

SWEET & TANGY BAR-B-Q HAM BALLS

From: Sue Graham CRPL Volunteer

Living in Iowa there are so many wonderful pork products available that make this recipe a favorite. It can be made a day ahead, if necessary.

MEATBALL INGREDIENTS	HALF RECIPE	FULL RECIPE
Ground Pork	¾ lb.	1 ½ lbs.
Ground Ham	¾ lb.	1 ½ lbs.
Ground Bacon (Optional)	2 ½ to 3 oz.	5-6 oz.
Graham Cracker Crumbs	¾ C	1 ½ C
Large Egg(s)	1	2
Milk	½ C = 4 oz.	1 C = 8 oz.
NUMBER OF MEATBALLS	8 (2 ½" Diameter)	16 (2 ½"Diameter)

BAR-B-Q SAUCE INGREDIENTS	HALF RECIPE	FULL RECIPE
Canned Tomato Soup (Ready to Serve—NOT Condensed)	8 oz.	16 oz.
Brown Sugar, packed	¾ C	1 ½ C
Apple Cider Vinegar	3 Tbsp.	¼ C + 2 Tbsp.
Spicy Brown or Dijon Mustard	¾ tsp.	1 ½ tsp.

DIRECTIONS: Preheat oven to 350° F (325° F if using heat proof glass instead of metal or ceramic). Spray a 9" X 13" baking pan for a "full size recipe" or a 9" X 9" for a "half size recipe"; set aside. In a large mixing bowl combine all 5-6 meatball ingredients; thoroughly combine. Divide the meat mixture equally and gently shape into eight 2 ½ " meatballs (for half recipe) OR sixteen 2 ½ " meatballs (for full recipe)—each meatball will weigh approximately 4 oz. before baking. Place the meatballs close together in the prepared baking pan; set aside. In a small to medium size mixing bowl combine all 4 sauce ingredients together. Pour the sauce over the ham balls—it will be very runny in it's uncooked state, but will reduce in amount considerably and will thicken as liquid evaporates. Place pan in oven and bake for 1 hour, turning the meatballs over after the first 30 minutes of baking. NOTE: The sauce will have a very strong vinegar smell for at least the first half hour of baking and then it improves the second half. If you used bacon that was extremely fatty you may need to blot the grease before serving warm.

GLUTEN FREE VARIATION: Make sure the following 4 ingredients are gluten-free: ham, bacon, graham crackers, and tomato soup.

MEATLOAF WITH ZIPPY SERVING SAUCE

From: Sue Graham, CRPL Volunteer

As I was growing up in Cedar Rapids we frequently ate at Bishop's Buffet, in the 1st Ave SE location downtown, then later at both Lindale & Westdale Malls. It was a popular restaurant for families because each family member could select their own meal, item by item from a large assortment, allowing everyone to tailor the meal to their individual taste buds and appetites. It was open for both lunch and dinner seven days a week and chances were you'd find a large number of people that you knew in various ways from the Cedar Rapids community, stopping briefly to chat along the way. When I think of Bishop's I think of a number of foods that I enjoyed and hoped would be on the menu the day we visited. One of those was their meatloaf that served a slightly sweet and zippy sauce over the top. Below is my mom's meatloaf recipe from the 1950's-60's, along with a sauce I created in effort to reproduce the one I loved at Bishop's.

MEATLOAF INGREDIENTS:	1 POUND LOAF	2 POUND LOAF
Ground Round Beef	1 lb.	2 lbs.
Fresh Finely Chopped Onion (OR Dehydrated Minced Onion)	½ C Fresh (OR 2 to 3 tsp. Dried)	1 C Fresh (OR 4 tsp. Dried)
Soda Crackers, crushed finely	12 Crackers Squares = approx. ½ C crumbs	24 Cracker Squares = approx. 1 C crumbs
Bottled Chili Sauce	¼ C	½ C
Egg, well beaten	1 Lg.	2 Lg.
Milk	2 Tbsp.	¼ C
Worcestershire Sauce	¾ tsp.	1 ½ tsp.
Fine Kosher Salt	¾ tsp. to 1 tsp.	1 ½ tsp to 2 tsp.
Garlic Salt	1/8 tsp.	¼ tsp.
Ground Black Pepper	3 to 4 Shakes	6 to 8 Shakes
Dried Parsley Flakes	1 ½ tsp.	1 Tbsp.
Dried Oregano Leaves	1/8 tsp.	¼ tsp.
TOPPING FOR LOAF---PLAIN KETCHUP		

