

Recipes from

# ROCKY ROAD

A CULINARY MYSTERY BY

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## *Ol' Dad's Dutch Chicken*

### Breading:

1½ cups flour

1½ tablespoons cornstarch

2 teaspoons salt

2½ teaspoons paprika

1½ teaspoons sugar

¾ teaspoons red pepper powder

1 teaspoon turmeric

½ teaspoon onion powder

½ teaspoon garlic powder

Combine breading ingredients and coat 18 pieces (approximately 4 pounds) split boneless, skinless chicken breasts.

Brown breaded chicken in skillet in 2 tablespoons vegetable oil. When browned, place chicken in 12-inch Dutch oven. Cover and cook over low heat 2 to 3 hours. Check occasionally; if contents are too dry, the pot is too hot. Do not stir. When chicken is tender, serve as desired. (Chicken may tenderize in pan for approximately 1 hour.)

Slow cooker directions: Place 2 tablespoons vegetable oil in bottom of slow cooker before adding browned chicken. Cook 2 to 4 hours on low heat setting.

Oven directions: Place browned chicken in 9x13-inch pan, cover with foil, and bake 1 hour at 350 degrees.

Makes 18 servings.

## *Ol' Dad's Dutch Potatoes*

1 (10.75-ounce) can condensed cream of celery soup (or any cream soup or homemade white sauce)

8 pounds potatoes, unpeeled and sliced  $\frac{1}{3}$ -inch thick

3 medium onions, finely chopped

2 pounds cheddar cheese, sliced or grated

Salt, to taste

Pepper, to taste

$\frac{1}{2}$  (1-ounce) packet ranch dressing mix, blended with 2 tablespoons water  
(mixture should be thick, like condensed soup)

Spread undiluted soup over bottom of Dutch oven. Fill oven  $\frac{1}{3}$  full with sliced potatoes. Add a layer of  $\frac{1}{3}$  of the chopped onions; sprinkle with salt and pepper. Add two more layers of potatoes, onions, salt, and pepper; top with ranch dressing mixture.

Place over low heat about 2 hours, being careful not to let potatoes burn; stir every 30 minutes. If potatoes seem dry, the pot is too hot. If potatoes on bottom of pot burn, do not disturb them—the rest of the potatoes may still be enjoyed without tasting the burned ones.

When potatoes are tender, cover with  $\frac{1}{2}$  of the cheese. When cheese is melted, stir potatoes a final time. Just before serving, add remaining cheese; allow cheese to melt and serve this delicious dish.\*

Feeds about 18 adults as a side dish.

\*When potatoes are tender, serve within 10 minutes or dish will turn mushy.

Note: One-half or one-third of this recipe may be made in a slow cooker. Grease slow cooker before adding ingredients as listed. Cook 2 hours on high heat setting before adding  $\frac{1}{2}$  of the cheese, stirring, and then adding additional cheese.

## Maddox Rolls

The Maddox Ranch House is located in Perry, Utah.

1 tablespoon active dry yeast or instant yeast

$\frac{1}{4}$  cup warm water

$\frac{1}{4}$  cup sugar

$\frac{1}{3}$  cup shortening

1 teaspoon salt

$\frac{3}{4}$  cup scalded milk\*

$\frac{1}{2}$  cup cold water

2 eggs, beaten

$3\frac{1}{2}$  cups flour

For regular yeast: In small bowl, sprinkle yeast over warm water; set aside. In separate larger bowl, combine sugar, shortening, and salt; mix well. Add scalded milk, cold water, and beaten eggs; mix about 1 minute, or until well combined. Stir in dissolved yeast. Add flour. Mix four minutes.

For instant yeast: In mixing bowl, combine 2 cups flour, 1 tablespoon yeast, sugar, and salt; mix well. Add shortening, eggs, scalded milk, and  $\frac{3}{4}$  cup hot water; mix 2 minutes. Add remaining  $1\frac{1}{2}$  cups flour; mix 2 minutes more. (This is a "batter" roll rather than a "dough" roll. Batter will be soft.)

When ingredients are combined, cover bowl; let batter rise in warm place 45 to 60 minutes, or until doubled in size. Stir batter down. Spoon into greased muffin tins, filling 18 muffin cups about  $\frac{2}{3}$  full. Cover; let rise an additional 45 to 60 minutes, or until double in size.

Bake at 400 degrees 15 to 20 minutes, or until lightly browned.

Makes 18 rolls.

\*Evaporated milk may be substituted for scalded milk.

