



TXWES EATS

★ REUNION COOKBOOK ★
2021





PRIZE-WINNING APPLE-RING PICKLES

Submitted by: Vivian Wieting White '59

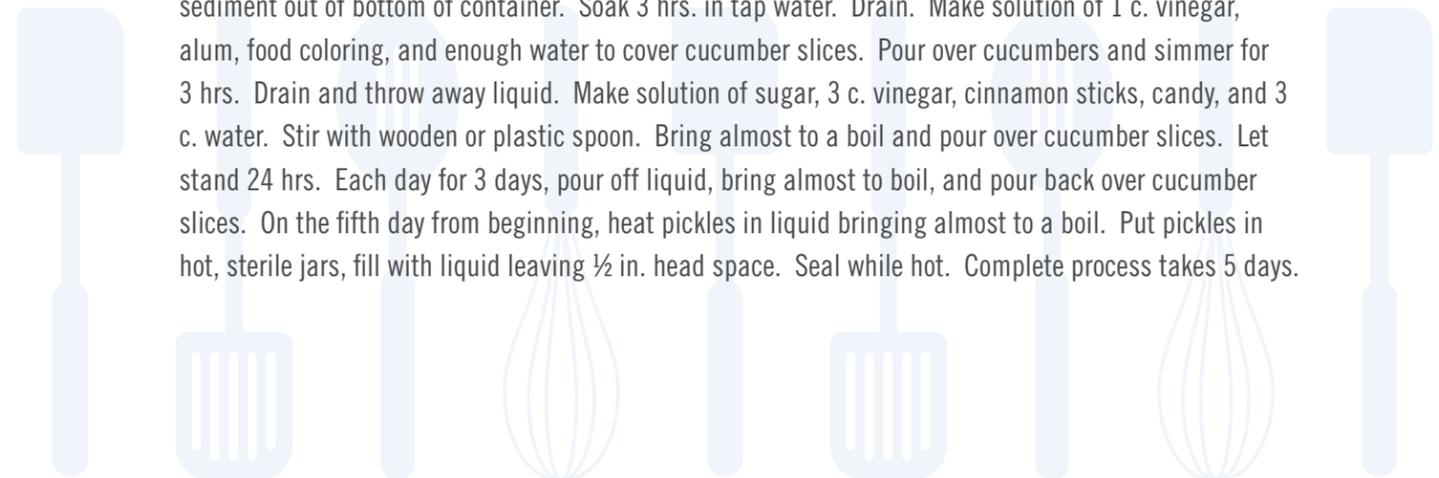
SAVORY

INGREDIENTS:

16 – 18 large cucumbers (the ones that get too big to use, or if buying them, get the largest salad cucumbers you can find)	1 Tbsp. alum
2 gallons plus 3 c. water, divided	1 oz. red food coloring
2 c. pickling lime	5 lbs. (11 ¼ c.) sugar
4 c. vinegar, divided	12 sticks cinnamon
	30 oz. cinnamon red-hot candy

DIRECTIONS:

Peel, slice, and seed cucumbers; cut in rounds ½-inch thick. (Use a doughnut-hole cutter and/or a syrup bottle plastic cap with a couple of holes melted or punched in it to cut the seed center out of each slice. This works best on a cutting board.) Cut enough slices to make 2 gallons. (I cut the top off a plastic gallon milk jug to use for measuring.) Put slices in large crock or plastic container. (A fast-food 5 gal. pickle bucket works well.) Combine 2 gal. of water and lime, stir well, then pour over cucumbers. Soak for 24 hrs., then drain off lime water. Wash cucumbers several times and drain, being sure to wash lime sediment out of bottom of container. Soak 3 hrs. in tap water. Drain. Make solution of 1 c. vinegar, alum, food coloring, and enough water to cover cucumber slices. Pour over cucumbers and simmer for 3 hrs. Drain and throw away liquid. Make solution of sugar, 3 c. vinegar, cinnamon sticks, candy, and 3 c. water. Stir with wooden or plastic spoon. Bring almost to a boil and pour over cucumber slices. Let stand 24 hrs. Each day for 3 days, pour off liquid, bring almost to boil, and pour back over cucumber slices. On the fifth day from beginning, heat pickles in liquid bringing almost to a boil. Put pickles in hot, sterile jars, fill with liquid leaving ½ in. head space. Seal while hot. Complete process takes 5 days.





At 5 oz. per serving, 16
At 8 oz. per serving, 10
At 11 oz. per serving, 7

AN ENGINEER'S POTATO SALAD

Submitted by: Don White '61

Here is a favorite recipe from my family. My mother, Beulah White, had been making this potato salad for our family of four boys during our growing up years of the 1940-50's, then in the 1960's my dad, Howard White, started making larger quantities of it for their church Central UMC Galveston's bazaar and other fund raisers. Dad was a Structural Engineer (a certified Professional Engineer, US Corps of Engineers, Galveston, TX). His engineer-mind figured out all the quantities of ingredients for large amounts of potato salad and the serving-portion sizes. He then began calling it "An Engineer's Potato Salad". It has become a favorite now of 5 generations in our family! Enjoy! Can be doubled, tripled, etc. for a crowd.

INGREDIENTS:

5 lbs. potatoes, boiled, peeled, diced	¼ lb. yellow Bermuda onions
½ qt. Mayonnaise, lite	2 fluid oz. diced pimento
½ doz. large eggs, boiled & diced	¼ average-size bunch green onions
½ pt. mustard	½ Tbsp. salt
¼ average-size bunch fresh celery	½ average-size bell pepper
3 fluid oz. sweet pickle relish	½ teas. black pepper

DIRECTIONS:

California potatoes are generally preferred, because they are less apt to crumble when boiled, but at some seasons of the year a saving of 50% or more may be made by substituting a good grade of russet potatoes. After boiling, cut into cubes not exceeding ¾ inch. Only the select portions of green onion tops should be cut in segments of 1/8 inch or less, to add color as green circles, the remainder being finely chopped in a blender with celery and onion. Bell peppers should be hand-cut into ¼ inch or smaller squares to give green color. Instead of using all green peppers, a few red bell peppers may be used to supplement the red pimento in color.



TASTY, QUICK AND EASY CHEESE BISCUITS

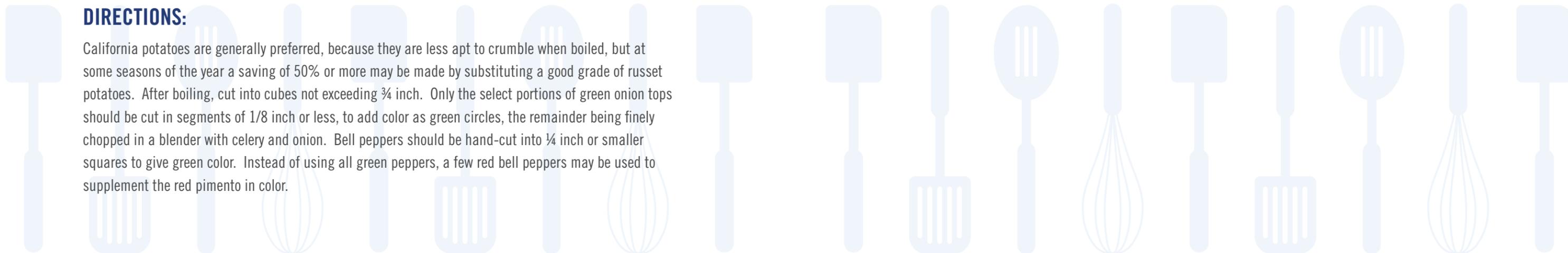
Submitted by: Jane Childers '70

INGREDIENTS:

2 cups self-rising flour
2 cups sharp cheddar cheese, grated
1 cup sour cream
2 sticks of butter, melted
1 tsp chili powder

DIRECTIONS:

Preheat oven to 350 degrees.
Lightly grease a cookie sheet.
Mix the ingredients.
Drop by small spoonfuls onto greased pan.
Bake for 17 minutes, serve warm.





