

Cooking Rocks!

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Van Antwerp & Friends

Family Recipes

Sharing our best recipes with you

Compiled from recipes
of my family and friends
by
George B. Van Antwerp

Van Antwerp and Beale Publishers

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*Cover photo of John Leidlein,
neighborhood chef,
by George Van Antwerp*

Cooking Rocks!



John Leidlein of Detroit enjoys cooking!

*“The kitchen is a country
in which there are always
discoveries to be made”*

... Alexander Bathasar Laurent
Grimod de La Reyniere
1804

A Meal Prayer *(Sing to the tune of Edelweiss)*

Bless our friends
Bless our food
Come, Oh Lord, and be with us.

Let our talk
Glow with peace
Come with Your love to surround us.

Friendship and peace
Let it bloom and grow
Bloom and grow forever.

Bless our friends
Bless our food
Bless this family forever.

Borrowed from a wonderful retreat house in the Albany Diocese at
Pyramid Lake where Fr. Joe Girzone of "Joshua" fame conducts
retreats during the month of July

Prologue

My mother's dumplings made the frequently served Irish Stew something special in our home. That might be the reason that I included it in this book. There must be countless children whose lives would be enriched if they only had dumplings on top of their stew!

I started several years ago to gather some of my favorite recipes. I have had these recipes on my computer and often would print copies for my friends. This experience gave me the impetus to expand and produce a book. I simply asked my friends to send me their favorite recipe or two. Their "favorite recipe" might be original or perhaps something they found in a book. It might be a recipe passed down through the years in their family. More important is that it is a formula for pleasant and nourishing eating.

Once I started on this book, my wife brought out a binder with index cards of recipes assembled by one of my six sisters about 1983. It had recipes from all of my sisters and my sisters-in-law, some of whom are now deceased. I found it fitting and appropriate to include many of their recipes here and to rightfully call it, "***Cooking Rocks! Van Antwerp and Friends Family Recipes***". (The "rocks" word comes, of course, from someone younger!)

I want to thank all who contributed time and recipes to this book, even those who asked no to list their names.

I hope you will use these recipes. Try them. Let me know the ones you especially like. If one is not good, please let me know. Enjoy!



Home Cooking

A poem by Marilyn Sickle -- 2004

The kitchen was warm
The smells were delicious
Mom's home cooking
Was always scrumdilly delicious.

What happened to cooking?
Where did it go?
Out with the moms
Who are working, you know.

Off to work, to a class, to a game,
Each day's tasks are never the same
Here are ideas to give a great treat
Make your whole family
something real good to eat.

Everyone, everywhere can learn to cook.
Just follow the recipes inside my book.
Go ahead, try it, and you will see
Some great food for your whole family.

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Cooking Rocks!



*Brie cheese baked in a croissant roll by **Liann Yates** and **Bruce Bonnell** of **Mount Pleasant, Michigan** (recipe p.2)*

Appetizers

Baked Brie

*This was served at Christmas Eve 2003 dinner at our daughter, **Karon Van Antwerp's** home as an appetizer brought by **Liann Yates** and **Bruce Bonnell** of **Mount Pleasant, Michigan**. (See photo on previous page.)*

Ingredients

1 block of brie, camembert or any soft creamy cheese
1 pkg Pillsbury Crescent rolls
Herb(s) - Basil or Oregano or Dill (or whatever suits your fancy) ---
Even salsa, jam, or fried garlic
Egg yolk

Directions

Open crescent rolls and spread out the dough. You need enough dough to completely cover your cheese.

Cut the cheese horizontally into 2 or 3 layers and sprinkle a couple of tablespoons of your desired herb on each layer.

Reassemble cheese and wrap dough completely around the cheese. Brush egg yolks on the dough.

Cook at 350° F for approximately 15 minutes, or until nicely browned. Serve with french bread or crackers.

Serves one hungry cheese monster, or many regular friends.

Hors D'oeuvres

Tomato/Zaatar, Etc.

Connie Soma says "I got this recipe from a lady of Lebanese descent whom we met at a New Year's Eve gathering. It was published in the local paper and the ethnic food store in Traverse City had many demands for the herb Zahar or Zatar. In Detroit it can be obtained at the Eastern Market and probably other ethnic stores.

First Layer

1 lb of Feta Cheese, crumbled
Sprinkle 2 tbsp of Zaatar seasoning

Second Layer

3 diced tomatoes
Sprinkle 2 tbsp of Zaatar Seasoning

Third Layer

2 bunches of green onions, chopped (green part only) (I use entire onion)
Sprinkle 2 tbsp of Zaatar seasoning
Drizzle with olive oil

Note: Oregano, a bit of sage, salt, lemon zest may be substituted for Zaatar.

Note: The spices may be spelled zatar or zahar.

Pretzels

I don't know where this recipe came from. It's here because you might enjoy making some with your children or just to show off at a party. You should teach them the "legend", too. I'll bet no one else makes them!

The Legend of the Pretzel: *In the 5th century, the pretzel began as Lenten bread consisting of water, flour and salt. The ingredients reflected the days when the faithful kept a very strict fast during Lent and abstained from milk, butter, cheese, eggs, and meat. As a reminder to pray, these breads were shaped to represent arms crossed over the heart in prayer. The name "pretzel" came from the 7th century monks who would give these breads called "pretsula" (Latin for "little reward") to children who had remembered their Bible verses and prayers. The name evolved into "pretzel" in Germany, where many believed that eating pretzels would bring good luck, prosperity and spiritual wholeness.*

Set oven at 425° F

Dissolve one package of yeast in 1-1/2 cups of warm water.

