

150th Anniversary

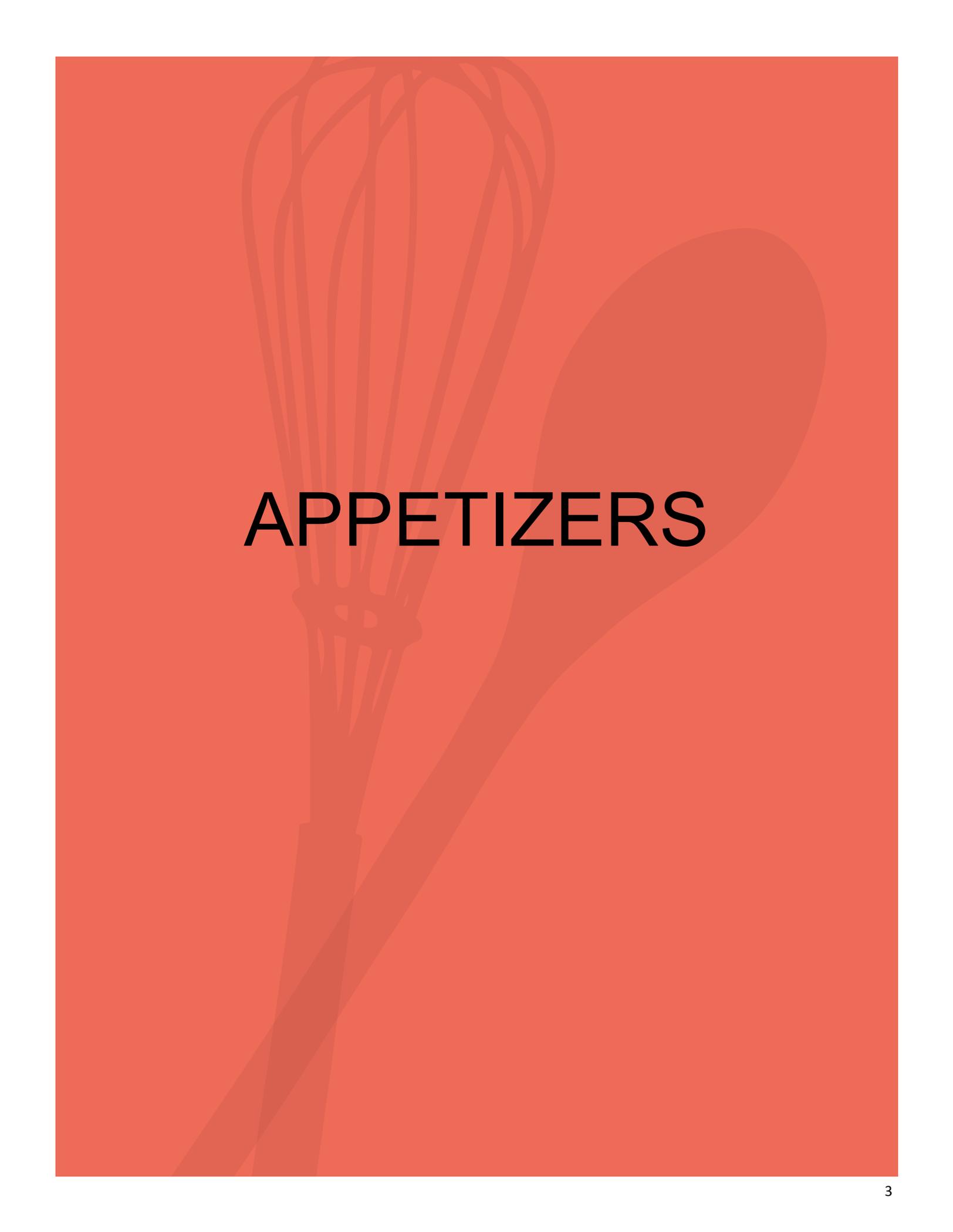
First Baptist Church, Ames, Iowa

cook
book

PREFACE

The First Baptist family of faith enjoys gathering around the table to share food. Whether it is the Christmas dinner in the fellowship hall or lunch out on the front lawn at the beginning of the school year, there is a sense of fun and joy in being together. Even when the occasion is a funeral dinner, the grief is lightened for a time as we gather together to share a meal prepared to give comfort and express support.

These recipes from across the years, many from our eleven years of church cook-offs, reflect the creativity and generosity of First Baptist cooks. As we celebrate our church's 150th Anniversary, it is our hope that that you will read these recipes, try some of them, and be thankful for the gifts of food and fellowship.

The background is a solid, vibrant red color. Overlaid on this background is a faint, semi-transparent illustration of kitchen tools. On the left, there is a whisk with multiple thin, curved wires. On the right, there is a wooden spoon with a smooth, rounded head and a long handle. The word "APPETIZERS" is centered in the middle of the page in a bold, black, sans-serif font.