BARBECUE SAUCE

Submitted by: Evan Faris '76

This is my favorite barbecue sauce because it is so versatile. It's a sweet, tomato-based sauce but if you want more of a sweet heat then add a bit more cayenne and maybe some of your favorite pepper sauce to it.

INGREDIENTS:

2 cups ketchup	2 tablespoons butter	½ teaspoon cayenne pepper
1 15oz can of tomato sauce	½ teaspoon garlic powder	1 teaspoon salt
1 ¼ cups brown sugar	½ teaspoon onion powder	1 teaspoon coarsely ground black pepper
½ cup red wine vinegar	¼ teaspoon chili powder	
¾ cup apple cider vinegar	1 teaspoon paprika	
½ cup unsulfured molasses	¼ teaspoon ground cinnamon	

DIRECTIONS:

In a large saucepan over medium heat, mix together the ketchup, tomato sauce, brown sugar, vinegars, molasses, and butter. Season with garlic powder, onion powder, chili powder, paprika, cinnamon, cayenne, salt and pepper.

Reduce heat to low, and simmer for up to 20 minutes. For thicker sauce, simmer longer, and for thinner, less time is needed. Sauce can also be thinned using a bit of water if necessary.



CRANBERRY ROSEMARY PECAN CHICKEN SALAD

Submitted By: Evan Faris '76

Many times when I go to the grocery store I pick up a rotisserie chicken because they are quick, easy, and can be used for so many different things. Here is a favorite of mine, Cranberry Rosemary Pecan Chicken Salad. Besides a traditional sandwich I serve these as wraps in a flour tortilla along with some baby spinach.

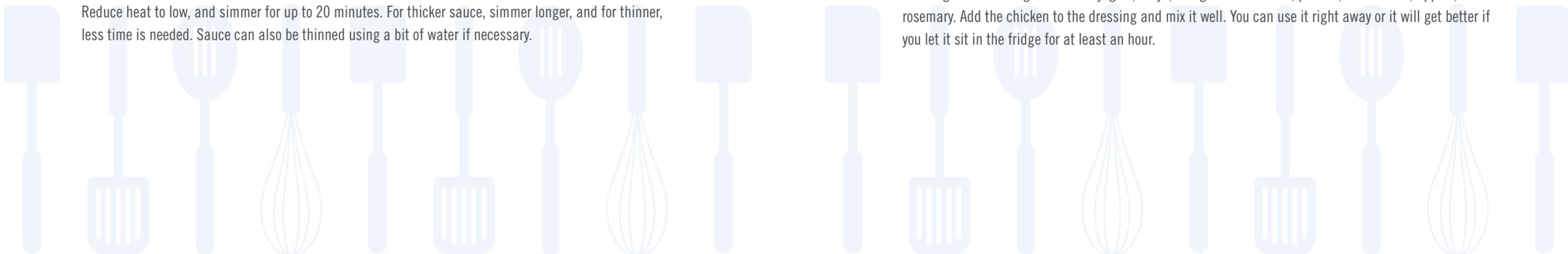
INGREDIENTS:

1 rotisserie chicken	⅓ cup Honey Greek yogurt
¼ cup pecans, toasted and roughly chopped.	2 tablespoons mayo, (I use Duke's)
1 Granny Smith apple, diced into small chunks.	2 tablespoons apple cider vinegar
½ cup dried cranberries, roughly chopped.	1 tablespoon rosemary, minced.
1 ½ tablespoons shallot or onion, finely minced	

DIRECTIONS:

Put the diced shallot or onion in a small bowl and add the vinegar. Let this sit while you finish everything else. I usually use the chicken breast from the rotisserie chicken for this recipe. If you find you need more meat for the salad then add the thighs. Remove the skin from the chicken and shred or dice the meat.

In a large bowl mix together Greek yogurt, mayo, vinegar and shallots, pecans, cranberries, apples, and rosemary. Add the chicken to the dressing and mix it well. You can use it right away or it will get better if you let it sit in the fridge for at least an hour.





PIMENTO CHEESE

Submitted By: Evan Faris '76

Growing up I hated pimento cheese, that tub of orange junk with red sprinkled throughout that my mom bought at the store. I don't know what it was - the taste, the texture, both? Anyway, when I started catering, I was asked to do a lunch spread with sandwiches and salads so I thought I should probably add a pimento cheese to the mix. I found out that making pimento cheese from scratch is amazing and it has so many uses. I've used it in Pimento Cheese Grits, as a topping for a burger instead of a slice of cheese, or maybe stir some into some rice.

INGREDIENTS:

- 8 oz cream cheese
- 2-3 tbsp mayo (I prefer Dukes)
- 8 oz sharp cheddar
- 4 oz pimentos
- jalapeño – seeded and diced (optional)
- ½ tsp onion powder
- ½ tsp garlic powder
- ½ tsp kosher salt
- ½ tsp coarse black pepper
- Pinch of cayenne pepper

DIRECTIONS:

Cream the cream cheese and mayo in a mixer. Add the rest of the ingredients and mix until combined.



CHOW MEIN CHICKEN SALAD

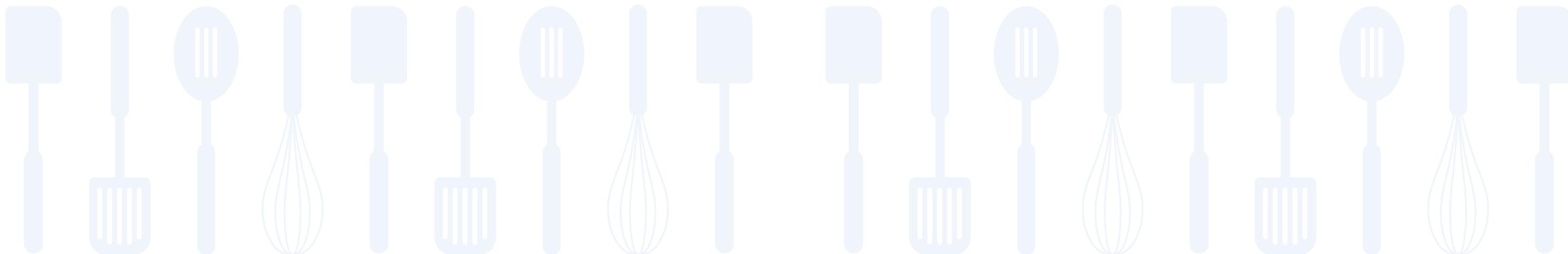
Submitted by: Susan Rauss Walker '76

INGREDIENTS:

- 1 T. butter or margarine
 - 2 T. Worcestershire sauce (or try soy sauce or a combination of both)
 - 1 can (3 oz.) chow mein noodles
 - 4 c. cubed cooked chicken
 - 1-1/2 cups diagonally sliced celery
 - 1/2 c. sliced water chestnuts
 - Lettuce leaves
- Dressing:**
- 1 c. mayonnaise
 - 1 tsp. onion salt
 - 2 T. Worcestershire sauce (or soy)

DIRECTIONS:

Melt butter in shallow baking pan and combine with 1-2 T. Worcestershire sauce (or soy). Add chow mein noodles and toss to coat with mixture. Bake at 300 degrees for 20 minutes, stirring occasionally. Mix dressing ingredients. Just before serving, add dressing to chicken, celery, water chestnuts, and part of chow mein noodles. Stir gently to coat. Serve chicken salad on bed of lettuce leaves, garnish with remaining noodles. Makes 6 servings.





SWEETER DRESSING

Submitted by: Anne Street '78

INGREDIENTS:

- 5 T sugar
- 1 t salt
- 3/4 t grated onion
- 1/2 t celery seed
- 1/4 t dry mustard
- 1 clove garlic
- 1/2 C Wesson oil
- 1/4 C vinegar
- 2 drops Tobasco

DIRECTIONS:

Mix and shake well, remove garlic before serving.