## Raspberry Butter

$\frac{1}{2}$  cup butter

$\frac{1}{4}$  cup raspberry jam

$\frac{1}{2}$  teaspoon vanilla

Mix all ingredients together until smooth. Makes about  $\frac{3}{4}$  cup.

## No-Brainer Fruit Salad

- 10 cups fresh fruit of your choice, such as mangos, strawberries, bananas, and grapes, cut into 1-inch pieces (well-drained canned fruit may be used)
- 1 cup plain Greek yogurt
- 2 tablespoons maple syrup (real maple syrup is best)\*
- ½ teaspoon vanilla extract
- 1 cup chopped nuts (optional)

Place fruit in large mixing bowl. In small bowl, mix yogurt, syrup, and vanilla together. Pour dressing over fruit; toss to coat. May be made the night before.

\*Shawn likes a few handfuls of mini marshmallows added because syrup just isn't sweet enough.

Note: Lasts well in the fridge (as long as no bananas are used) for up to five days. (If you use bananas, add them just before serving.)

Note: To slice grapes easily, line up a row of grapes on your cutting board. Get a rectangle-shaped plastic lid and hold it against one end of the grapes, leaving the other end poking out. Use your knife to cut down the middle. Easy-breezy.

## Marmar Muffins

Recipe from The Greenery Restaurant in Ogden, Utah

2 cups boiling water  
5 teaspoons baking soda  
1 cup shortening  
2 cups sugar  
4 eggs  
1 quart buttermilk  
5 cups flour  
1 teaspoon salt  
4 cups All-Bran cereal  
2 cups bran flakes  
1 cup walnuts, chopped

Add soda to boiling water and set aside. Whip shortening and sugar until light and fluffy. Add eggs slowly; mix well. Add buttermilk, flour, and salt; mix again. Very slowly add soda water. Gently fold cereals and walnuts into the mix. Spoon  $\frac{1}{8}$  cup batter into greased muffin tins. Bake 30 minutes at 350 degrees. Cool 5 minutes.

Muffin mix must sit in the refrigerator overnight before baking. Mix will last one week, covered and refrigerated.

Yields 3 dozen muffins.

# Funeral Potatoes

## White sauce:

- 2 tablespoons butter
- 2 tablespoons flour
- 2 cups milk
- ½ teaspoon salt, or to taste
- ½ teaspoon pepper, or to taste
- 2 teaspoons chicken bouillon
- 1 (8-ounce) container sour cream

## Casserole:

- 1 (32-ounce) bag frozen hash brown potatoes, cubed or shredded
- 1 to 2 cups sharp cheddar cheese, shredded
- ¼ cup French's fried onions, crushed
- 2 cups cornflakes, crushed
- ¼ cup butter

Preheat oven to 375 degrees.

To make white sauce, melt butter in sauté pan. Add flour and mix until a thick paste forms. Add milk and whisk constantly until sauce thickens. Add bouillon, salt and pepper, and sour cream, and mix well. Remove from heat.

Put potatoes in very large bowl. Add cheese and mix together. Add white sauce mixture and stir until combined. Add onions and mix well.

Spread potato mixture into 9x13-inch pan or casserole dish.

Melt butter and combine with cornflake crumbs. Sprinkle buttered crumbs on top of potato mixture.\*

Bake until melty and bubbly, about 40 to 60 minutes. If cornflakes begin to brown too quickly, cover with foil.

Feeds 2-16, depending on how much they love it.

\*Use less cornflake/butter mixture if desired. If using pre-crushed cornflakes in a canister, use about 1 cup. But it's best to crush the cornflakes yourself and not worry about the pre-crushed ones. You get a better texture.

Note: For easy white-sauce preparation, mix equal amounts of butter and flour. Drop by tablespoons on wax paper, freeze, and remove to an airtight container. Keep frozen. To make white sauce, put frozen base in a frying pan, using 1 tablespoonful per cup of milk.

## Strawberry Pretzel Pie

- 2 cups finely crushed pretzel sticks (about 8 ounces before crushing)\*
- $\frac{3}{4}$  cup melted butter
- 3 tablespoons sugar
- 8 ounces cream cheese
- 1 cup sugar
- 8 ounces Cool Whip
- 1 (6-ounce) package strawberry gelatin
- 2 cups boiling water
- 2 (10-ounce) packages frozen strawberries, sliced, with sugar, partially thawed\*\*\*

Mix the first three ingredients together and press in bottom of greased 9x13-inch pan. Bake 8 minutes at 350 degrees for a metal pan, or 325 degrees for a glass pan. Allow to cool completely.

