeks before baking*

Shoot a Deer, (*mine was frozen last year, donated by a neighbor*)

Choose *venison parts that are not good enough for better purposes.*

Chop venison fine, a well packed quart about 2 or 3 lbs

Beef suet chopped fine about 1 cup

Hardest winter apples you can find, 6-8 quarts peeled, cored & chopped coarse

Apple Cider 2 quarts (*I think she'd have used hard cider & I hold some hot, to top off jars*)

Cider vinegar about ½ cup (*relative to tartness of apples and cider*)

Yellow raisins 2 lbs

Brown Raisins 2 lbs

Brown sugar 6 cups

Candied Orange & Lemon Peel (*make your own cheaper but easy to buy & very easy to burn*)

peel 3 large oranges & 2 large lemons chop peel very fine

simmer with 2 cups water, 3 cups sugar

till syrup is absorbed and fruit is transparent

Spices Ground,

2 tsp each: Cinnamon, Mace, Clove,

1 grated Nutmeg

Salt, Pepper 1 tsp. each

Combine all ingredients *in heavy enamel (or stainless) pot*

Simmer slow for 2 hours, stir gently and often, (*Taste to correct vinegar*)

Brandy or Rum about 1 cup before canning in glass jars

Pie Crust:

Lard, very cold, use about ½ cup per single crust

(home rendered of course not adulterated stuff sold as lard or real butter as available)

2 cups King Arthur all purpose flour *crumble lard into flour till texture looks like coarse cornmeal*

salt 1 tsp., sprinkle of cardamom, drips of water till paste sticks together,

Roll on floured board (*for flakier crust, cover with melted butter, fold over & roll out again*)

Pie:

Use 1 quart jar of mincemeat , add & mix in more raisins if needed to fill crust,

Souse liberally with rum (*Anglo*) or brandy (*French*) (*Elizabeth was half Irish, half French*)

Open Treatment for top crust

Bake in moderate oven about ¾ hour

Grandmother Lund's Lebkuchen – Story
Mary Clark, Florence, Massachusetts

This is one of the oldest cookie recipes in my mother's family. Grandmother Lund came to America in the 1830s from Germany, and brought this recipe with her. The original recipe calls to "dissolve ½ oz of potash in a little rose water the evening before". We now use baking soda, but one day I will try to find potash to make it the original way~ trying to make it as the original, with all weights (2 ½ pounds honey) instead of measures. Grandmother Lund never learned English, but she taught my great great grandmother, Mary Westbrook Leffingwell, how to make these cookies. Great Grandmother Leffingwell made these cookies for her husband, Charles Leffingwell, who was killed fighting for the Union in the Civil War.

My Grandmother made these every year, they were my mother's favorite. I did not like them as a child~(I wanted brownies!) but as an adult, I appreciate their spicy flavor, and the touch of salt from the pistachios on top. My grandmother replaced the slivered almonds of the original recipe with pistachios... a clever replacement, and more colorful.

Grandmother Lund's Lebkuchen - Recipe

Mary Clark

Bring 1 cup of honey to a boil

Cool it and stir in $\frac{3}{4}$ cup brown sugar, 1 beaten egg, 1 tablespoon lemon juice, and 1 tablespoon lemon rind

Sift 2 $\frac{1}{2}$ cups King Arthur all purpose flour with $\frac{1}{2}$ teaspoon baking soda, $\frac{1}{2}$ teaspoon nutmeg, 1 teaspoon cinnamon, $\frac{1}{2}$ teaspoon cloves, and $\frac{1}{2}$ teaspoon ground cardamom.

Stir all of this into the honey mixture

Add $\frac{1}{3}$ cup finely chopped citron and $\frac{1}{3}$ cup slivered almonds. Mix well and store in the icebox for several days to flavor.

Then roll out the dough to about $\frac{1}{3}$ in thick and cut into diamonds.

Place on an oiled baking sheet and bake at 350 for 15 minutes or until golden brown. Cool and frost.

Frosting:

Use 1 cup confectioner's sugar thinned with lemon juice~ 1 to 2 tablespoons, till it is a thick liquid.

Garnish with chopped, salted pistachio nuts.

These cookies store well and can be made weeks in advance of the holidays!

Spitz Buben – Story
Mary Kay Felton, Camden, Maine

On Sunday April 29, 1945, Anna Maria (“Marie”) Payer, closed the door of her home in Harkau, Hungary, and walked across the border into Austria, with her children, Frida, Ernst, Emma, and Fritiz. Marie’s husband, Samuel, who spoke Hungarian, German, and English, was taken to a prisoner of war camp, to serve as an interpreter, though he’d never been a soldier. Frida, Ernst, and Emma, who were barely teenagers, were taken in by different villagers in Innerhergesteich, where they would spend the next five years working in exchange for a bed and the meager amount of food available in a war stricken area. Only young Fritz could stay with his mother.