EGG SALAD FOR SANDWICHES

Submitted By: Thane Arther '86

INGREDIENTS:

- 8 eggs
- 3/4 cup mayonnaise
- 1 1/2 teaspoon prepared yellow mustard
- 1/2 cup chopped green onion (entire onion)
- 1/2 teaspoon paprika
- 1 1/2 teaspoon Worcestershire Sauce
- Salt and pepper to taste

DIRECTIONS:

Place eggs in a saucepan and cover with cold water. Bring water to a boil. Cook 10-12 minutes. Remove from hot water into a container with ice and water to cover the eggs.

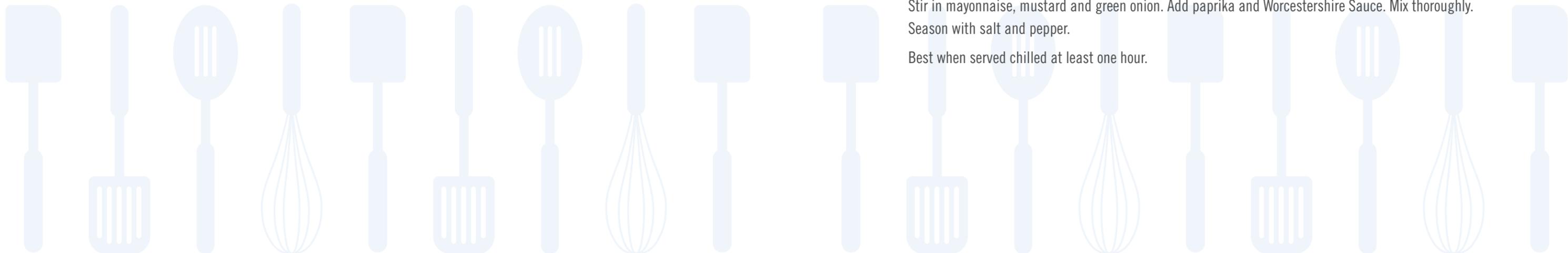
Let sit for 15 minutes, cool and peel.

Option 1 – Use grater to finely grate all eggs into a large mixing bowl. (This is what I prefer.)

Option 2 – Chop into small pieces.

Stir in mayonnaise, mustard and green onion. Add paprika and Worcestershire Sauce. Mix thoroughly. Season with salt and pepper.

Best when served chilled at least one hour.





MEXICAN SOUP

Submitted By: Thane Arther '86

INGREDIENTS:

2 lbs. – Ground meat browned with onion.

(Do Not Drain Cans)

2 cans – Kidney Beans

1 can – Pinto Beans

1 can – White Corn

1 can – Hominy

1 can – Stewed Tomatoes

1 can – Rotel Tomatoes with Chilies

1 can – Green Chilis Chopped

1 can – Beef Broth

1 package – Taco Seasoning

1 package – Ranch Dressing

DIRECTIONS:

Add all ingredients.

Best cooked in crock pot. Cook three hours on high. Turn to warm.

Serve with hot cornbread straight out of the oven.



SALMON, POTATOES & MUSHROOM

Submitted By: Thane Arther '86

INGREDIENTS:

2 Salmon Filets

2 Medium Potatoes

2 Sprigs Fresh Rosemary

1 Cup Fresh Mushrooms – Stemmed and quartered

1 Cup Fresh Spinach

1 7oz Pouch Parmesan Cheese

1 tablespoon butter

1 tablespoon sour cream

Olive Oil

Garlic Salt

Salt & Pepper

DIRECTIONS:

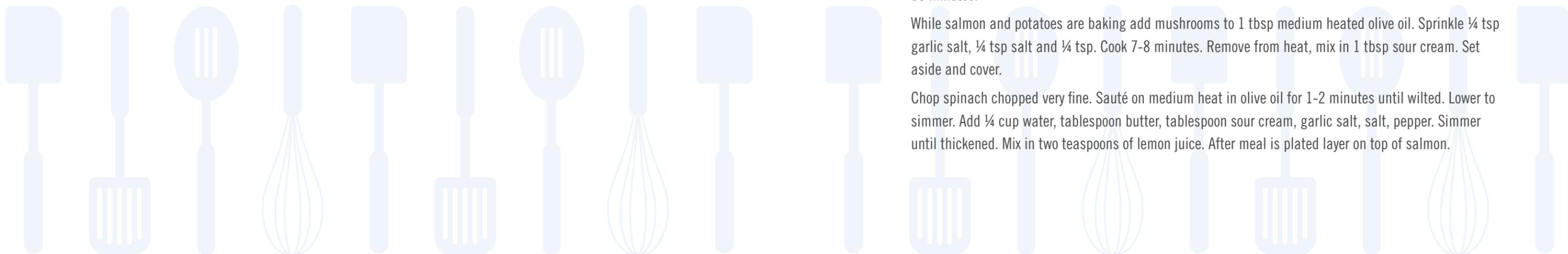
Preheat oven to 400 degrees. Cover cookie sheet with foil. Spray with Pam.

Peel potatoes and cut in ¼ inch rounds. Peel rosemary and chop fine. Mix 2 tsp olive oil, rosemary, ¼ tsp salt, ¼ tsp pepper with potatoes. Put potatoes on two-thirds of cook sheet not layered as much as possible. Sprinkle heavily with fresh Parmesan cheese. Bake 10 minutes. Remove from oven and flip.

Add salmon filets skin down to other one-third cookie sheet. Salt and pepper liberally. Bake both for 15-18 minutes.

While salmon and potatoes are baking add mushrooms to 1 tbsp medium heated olive oil. Sprinkle ¼ tsp garlic salt, ¼ tsp salt and ¼ tsp. Cook 7-8 minutes. Remove from heat, mix in 1 tbsp sour cream. Set aside and cover.

Chop spinach chopped very fine. Sauté on medium heat in olive oil for 1-2 minutes until wilted. Lower to simmer. Add ¼ cup water, tablespoon butter, tablespoon sour cream, garlic salt, salt, pepper. Simmer until thickened. Mix in two teaspoons of lemon juice. After meal is plated layer on top of salmon.





DEEP-DISH CHICKEN POT PIE

Submitted by: Amy Paige (Wolf) Condon, '90

In 1993 I moved from Fort Worth to Miami, Florida, for what I thought would be a one-year internship. I stayed for 16 years. I came home often, though, and the one thing I wanted the moment I got into town was chicken pot pie. Sometimes, my mom and I would make it together. When she visited me, I would make one for her.

INGREDIENTS:

One 9-inch pie crust, prepared, chilled, and set aside (see note)

4 boneless, skinless chicken breasts, poached in white wine with a bouquet of fresh rosemary and thyme, cubed then set aside (see note)

2 tablespoons unsalted butter

2 tablespoons all-purpose flour or cornstarch

1 tablespoon chicken base, such as Better Than Bouillon Roasted Chicken Base

1½ cup whole milk, heated

1 cup chicken stock, heated

1 teaspoon sea salt

½ teaspoon freshly ground black pepper

2 tablespoon expeller-pressed canola oil

2 carrots, peeled and finely diced

2 celery stalks, finely diced

1 medium sweet onion, peeled and finely diced

2 garlic cloves, peeled, smashed, and finely diced

1 teaspoon poultry seasoning

Pinch sea salt

Couple of grinds of black pepper

DIRECTIONS:

Preheat the oven to 425° F. In a heavy-bottomed saucepan over medium heat, melt the butter then stir in the flour or cornstarch, chicken base, salt, and pepper. Stir constantly until the flour cooks down and bubbles, but not browns, approximately two minutes. Stir in the hot milk and chicken stock, continuing to stir until the sauce thickens, approximately 3-5 minutes. Turn the heat to low, then add the chicken and stir. Place the olive oil in a skillet on medium-high heat. Add the carrots, celery and onion, and sauté until the celery and onions are translucent, approximately 5 minutes. Add the garlic and sauté one minute more. Sprinkle the poultry seasoning, salt and pepper over the vegetables, and give them another stir. Add the vegetables to the chicken and sauce, then stir until well incorporated. Remove the pan from the heat and pour the pie filling into a deep dish pie plate. Roll out the pastry dough over the top, crimp the edges and cut little holes into the top of the pastry to let air escape. Brush a little fresh cream or an egg wash over the pastry. Set the pie plate onto a cookie sheet or a jelly roll pan and set in the preheated oven. Bake for 25 to 30 minutes, until the crust is browned and the filling is bubbly. Remove the pie from the oven and let it cool for at least 5 minutes before serving. Enjoy heartily with a chilled pinot gris.

