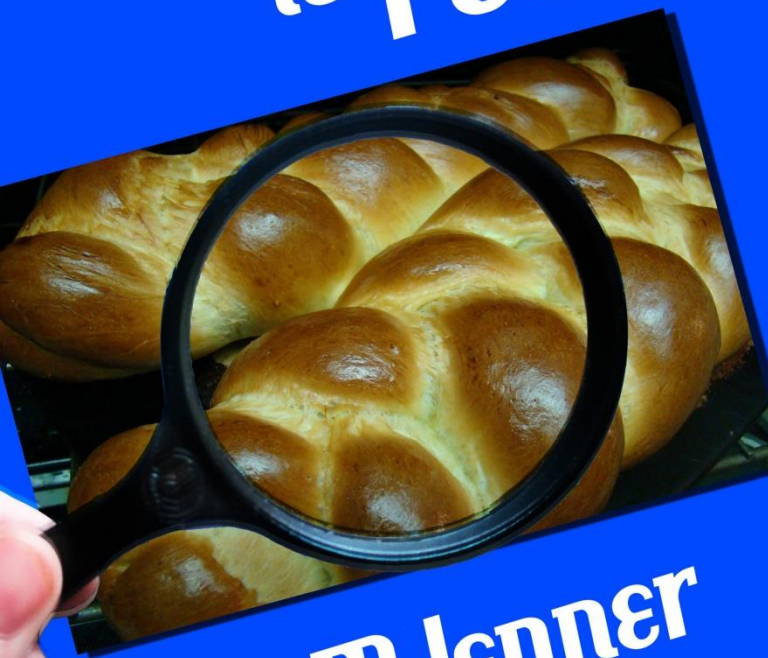


Clues to Food



A M Jenner

Clues to Food

A M Jenner

© 2013, The Electric Scroll

Editor's Note:

Each and every recipe in this book has been contributed by a letterboxer. If you received this book as a gift and don't know what letterboxing is, you can find out at www.atlasquest.com or www.letterboxing.org. In short, letterboxers are people who enjoy being outside, hiking and enjoying nature in their own special way.

Online and on the trails, they are known by their trail names, and by their signature stamps. Each recipe is credited to the contributor by their trail name. For as many as possible, black and white photos of their signature stamp were included in the print version.



Spicy Cheese Hors-d'oeuvres **Amanda from Seattle**

½ lb Cracker Barrel Cheddar
Cheese
2 sticks margarine

2 C plain flour

3 C Rice Krispies

½ tsp salt

dash red cayenne pepper (about ⅛ tsp)

Grate cheese and cream with margarine. Add flour, salt, and pepper. Stir in Rice Krispies. Roll into balls. Put on a cookie sheet and press with a fork. Bake at 350°F for about 12 minutes. Let cool and eat.



Christmas Ribbon Jell-O Salad speedsquare

6-oz pkg Jell-O, lime
6-oz pkg Jell-O,

raspberry

3-oz pkg Jell-O, lemon

5 C boiling water, separated

1 C mini-marshmallows

3 C cold water, separated

6-oz pkg cream cheese, softened

1 C whipping cream

½ C mayonnaise

20-oz crushed pineapple, drained

In separate bowls dissolve lime and raspberry Jell-O with 2 C boiling water each. In the third bowl dissolve the lemon Jell-O with 1 C of the boiling water. Stir marshmallows into the lemon Jell-O and set aside.

Add 1½ C cold water to the lime Jell-O and pour into a 9x13" glass pan. Refrigerate until firm. Add 1½ C cold water to the raspberry Jell-O and set aside at room

temperature. Add cream cheese to the lemon mixture and beat until blended. Chill about one hour or until slightly thickened, but not set.

Clean your dirty dishes.

Whip the cream. Blend mayonnaise, whipped cream and pineapple into the lemon mixture. Chill until very thick (about one hour).

Spoon lemon mixture over lime Jell-O. Chill to set, but not firm. Chill raspberry Jell-O in refrigerator until thickened. Pour over Jell-O. Chill until firm. Cut and serve.



Twice-Baked Spaghetti Squash

Lookin4Moose

Steam the spaghetti squash (I microwave it until the skin starts to feel soft; Make sure to remember to pierce the skin with a knife in several places or cut in half). Cut in half lengthwise, remove and discard seeds, remove and shred flesh with a fork into a bowl. Meanwhile, brown ground beef and onion in a skillet. Drain. Add pasta sauce and heat through. Mix meat sauce mixture with spaghetti squash and some torn up slices of American cheese or handful of shredded cheese. Replace mixture into the squash shells. Top with additional cheese. Bake on baking sheets in 350°F oven for about 15 - 20 minutes or microwave a few minutes until cheese is melted. Serve hot.



