

# April 2006

## The Recipes

### Frosted Triple Peanut Butter Cookies

This cookie combines a peanut butter dough, peanut butter chips and peanut butter frosting. If you are really feeling like a nut, you can add chopped peanuts on top of the frosting! This is a great cookie to make if you have no butter on hand.

¾ c. creamy peanut butter  
½ c. Butter Flavor Crisco shortening  
1 ¼ c. firmly packed light brown sugar  
3 Tbsp. milk  
1 Tbsp. vanilla (yes, TABLESPOON)  
1 large egg  
1 ¾ c. flour  
¾ tsp. salt  
¾ tsp. baking soda  
One package peanut butter flavored chips

Heat oven to 375 degrees F. Combine first 5 ingredients in large bowl and beat at medium speed with electric mixer until well blended. Add egg. Beat just until blended.

Combine flour, salt and baking soda. Add to creamed mixture at low speed until just blended. Mix in peanut butter chips. Roll a heaping Tablespoon into a ball with your hands, place on cookie sheet and flatten a little with fork tines. (Dip fork tines in flour first to prevent sticking.)

Bake for 7-8 minutes or until set and just beginning to brown. Cool on cookie sheets. Then frost with a dollop of frosting on top. (They are easier to frost before you remove them from the sheet.)

Frosting:

1/3 c. creamy peanut butter  
1 tsp. vanilla  
3 c. conf. sugar  
3 T. milk or cream (add more milk if necessary to make a nice thick frosting)

The cookie recipe was modified from a recipe found on the inside of the wrapper for the sticks of Butter Flavored Crisco. The Frosting was modified from one of my Aunt Jane's frosting recipes.

## **Cherry Bars:**

These are soooooo easy to make, and you can always have the ingredients on hand for last minute baking emergencies.

### Crumb Mixture:

- 2 c. flour
- 2 c. quick cooking oatmeal
- 1 ½ c. sugar
- 1 ¼ c. soft butter

Filling: 1 can of Cherry Pie filling (either the 21 oz or the next size larger will work.)

### Glaze:

- 1 Tbsp. soft butter
- 1/2 tsp. vanilla
- 1 c. conf. sugar
- 2 Tbsp. milk or cream

Heat oven to 350 degrees. In large mixing bowl combine all crumb mixture ingredients. Beat at low speed with electric mixer until crumbly. Save about 1 ½ c. crumb mixture for topping. Press remaining crumb mixture on the bottom of an ungreased 9 x 13 inch baking pan. Bake for 15 to 20 minutes until the edges are very lightly browned.

Remove from oven and spread cherry pie filling over the partially baked crust. Sprinkle with the remaining crumb mixture and continue baking for 27 to 32 minutes or until topping is slightly browned. Let cool and drizzle glaze over the top.

The above recipe was modified from a recipe originally taken from "Favorite Holiday Cookies", Land O Lakes, at page 35, called Chocolate Drizzled Cherry Bars. (1996).

**May 2006**

### **Another Recipe for Successful Evangelization**

Below is the Lemon Bar recipe I promised last month. Why not bake a batch of these or the Cherry Bars in last month's letter for Evangelization Sunday and take some to

- an elderly neighbor or relative
- a young mother with children who may not have time to bake
- the doormen or the guys who valet your car if you live in a high rise
- know any teenagers who don't like to eat?

When you surprise them with the goodies and they want to know what the occasion is, you can simply say with a big smile, "I'm celebrating Evangelization Sunday!" and leave it at that (unless, of course, they ask what that means...) Making friends is a good first step for an evangelizer. June will be strawberry season. I'll give you a recipe for an easy and awesome fresh strawberry pie that I've made since I was about 12. ANYONE will be able to make it and it is so good.

### **The Recipe**

This recipe came from Mike Anderson's mom, Pat. Mike is an attorney in my office., and since I know Mike is forwarding this to his mom, I'll say "Thanks, Pat, for sharing the great recipe and for raising such a great son!" (That's the opinion of the whole office.)

#### **Lemon Bars**

2 cups flour

½ c. powdered sugar

1 c. butter

Mix like pie crust (actually I use a mixer)

Press evenly in 13" x 9" x 2" pan. Bake 15 min. at 350 degrees.

In medium bowl, mix:

4 eggs – beat until fluffy

2 c. sugar

4 Tbs. flour

7 Tbs. fresh lemon juice (about 2 lemons)

Pinch of salt

1 tsp. baking powder

Mix altogether and pour over crust.

Return to oven and bake for another 20 minutes at 350.

When cool, sprinkle with powder sugar. Enjoy and share some with your co-workers!

## June 2006

### Another Recipe for Successful Evangelization

There are many successful recipes for evangelization. Some require a lot of time, planning, coordination and resources. Others, however, take very little effort and can be equally significant in impact. For instance, I lector at Holy Name Cathedral. After we process out at the end of mass, rather than make a bee-line to the sacristy, I stand on the steps and say goodbye to people as they leave. I say simple things like: “Thanks for coming.” “Nice to see you today.” “Have a good week.” “Take care this week.” “See you next week!” Inevitably, an otherwise somber face lights up and smiles back. Something else also occurs quite often. As I am saying good-bye to people, out of the corner of my eye, I see someone standing off to the side, waiting for me to be free. Several times, I have had young adults and others then approach me and ask how to get involved in a certain activity. Sometimes, all you need to do is be “available” to be an effective evangelizer.

So as a reminder that evangelization can be simple, in addition to the Strawberry Pie recipe I promised, I am going to give you a really simple low fat recipe that is really good. The kids will even be able to make it.

The year is almost half over. Are you a better disciple today than you were on January 1? Let’s all continue to help each other as we travel the path toward holiness.