The evacuation of Harkau came on short notice. News of the Russian advancement was announced at church and evacuation began at the close of the service. There was no time to gather personal belongings, photographs, or mementos. No one knew they would never be back. Later, my mother, Emma, often wished she could show us a picture of herself as a child, or of the ribbons and blue birds hand painted on the ceiling of her home, a fashionable luxury for a village farmer. Because no tangible items survived their 1945 journey across the border to Austria, and their eventual immigration to the United States in 1950, their food heritage became all that more important. Today, the family recipes, carried out from Harkau in my grandmother’s head, provide the missing piece of tangible family history. When I form the sweet, short crust pastry dough for Spitz Buben, which translates in English to “Spiffy Boys,” I think of my mother, grandmother, and others who performed this ritual before me. Although I can’t say how many generations have prepared this recipe, I suspect it’s been quite a few. The recipe probably evolved long ago from the Austrian Linzer torte, which began appearing in print in the early 1700s. With my family having lived in Harkau, just across the Austrian border, for over five hundred years, it stands to reason that some of their food had Austrian origins.

Apparently, the Austrian Linzer torte took on a peasant or country form in Harkau, the same way country furniture styles developed from the more sophisticated forms produced in Boston, Philadelphia and other furniture centers. This recipe probably served many purposes, a family dessert, a breakfast pastry, a field snack eaten with callused hands during a break from hours spent walking behind a plow horse. I like the feel of this soft dough when I hold it in my own hands, press it into the pan, and shape snakes to a form a lattice top, over a layer of jam. I like the idea that I can create, over and over, a tangible piece of my family’s history, and hand a slice of it to my own children. It is a simple dish, from a simple people, who lived in a complex era. Somehow this dish helps me keep things in perspective and make sense of what really matters. Despite everything these immigrants went through, late in life my uncle said, “We had family, good friends, good food. We ate; we drank; we danced. We really lived our lives.” The resilience of these people is amazing, as I’m sure was the resilience of many of my immigrant ancestors. Whether they came on the Mayflower, as did Richard Warren, from whom I descend on my father’s side, or landed in Peabody, Massachusetts in 1634, like my 10th great grandfather, Nathaniel Felton, or came to the U. S. as “Stateless Person[s]” in 1950, like my mother’s family, they are all people who saw the promise that America offered and took a chance to get here. I’m proud to hail from a Mayflower family on my father’s side, and be a first generation American on my mother’s side.

My mother is gone now, but I have her recipes, and her mixing bowl. When I make her recipes I feel connected to her and to myself as a child. I remember standing on a chair, so I could help measure ingredients into her bowl, the way my daughters do now. What better way to feed our kids some family history, than on a plate, warm, right out of the oven. When asked what they'd like to bake today, my two youngest children, ages 5 and 3, often enthusiastically say, "Spitz Buben!"

Spitz Buben - Recipe
Mary Kay Felton

In a large mixing bowl, combine:

2 sticks (1/2 pound) unsalted butter, softened
1 cup sugar
2 eggs
1 teaspoon vanilla

Measure 3 cups King Arthur All Purpose Flour and add to it:
1 teaspoon baking powder, incorporating the baking powder into the flour.

Add the flour to the butter mixture, and stir until a soft dough forms.

Press 2/3 of the dough evenly into an ungreased 13 x 9 inch glass baking dish.

Spread 1 and 1/2 cups of jelly, jam, or preserves on top of the dough. Grape jelly or apricot preserves are the two most traditional choices for this recipe, but any flavor could be used.

Roll or form the remaining third of dough into snakes about 1/3 inch thick and lay across the top of the dough in each direction, lengthwise and crosswise. This will usually be 4-6 lengthwise strips and 6-8 crosswise strips.

Bake at 350 degrees F for 30 minutes or until the pastry is just beginning to lightly brown.

Cut into 24 squares and serve warm, cold, or at room temperature.

Serves 12 with 2 squares each.

Molly Woodsum's Aunt's Black Chocolate Cake – Story
and

Panama Cake – Story

(Stories are by two sisters about the two cakes.)

Amy Gazin-Schwartz, South Deerfield, Massachusetts and Amanda Gazin, Somerville, Massachusetts

My recipe is for Black Chocolate Cake, a recipe my mother got that was from "Molly Woodsum's Aunt." No idea who the aunt was, but Molly Woodsum was the wife of a math teacher in the Duxbury, MA schools for some years in the early 1960s. (I'm not sure, but I think they live in Maine now.) That would put this recipe pretty firmly in the Depression era. I've run across other variations of this cake, but none quite the same, or quite as yummy. This was our family's standard birthday cake for many, many years.

This, plus the Panama Cake that my sister sent, were our family's two main cakes. My sister says that the recipe for Nell Mason's Panama Cake is from our grandmother, Helen Gleason. We think Nell Mason was one of her friends, possibly a cousin. My sister mostly remembers Panama cake at Easter, with the lemon glaze. Before that, I remember it just being a cake we had when we didn't want chocolate cake, and it is very yummy even without the glaze. I have a faint memory my mom also served it with a fruit/wine compote at dinner parties.

I went into my mom's recipe box for the original copies, and found three copies of each, which is a pretty good indicator of the importance of these recipes to our family. I've attached photos of the recipes for both. (The original of this chocolate cake, though, is no more~I "tidied" the recipe box and rewrote a lot of them in my teen years~the two versions of the cards are both in my writing). I can't find any pictures of the cakes themselves!