APPETIZERS

Seasoned “Fish” Crackers

Zoe Russell, 2008 Cook-Off

3 packages (6 oz. each), Bite-size cheddar cheese fish crackers

¼ package of Oyster crackers

1 envelope ranch salad dressing mix

3 teaspoons dill weed

½ teaspoon garlic powder

½ teaspoon lemon-pepper seasoning

2/3 cup vegetable oil

Place the crackers in a large bowl. Combine the remaining ingredients; drizzle over cracker and toss to coat evenly. Transfer to two greased 15-in x10-in x 1-in baking pans. Bake at 250 degrees for 15-20 minutes, stirring occasionally. Cool completely. Store in an airtight container. Makes about 2 ½ quarts.

Slow Cooker Cinnamon Pecans

Jeanine Cole, 2016 Cook-Off

1 ¼ cup granulated sugar
1 ¼ cup brown sugar
3 Tbsp. cinnamon
½ tsp. salt
1 egg white + 2 tsp. vanilla (beat thoroughly)

Mix dry ingredients together. Set aside.

Coat pecans in egg mixture then sugar mixture. Add to crockpot. Cook on low 3 hrs. Stir every 20 minutes. Cool on cookie sheet.

Can use almonds.



BEVERAGES

Tropical Smoothie with Guanabana

Dave Russell, 2017 Cook-Off

I wanted to find a recipe that incorporated guanabana (sometimes called soursop in English speaking countries), an unusual looking spiky green fruit that I saw in Costa Rica. It turns out that guanabana nectar is sold in many grocery stores such as Fareway and Hy-Vee. You can buy it in 10 oz. cans.

Ingredients:

1 banana
2 cups frozen mangos
1/3 cup guanabana nectar
1 1/2 cups orange juice
juice from 1/2 lemon
1/3 cup plain yogurt
ice

Add ingredients to blender and then fill with ice. Blend for 2 minutes or until smooth. Serve and enjoy!



BREADS and MUFFINS

Apple-Walnut-Raisin Muffins

Katy Seidel, 2008 Cook-Off

Bowl #1

4 cups finely diced apples

1 cup sugar

Bowl #3

2 cups flour

2 teaspoons soda

1 teaspoon salt

Bowl #2

2 lightly beaten eggs

2 teaspoons vanilla

Bowl #4

1 cup raisins

1 cup chopped walnuts

Prepare bowl #1. This will be help by sitting 2-30 minutes. So now grease pans and prepare other bowls. Stir bowl #2 into bowl #1. Add bowl #3 and then stir in bowl #4. Spoon into small muffin tins. Bake at 350 degrees for about 20 minutes. I get 3 dozen.

Note: This is my recipe and I have used it many times. However, I must give credit, it came originally from Elaine Anderson.

Banana Bread

Dianne Borgen, 2008 Cook-Off

Mix together:

1 1/2 cups sugar

1/2 cup margarine or butter, softened

Add:

2 eggs

1/4 teaspoon salt

1 teaspoon baking soda

1 cup mashed bananas (about 4 medium, very ripe)

2 teaspoons vanilla

2 cups flour

Bake in loaf pans at 350 degrees. (When you use large loaf pans check after 50 minutes; mini loaf pans check after 30 minutes)

Braided Almond-Herb Bread

Christina Shiver, 2008 Cook-Off

Ingredients:

1 package (1/4 ounce) active dry yeast
2 tablespoons sugar
1/4 cup warm water (110° to 115° F)
1/4 cup butter
1 teaspoon salt
1 cup warm milk (110° to 115° F)
3 1/2 to 4 cups all-purpose flour
1 teaspoon dried rosemary, crushed
1 teaspoon dill weed
1/2 teaspoon dried marjoram, crushed
1/2 cup finely chopped almonds, toasted, *divided*
1 egg, beaten
1 tablespoon water

Dissolve yeast and sugar in warm water; set aside. In a large mixing bowl, combine butter, salt, and milk. Stir in yeast mixture, 2 cups flour, herbs and 2 tablespoons almonds. Beat until well mixed. Stir in enough remaining flour to form a soft dough. Turn out onto a floured surface and knead until smooth and elastic, about 6-8 minutes. Place dough in a greased bowl, turning once to grease top. Cover and let rise in warm place until doubled, about 1 hour. Punch down and cut off one-third of dough; set aside. Divide remaining dough into three equal parts, shaping each into a 14-in. rope. Braid ropes and place on greased baking sheet. Divide reserved third of dough into three ropes and braid. Place smaller braid on top of larger braid. Cover and let rise until doubled, about 1 hour. Combine and let rise until doubled, about 1 hour. Combine egg and water. Brush over entire loaf; sprinkle with remaining almonds. Bake at 375° F for 30 minutes.