Notes:

Feel free to use a refrigerated pastry round. You'll cut lots of time, which will give you more to spend with loved ones. Same goes for the chicken: use a lightly seasoned rotisserie chicken or leftover chicken. There's nothing wrong with using prepared cream of chicken soup instead of making your own sauce.



EASY BAKED LEMON PEPPER TILAPIA

Submitted by: Donna Bruton '91

INGREDIENTS:

4-6 portions of Tilapia

Lemon Juice, fresh or from concentrate

Salt

Pepper

5 tbsp. Butter, melted

2 cloves garlic, minced

¼ tsp. Crushed red pepper flakes

1 lemon, sliced into rounds (after zesting)

(You will want 2 lemons if you are using fresh lemon juice for the pan and squeezing over the fish.)

DIRECTIONS:

Preheat oven to 350 degrees

In the bottom of a glass 9x13 pan squeeze or sprinkle approximately 2-3 tsp of lemon juice, and then salt and pepper the bottom of the pan.

Zest one lemon, and cut it into slices.

Mix together melted butter, garlic, red pepper flakes, lemon juice equivalent to ½ lemon, and zest.

Add fish fillets to pan and then lightly salt and pepper each fillet, drizzle the butter mixture over them and place lemon rounds on top and around the tilapia.

Bake in the oven for 20-25 minutes or until fish flakes when tested with a fork.



INSTANT POT BUFFALO CHICKEN DIP

Submitted by: Donna Bruton '91

INGREDIENTS:

1 pound boneless skinless chicken breasts	1 cup shredded Cheddar or Mozzarella cheese
1/2 cup hot sauce	2 tablespoons blue cheese crumbles, optional
1/2 cup ranch dressing	2 tablespoons chopped green onion, optional
1 package (8 ounces) cream cheese, softened	

DIRECTIONS:

PLACE chicken breast in instant pot. Mix RedHot Sauce and ranch; pour over chicken. Close lid.

Set Valve to Seal.

SET to cook for 15 minutes on MEAT/STEW function. When done, quick-release the pressure. Open the lid once pressure inside the pot is completely released.

Remove chicken and shred.

ADD cream cheese and shredded Cheddar or Mozzarella to sauce in pot; stir until cheese is melted and mixture is smooth. Return shredded chicken to pot, stirring to mix well.

TOP with blue cheese crumbles and green onion, if desired. Serve with crackers, tortilla chips and/or veggie sticks.

**I prefer mozzarella cheese to cheddar cheese.

**For less calories, light ranch dressing and cream cheese works well

**For SLOW COOKER: Add all ingredients, substituting 2 cans of white chicken breast or shredded fully-cooked rotisserie chicken and cook on HIGH for about 20-30 minutes, depending on your model. Wait to stir until the cream cheese is really softened. I've never used LOW to know how long it takes.



NEW ORLEANS RED BEANS AND RICE

Submitted by: Brian Burgoyne '91

INGREDIENTS:

1 small bag of dried red beans	One slice of ham, sold by the hams, chopped in small bite size pieces.
1 large, sweet onion, chopped (use half if you don't like that much onion)	1-2 packages of smoked sausage, either regular or turkey, sliced
4-6 stalks of celery with the leaves	No salt seasoning, your choice, liberally added
3-4 garlic pods, or to your liking, crushed or you can use lots of garlic POWDER, not salt	
Your choice of ham hock or two or a ham bone if you have it.	

DIRECTIONS:

Wash and sort beans, discard any that float. Be sure your beans are fresh from the store and haven't been sitting around in the pantry. Old beans do not cook up well, they are hard and tough and never soften. Add enough water so that the water level is about five inches above beans. Don't add too much water in the beginning because it is easier to add more water than it is to have too much. With too much, the beans never have a chance to boil down and thicken. Add all ingredients except, sausage, this is added the last 30-45 minutes of cooking. You don't want the sausage to cook in the beans too long, they lose their flavor. Bring beans to a boil, reduce heat to a low, just so they are GENTLY simmering. Cook beans for 1-1/2 -2 hours, stirring occasionally so beans don't stick. You want the beans to have some "mush" to them as this is what thickens the juice, so cooking time may vary, it depends on how the beans are coming along. Taste them at the end and see if they are soft. ENJOY!!!

Salt and pepper...easy on the salt as the ham is salty to begin with.



5 KINDS OF BAKED BEANS

Submitted by Amy Alt '94

INGREDIENTS:

- 1 can baked beans (16 oz.)
- 1 can kidney beans (16 oz.)
- 1 can green beans (16 oz.)
- 1 can yellow beans (16 oz.)
- 1 can lima beans (16 oz.)

- 5 – 6 strips of bacon
- 1 diced onion
- 1 can of tomato paste (6 oz.)
- 1 cup of brown sugar

DIRECTIONS:

Drain the green beans, yellow beans, and lima beans. Put all five kinds of beans into a large casserole dish or crockpot.

Fry bacon, then add onion to bacon grease. To your taste, mix tomato paste and brown sugar into bacon and onion mixture.

Pour over beans and mix. Bake at 350 degrees for 30 – 45 minutes.



HAM BARBECUE SANDWICHES

Submitted by Amy Alt '94

INGREDIENTS:

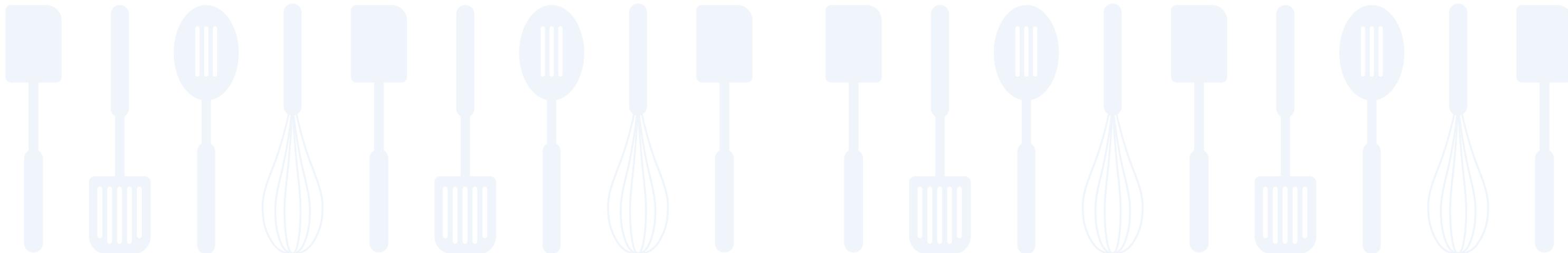
- 1 ½ - 2 pounds of boiled ham, shaved
- 1 ½ - 2 cups of Heinz ketchup
- ¾ cup of dill pickle relish

- 3 tablespoons of brown sugar
- 2 teaspoons of yellow mustard
- 8 Kaiser rolls or Brioche buns, split

DIRECTIONS:

Mix the shaved ham, ketchup, dill pickle relish, brown sugar, and yellow mustard in a crockpot. Let simmer on high heat for 30-45 minutes.

Serve on Kaiser rolls or Brioche buns.





PEA SALAD

Submitted by Amy Alt '94

INGREDIENTS:

1 shredded head of lettuce
 ½ cup of chopped onions
 ½ cup of green peppers, chopped
 ½ cup of chopped celery

1 package of frozen peas (10 oz.)
 1 can of sliced water chestnuts
 1 pint of Hellman's mayonnaise
 1 teaspoon of sugar

DIRECTIONS:

Mix the mayonnaise and sugar mixture into a bowl with the ingredients above. Sprinkle with cheese and one package of dry garlic salad dressing.