Basic Bread Heart Writer

Makes 2 loaves

5½ - 6 cups all-purpose flour

2 Tbsp sugar

1 Tbsp salt

2 pkgs dry yeast, at room temp.

2¼ C water

¼ C butter or margarine

Combine 2 cups flour, sugar, salt and yeast in a large bowl. Heat water and butter until very warm (120° - 130°F.) Add to dry ingredients, stirring well. Gradually stir in enough remaining flour to make a soft dough. Knead until smooth and elastic, about 8 - 10 minutes. Cover dough and let rest for 10 minutes on lightly floured surface. Divide the dough in half. Roll each half to 12x8-inch rectangle. Beginning at short ends, roll up tightly as for jelly roll. Pinch seams and ends to seal. Place loaves, seams down, in greased 9x5-inch loaf pans. Cover and let raise in a warm, draft-free

place until doubled in size, about 1 hour. Bake at 375°F for 30 – 35 minutes or until done. Remove from pans and cool on wire rack.

Multi-cultural Meatballs

Poodle Circus

I don't really have a recipe since I'm a "make it up as I go along" cook but in general, I like to mix chicken and pork (50/50 - or whatever I have!) add seasoning; Italian for Italian dinners, Chinese for Chinese dinners, etc. and some bread crumbs (gluten free for me - if I happen to have any and ground almond if I don't. You use whatever you like to use for a binder and a thickener.) and an egg. Or two if it's a big batch. A squirt of Worcester sauce never goes amiss. Nor does chopped fresh parsley. Roll 'em up and bake them 350-ish 'til done.

My kids looooooove meatballs! And they go great with all kinds of cuisines.



Ida Pitts' Basic White Cake Heart Writer

This is my great-grandmother's recipe, exactly as it was written down in my grandmother's cooking notebook in her own handwriting.

½ C butter or shortening

1 C sugar

2 eggs

⅔ C milk

3 tsp baking powder

2 C cake flour

1 tsp salt

1 tsp vanilla

Grease and flour pans. Beat butter and sugar together until well mixed. Add eggs. Beat until creamy. Set aside. Sift dry ingredients together three times. Add to creamed mixture. Add milk and vanilla and mix until smooth. Bake for about 20 - 25 minutes at 350°F or until toothpick inserted in the center comes out clean. Note: if batter is really thick, add up to ½ C more milk.

Yield: two 8- or 9-inch round layers, or one 9x13-inch cake or about 26 cupcakes.



Ida Pitts' Spice Cake Romana

This is my great-great-grandmother's recipe, exactly as it was written down by my great-grandmother in her own cooking notebook.

To your basic white cake add:

½ tsp ground cloves

½ tsp ground nutmeg

½ tsp allspice

1 tsp cinnamon

Although Gramma intended this to go with her own Basic White Cake recipe, my "basic white cake" comes out of a box, mixed as per box instructions. This is also good with yellow cake mix. I usually put in twice the cinnamon, but then, I really like cinnamon.



Eggnog Shiloh

4 eggs
½ C sugar
3 C milk

1 tsp vanilla

½ tsp freshly grated nutmeg

In a bowl beat the eggs and sugar until creamy.

In a saucepan heat 2 cups of the milk until hot. Slowly add the egg mixture stirring continuously. (I put a little of the milk in the eggs first to temper them.) Cook over low heat, stirring until thickened. Stir in the remaining cup of milk, vanilla and nutmeg. Chill for about 3 hours. Makes about 6 cups.

The original recipe calls for ½ C whiskey but I prefer my eggnog without. I will sometimes add a bit in when I pour a cup though.



How to Make a Hug The Doctor

Ingredients:

1 person full of love

Another person full of love

Hold out arms. Walk towards the other person. When you meet, wrap your arms around the other person. Squeeze gently, but firmly. Let go and you will be filled with a warm fuzzy feeling.



Homemade Window Cleaner Nitrocat

24 oz warm water

3 Tbsp ammonia

1 Tbsp vinegar

Mix ingredients together and pour into a spray bottle.

About the Author

A M Jenner is a mother and grandmother who lives in Gilbert, Arizona with her family, a car named "Grey Ghost", and around 5,000 books. A self-professed hermit, she loves interacting with her fans online, and was last seen entering the library.

Books by A M Jenner

Deadly Gamble

A Heart Full of Diamonds

Inherit my Heart

Clues to Food (a cook book)

Bits and Bites (an anthology)

Connect with me online:

Website: www.electric-scroll.com

Blog: electric-scroll.blogspot.com

Email: a-jenner@electric-scroll.com

Facebook: [Author A M Jenner](#)

Twitter: [@AM Jenner](#)

Google+: [A M Jenner](#)