Molly Woodsum's Aunt's Black Chocolate Cake—Recipe
Amanda Gazin

1 c. sugar
1 c. King Arthur all purpose flour
½ c. cocoa
½ tsp salt
1 c. water
¼ c. shortening (we used Crisco-I've made this is the trans-fat-free Crisco and it works fine)
1 tsp baking soda
1 tsp vanilla
1 egg

Sift flour, sugar, cocoa, and salt in a large mixing bowl. Heat shortening in water to boiling point. Turn off heat and add baking soda. Add to dry ingredients, beat well. Add egg, beat well. Add vanilla.

Use a 9" x 9" pan; bake at 350 degrees for ½ hour.

Frosting:

1 stick butter, beaten,
Gradually about $\frac{3}{4}$ box confectioner's sugar, adding evaporated milk or cream to desired consistency. Add $\frac{1}{2}$ tsp vanilla.

Enjoy!

Nell Mason's Panama Cake – Recipe
Amy Gazin-Schwartz

Beat until dissolved:

4 eggs

2 c. sugar

Add 2 c. King Arthur flour sifted with 2 tsp baking powder

Scald and add 1 c milk mixed with $\frac{1}{4}$ lb butter.

Add 1 tsp. vanilla.

Grease and flour small angel food cake pan.

Bake 1 hr. at 325°

Glaze:

When you remove it from the oven, glaze the warm cake with a mixture confectioner's sugar (about $\frac{3}{4}$ of a box) mixed with milk to desired consistency, and zest of one lemon.

Pfefferneuse or Christmas Cakes – Story
Sis Kinney, Newland, North Carolina

I am a “Deerfield Descendant,” and have always had a deep affinity for Deerfield, even though I never actually lived there myself. My college roommate, Leslie Jane Williams MacFarlane, and I have known each other since we were first introduced in Deerfield at age six. My family vacationed in Deerfield often, staying with my mother’s best friend, Eleanor “Puff” Sheldon Ball; I usually stayed with Leslie and her family, Milton “Woodchuck” & Jean Williams. My mother, Nancy Louise Stebbins Hagen, and Woodchuck were classmates at Deerfield Academy and grew up together in Deerfield. After my parents divorced, my mother returned to Deerfield frequently and always in June to pick strawberries in order to make strawberry jam. I am herewith submitting my maternal grandmother’s recipe for Pfefferneuse. I have the recipe on a recipe “card” (old, thin, crumbling cardboard – no lines) in my grandmother’s handwriting. There is also a handwritten note at the bottom written by my mother.

My grandmother was Natalie May Ashley Stebbins; she and her sister Mildred grew up in Deerfield, making raffia baskets back when there was a thriving Deerfield Industry in town. They, along with their mother Gertrude Porter Ashley, wrote a book about raffia basket-making that was sold at the Museum for a number of years. My grandmother married Leo Crawford Stebbins and they had six children: Thomas Ashley, Malcolm Ashley, Nancy Louise, Charles Henry, Mary Winifred, and Irene Porter. My mother was Nancy. I was only two or three when my grandmother died, so I never really knew her. My mother died in 1987.