Bacon bits may be sprinkled on top.



FIESTA STUFFED BELL PEPPERS

(Stuffed Peppers with Chicken, Tomato and Cilantro Sauce)

Submitted by: Misty Walkner-Dvoracek '97

INGREDIENTS:

1 Lb. boneless, skinless chicken thighs cut in half-inch pieces
 ¼ cup onion, chopped
 ¼ cup chopped celery
 ½ cup bread, (best with yesterday's leftover French bread cut in ¼ inch cubes).
 4 oz. cheese with jalapeno
 5 oz. can evaporated milk
 1 Tbsp. chopped garlic
 1 tsp. ground cumin

4 bell peppers (green preferred, but any color will do)
 salt and pepper to taste,
 2 Tbsps. olive oil

INGREDIENTS FOR TOMATO AND CILANTRO SAUCE:

1 Can diced tomatoes
 1 can chicken Broth
 Juice of one lime
 ¼ cup chopped cilantro
 Salt and pepper to taste

DIRECTIONS:

Preheat Oven to 375.

Preparing the Stuffed Peppers: Brown onion and celery in olive oil.

Allow to cool.

Put chopped chicken in a mixing bowl. Add onion, celery mixture, bread, cheese, garlic, cumin, salt and pepper. Mix well.

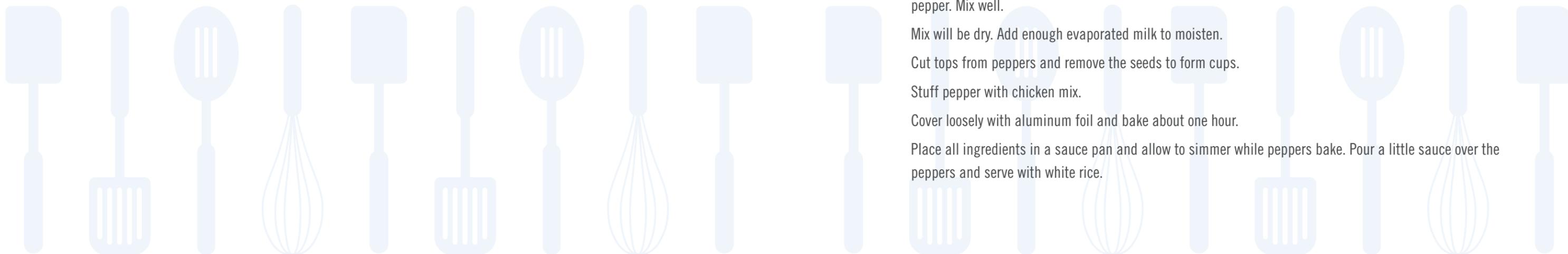
Mix will be dry. Add enough evaporated milk to moisten.

Cut tops from peppers and remove the seeds to form cups.

Stuff pepper with chicken mix.

Cover loosely with aluminum foil and bake about one hour.

Place all ingredients in a sauce pan and allow to simmer while peppers bake. Pour a little sauce over the peppers and serve with white rice.





CROCK POT CHOP SUEY

Submitted by: Diane Turner '98

INGREDIENTS:

- 1 1/2-2 lb round steak
- 4 stick celery
- 1 1/2 c beef or chicken broth
- 2 medium yellow onions, chopped
- 3 Tbsp soy sauce
- 2 tsp Worcestershire sauce
- 1 can(s) bean sprouts or Chinese vegetables
- 1 can(s) mushrooms, 4 ounces
- 2 Tbsp cornstarch mixed with 2 Tbsp water

DIRECTIONS:

Put steak strips, celery, onions, beef broth, soy sauce, and Worcestershire in crock pot. Stir well, cover and cook on low 8-10 hours (high 3-4 hours).

One hour before serving, turn to high and add remaining ingredients. Stir well. Cook just until thickened.

Note: Pork strips may be used if browned and drained.



CHICKEN ENCHILADA DIP

Submitted by: Branigan Contreras '15

INGREDIENTS:

- 1 pound skinless, boneless chicken breast halves
- 1 (8 ounce) package cream cheese, softened
- 1 (8 ounce) jar mayonnaise
- 1 (8 ounce) package shredded Cheddar cheese
- 1 (4 ounce) can diced green chile peppers
- 1 jalapeno pepper, finely diced.

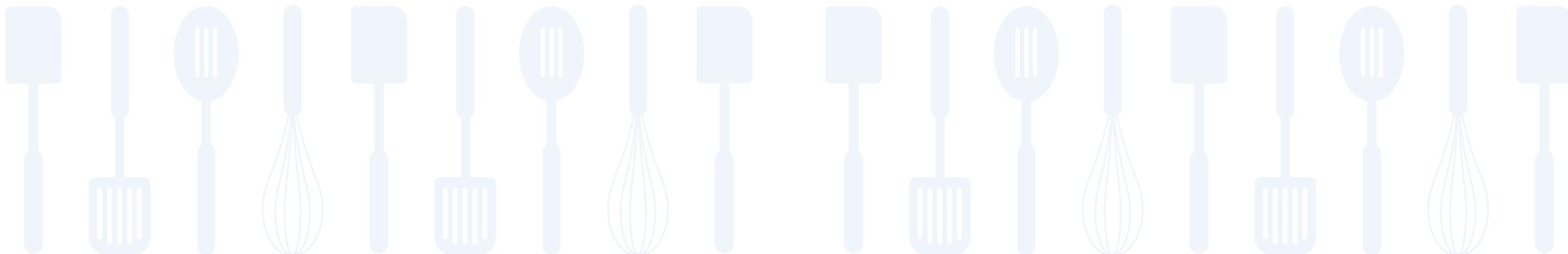
DIRECTIONS:

Preheat oven to 350 degrees F (175 degrees C). Place chicken breast halves on a medium baking sheet.

Bake in the preheated oven 20 minutes, or until no longer pink. Remove from heat, cool and shred.

Place shredded chicken in a medium bowl, and mix in cream cheese, mayonnaise, Cheddar cheese, green chile peppers and jalapeno pepper. Transfer the chicken mixture to a medium baking dish.

Bake uncovered in the preheated oven 30 minutes, or until the edges are golden brown.





CRAWFISH ETOUFFEE

Submitted By: Ben Meritt

Ben Meritt is the award-winning chef who opened 'Ben's Triple B,' right across from campus in 2019. The addition of Ben's has been an important part of community revitalization efforts - the 'Rosedale renaissance' - and has provided a much-needed hang-out for TXWES students.

INGREDIENTS:

2 tablespoons oil	1 bay leaf	2-3 Tablespoons chopped parsley
3 tablespoons flour	1 cup roma tomatoes, diced	2 green onions, chopped
2 tablespoons butter	2 teaspoons Creole seasoning	1 teaspoon Hot sauce (optional)
½ cup green bell pepper, diced	2 teaspoons Worcestershire sauce	Salt to taste
½ medium onion, diced	1 teaspoon paprika	
1/3 cup chopped celery (about 1-2 sticks)	2 cups Crawfish or chicken stock adjust to desired consistency	
2 teaspoons minced garlic	1-pound Crawfish tails	
1 teaspoons thyme fresh		

DIRECTIONS:

In a large Dutch oven or heavy bottomed saucepan combine melted butter, oil and flour until smooth. Cook on medium heat, stirring continuously, for about 10-12 minutes, until you have achieved a dark peanut butter color. Don't walk away from the stove during this process. It might burn.

Add the onion, green pepper and celery and cook for 8- 10 minutes –stirring frequently. Then add, garlic, thyme and bay leaf – continue stirring about 2 minutes.