Yield: 1 loaf.

(Ruth Peterson, from "Prize-Winning Breads")

BROCCOLI CORNBREAD

Marilyn Peterson, 2018 Cook-Off

- 2 (8 1/2 ounce) boxes Jiffy Corn Muffin Mix
- 1 cup cottage cheese
- 1 cup (2 sticks) butter, melted
- 1 cup finely chopped onion (1 medium)
- 4 eggs, beaten
- 1 10 oz. box frozen chopped broccoli, thawed, excess water squeezed out

Preheat oven to 350 degrees. Lightly grease a 9x13 inch baking pan. In a bowl combine corn muffin mix, butter, eggs, cottage cheese, onion, and broccoli. Spread in baking pan and bake until cake tester comes out clean and edges are lightly browned, about 35 to 40 minutes.

Jere's Down Home Cornbread Recipe

Jere Maddux

Ingredients:

2 T. shortening
2 t. baking powder
1 t. salt
1 egg
1 t. baking soda
1 $\frac{3}{4}$ c. buttermilk
2 c. yellow cornmeal
2-3 T. honey (optional)

Directions:

Put shortening in a cast iron skillet and place in a 400° oven. Mix all dry ingredients, then add egg and buttermilk. Batter should be thick and not soupy or runny.

Take skillet from oven and be sure the bottom and sides of the skillet are coated with shortening. Then pour the excess hot shortening into the batter and mix well. If you're using honey, mix it in now.

Pour the batter into the hot skillet and return it to the 400° oven. Bake 25-35 minutes or until golden brown.

Let cool in the skillet for a few minutes and then cut and enjoy.

Early American Bread

Elaine Anderson, 2008 Cook-Off

Stir $\frac{3}{4}$ cup of corn meal into 3 cups of boiling water in a large bowl. Add $\frac{1}{2}$ cup of brown sugar, 1 $\frac{1}{2}$ tablespoons of salt, and $\frac{1}{3}$ cup of oil. Let cool until lukewarm.

Soften two (2) packages of yeast in $\frac{3}{4}$ cup of warm water. Add 1 teaspoon sugar. Stir into cooled corn meal mixture. (Be careful that it is not too hot- it will kill the yeast.)

Add: 1 $\frac{1}{2}$ cup of whole wheat flour
 $\frac{3}{4}$ cup of rye flour

Mix well.

Add about six (6) cups of flour, to form a moderately stiff dough. Turn out on floured board or counter. Knead for eight (8) minutes. Dough will be firm and elastic. Add more flour if necessary. Place in a well greased bowl. Turn dough once to grease the top. Cover and let rise until double in bulk, about one (1) hour. Shape into three loaves, kneading each and pressing out air bubbles. Place in loaf pan. Let rise again until almost double in bulk. Bake in 350 degree oven for about 40 minutes. Check. If it is getting too brown too early, lay foil loosely on top. Remove from pans and cool on rack.

Jalapeno, Cheddar, and Onion Bread

Dave Russell, 2008 Cook-Off

1/2 cupt + 3 Tbsp. water, 80 degrees
1 egg
1/4 cup vegetable oil
2 Tbsp. sugar
1 1/2 tsp. salt
1/2 cup yellow cornmeal
3 cups bread flour
1 cup shredded cheddar cheese
2 Tbsp. chopped jalapeno peppers
2 Tbsp. chopped onion
1 1/2 tsp. rosemary
2 1/4 tsp. active dry yeast

Throw it all in your bread machine (recipe is for 1 1/2 pound loaf) and bake according to your machine's instructions. I have to confess that I did not measure the jalapenos, onion and rosemary, but these should be approximate amounts.

Pumpkin Bread

Wallace and Julia Sanders family

3 1/2 cups flour
2 tsp soda
1 1/2 tsp salt
1 tsp cinnamon
1 tsp nutmeg
1 cup oil
4 eggs
2/3 cup water
16 oz (2 cups) pumpkin
3 cups sugar
Optional – 1 cup nuts

Mix dry ingredients in mixing bowl. Make a well and add oil, eggs, water and pumpkin. Mix just until smooth. Add nuts or raisins if desired. Divide batter into 2 greased and floured 9"x5"x3" loaf pans. Bake at 350F for about 70 minutes or until test done. Freezes very well.

The background is a solid, vibrant orange color. Overlaid on this background is a faint, semi-transparent illustration of kitchen tools. On the left, there is a whisk with multiple thin, curved wires. To its right and slightly lower is a wooden spoon with a smooth, rounded head and a long handle. The word "DESSERTS" is centered in the middle of the page in a bold, black, sans-serif font.