My mother had several recipes that were passed down from her mother and some of these recipes were made at Christmas-time. I now have these recipes and the one for “Christmas Cakes,” or “Pfefferneuse,” as also noted on the recipe card, is in my grandmother’s handwriting. My mother added the notation at the bottom, “Sprinkle with p. sugar. Good!” I present the recipe as written on the card, including all, or lack of, punctuation:

~~~~~

|                    |                   |
|--------------------|-------------------|
| Christmas Cakes    | Pfefferneuse      |
| 3 eggs             | ½ tsp. nutmeg     |
| 2 ½ c. brown sugar | salt - 2 c. flour |
| 1 tsp soda         |                   |
| 1 “ cinnamon       |                   |
| 1 “ allspice       |                   |
| ¾ “ cloves         |                   |

Beat eggs until very light – add etc  
Roll ½ inch thick + cut into tiny circles  
Moderate oven 350 [degree sign]  
Sprinkle with p. sugar. Good! ~~~~~

**Pfefferneuse or Christmas Cakes – Recipe**  
**Sis Kinney**

|                      |                          |
|----------------------|--------------------------|
| 3 eggs               | ½ teaspoon nutmeg        |
| 2 ½ cups brown sugar | pinch of salt            |
| 1 teaspoon soda      | 2 cups King Arthur flour |
| 1 teaspoon cinnamon  | powdered sugar           |
| 1 teaspoon allspice  |                          |
| ¾ teaspoon cloves    |                          |

Heat oven to 350°.

Beat eggs until very light; add other ingredients and mix well.

Roll out to ½ inch thick on floured surface; cut into small circles with floured cookie cutter or small floured glass.

Bake on greased cookie sheet in moderate oven until golden, approximately 8-12 minutes. While still warm, sprinkle with powdered sugar. Cool on wire rack.

## MacKenzie Family Scottish Christmas Plum Pudding – Story

Lisa Simpson Lutts, East Wakefield, New Hampshire

When families left their homelands for a better life, they were forced to make hard decisions on what to bring with them. Family recipes, handed down from generation to generation, were easily brought since the recipes were rarely written down. They existed in the oral traditions of the family and in the years of practice by the women.

Thanks to this oral tradition, I inherited the cherished recipe for Christmas Plum Pudding from my husband's MacKenzie family. Like so many Highland families, the MacKenzies were forced to leave their ancestral homes on the tiny island of Raasay due to the Highland Clearances.

In 1832, Dan's great, great grandfather, John Bann MacKenzie and his family left Raasay for a place where they could feel at home. Island living doesn't leave your blood and so the family, along with many others from Raasay, moved to Prince Edward Island, Canada. John bought some land, built a farm, and prospered beyond the family's wildest dreams. In the early 1900s, my husband Dan's grandparents, Daniel and Mary MacKenzie, along with all of Daniel's sisters, in turn immigrated to the Boston area, but never lost touch with their Scottish and Prince Edward Island roots. Making many return visits to the MacKenzie farm on Prince Edward Island, which is still farmed today by a MacKenzie, and often speaking Gaelic in their new home near Boston, Dan's grandparents and great aunts passed on many stories and family recipes, especially those related to Christmas.

It's hard to know if the MacKenzie family on Raasay could have afforded Christmas Plum Pudding. But no doubt they knew of this festive treat that wealthier British families could afford. We do know that on Prince Edward Island, no family Christmas dinner was complete without this beloved recipe.

When I married into Dan's family, I asked the Prince Edward Island matriarch of the MacKenzie family, Marion MacKenzie, for her Plum Pudding recipe so I could surprise Dan by serving it on our first Christmas together. Dan remembers his mother making this recipe every Christmas with assistance from her mother, Mary MacLeod MacKenzie, and the Great Aunts from Prince Edward Island.

Marion wrote:

*Dan's Grandmother (Mary MacLeod MacKenzie) and the Great Aunts did not have recipes as we know them today. They were passed down orally from person to person. Everything was done by memory and when the ladies got together they would discuss what they baked and any variations that they may have tried and that is the way things were.*

The recipe Marion MacKenzie gave me is one she was taught by the older MacKenzie women when she married into the family. And like the MacKenzie women before her, she passed the MacKenzie Christmas Plum Pudding recipe on to me.

I still make the MacKenzie Christmas Plum Pudding every year as a testament to the hardy MacKenzie women who moved from the island of Raasay to Prince Edward Island almost two hundred years ago for a better life.

## MacKenzie Christmas Plum Pudding –Recipe

Lisa Simpson Lutts

- 1 cup King Arthur all purpose flour
  - 1 tsp. baking powder
  - ¼ tsp. salt
  - ¼ tsp. baking soda
  - Pinches of cloves, nutmeg, cinnamon, and allspice
  - 1/3 cup butter
  - 1 egg
  - 1/3 cup milk
  - 1 tbs. brandy
  - 1/3 cup molasses
  - ¼ pound raisins
1. Mix all the dry ingredients together in a bowl.
  2. Cream butter and add egg and then add the molasses and brandy and mix it in.
  3. Alternate adding the milk and the dry ingredients to the creamed butter mixture, mixing everything well.
  4. Gently stir in the raisins.
  5. Butter a pudding mold. (If you don't have a pudding mold, you can use a tin coffee can.)
  6. Pour the batter into the pudding mold.
  7. Place the lid on the top of the pudding mold. (If you use a tin coffee can, cover the open top with aluminum foil and tie the foil firmly with a string.)
  8. Set a rack in the bottom of a large pot.