Next throw in about 1 cup chopped tomatoes, Worcestershire sauce, paprika and creole seasoning and let it cook for 5 minutes. Gradually pour in about 2 cups of stock, bring to a boil and let it simmer. Add the crawfish, simmer for 3-4 more minutes.

Adjust thickness soup and flavor with more shrimp broth or water, hot sauce and salt. Stir in, green onions, and chopped parsley.

Serve over hot cooked rice.



STUFFED MUSHROOMS

Submitted by: Jerri Schooley, VP for University Advancement

This is my favorite quick and easy side dish to accompany grilled beef or ribs ... and it's Keto-friendly!

INGREDIENTS:

8 oz bacon	3 tbsp chopped fresh chives, finely chopped
12 mushroom caps	1 tbsp paprika powder
2 tbsp butter	Salt and pepper
9 oz cream cheese	

DIRECTIONS:

Preheat the oven to 400F. Grease a medium-sized baking dish with butter.

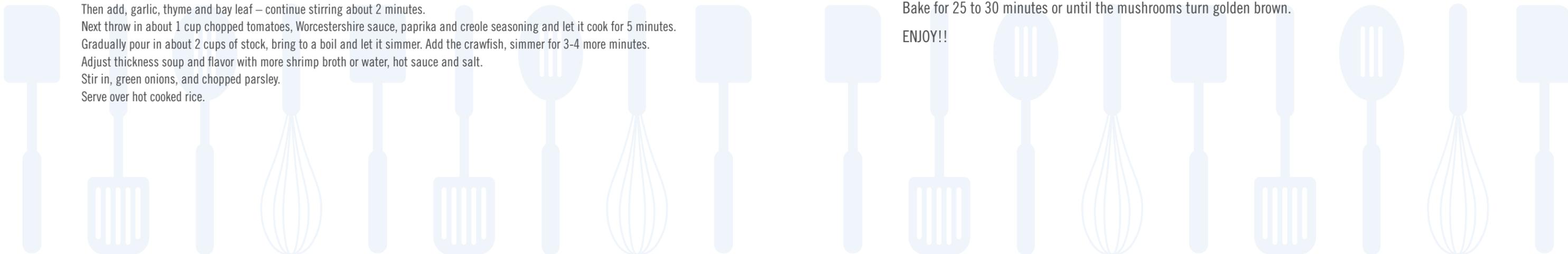
Fry bacon until really crisp. Let cool and crush into crumbs. Save the bacon fat.

Remove the mushroom stems and chop them finely. Sauté in the bacon fat, adding butter if needed.

In a bowl, mix the crumbled bacon with the fried, chopped mushroom stems and the remaining ingredients. Add some of the mix to each mushroom.

Bake for 25 to 30 minutes or until the mushrooms turn golden brown.

ENJOY!!





THE BEST BUTTER CRUMB CAKE

Submitted by: Jane Childers '70

SWEET

INGREDIENTS:

1/2 cup butter
8 ounces cream cheese
1 1/4 cup sugar
1 teaspoon vanilla
2 cups flour

1/2 cup milk
2 tsp baking powder
2 eggs
1/2 tsp salt
1/ tsp baking soda

TOPPING:

1/4 cup butter
1/2 cup flour
1/2 cup brown sugar

DIRECTIONS:

Oven 350 degrees for 30-35 minutes

9x13 greased and floured pan

Blend together: 1/2 cup butter and 8 ounces cream cheese

Combine with: 1 1/4 cup sugar, 1 teaspoon vanilla, 2 cups flour, 1/2 cup milk, 2 tsp baking powder, 2 eggs, 1/2 tsp salt, 1/2 tsp baking soda

Pour batter into prepared pan. Sprinkle on topping.

Topping: Mix together until crumbly, 1/4 cup butter, 1/2 cup flour, 1/2 cup brown sugar





PINEAPPLE PECAN CAKE

Submitted by: Gloria Hopper Roberts '70

As good as an Italian Cream and much easier to make...

INGREDIENTS:

2 cups flour
1 ½ cups sugar
3 eggs
1 tsp. soda

1 tsp vanilla
Pinch salt
1 20 oz. can crushed pineapple
in own juice

FROSTING:

¼ cup butter
8 oz. cream cheese
1 tsp vanilla
1 ½ cups confectioners' sugar
1 cup chopped pecans

DIRECTIONS:

Cream sugar and eggs. Add remaining ingredients. Mix well with mixer. Place in 9x13 greased pan and bake 350 for 35-40 minutes until golden and toothpick tests clean in center. Add frosting to cooled cake.



BASIC SCONES

Submitted by: Evan Faris '76

INGREDIENTS:

2 cups (260 grams) all-purpose flour
1/4 cup (50 grams) granulated white sugar
1 teaspoon baking powder
1/2 teaspoon baking soda
1/4 teaspoon salt
1/2 cup (113 grams) unsalted butter, cold and cut
into pieces
2/3 - 3/4 cup (160 - 180 ml) buttermilk

Add desired flavorings - Some that I've used are:
dried cranberries and orange zest
lemon zest and candied ginger

TOPPING:

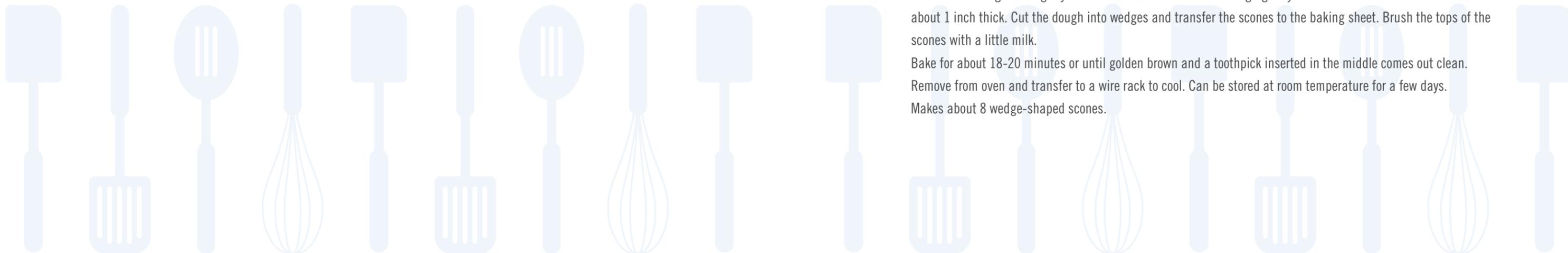
1/4 cup butter
1/2 cup flour
1/2 cup brown sugar

DIRECTIONS:

Preheat oven to 400 degrees F and place oven rack in middle of oven. Line a baking sheet with parchment paper. In a food processor, whisk together the flour, sugar, baking powder, baking soda and salt. Cut the butter into small pieces and blend into the flour mixture with several pulses of the food processor. The mixture should look like coarse crumbs. Add the buttermilk and flavorings to the flour mixture and pulse just until the dough comes together. Do not over mix.

Transfer the dough to a lightly floured surface and knead the dough gently and form into a 7 inch round that is about 1 inch thick. Cut the dough into wedges and transfer the scones to the baking sheet. Brush the tops of the scones with a little milk.

Bake for about 18-20 minutes or until golden brown and a toothpick inserted in the middle comes out clean. Remove from oven and transfer to a wire rack to cool. Can be stored at room temperature for a few days. Makes about 8 wedge-shaped scones.





BELGIAN WAFFLE BATTER

Submitted by: Evan Faris '76

You don't have to buy pancake or waffle mix at the store. You can make them with what you probably already have in your kitchen. Anyway, a little butter, some powdered sugar, maybe some syrup, or perhaps fruit and whipped cream! Mix bacon bits or some shredded cheese in the batter for a different savory variation. Have fun and enjoy!

INGREDIENTS:

1 cups all-purpose flour
2 tsp baking powder
2 tbsp sugar
½ tsp salt

1 cups milk
1 egg – beaten
2 tbsp of butter – melted
1 tsp vanilla (optional)

DIRECTIONS:

Place dry ingredients in a bowl and whisk to combine.