DIRECTIONS FOR MEATLOAF: In a large mixing bowl thoroughly combine all of the meatloaf ingredients. Place mixture into an ungreased 5" X 9" loaf pan. **NOTE:** if doing a ONE pound recipe gently push meat to one end of the pan so the meat mixture is only filling about a 5" X 6" space, leaving the remaining portion of pan empty. If doing a TWO pound recipe use the entire dimension of the pan and you'll end up with a slightly thicker loaf which will require a little more baking time. Shape the top of the meatloaf so it's slightly rounded, then spread a thin layer of ketchup over the top. Place the pan into a preheated 350° F oven; bake a ONE pound loaf for approximately 50-60 minutes, and a TWO pound loaf for 80 to 90 minutes. Remove pan from oven and drain off as much grease as possible. Cover pan for about 3-5 minutes and let set up before removing the meat from pan and onto a serving platter. Cut a ONE pound loaf into 5-6 slices and a TWO pound loaf into 10-12 slices.

SERVING SAUCE INGREDIENTS:**SAUCE FOR 1 LB. LOAF****SAUCE FOR 2 LB. LOAF**

Bottled Chili Sauce (Sue prefers Heinz Brand)

 $\frac{3}{4}$ C1 $\frac{1}{2}$ C

Brown Sugar, packed

1 $\frac{1}{2}$ Tbsp.

3 Tbsp.

Prepared Horseradish—NOT Horseradish Sauce

 $\frac{3}{4}$ tsp.1 $\frac{1}{2}$ tsp.

Water

1 $\frac{1}{2}$ Tbsp.3 Tbsp.

DIRECTIONS FOR SERVING SAUCE: Place all four ingredients together in a small sauce pan; cover pan. Place on stovetop and simmer on low to medium-low for 12-20 minutes until warm and flavors have mingled together. Don't let sauce run dry, add a couple of drops of water if necessary. Do NOT use a high temperature because it will cause the sugar brown sugar and sugar in the chili sauce to burn.

TO SERVE: Arrange the hot slices of meatloaf on a serving platter and ladle some of the hot serving sauce over the top. Place any remaining serving sauce into a gravy bowl allowing diners to add more if desired.

One of my fond memories growing up in Cedar Rapids was going to the CRPL's Friday Family Movie Night, held once a month. When the movie was done we'd walk a block down 3rd Ave. to the Butterfly Café, where we'd order a family size platter of onion rings. The batter was thin, delicate, and flakey covering onion rings that were so tender and sweet. Decades after the Butterfly closed was still craving those onion rings but couldn't duplicate my childhood memories until I watched co-host Chef Michael Symon demonstrate a recipe on his TV show, "The Chew". After further reading and experimenting here is a slightly revised version of his recipe I use whenever I have a group of onion ring lovers around me---it's always a big hit!

LIGHT & CRISPY ONION RINGS

From: Sue Graham (Adapted from Chef Michael Symon—6/20/2014)

- 2 Medium Sweet Vidalia Onion
- 2-3 Tbsp. Oil (Use only if doing Optional Step 2B—Sweating the onions)
- ½ tsp. Salt (Use only if doing Optional Step 2B---Sweating the onions)
- 4-6 Cups Oil that can tolerate Deep Frying Temperatures

DRY DIP:

- ½ Cup Cornstarch
- 1 tsp. Baking Powder
- 3-4 Pinches Salt
- 2-4 Pinches Sugar

BATTER:

- 1/3 Cup Cornstarch
- 1/3 Cup All-Purpose Flour
- ½ tsp. Baking Powder, skimpy
- 2 tsp. Dry Milk Powder
- 1 ¼ tsp. Salt
- 1 ¼ tsp. Old Bay Seasoning
- 1 tsp. Sugar
- 1/3 Cup Vodka
- 3 Tbsp. Beer
- 3 Tbsp. Water

DIRECTIONS:

Advanced Prep:

1. A. Slice each onion into 3/8" to ½" thick rings. Leave the rings nested inside each other for next step.
- B. Place the nested rings in single layers, inside multiple thicknesses of paper towel. Place the layer of towels & onions inside a glass baking pan. Cover pan tightly with plastic wrap in effort to keep the onion odor contained inside the pan.
- C. Refrigerate the pan of onions for 24-48 hours, allowing some moisture to be pulled from onions..