  9. Place the pot on the burner and place the pudding mold on the rack.
  10. Carefully fill the pot with boiling water. (The water should come halfway up the height of the pudding mold when you place the can or mold on the rack.)
  11. Cover the pot and let gently it steam for 3 hours on a low simmer.
  12. Remove pudding mold and let the pudding cool inside the mold,
  13. Place pudding mold upside down and slide plum pudding out.
  14. Serve the plum pudding with a hard or foamy sauce.

## **Grandma Lawrence's Hot Water Gingerbread – Story** **Melanie Nivison, Manchester, Connecticut**

This recipe has been in my family for at least 100 years. It was given to my mother by my grandmother, who was born in 1876. It has been passed down through each generation. As children we looked forward to visiting my grandmother in Maine, who always had hot gingerbread ready from the oven topped with whipped cream.

## **Grandma Lawrence's Hot Water Gingerbread – Recipe** **Nivison**

### Ingredients:

½ cup shortening  
½ cup sugar  
1 ½ tsp baking soda  
1 tsp ginger  
½ tsp salt  
1 egg beaten  
2 ½ cups King Arthur all-purpose flour  
1 tsp cinnamon  
½ tsp cloves  
1 cup molasses  
1 cup hot water

### Instructions:

Cream shortening and sugar until light. Add egg and molasses; beat thoroughly. Sift together dry ingredients. Add to creamed mixture alternately with water, beating after each addition.

Bake in greased and lightly floured 8" x 8" x 2" in pan at 350 degrees for 35-40 minutes or until done. Serve warm.

May also be made in bundt pan, or as muffins.

Top with powdered sugar or whipped cream.

**Granny's Filled Cookies – Story**  
**Amy Patt, Ludlow, Vermont**

We have been making a recipe for Granny's Filled Cookies in our family for many generations. These cookies are a symbol of the family ties we have shared and a special bond that my Nana and I had. I have written many stories about my grandparents, many of which have been published in national and international venues. I speak about the lifestyle of their generation and the values that I have because of our family traditions. Whenever we make these cookies we remember the special times, especially around the holidays, that we have all shared together, even though most of the family has passed. Many people ask us for this recipe, as they remember all the years we have done the Farmer's Markets in Greenfield and Bernardston since the 1960's. My grandparents were Sterling and Natalie Nelson who lived in South Deerfield. Sterling was the owner of Pyrofax Gas who supplied gas for all of Deerfield and New England and was well-loved by their generation. He was in the Rotary Club and had attended Brown University, the only member of his family to leave New Sweden, Maine and pursue a higher education and start his family and business here, leaving behind a successful potato farming operation that our family still holds much of the land rights to. A nice family legacy of success in America. His parents had come from Sweden to settle the lands in rural Maine. He brought his true love here to Deerfield and two of his sisters came and settled in Rhode Island who were successful business owners of The Candle Snuffer, a lamp and antique business. This elegant family grouping made up many, many Swedish Christmases and Thanksgivings, sharing old-world stories full of Swedish dry humor and much laughter.

## Granny's Filled Cookies – Recipe

Amy Patt

Makes 12-14 cookies

Make the Filling first:

6 oz raisins

2 c boiling water

1/2 c sugar

1/2 c nuts, chopped

Cook fruit, sugar and water slowly, stirring constantly, until raisins are plumped and mixture thickens. Cool. Add the nuts. Set Aside.

Cookie:

1 c sugar

1 c shortening

1 egg well beaten

1/2 cup milk

3 1/2 c King Arthur flour

3 tsp baking powder

1/4 tsp salt

1 tsp vanilla

Pre-heat oven to 375 degrees. Cream sugar and shortening. Add egg, milk and vanilla. Sift flour with baking powder and salt. Mix into egg combo. Roll out dough 1/8" thick. Cut into rounds. Place 1 tsp filling between 2 cut pieces, seal around edges with floured fork. Prick tops. Bake on ungreased cookie sheet for 12-14 minutes.



## CookieMonster Finds the Sugar Cookies—Story Charlotte Stiverson, Columbus, Ohio

Visiting at Mamaw's always meant cozy times and yummy food. Whether it was a big family gathering or just one-on-one time with my grandmother, I always knew that she would be creating something tasty in the kitchen.

One of her specialties was cookies. At Christmas time, she and my mother baked and baked and baked, producing dozens of different types of cookies. Right after Thanksgiving the two of them met to divide up the cookies. Decorative plates and tins were jammed full of colorfully shaped cookies that were given as gifts to family, neighbors, teachers, bus drivers, and dear friends.

There is one cookie that always stands out in my mind and immediately connects me with my grandmother. It is her sugar cookie recipe that was given to her by her aunt. Mamaw often made this one just for my cousin and for me, because she knew it was a favorite treat. Before leaving for my freshman year of college, Mamaw delivered a tin filled with her homemade sugar cookies. This tin traveled with us as we made our way to college. Before the final school drop-off, we spent a few days at an historic family run inn. I carefully placed my cookies on the table in the room and figured I could eat half a cookie each day and still have cookies to enjoy during my first week away from home and family.