Same with the wet ingredients.

Pour the wet ingredients into the dry and whisk together. Don't stir too much trying to make the batter smooth or you will develop glutens in the mix, which will make for tougher waffles. A few lumps are okay. Just let the batter sit for a few minutes and everything will be fine.

2nd Variation

Basically the same as above but separate the eggs. Combine the yolks with the wet ingredients. Beat the egg whites to stiff peaks. After combining the wet and dry ingredients, gently fold in the egg whites. This will make for an even fluffier waffle.



GRANOLA

Submitted by: Evan Faris '76

This is my favorite granola to make. It's so easy and you can substitute ingredients to make it a variety of ways. This was probably my most requested recipe when I served this at the Wildcatter Ranch for breakfast. Splenda makes a brown sugar substitute you might want to try. You could also use honey or agave syrup in place of maple syrup. Be sure to use raw seeds and nuts, not roasted.

INGREDIENTS:

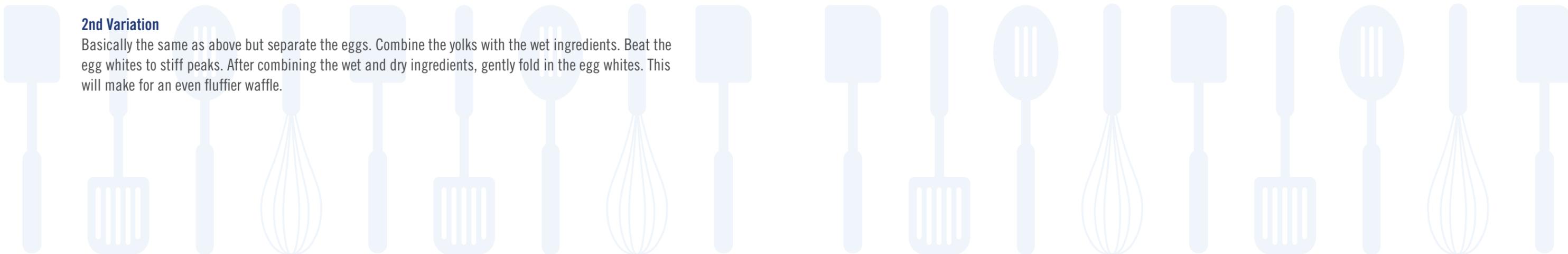
3 cups rolled oats
2 cups seeds – sunflower and pumpkin are what I usually use
2 cups nuts – cashew, pecan, walnut, almonds – any variety you want

1 tsp. salt
1 tsp. cinnamon
½ cup brown sugar
½ cup olive oil
¾ cup maple syrup

DIRECTIONS:

Preheat oven to 300°

Mix together and pour onto a sheet pan lined with parchment paper
Bake for 1 hour. Stir every 15 minutes.





LEMON CHESS PIE

Submitted by: Evan Faris '76

My favorite pie growing up was a lemon chess pie. I'll admit that my mom bought it at the store, but it was great. I kind of forgot about them until about 10 years ago when a friend shared her recipe with me. I usually use a store bought pie crust because it's easier.

INGREDIENTS:

1-1/2 cups sugar
1 Tablespoon cornmeal
1 Tablespoon flour
4 eggs
1/4 cup butter (1/2 stick), melted

1/4 cup milk
2 Tablespoons grated lemon peel
1/4 cup fresh lemon juice
9" unbaked pie shell

DIRECTIONS:

Combine sugar, flour and cornmeal and toss with a fork or whisk to blend.
Add eggs, butter, milk, lemon juice and peel.
Beat (or stir) until it's smooth.
Taste for lemon strength.
If not to your liking, add some lemon extract.
Pour into an unbaked pie shell.
Bake at 350 degrees until browned (40 minutes or more).



BLACKBERRY WINE CAKE

Submitted by: Martha A. Earngey '77

Fun fact - this recipe was shared with me on my first non-profit job in 2000. Martha Walker (first female ever elected to Arlington City Council) used to bring it to the United Way office while it was still warm. Yum! This cake uses blackberry wine in the batter and as a part of the glaze. The result is an incredibly delicious cake that's moist with a nice, nutty "shell". If you are taking it somewhere, be sure to take the recipe along - someone will ask you for it. Preheat oven to 350 degrees.

INGREDIENTS:

1/2 cup chopped pecans (optional)
1 box butter cake mix
1 3.4-ounce box instant vanilla pudding
1 cup blackberry wine (check liquor stores)
1/2 cup vegetable oil

4 eggs (large or extra-large)

Glaze:

1/2 cup butter
1 cup sugar
1/2 cup blackberry wine

DIRECTIONS:

Spray a Bundt pan with non-stick spray; lightly dust with flour. Sprinkle with chopped pecans if you like. Set aside.
With electric mixer on medium speed, combine cake mix, instant pudding, blackberry wine, oil, and eggs for 4 minutes until completely smooth. Pour into prepared Bundt pan.
Bake at 350 degrees for 50 to 60 minutes or until cake tests done.
Begin about 10 minutes before cake is done. In a small saucepan over medium heat, melt butter and add sugar and blackberry wine. Bring to boil, reduce heat and simmer for 3 minutes.
Remove cake from oven. While cake is still in the pan, pour the blackberry wine syrup over the cake, making sure to cover all area evenly and allow glaze to run between the cake and the pan. Let rest 10 minutes and turn out onto serving plate.



BUTTER COOKIES

Submitted by: Anne Street '78

INGREDIENTS:

- 1 lb butter, softened
- 1 C Sugar
- 4 C Flour
- 1 t vanilla

DIRECTIONS:

Combine ingredients. Roll into tubes and slice 1/4 inch slices. Bake on cookie sheet at 350 degrees for 12 minutes. Dough can be made in large quantities and frozen. Makes 2 dozen.



ZUCCHINI BREAD WITH PINEAPPLE

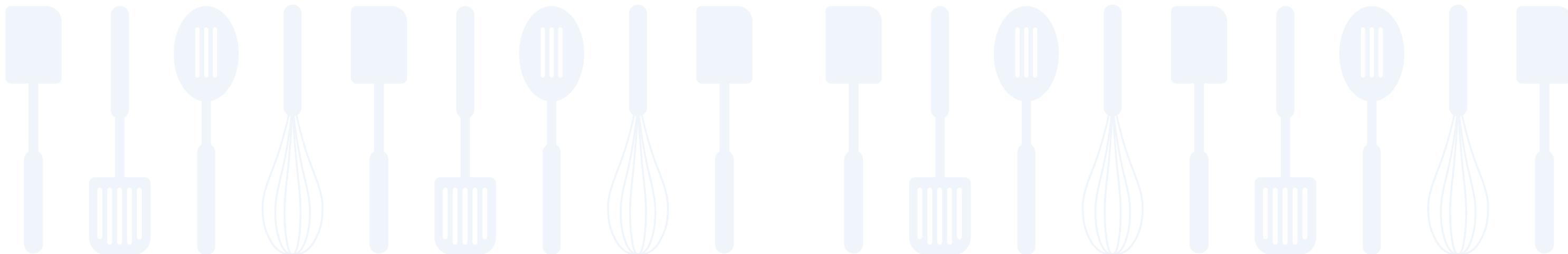
Submitted by Amy Alt '94

INGREDIENTS:

- 2 cups of sugar
- 3 eggs
- 1 cup of oil
- 2 cups of grated zucchini with skins
- 2 teaspoons of vanilla
- 1 teaspoon of salt
- 1 teaspoon of baking soda
- 1 teaspoon of baking powder
- 3 cups of flour
- ½ cup of raisins
- 1 cup of chopped nuts
- 1 cups of crushed pineapple, drained well

DIRECTIONS:

Mix ingredients together; grease loaf pan with the oil. Bake 1 hour at 350 degrees.