### **Strawberry Glace Pie<sup>1</sup>**

Baked 9” pie shell  
1 ½ qts. Strawberries  
1 c. sugar  
3 Tbsp. cornstarch  
½ c. water  
1 Tbsp. butter or margarine  
1 c. heavy cream  
2 Tbsp. powdered sugar

- Hull, wash in cold water and thoroughly drain berries. Crush enough (with potato masher) to make 1 cup.
- Combine sugar and cornstarch. Add crushed berries and water. Cook over medium heat, stirring constantly, until mixture comes to a boil. Continue cooking and stirring over low heat 2 minutes. The mixture will be thickened and translucent. Remove from heat and stir in butter. Cool.
- Place whole berries in the pie shell. (If they are really large, I cut them in half.) Reserve a few choice whole berries for garnishing. Pour cooked mixture over berries and chill at least 2 hours.

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<sup>1</sup> Farm Journal’s Complete Pie Cookbook, Doubleday & Co. Inc., p. 68, 1965.

- Whip cream until peaks almost stand on their own. Add the powdered sugar and continue whipping until peaks stand on their own. Serve pie topped with whipped cream.

## **The Crust:**

If you don't have time or the courage to make a crust, I think you could probably buy one of those frozen crusts and bake it. Here, however, is a simple recipe for a 1-crust pie.

1 c. flour

½ tsp. salt

1/3 c. plus 1 TBSP vegetable shortening (I use Butter Flavored Crisco)

2-3 TBSP cold water

Mix flour and salt in a bowl. Cut in shortening with a pastry cutter until the mixture is like coarse meal. Sprinkle the water into this a Tablespoon at a time, mixing with a fork just until dough holds together and will shape into a ball. On lightly floured surface, roll out the pastry with lightly floured rolling pin. (For a no fuss method, I sprinkle a couple drops of water on the counter and then put down a piece of wax paper. The water makes it stick to the counter temporarily. Then lightly flour the wax paper. When you are done rolling, just pick up the wax paper and throw it away.) I use the rolling pin my great grandmother used more than 50 years ago to make apple slices. It spins on its bearings as if it were made yesterday! Gently fold over rolled out pastry and lift into the shell. Unfold and form into pie plate. Prick the entire shell all over with a fork to keep it from shrinking during baking. Preheat oven to 425 degrees. Bake about 15 minutes until lightly browned. Cool before filling.

## July 2006

### The Recipe

Did you ever wish you could serve those great candied nuts at a party, but they cost a little more than you wanted to pay? Here is a really simple way to make them yourself. A couple of people have asked that I move beyond desserts. So next month, I'll give you a recipe for an easy dish you can take to a pot luck. In fact, I think I'm going to make it today to take to the St. Peter's picnic. My mother-in-law makes it for their church potlucks, and they have to limit the little kids on how much they can take because everyone loves it so much. In the meantime, here's the recipe for Candied Pecans, because you just never know when you're going to feel like a nut. (Sorry...)

### **Candied Pecans**

1 egg white  
1 T. water  
5 c. pecan halves  
1 c. sugar  
3/4 tsp. salt, 1/4 tsp. cloves, 1/4 tsp. nutmeg, 1 tsp. cinnamon

Beat the egg white and water. Stir in pecans and sprinkle with the dry ingredients (already blended together). Mix well to coat each pecan well. Pour on to well buttered cookie sheet. Bake at 300 degrees for 30 min. Cool. Break apart and enjoy.

## September 2006:

### **The Recipe**

I promised to go beyond desserts this time, and although this isn't the recipe I planned to include (I still haven't measured the ingredients for you since I don't follow a recipe on that one...), I am including my two all-time favorite recipes for dips. I have used these so many times with great success, I can barely read the words on the recipe cards. Enjoy them and share them with your friends!

### **Dill Dip**

2 c. mayonnaise  
1 c. sour cream  
2 t. dill weed (I use fresh whenever possible, chopped very finely. You can add more to taste.)  
1/2 to 1 tsp. garlic salt (to taste)  
A few good drops of Tabasco sauce  
A few shakes of paprika if you have it. (Don't worry if you don't.)  
A Tbsp of minced onion (good, but not necessary if you don't have it.)  
A tsp. of parsley flakes (again, good but not necessary.)

As you can see, I've learned that the last three ingredients are nice, but not necessary to a great dip. I usually get a round loaf of dark rye, but off the top, hollow it out and put the dip inside. Cut or tear up the bread that comes from the inside and arrange it around the base of the bread for dipping.

### **Spinach Dip (cold)**

1 ½ c. sour cream

1 ½ c. mayonnaise (not miracle whip. Although I have tried the non-fat or light versions, I like the original mayo in the dip recipes. If you want to save on fat grams, I would go with a lite sour cream instead.)

1 envelope Knorr vegetable soup mix (just the dry ingredients- do not add water)

1 medium onion diced

1 small can of water chestnuts chopped

10 oz. frozen spinach, thawed and drained well (you can thaw in the microwave at the last minute if you need to.)

Mix all together in a bowl. As with most dips, it's probably best to make the day ahead so the flavors can mix, but it's not entirely necessary.

Enjoy!

## **November 2006**

### **The Recipe**

#### **White Chocolate Party Mix:**

6 c. Rice Chex

3 c. regular Cheerios

2 c. of the tiny pretzels

1 lb. bag of plain M&Ms

2 c. dry roasted peanuts (optional. I don't use peanuts in mine)

1 ½ lb. Almond Bark (you can usually buy this in the baking section of the grocery)

Melt Almond Bark in top of a double boiler. Mix rest of ingredients in a very large bowl. When Bark is melted, pour on top of the dry ingredients and stir until well coated. Place wax paper on about two large cookie sheets and spread mixture onto wax paper. When completely cooled, break apart and eat! Keeps well.