With this plan in place, I began the half cookie per day routine. After the first day, it seemed like something was wrong. Was it my imagination or was the tin not as full? Maybe it was time to count the cookies and see exactly how many there were. The next day when I went to enjoy another cookie half, a sugar trail was visible on the table around the tin. After counting, it was apparent that a cookie thief was also enjoying these homemade sugar cookies. As comical as this thought was, I really didn't want to lose all of my cookies, especially since this was my away from home connection with my grandmother. This mystery needed to be solved quickly before all of the cookies were gone. We talked to the inn's owners, who were good family friends, and after a brief investigation, a cleaning woman confessed to the "crime". She thought that it would be ok to eat a few, since they were left out on the table.

While no harm was meant, it became our inside joke with the innkeepers that they officially had a cookie monster on their staff. Even though the cookie monster took some of my grandmother's homemade sugar cookies, all was forgiven, because I know how hard it is to resist them. Today I have the recipe and my cousin has the cookie tin she used in her kitchen to store her cookies. Every time I use this recipe, which is written in her handwriting, I think about my grandmother and the good times together, and I also chuckle to myself about the cookie monster.

## MAMAW'S SUGAR COOKIES – Recipe

Charlotte Stiverson

(Recipe is from my grandmother who got it from her aunt, Aunt Mary Jane. She was my great-great aunt.)

¾ cup shortening

1¾ cups sugar

½ cup thick sour milk

2 eggs

1 teaspoon vanilla extract

½ teaspoon lemon extract

2 teaspoons baking powder

1 teaspoon baking soda

1 teaspoon salt

5 cups King Arthur Flour (4 cups for batter and 1 cup for rolling out the dough)

¼ cup white or colored sugars to sprinkle on top of cookies

Mix together the shortening, sugar, eggs, vanilla and lemon. Sift together the baking powder, baking soda, salt and 4 cups flour. Add the dry ingredients alternately with the sour milk. The dough should be just stiff enough to roll and cut. Roll out dough on floured surface to desired thickness, ¼ to ½ inch. A thinly rolled dough will make a crisp cookie, and a thicker one will make a soft cookie. Do not handle dough too much for a soft cookie. Before baking, sprinkle white or colored sugar on top of cookies.

**Mom's Apricot Danish: Inspired by and in Memory of Carol Jenks ~ Story**  
**Amy Stout, Montague, Massachusetts**

I grew up first eating and then baking these Sweet Dough Apricot Danish every holiday season with my Mom, Carol Jenks. She stopped baking when she developed Alzheimer's, many years before she passed away in 2012. I am inspired to carry on my mother's holiday tradition of baking this cherished, once-a-year family favorite, and have had my niece Peyton join me many times. We pick a day, usually the day before Thanksgiving and Christmas Eve. We start early by making the sweet yeast dough in the morning, setting it by the woodstove to rise, then we move on to hand chopping the apricots for the puree filling. Soon we are on to the fun part of rolling out and filling the sweet dough, stretching it into a horse shoe or circle, snipping the edges, so the rings will rise and then baking to a golden perfection. Then Peyton and I take turns glazing and garnishing with Maraschino cherries, maybe eating a few cherries, just for good measure. Since we only make these Apricot Rings once or twice a year, we usually make many to share and give as gifts. They are a true family tradition, a recipe that our entire family treasures and enjoys while remembering my Mom.

## **Sweet Dough Apricot Danish – Recipe**

**Amy Stout**

### **Sweet Dough**

1 cup Whole milk, scalded

1 cup Margarine (2 sticks) Melted & mixed into scalded milk

Mix 2 Packages Active Dry Yeast and ½ cup warm water with pinch of sugar in small bowl. Cover and set aside to allow yeast to activate.

In large bowl combine 6 cups King Arthur white flour, ¼ cup sugar and 1 tsp salt.

Make hollow in flour mixture. Add 1 egg at room temperature into well.

Once yeast has activated, tripled in size, add Scalded Milk mixture, Yeast Mixture and egg to the flour mixture in a large bowl.

Mix until combined. Turn dough onto pastry sheet and hand knead until dough is smooth and not sticky.

Move dough to well-oiled large bowl, set aside in a warm draft-free place covered with a clean dish towel to rise until double in size.

### **Apricot filling**

1 lb dried apricots (minced in food processor or chopped by hand)

¼ cup water and 2 tsp cinnamon

Mix together and cook down until apricots are soft and a paste forms

½ cup Margarine (1 stick) melted, to spread under apricot filling (see below).

### **Confectioner's Glaze**

1 cup confectioner's sugar and 1 TBSP water mixed to form light glaze for cooled rings.

1 jar Maraschino Cherries, drained, cut in halves and dried for garnish

### **Assembling the Danish:**

Once sweet dough has doubled in size, move to clean pastry sheet, punch down, split dough into 3 or 4 balls depending on size desired.

Roll dough out on pastry sheet into a rectangle, dough should be rolled very thin.

Cover rolled dough with melted margarine, sprinkle with cinnamon & sugar, and spread Apricot Puree over entire rectangle.

Starting at narrow end of rectangle, roll the filled dough pulling and stretching dough as you roll toward yourself. Shape filled, rolled dough into desired shape. We like the horseshoe, almost touching circle.

With clean scissors, snip outer edges of filled shaped dough to expose filling, about ¾ inches apart.

Cover filled ring with clean kitchen towel and set aside to rise again.

Bake filled rings in preheated oven at 350 degrees until golden brown and tapped ring sounds hollow. About an hour depending on size.

Cool uncovered. When completely cool, drizzle Confectioner's Glaze over ring and garnish with Maraschino Cherry Halves.