While crust is cooling, beat together 1 cup sugar and cream cheese until smooth. Fold in Cool Whip. Spread over pretzels, being careful to cover entire crust (or gelatin will make pretzel layer soggy).

Mix gelatin and water until gelatin is dissolved. Add strawberries. Stir until well combined, then set aside for 10 minutes (only 10, or gelatin will start to stick to the bowl) to allow gelatin to thicken slightly. Pour gelatin mixture over cream cheese mixture. Chill until set, about 3 hours.

\*If pretzels aren't crushed finely enough, crust may be hard to chew.

\*\*\*One 16-ounce container of fresh strawberries may be used as a substitute for two 10-ounce packages frozen strawberries.

## Waffle Mania Waffles

2¼ cups flour  
4 teaspoons baking powder  
¾ teaspoon salt  
1½ tablespoons sugar  
2 eggs  
2¼ cups milk\*  
¾ cup salad oil

Sift together dry ingredients. Combine remaining ingredients; mix well. Just before baking, add flour mixture, beating only till moistened. Batter will be thin. Cook in preheated, greased waffle iron until golden brown.

Makes 4 4-square waffles.

\*Substitute up to ½ of the milk with buttermilk for a tangy buttermilk waffle.

Note: Our family's favorite way to eat these: fried diced Spam, whipping cream, and syrup over the top. Yum.

## *Café Rio-Style Barbacoa Pork*

4 lb. pork roast (picnic roast works best)  
2 tablespoons brown sugar  
1½ teaspoons cayenne pepper  
2 teaspoons cumin  
1 teaspoon salt  
1 (12-ounce) can Coca-Cola (not diet)  
1 cup chicken broth  
2 cloves garlic, minced  
1 onion, chopped  
1 cup brown sugar (more to taste, if desired)

The night before, in a small bowl combine 2 tablespoons brown sugar, cayenne pepper, cumin, and salt. Mix with a fork until blended well. Rub mixture over pork roast. Spray slow cooker with cooking spray, or line with a liner; add rubbed roast. Cook overnight on low heat setting.

The next morning, pour Coke, chicken broth, garlic, and onion into slow cooker with pork. Continue to cook on low. One hour before serving, shred roast, and remove any pieces of fat. Add 1 cup brown sugar. Mix well.

Use tongs to remove shredded pork from cooker. Serve over salad or rice, or serve burrito-style with toppings, such as lettuce, tomatoes, rice, sour cream, cheese, etc.

Makes 8 servings.

*Note:* May be made on serving day: Follow directions as indicated but cook 3 hours on high heat setting before adding cola, broth, garlic, and onion. Cook 2 additional hours on high. Shred pork, and add additional brown sugar. If there are a lot of juices after first cooking segment, chicken broth may be omitted.

## *Cilantro Lime Rice*

- 1 cup uncooked long-grain rice
- 1 teaspoon butter or margarine
- 2 cloves garlic, minced
- 1 teaspoon freshly squeezed lime juice\*
- 1 (15-ounce) can chicken broth

### Sauce:

- 1 tablespoon freshly squeezed lime juice
- 2 teaspoons sugar
- 3 tablespoons fresh chopped cilantro

In saucepan, combine rice, butter, garlic, 1 teaspoon lime juice, and chicken broth. Bring to a boil over high heat. Cover, reduce heat to low, and cook 15 to 20 minutes over low heat, until rice is tender. Remove from heat. In small bowl, combine 1 tablespoon lime juice, sugar, and cilantro to make sauce. Pour over hot cooked rice, mixing as rice is fluffed.

Makes 2 cups.

\*Though fresh limes are always best, bottled lime juice works if it's what you have on hand.

Note: This recipe works well in a rice cooker.

## Tomatillo Dressing

3 medium tomatillos, husked and washed, but not peeled

(leave whole or cut in quarters)

1½ tablespoons (½ packet) buttermilk ranch dressing

¼ bunch cilantro, chopped

2 cloves garlic, minced or pressed

⅛ to ¼ cup lime juice, or to taste\*

¾ cup buttermilk

½ cup mayonnaise

1 teaspoon sugar

½ teaspoon seasoned salt

½ teaspoon cumin

Mix all ingredients in blender until well blended. Chill and serve over salad. Store leftovers in refrigerator.

Makes 2½ cups.

\*Fresh lime juice is always best, but bottled lime juice will work in a pinch.

## Fry Sauce

1/4 cup mayonnaise

1/4 cup ketchup

1 teaspoon red wine vinegar

Dash salt

For spicy fry sauce, add:

1/4 teaspoon onion powder

1/8 teaspoon cayenne pepper

1/8 teaspoon black pepper

Mix all the ingredients together. Makes 1/2 cup.