DESSERTS

Baked Pineapple Bread Pudding

Phyllis Schrag, 2017 Cook-Off

1/2 cup butter
1 cup sugar
4 eggs
1 cup crushed pineapple, well drained
5 slices white bread, cubed (leave crust on)

Drain pineapple, cream butter and sugar. Beat eggs in, one at a time. Stir in pineapple, fold in bread cubes. Pour into greased casserole.

Bake uncovered at 350 degrees for one hour. Best to use old, dry bread, not fresh.

cooled brownies quickly. These will stay moist.

BEEFY (SURPRISE) BROWNIES

Buckley Peterson, 2018 Cook-Off

1/2 cup butter
1 #1 can chocolate syrup
1 cup sugar
1 cup flour
4 eggs
1/2 teaspoon salt
1 teaspoon vanilla
1 cup nuts
3/4 cup raw hamburger
1/2 teaspoon baking powder

Beat butter and sugar; add eggs and vanilla. Beat. Add raw hamburger; pour chocolate syrup over all. Stir in remaining ingredients. Bake in a 10x15" pan at 350° for 25-30 minutes.

FROSTING:

6 Tablespoons butter
1 1/2 cups sugar
6 Tablespoons milk
1/2 cup chocolate chips

Bring to boil butter, milk, and sugar. Boil for half a minute. Remove from heat and stir in chocolate chips. Spread on slightly

Rainy's Chocoholic Brownies

Lorrie Whitaker, (I made these for the mission trip to Oklahoma in 2017.)

(From the novel Home to Crossroads Ranch by Linda Goodnight)

Melt $\frac{1}{2}$ c. semi-sweet chocolate chips with 1 stick butter/margarine

Stir in the following ingredients, mixing after each addition:

$\frac{1}{4}$ c. flour

$\frac{1}{4}$ c. cocoa

$\frac{1}{2}$ c. brown sugar

$\frac{1}{2}$ c. sugar

2 eggs

1 tsp. vanilla

$\frac{1}{2}$ c. pecans or walnuts (opt)

Spread in a greased 8 x 8-inch baking dish. Bake at 350 degrees for 40 minutes. To test for doneness—an inserted toothpick should come out crumbly-moist. Do NOT overbake. Enjoy!

Chocolate Euclair Dessert

Lorrie Whitaker, 2018 Cook-Off

2 small pkgs. instant vanilla pudding
1 (8 oz.) whipped topping
1 box graham crackers
3 c. milk

Whisk together the milk and pudding. Let set until thickens. Add whipped topping. Set aside. Spray bottom of 9 x 13-inch dish with oil. Line with graham crackers. (May have to break some to fit.) Spread half of pudding mixture on top of graham crackers. Make another layer of graham crackers; then spread the rest of pudding mixture on it. Then top with another layer of graham crackers.

Topping:

In pan, melt 2 squares unsweetened chocolate (OR substitute 2 T. butter/oleo and 4 T. cocoa).

When melted, turn off heat and mix in these ingredients:

2 tsp. light corn syrup
3 T. milk
1 tsp. vanilla
1 ½ c. powdered sugar

Stir until smooth. Refrigerate overnight or several hours.

This dessert is best made ahead and let set.

CROCKPOT PEACH COBBLER

Marilyn Peterson

Put can of peaches (and juice) in well-greased crockpot. Top with dry vanilla, yellow, or angel food cake mix. Cut 1 stick unsalted butter into chunks and put on top. Cook 2 to 2½ hours. (Do not lift lid before 2 hours has elapsed.)

CROCKPOT PEACH COBBLER

Marilyn Peterson

Spray crockpot well.

2 cups peaches (can use frozen)

2 Tablespoons corn starch and 1/2 Tablespoon vanilla. Stir to coat peaches.

Mix ¼ cup brown sugar (packed) and 1 Tablespoon cinnamon. Pour over peaches and stir. Sprinkle 1 Jiffy golden yellow cake mix over peaches. Melt 4 heaping Tablespoons butter and drizzle over dry cake mix. Bake 2-2½ hours.

Pretty Good Pound Cake

Catherine Parrish, 2008 Cook-Off

1 stick of butter
1 cup sugar
2 teaspoon almond extract
3 eggs
½ cup sour cream
1 ½ cups flour
¼ teaspoon baking powder
1/8 teaspoon baking soda
1 ½ cups dried Michigan cherries

Cream softened butter. Gradually add sugar until light and fluffy. Beat in almond extract, add eggs, one at a time. Add flour, baking powder, baking soda alternately with sour cream. Beat on low speed until combined. Do not over beat. Put cherries into a Ziploc bag or bowl with a little (2 T. or so) of flour and shake them up to coat the cherries. This will help keep the cherries evenly distributed in the cake.