Add 1 teaspoon of salt and 1 teaspoon of sugar. Stir.

Blend in 4 cups of flour.

Form into desired shapes.

Brush with one beaten egg.

Sprinkle with coarse salt or sesame seeds.

Bake for 12 minutes.

Cocktail Meatballs

Judy Janes, from Rochester, Michigan, sends this "favorite" for you to enjoy. Judy and her husband, Joe Janes are good friends of ours.

Ingredients

1 lb ground beef
½ cup dry bread crumbs
½ cup minced onion
¼ cup milk
1 egg
1 tbsp snipped parsley
1 tsp salt
1/8 tsp pepper
½ tsp Worcestershire sauce
¼ cup shortening
1 bottle (12 oz) chili sauce
1 jar (10 oz) grape jelly

Directions

Mix ground beef, bread crumbs, onion, milk, egg & next four ingredients; gently shape into 1" balls.
Melt shortening in large skillet, brown meatballs.
Remove meatballs from skillet, pour off fat.
Heat chili sauce and jelly in skillet, stirring constantly until jelly is melted.
Add meatballs and stir until thoroughly coated.
Simmer uncovered for 30 minutes.

Makes 5 doz.

Piccalilli

Another recipe from my great neighbor, “Frenchman” Norm Brault (pronounced “Browe”) of Royal Oak, Michigan:

“I was brought up on ‘a lot of’ canned items. Canning is quite easy. Just remember a favorite saying from my dear Mother. She truly believed in the inverse of a common maxim in our computer world—garbage in garbage out. So her saying, said in French, would go somewhat like this: Good things in, good things out (or whatever). So the meaning here is don’t be afraid to throw in all the good vegetables (your neighbors or George Van offer you). To listen to him, only delicious tastes result.”

Ingredients

5 or more green tomatoes (stems & bad parts removed)
5 or more green peppers (they could be red if he offers that). Adds color.
3 or more large onions
2 cups green beans
2 cups cauliflower broken into smaller buds
2 cups corn kernels
¼ cup pickling salt (a fancy way of saying kosher salt)
3 cups sugar (at least)
2 cups vinegar (white or cider – whatever is in your cupboard)
2 cups water
2 tbsp mustard seed
1 tbsp celery seed
1½ tsp turmeric

*Save yourself some effort. Throw in a pinch or two (Mother’s measuring unit) of pickling spice. It has most of the above spices. **continue***

Directions

Grind (using a coarse blade) the vegetables in a food grinder. Place in large pan or bowl, sprinkle with pickling salt and let stand overnight. Guaranteed to make your house smell like you are a master canner. Next day rinse and drain.

Combine sugar, vinegar, spices and 1 cup water (at least). Pour over vegetables that are by now in a large cooking pot. Bring to a boil. Reduce heat and let boil for a while (ok say 5-10 minutes)

Ladle into hot jars (just went through the dish washer), leaving a ½ inch headspace. Adjust lids. Process for 15 minutes in boiling water. (I learned over the years that the boiling water does not enter the jars when submerged.)

The above will make at least 10 pints, so be prepared.

Mexican Rollups

*Another recipe for appetizers from **Judy Janes** who suggests that they are better if they are made the day before you need them.*

Ingredients

12 oz cream cheese
1 tbsp chopped green chilis (small cans)
3 tbsp chopped pecans
3 tbsp chopped black ripe olives (small can)
5 tbsp or less chopped green onions
1 to 2 cloves garlic -optional
8" flour tortillas

Directions

Mix all ingredients together and spread on tortillas and roll.

Cut before serving. The dip is salsa.

Water Chestnuts In Bacon

*A winner at any party, **Judy Janes** recommends the chestnuts as an appetizer. They are simple to make and are eaten almost as fast as you put them out!*

Ingredients

2 cans (5 oz) water chestnuts – whole
10 strips of bacon, cooked and cut crosswise
(makes 20)
½ cup soy sauce
2 tbsp sugar

Directions

Wrap bacon around the water chestnuts and affix with toothpicks.
Marinate 30 minutes in soy sauce and sugar mixture.
Place on rack in shallow pan or broiler.
Bake 30 – 35 minutes

Aileen's Crab Dip

*Aileen and John Sanders are friends and belong to our church bridge group with us. They invited our whole group to spend Halloween weekend at their new home in **South Carolina** in 2003. Aileen is famous for her Hors d'oeuvres at our gatherings.*

Ingredients

1 lb crabmeat
2 cups mayonnaise
1 tbsp horseradish
2 tbsp capers
1 tsp grated lemon rind
½ tsp garlic powder
2 dashes Tabasco
1 tsp Worcestershire sauce

Directions

Preheat the oven to 350° F.
In a mixing bowl, combine the mayonnaise, horseradish, capers, lemon rind, garlic powder, Tabasco and Worcestershire.
Mix well and fold in the crabmeat.
Transfer to a 2-quart casserole.
Bake uncovered for 20-30 minutes or until bubbly.
Serve with assorted crackers.

Makes 3 cups.