Regular Prep:

2. A. Remove the onion rings from the paper towels and separate into individual rings. The paper towel will be damp from liquid absorbed from the onions—discard toweling.
- B. **NOTE Step 2 B is optional—Sweating the onion:** It's one of the tricks a chef at the Butterfly Café in CR taught my dad that helps develop the sweetness and tenderness of the onion. However if using actual Vidalia onions you can probably skip this step because that variety is naturally very sweet on it's own. Heat a small amount of oil in a large skillet on medium setting for 2-3 minutes; once oil is heated, add ½ of onion rings to the skillet, sprinkle ¼ teaspoon of salt over the onions. Allow onions to "sweat" for several minutes, stirring several times. When the rings just barely begin to lose their stiffness and become slightly limp, remove from the pan and gently pat dry with paper towel. Set aside. Repeat the sweating process with the other ½ of the onion rings and ¼ tsp. salt.
3. A. Fill deep fryer with several inches of oil and set temperature to 350° F.
- B. Turn oven on to lowest temperature setting. (This will be used to keep fried onion rings warm while frying subsequent batches . Due to small size of home fryers you have to cook in small "batches")
4. DRY DIP: In a large, shallow bowl combine the four ingredients; set bowl aside.
5. BATTER: In a 2nd large, shallow bowl combine all of the batter ingredients together EXCEPT the 3 liquids; blend thoroughly. In a small bowl combine the 3 liquid batter ingredients; stir to blend. Add the liquid ingredients slowly to dry ingredients, stirring to eliminate any lumps.
6. DIP & FRY: First dip onion ring in "dry dip", shaking off excess powder; stir batter, then dip rings, letting excess batter run off. Carefully place coated rings into hot oil, limiting number of rings to only 5-8 at a time in fryer to prevent overcrowding, which would result in temperature drop. Flip rings halfway through cooking time to brown second side; if temperature is correct it should only take 1 ½ -2 ½ minutes per side. Remove rings from oil and drain several minutes on paper towel, salt; then take rings off paper towel and place on rack in warm oven while remainder of rings are fried. Serve warm & enjoy!

3 REASONS WHY THIS RECIPE WORKS:

1. The faster liquid evaporates from the batter during frying, the crispier the finished coating will be. In this recipe, 2 of the 3 liquids used are alcohol, which evaporates faster than non-alcoholic liquids. Beer will add flavor to the batter, while vodka is fairly flavorless but has a higher alcohol content than beer.
2. Equal parts of cornstarch and flour is another key to the delicate, crunchy texture.
3. Dry milk powder helps encourage the “browning effect” in the batter so it’s not so pale.

GLUTEN FREE VERSION:

1. In place of the 1/3 C Flour I substitute 2 Tbsp. Corn FLOUR + 3 1/3 Tbsp. A Girl Defloured GF Flour Blend.
2. Be sure Baking Powder is made in a GF facility.
3. Use both GF Vodka and GF Beer.
4. I add 1/16th teaspoon of Xanthan Gum to the batter. It helps thicken & emulsify the batter slightly so the flour is less likely to sink to the bottom of bowl.

PAXEMADAKIA (Greek Twice Baked “Toast” Cookies)

From: Sue Graham, CRPL Volunteer

*During my college years I was fortunate to work with a woman named Kaliope Matheakis who had immigrated from Crete, Greece to Cedar Rapids. She was a wonderful cook and baker and was always generous to share her food. It's through her that I was introduced to Greek food and culture right here in CR. I attended several of their Greek Festivals that used to be held at the Cedar Rapids Round House, and also attended many of their Greek Dinners they use as Fall fund raisers at the Greek Orthodox Church on A Ave NE in Cedar Rapids. Kaliope made many fancy and special occasions treats, but one of my two favorites cookies still remains the common, every day cookie she called her Toast Cookies, which is very similar to the widely known **Italian Biscotti**. It also pairs nicely for a snack with fresh fruit &/or cheese.*