ENJOY!

**Grossmama's Dampfnudeln\*~ Story**  
**Swartzentruber Family, Greenfield, Massachusetts**

My parents came to America from Germany, and Christmas was a special time when many traditions from the Old Country were lovingly recreated at our house. Traditions like Advent calendars, poems for St Nicholas, Christmas stollen...and herring salad for Christmas Eve supper. This was a pungent creation, colored bright pink by beets and redolent with herring, onions, and pickles. We all dutifully ate our portion without complaint, because we knew what was coming for dessert: my grandmother's Dampfnudeln, cloudlike moist tender rich warm dumplings covered with luscious vanilla custard, which we ate until we couldn't eat any more. It was the most primal, delicious comfort food, and even today, no Christmas of ours is complete without them~although the herring salad tradition has not survived.

\* The name translates as "steam noodles", but "nudeln" is actually an old name for "dumplings." These are made with yeast, and steamed in milk and butter until the liquid forms a caramelized crust on the bottom.

## Grossmama's Dampfnudeln – Recipe Swartzentruber Family

Place in a large bowl:

**4 c sifted King Arthur's flour**

Make a well in the center. Put in

**1/3 c sugar**

**1 Tb yeast** (or 1 pkg, or a .6-oz. fresh cube)

Around the edge of the bowl, distribute:

**1/3 c soft butter**

**1/2 tsp salt** or to taste

**zest from 1 lemon** (optional)

Pour into the well half a cup from

**1 1/2 c lukewarm milk and 2 eggs**, and stir the center.

As the dough begins to get sticky, add the rest of the milk gradually and keep stirring/beating until everything comes together in a dough. Continue to work/beat the dough with a wooden spoon until it is smooth and forms air pockets. Let rise in a warm spot until doubled in bulk, about 1 hour.

Using floured hands, form dough into 12 dough balls. Let rise again on a floured board about 1/2 hour.

Into a large braiser or Dutch oven (13" or wider) with a lid, put

**1 1/2 c milk**

**1/3 c butter**

**1 Tb sugar**

Warm over moderate heat, then place the dumplings into the liquid in one layer.

Cover and bring to a boil.

Reduce heat to moderate and cook 15 min. **DO NOT LIFT LID** or dumplings will shrivel!

Reduce heat to low and cook about 30 min. longer without lifting the lid, or until the dumplings smell done and you can hear a slight sizzling, indicating the liquid is gone.

Turn out of the pan upside-down, revealing a slightly caramelized crust, and serve the hot dumplings immediately, each one torn apart and covered with warm vanilla custard.

### Vanilla custard

In a small bowl, beat slightly

**3 egg yolks.**

In another small bowl or cup, combine and stir well

**1 Tb cornstarch** with

3 Tb cold milk from

**1 c milk.**

Scald the remaining milk with

**1/2 c cream** and

**1 vanilla bean** with scrapings.

Remove vanilla bean. Add to the hot milk:

**1/4 c sugar**

**1/4 tsp salt** and the starch mixture, whisking well with the heat on low.

Pour 1/4 c of the hot mixture into the egg yolks, whisking well.

Gradually add the egg mixture into the hot mixture, whisking constantly. Custard will thicken but remain pourable.

Serve warm with fresh Dampfnudeln.

Homemade applesauce, plum compote or other stewed fruit is a great accompaniment.



**Croquembouche Season – Story**  
**Johanna Swartzentruber, Greenfield, Massachusetts**

By the time my youngest daughter Clara was about twelve, she considered herself a seasoned baker and was discovering the power of initiating, planning, and executing her own baking projects. Just before Christmas, she came across a glorious photo of the classic holiday centerpiece Croquembouche, a tower of cream puffs draped with strands of caramelized sugar. "Mom, I want to make THAT!" Cream puffs were already in her repertoire, but neither of us had ever spun sugar. She followed the directions exactly and was amazed and delighted when it worked perfectly-she was able to lift the whisk from the caramelized sugar and drape her cream-puff creation with crackling, delicious, hair-thin strands of caramel that magically melted away on the tongue. She was hooked! For a week or two that holiday season, we enjoyed an endless stream of croquembouches; she made one for our relatives, for the friends we visited, for our neighbors. And then she decided to make one during a sleepover at a friend's house. She directed the other girls in the boiling, the egg-cracking, the beating, the piping, the baking, the whipping of the cream, the filling of the puffs, the powdered-sugar dusting. Then it came time for the spun sugar. They put it on to caramelize and were having a great time entertaining each other...until they turned around to an awful burning smell and smoke pouring from the pot! Fortunately they had the presence of mind to open the back door and toss the acrid black mess out onto the snow. I heard they enjoyed their cream puffs, but I never did hear what became of the pot. My daughter is now grown, but our family croquembouche tradition continues. Every winter, it is the centerpiece of our holiday table and we remember the story of that first "croquembouche season."

Clara's Croquembouche—Recipe  
Johanna Swartzentruber

***I. Puff pastry:***

Preheat oven to 400. Bring

**4 eggs**

to room temperature.

Bring to a boil in a heavy-bottomed pot/saucepan:

**1 c water**

**1/3 c butter**

**½ tsp salt**

**up to 3 Tablespoons sugar** (optional)

Turn heat to LOW. Dump in all at once, and using a wooden spoon, stir, stir, stir! -

**1 c King Arthur flour**

As soon as the dough becomes smooth, clumps together and keeps an indentation when pressed, take off heat and let cool just a bit.

With a wooden spoon, beat in the eggs one at a time, getting the dough smooth after each addition. This takes some elbow grease!