Pour into greased and floured pan (spray is good).
Bake 325 degrees for 45 minutes to 1 hour, test with toothpick.

Rhubarb Cobbler

Lorrie Whitaker, (I made this for the picnic after the service at Hoggatt School.)

4 c. rhubarb
¾ c. sugar
1 stick butter/margarine
1 c. sugar
1 c. flour
1 ½ tsp. baking powder
¾ c. milk

Clean and chop rhubarb into small pieces. Mix with the ½ cup sugar and set aside. Melt butter in a 9 x 13-inch baking dish in oven while it is preheating to 350 degrees. In a medium mixing bowl (I use one with a pouring spout), mix together the cup of sugar, the flour, and baking powder. Then add the milk and stir until well-blended.

When butter is completely melted, remove from oven and pour the milk-mixture over top of the butter. Last of all, “spread” the rhubarb over the top. Bake for 35-40 minutes.

RHUBARB DESSERT

Phyllis Schrag, 2017 Cook-Off

First Layer:

Crumble together: 1c. butter, 2c. flour and 2T. sugar.

Press into 9X13 pan. Bake 10 min. at 350 degrees

Second layer:

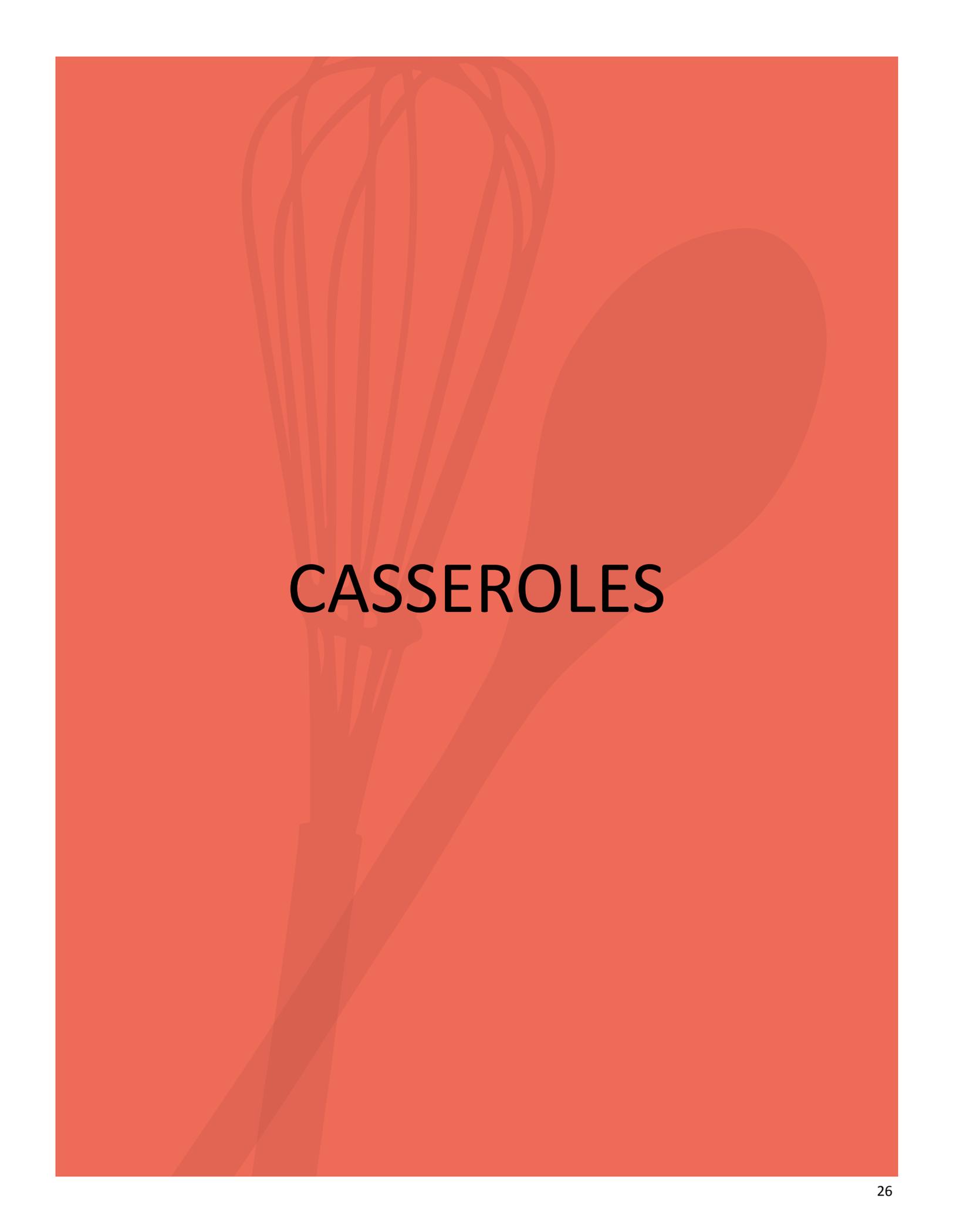
5 c. rhubarb cut fine, 6 egg yolks, 2c. sugar, 4T flour, $\frac{1}{4}$ tsp. salt, 1 c. cream. Mix together.