FIVE MINUTE FUDGE

Submitted by Amy Alt '94

INGREDIENTS:

2/3 cups of evaporated milk (small can)
 1 2/3 cups sugar (granulated)
 1/2 tsp salt
 1 1/2 cup small marshmallows
 1 package of semi-sweet chips
 1 teaspoon of vanilla

DIRECTIONS:

Combine evaporated milk, sugar and salt in saucepan over medium heat. Bring to a boil and cook 4 to 5 minutes, stirring constantly. Add marshmallows, chocolate chips and vanilla. Stir for 1 minute or until blended. Pour into 8 inch buttered pan. Garnish with nuts if desired. Cool. Cut in squares.



MOM'S BEST CARROT CAKE

Submitted by: Amy Paige (Wolf) Condon '90

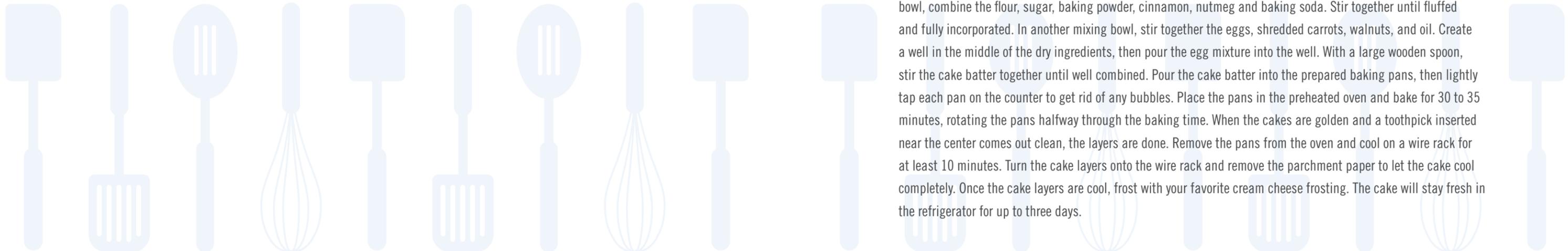
My mom, Barbara Polly, was known for her cakes. From the birthday cakes she made for family to the ones she made every month for residents at Fort Worth's Samaritan House. Folks often requested her German Chocolate Cake, but my favorite was her carrot cake. Note: It is essential that the carrots be finely shredded, or they will sink to the bottom of the cake pan during baking. To make the shredding easier, use a food processor to pulverize the carrots into fine pieces.

INGREDIENTS:

2 cups all-purpose flour	3/4 teaspoon cinnamon
4 large eggs, lightly beaten	3/4 cup vegetable oil
2 cups sugar	1/4 teaspoon nutmeg
3 cups finely shredded carrots (see note)	3 cups cream cheese frosting
2 teaspoon baking powder	1/2 teaspoon baking soda
1 cup finely chopped walnuts	

DIRECTIONS:

Position a rack in the center of an oven, then preheat the oven to 350° F. Grease and flour two 9-inch round cake pans, then line the bottoms with parchment paper. Grease the paper then set the pans aside. In a large mixing bowl, combine the flour, sugar, baking powder, cinnamon, nutmeg and baking soda. Stir together until fluffed and fully incorporated. In another mixing bowl, stir together the eggs, shredded carrots, walnuts, and oil. Create a well in the middle of the dry ingredients, then pour the egg mixture into the well. With a large wooden spoon, stir the cake batter together until well combined. Pour the cake batter into the prepared baking pans, then lightly tap each pan on the counter to get rid of any bubbles. Place the pans in the preheated oven and bake for 30 to 35 minutes, rotating the pans halfway through the baking time. When the cakes are golden and a toothpick inserted near the center comes out clean, the layers are done. Remove the pans from the oven and cool on a wire rack for at least 10 minutes. Turn the cake layers onto the wire rack and remove the parchment paper to let the cake cool completely. Once the cake layers are cool, frost with your favorite cream cheese frosting. The cake will stay fresh in the refrigerator for up to three days.





JUBILEE JUMBLES

Submitted by: Christian Garcia Wommack '12

These were my grandfather's favorite cookies. My grandmother gave me her 1963 Good Housekeeping Cookbook and the recipe is written in the back. Since given this cookbook, I have been making these cookies for my family during Christmas. It's a great reminder of my grandfather and how special he was to our family.

INGREDIENTS:

½ cup soft shortening (Crisco)	1 tsp vanilla
1 cup brown sugar	2 ¾ cups sifted flour
½ cup sugar	½ tsp soda
2 eggs	1 tsp salt
1 cup evaporated milk	1 cup chopped pecans

DIRECTIONS:

Heat oven to 375 degrees. Add ingredients in order mixing after each addition. Scoop dough onto parchment paper lined cookie sheet. Cookies will not expand too much, make sure to spread out accordingly on cookie sheet. Bake 10-15 minutes or until edges are golden brown.



MONSTER COOKIES

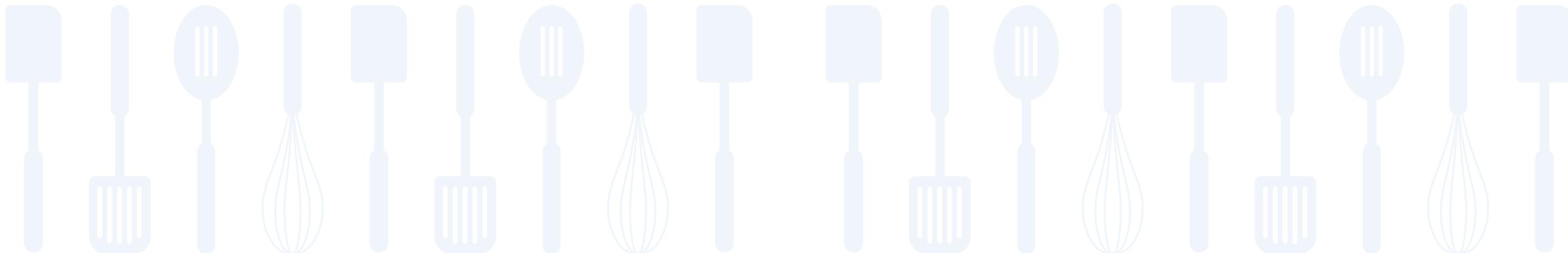
Submitted by: Elizabeth Thorp '19

INGREDIENTS:

1 egg	1/2 cup brown sugar, light
1/2 cup butter	1/2 cup granulated sugar
1 1/4 cups rolled oats, old fashioned	1/4 tsp salt
1/2 cup peanut butter	1/2 cup semi-sweet chocolate chips
1 cup all-purpose flour	1 tsp vanilla extract
1/2 tsp baking powder	3/4 cup m&m candies
1/2 tsp baking soda	

DIRECTIONS:

Preheat oven to 350 degrees. Combine the butter, peanut butter and sugars. Mix in the egg and vanilla. Mix the dry ingredients and add to butter mixture. Mix in the oats, chocolate chips and m&ms. Drop spoonfuls on baking sheets and bake 10 to 12 minutes. Cool for 5 minutes until set.





ORANGE BUNDT CAKE

Submitted by: Joyce Davidson, Texas Wesleyan Gift Processing Manager

INGREDIENTS:

1 package yellow cake mix
1 package (3.5 oz) instant lemon pudding mix
 $\frac{3}{4}$ cup orange juice
 $\frac{1}{2}$ cup vegetable oil
4 eggs
1 teaspoon lemon extract

Orange Icing:

$\frac{3}{4}$ cup powdered sugar
 $\frac{1}{4}$ cup orange juice
1 teaspoon salted butter melted

DIRECTIONS:

Preheat the oven to 325 degrees F. Grease and flour a 10-inch bundt pan.

In a large bowl, combine the cake mix and the pudding mix. Add the orange juice, vegetable oil, eggs and lemon extract. Beat on low speed until mixed. Pour the batter into the prepared pan.

Bake in the preheated oven for 45-60 minutes. Let the cake cool for 10 minutes, then turn out onto a serving dish. Test to make sure the cake clean in the middle (done). Allow to cool completely.

Pour icing over after cooling.