As soon as the last egg is incorporated and a bit of the dough will stand erect, it is ready.

Use two spoons to form little round 'cabbage' shapes with about 1 Tablespoon of dough each, or pipe out dough with a pastry bag and a plain large nozzle.

Bake ten minutes at 400 and 20 more at 350, until puffed up, quite firm and light brown.

Cool away from drafts, or puffs will collapse.

***II. Filling:***

Whip:

**1 1/4 c heavy (whipping) cream**

with:

**2 Tablespoons confectioner's (10X) sugar**

Fill puffs only when completely cool.

Cut puffs in half and fill with a spoon, or use a pastry bag with a small round nozzle to puncture puffs and pipe filling in.

Dust with:

**2 Tablespoons confectioner's sugar**, shaken through a fine sieve.

***III. Spun sugar:***

In a small, heavy-bottomed saucepan, mix thoroughly:

**1 c sugar**

**1-2 Tablespoons corn syrup** (to help prevent graining)

**½ cup water**

Have a small bowl of cold water with some ice ready for testing.

With the lid on, heat the mixture and let it boil for a while, to let condensation wash away any crystals.

Then take the lid off. Once the bubbles are dense and small, the water has evaporated.

Just before the syrup starts turning darker yellow, start dropping a bit in the cold water to test the stage:

it will go through soft ball, hard ball, soft thread/crack, and finally hard thread/crack stage. After soft ball, the stages go very fast. Hard thread is where you want it, not beyond. On a candy thermometer, this is 300 degrees.

Dip a bit of each puff into the caramel and stick some together in a circle on the platter, then build them up into a pyramid, sticking them together with the caramel.

To spin the sugar syrup into hard, hairlike threads, lift the whisk high, letting threads form and drizzle over your creation.

Bon appétit!

## **Squash Squares – Story**

**Irene Thomas, Groveland, Massachusetts**

Growing up in a farming family has benefits and traditions. One benefit is having fresh and delicious ingredients available seasonally. As my brothers, the third generation of farmers in Hadley, continued farming the rich land, they grew some of the traditional crops, but also expanded and experimented with new crops. My brothers began to harvest tons of squash, especially butternut, and so my mother began to collect savory and sweet recipes for this winter vegetable.

One tradition of farm to table cooks is experimenting. My mother, an extraordinarily resourceful cook and baker, taught her three daughters, by her example, to take a recipe and try various alterations, as ingredients, time, and imagination nudged us to do so. Therefore, I have listed this easy recipe for Squash Squares as my mother wrote it out (a precious keepsake) for me, but I have included some alterations in parentheses after the ingredients. My daughters who are in Chicago and New York City still ask me to make this when they are coming to Massachusetts for a visit, and it is my pleasure to carry on this tasty tradition.

## Squash Squares - Recipe

Irene Thomas

Blend together in a mixer bowl (or in a large bowl in which to stir together the ingredients)

2 cups cooked and cooled squash

1 cup vegetable oil

2 cups sugar (1 cup unpacked light brown sugar, or 1/2 c. white and 1/2 c. light brown is our preference)

4 eggs, slightly beaten

Add in slowly

2 cups sifted King Arthur all purpose flour

2 teaspoons baking powder

1 teaspoon baking soda

1/2 teaspoon salt

2 teaspoons cinnamon (Add 1/4 to 1/2 teaspoon of a variety of spices like allspice, ginger, cloves, nutmeg, cardamon, orange zest)

Spread in an ungreased 10" by 15" cookie sheet and bake at 350 degrees for 20 minutes or until a toothpick inserted in the middle comes out clean.

The squares are a delicious dessert or breakfast treat (especially with the reduced sugar) just like this, or you may exercise your imagination and try a variety of toppings. In the past thirty years, here are two that we have enjoyed.

After they had baked for 10 minutes, my mother would sprinkle chopped nuts, walnuts or pecans or both, over the squares, and then let them finish baking.

Once the squares have cooled, frost them with a cream cheese icing. Mix and beat one 8 oz. package of cream cheese at room temperature with 1 cup powdered sugar (or more as needed to make a firm enough icing) and 1 tsp. vanilla extract (or 2 tsp. orange juice, especially if you have put orange zest in the batter). Spread evenly. If you like, sprinkle chopped nuts or orange zest on the icing.

**Dad's Banana Bread – Story**  
**Charles Kuklewicz, Turners Falls, Massachusetts**

The banana bread recipe that I wish to share is from my father. This recipe has been requested by many after they have sampled the dessert.

In the 1970s, my Dad and I belonged to the Franklin County Mineral Club. Each monthly meeting had a refreshment period where everyone brought in a favorite main menu or dessert dish. Needless to say the request was made that he always bring in his banana bread. After the meal, any leftover banana bread was highly sought after. I have continued to make this recipe for different parties, and often have to provide the recipe to those who have tasted it. For me it is the moistest, most banana-flavored bread ever, and it is so easy to make.

**Dad's Banana Bread - Recipe**  
**Charles Kuklewicz**

Cream together:

4 ripe bananas  
1 cup sugar  
½ cup canola oil

Cream together:

1 egg, beaten  
1 tsp baking soda  
1 tsp salt

Mix the above with:

2 c King Arthur all purpose flour

Bake in a 9" x 9" pan or a loaf pan, greased or sprayed with vegetable spray.

Bake 9" x 9" pan 40 minutes at 350 degrees.

Bake loaf pan 1 hour at 350 degrees.

Check to see that the bread is done by inserting a toothpick.

Enjoy.