Pour mixture on top of baked crust. Bake 350 degrees for 40-45 min. or until firm.

Third layer:

Beat 6 egg whites until stiff. Add 12T. sugar (2 at a time). Add 2 tsp. Vanilla and a pinch of salt.

Pile meringue filling on top of baked custard filling. Bake at 350 degrees for 15 min. or until browned.

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CASSEROLES

Jere's Down Home Calico Corn Casserole

Jere Maddux

Ingredients:

2-19 oz. cans whole kernel corn, drained (1 white, 1 yellow)
6 T. flour
6 T. granulated sugar
6 T. melted butter
4 t. salt
2 chopped pimento peppers
6 eggs
½ c. chopped green bell pepper
½ # velveeta cheese, cubed
1 ½ c. milk
1 t. Worcestershire sauce

Directions:

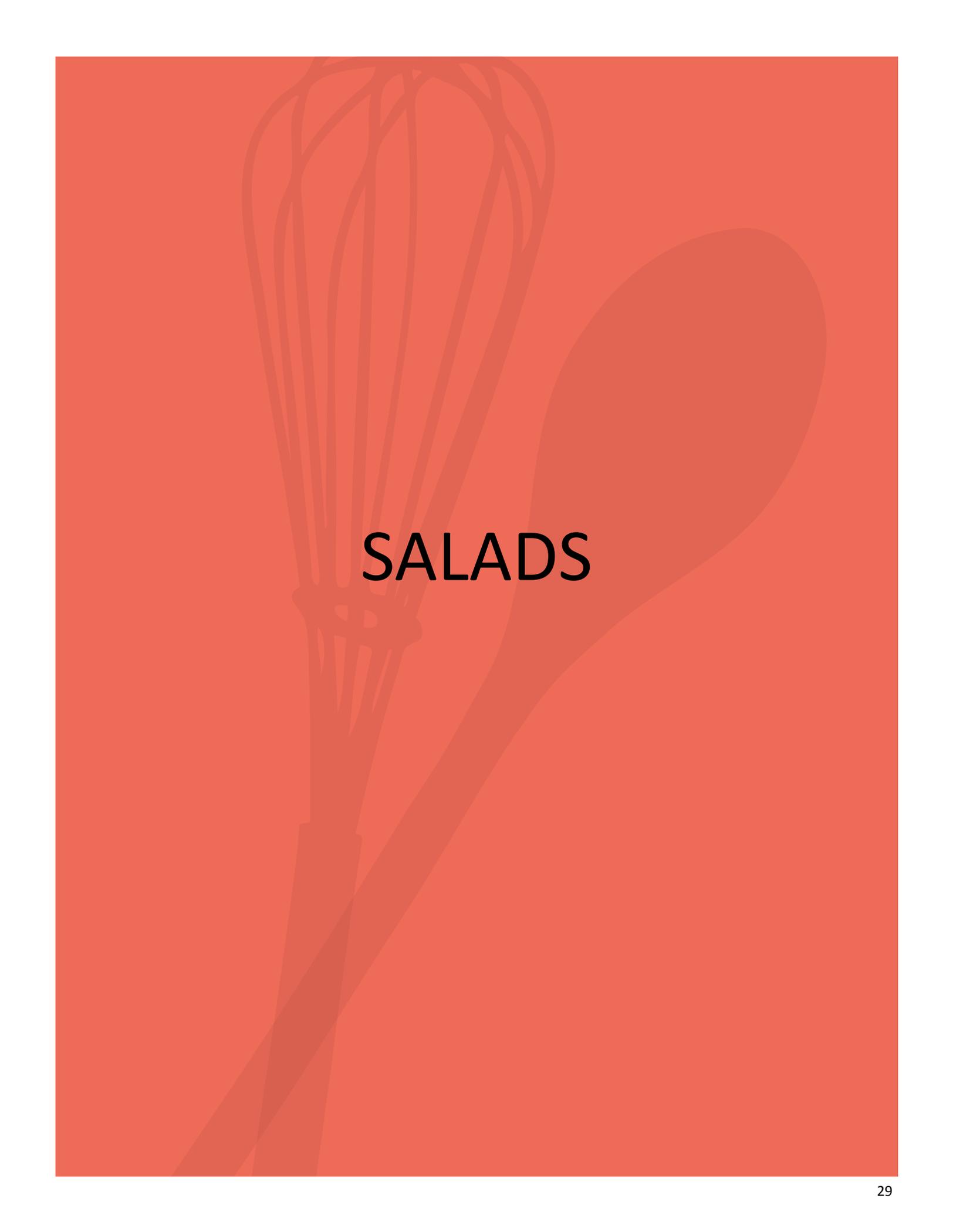
Preheat oven to 350°F
Stir all ingredients together, pour into a 9x13 baking dish
Bake until cheese is melted, about 45 minutes