## Dream Cookies

1/2 cup shortening  
1/2 cup butter, softened  
3/4 cup granulated sugar  
3/4 cup packed brown sugar  
1/2 teaspoon baking powder  
1/4 teaspoon baking soda  
1/4 teaspoon salt  
2 eggs  
1 teaspoon vanilla  
1 1/3 cups all-purpose flour  
1/3 cup unsweetened cocoa powder  
2 1/2 cups rolled oats  
1 cup semisweet chocolate chips\*  
1 cup white chocolate chips  
1 cup chopped macadamia nuts or pecans

Preheat oven to 350 degrees. Lightly grease baking sheet; set aside.

In large bowl, beat shortening and butter together with electric mixer 30 seconds at medium to high speed. Add granulated sugar, brown sugar, baking powder, baking soda, and salt. Beat until combined, occasionally scraping sides of bowl.

Beat in eggs and vanilla until combined. Beat in flour and cocoa powder. Stir in oats, chocolate chips, white chocolate chips, and nuts.

Drop by heaping tablespoons or 1-inch scoop 3 inches apart on prepared baking sheet. Flatten dough slightly. Bake 12 to 14 minutes or until just set. Let stand 1 minute on baking sheet. Remove to cooling rack.

Makes 4 dozen.

\*Dried cranberries are a good substitute for chocolate chips.

Note: For a flatter, chewier cookie, increase baking powder and baking soda to 1 teaspoon each.

Note: For a less-is-more version of this cookie, cut back to 1 3/4 cups oats and 1/2 cup nuts.

## Granny Annie's Rocky Road Fudge

4½ cups sugar

1 (12-ounce) can evaporated milk

3½ cups mini marshmallows, divided (2 cups frozen, 1½ cups at room temperature)

1 stick butter, cut into tablespoon-size pieces

3½ cups (21 ounces) chocolate, such as chocolate chips or chopped candy bars\*

1½ teaspoons vanilla

1 cup nuts (any type, but peanuts are traditional)

Put 2 cups of miniature marshmallows in the freezer. Butter a 9x13-inch pan.

In 4-quart saucepan (or larger—mixture will triple in size once it begins to boil) on medium heat, combine sugar and evaporated milk. Bring to a boil and boil for 7 minutes (to soft ball stage), stirring constantly. Remove from heat. Allow to cool 3 minutes. Do not stir mixture after removing it from heat or crystallization will occur.

While the sugar-milk mixture cools, mix together 1½ cups mini marshmallows, butter, chocolate, and vanilla in large bowl.

Pour sugar-milk mixture in bowl with chocolate-butter mixture (do not stir before pouring in sugar-milk mixture and do not scrape pan). Mix until smooth. Add nuts and pre-frozen marshmallows. Mix till combined. Pour mixture into prepared pan; smooth top. Allow to cool completely before cutting into 1-inch squares.

\*Half milk chocolate and half semisweet chocolate makes a great combination.

Note: Fudge freezes well when wrapped tightly in plastic wrap or placed in an airtight container. Thaw before eating.

# Jam Bars

## Crust

- 1½ cups flour
- ½ cup quick-cooking oats, uncooked
- ½ cup sugar
- ¾ cup butter or margarine, softened
- ½ teaspoon baking soda

## Topping

- ¾ cup flaked coconut
- ¾ cup chopped walnuts
- ¼ cup flour
- ¼ cup packed brown sugar
- 2 tablespoons butter or margarine, softened
- ½ teaspoon cinnamon
- 1 cup strawberry or raspberry jam

Preheat oven to 350 degrees. For crust, in large mixer bowl, combine all crust ingredients. Beat at low speed, scraping bowl often, until mixture is crumbly, 1 to 2 minutes. Using hands, press mixture in bottom of greased 9x13-inch baking pan. Be sure to spray or grease sides of pan as well as bottom. Bake 18 to 20 minutes, or until edges are lightly browned.

For topping, in same mixer bowl, combine coconut, nuts, flour, brown sugar, butter, and cinnamon. Beat at low speed, scraping bowl often, until well mixed. Crumbling mixture with clean hands works well, too. Spread jam evenly on hot crust, almost to the edges. Sprinkle topping mixture over jam. Continue baking 18 to 20 minutes, or until edges are lightly browned. Cool completely in pan on wire rack. Cut into bars.

Makes 15 to 24 bars, depending on size cut. Serve warm with ice cream or cool with whipped topping.