Seven Seas Casserole

Katy Seidel, 2008 Cook-Off

1 ½ cups water	1 ½ cups Minute Rice
1 can mushroom soup	1 pkg. frozen peas
¼ cup chopped onion	1 can tuna
1 teaspoon lemon juice	½ cup grated cheese
¼ teaspoon salt	paprika
Dash of pepper	

Combine water, soup, onion, lemon juice, salt, and pepper in a saucepan. Bring to a boil over medium heat, stirring occasionally. Pour about half of soup mixture into a greased 1 ½ quart casserole. Then, in layers, add rice, peas, and tuna. Pour on remaining soup mixture. Sprinkle with cheese and then paprika. Cover tightly with aluminum foil and bake at 350 degrees for 25-30 minutes.

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SALADS

Applesauce Jello Salad

Wallace and Julia Sanders family

- 2 cups applesauce
- 2 sm package or 1 large package of strawberry jello
- 2 cups of boiling water
- 1 cup of pineapple juice (not frozen)

Dissolve jello in the boiling water. Then mix in the applesauce and pineapple juice. Mix till applesauce is completely distributed. Chill in the refrigerator for 4 hours or until firmly set.

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SOUPS

Jere's Down Home Bean Soup

Jere Maddux

Ingredients:

1 pound bag of dried beans (any variety)

1 smoked ham hock

1 medium onion, diced

½ green pepper, diced

½ c. shrimp and seafood sauce

2-3 oz. Worcestershire sauce

Handful of fresh mushrooms

Any other item in the cupboard or refrigerator that needs to be cooked

Directions:

Rinse beans thoroughly then soak overnight. In the morning, rinse beans again and place in large crockpot. Add all other ingredients listed above and just enough water to cover the contents of the crockpot. Add various seasonings to suit your taste. Cook all day, opening the crockpot only once or twice to stir.

Enjoy with a side salad and homemade cornbread.

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MEATS

Barbecue Baked Catfish

Barbara Woods, 2008 Cook-Off

¾ cup ketchup

1 tablespoon balsamic vinegar

1 teaspoon Dijon mustard

1 garlic clove, minced

1/8 teaspoon pepper

¼ cup butter or margarine

1 tablespoon Worcestershire sauce

½ teaspoon Jamaican jerk seasoning

10 (3-4 ounce) catfish fillets

Garnish: chopped fresh parsley

Stir together ketchup and next six ingredients in a small saucepan over medium-low heat; cook ketchup mixture 10 minutes, stirring occasionally.

Sprinkle catfish with pepper; arrange in an even layer in a lightly greased aluminum foil-lined broiler pan. Pour sauce over catfish.

Bake catfish at 400 degrees for 10-12 minutes or until fish flakes with a fork. Garnish, if desired.

(Source: Southern Living, March 2002)

Beef Burgandy

Jeanine Cole, 2018, 3rd Place

Cut 2 pounds of stew meat (rump roast is better) into small pieces. Combine meat with ½ cup Burgandy wine. Burgandy is hard to find (used small bottle of Cabernet Sauvignon). Add 1 package dry onion soup mix (Wylers, 1 ½ ounces) and 1 can Golden Mushroom soup.

Bake all in tightly covered roaster at 350 degree oven for about 3 hours. Stir- add more water or wine during last part of cooking period if mixture becomes too dry. Serve over hot cooked noodles or rice (white or wild).

CHILI

Marilyn Peterson, 2018 Cook-Off

2 large onions, chopped
4 cloves garlic, minced
2 teaspoons butter or margarine
2 teaspoons oil
2 pounds lean ground beef
2 (15 oz.) cans chili beans
28 to 30 ounces tomato juice (or two 15 oz. cans stewed tomatoes)
2 (10 1/2 oz.) cans tomato soup
2 to 4 cups beef broth
1/2 ounce unsweetened chocolate
4 Tablespoons chili powder
1 teaspoon each ground allspice, cinnamon, and cumin
1/2 teaspoon cayenne pepper
1/4 teaspoon ground cloves
1 bay leaf
2 Tablespoons vinegar
Salt to taste

In large pot, gently saute onions and garlic in butter and oil until soft. Add meat and cook over medium-high heat, continually stirring until no longer pink. Add remaining ingredients (beginning with 2 cups of beef broth) and simmer, uncovered, for 1 to 3 hours. Add more beef broth and cover if it begins to be too thick (should be a soupy consistency).

Can serve topped with shredded Colby-Jack or Cheddar cheese and Fritos.

Ham Loaf/Balls

Wallace and Julia Sanders family

4 lbs. ham loaf mixture (from Fareway)

1 1/2 cups milk

2 eggs

1 cup graham cracker crumbs

1 cup soda cracker crumbs

Topping:

1 can tomato soup

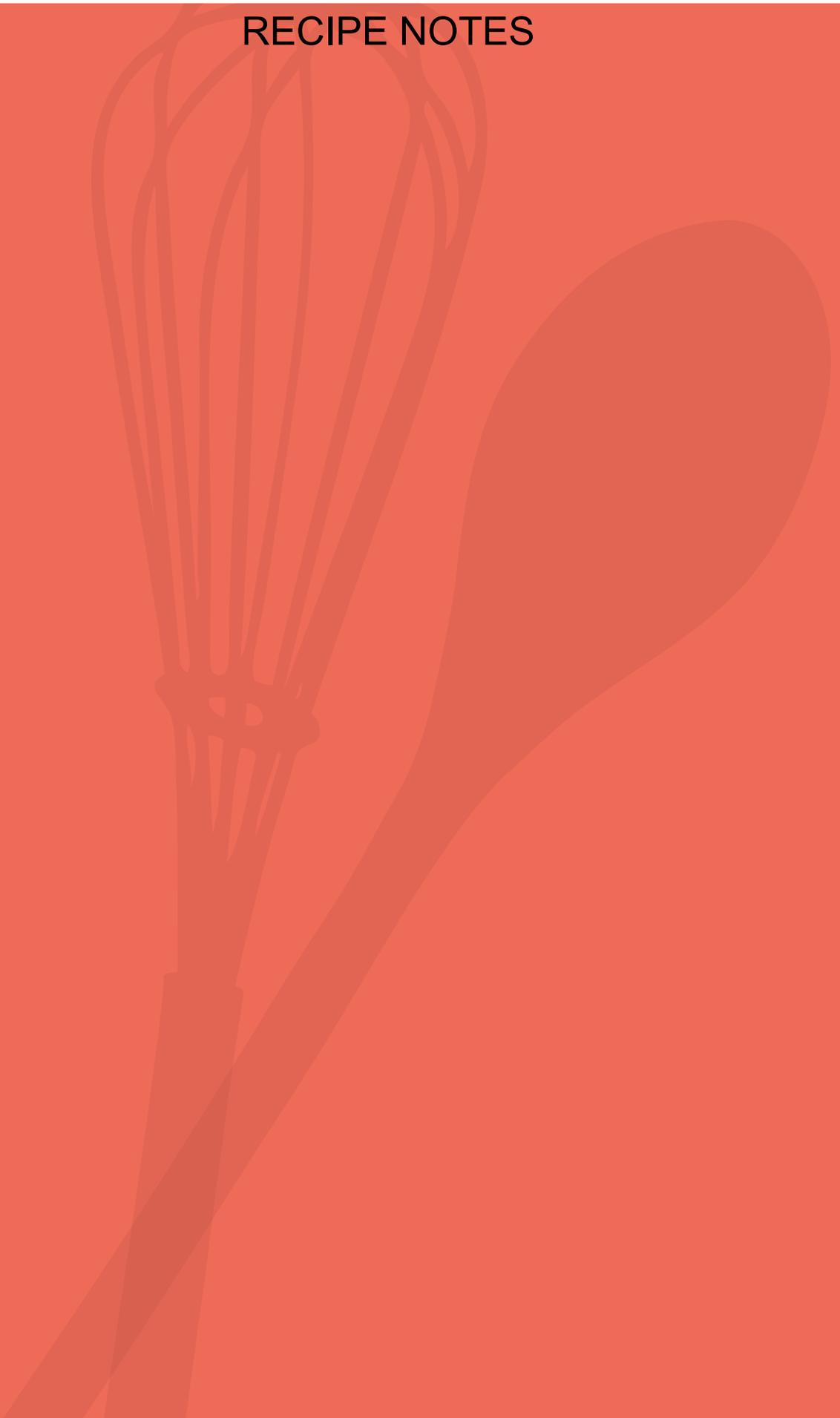
1 1/2 cup brown sugar

1/2 cup vinegar

1 tbsp mustard

Combine ingredients for ham loaf/balls. Mix together the ingredients for the topping. Place loaves or meatballs in a 9"x13" pans. Pour topping over the meat mixture. Bake at 350F for one hour or till done. During baking baste with topping two or three times. Will serve approximately 12.

RECIPE NOTES



RECIPE NOTES