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1 1/8	C	Granulated Sugar (= 235g)	1/4	tsp.	Baking Soda
1	C	Oil	1/4	tsp.	Ground Cinnamon
4	Lg.	Eggs, well beaten	1/2	C	Ground Nuts (Pecan, Pistachio, etc)
4	C	Sifted Flour	2	Lg.	Egg YOLKS, beaten
2		tsp. Baking Powder (= 6g)			

Beat sugar oil, and eggs together. Then combine the flour, baking powder, baking soda, cinnamon, and ground nuts; add to above mixture. Grease 4 to 5 loaf pans. Divide batter equally between the pans, press evenly into bottom of each pan.---note the dough is thick and sticky and will only form a thin layer on the bottom of pans. Brush beaten yolk over the top of each loaf. Bake in a 350 °F oven (325 °F for glass pans) for 35-42 minutes. Remove loaves from pans and allow to cool on racks for 15-20 minutes before slicing. Place a loaf on cutting board and slice across short width of bread eleven times, creating 12 oblong cookies. Repeat step with each “loaf” of cookies. Then place the baked and sliced cookies, **cut side down** on ungreased baking sheets close together. Place baking sheets on the top rack of the oven and continue baking in a 350° F oven a **second time** for approximately 5-7 minutes; then flip each cookie over to it's other “cut” side and bake for an additional 5-7 minutes. When done baking the cookies should be fairly firm and dry. Allow cookies to completely cool on wire racks before storing in a covered container for up to 2-3 weeks at room temperature. Makes 4-5 dozen oblong cookies.

TIPS:

- Can make parchment paper “sling” for each loaf pan and grease both the pan and paper. This makes removing the loaf from the pan easier after the first baking period.
- If you don't own loaf pans then you can divide the dough equally into 4-5 free formed mounded loaves on baking sheets or sheet cake pans and then place in oven for the first baking period.

GLUTEN FREE VERSION:

Sue uses 488g of a “cup for cup” GF Flour Blend called “A Girl Defloured”. Also make sure to use brands of baking powder & baking soda that are labeled GF because they've been manufactured in GF facility so they're not cross contaminated. I also add 1 1/2 to 2 tsp. of Xanthan Gum to the dry ingredients. If you choose to use Vanilla Extract make sure it's GF (Vanilla was not in Kaliope's original recipe but some times I add 3/4 to 1 tsp.). I let the raw dough sit in the loaf pans and rehydrate for 5-10 minutes before I place in oven, which is unique to GF flours. You'll also have to play around with the oven temperature and cooking time a little. I usually use between a 325° F to 350° F oven and possibly add 2-5 minutes to each of your baking periods—especially if you use the lower oven temperature.

SCALLOPED CORN CASSEROLE

From: Sue Graham, CRPL Volunteer

This is a recipe my mom got back in the 1940's or 50's and it's made for week night meals, as well as almost every Thanksgiving and Christmas Day when my paternal side of the family meet for potlucks. One Christmas Day I wanted to try a new recipe, so didn't have time to make the scalloped corn for our potluck; one of my cousin's jokingly said to me, "If you're not going to bring the scalloped corn, then you'd better just not come—it's a tradition!" So no matter how many dishes I'm taking, I usually try to find time to make this recipe to keep him happy!

3-4 SERVINGS	6-8 SERVINGS	9-12 SERVINGS	INGREDIENTS
1 Qt.	1 ½ to 2 Qt.	2 ½ Qt.	Casserole Dish
1 Can	2 Cans	3 Cans	Cream Style Corn (1 can = 14.75 to 15 oz.)
¼ tsp.	½ tsp.	¾ tsp.	Salt
1 Tbsp.	2 Tbsp.	3 Tbsp.	Sugar
12 Squares	24 Squares	36 Squares	Soda Crackers, finely crushed
1 1/3 Tbsp.	2 2/3 Tbsp.	4 Tbsp.	Butter, melted
1 1/3-2Tbsp.	2 2/3-4 Tbsp.	4-6 Tbsp.	Milk
1 Med.	1 ½ Lg.	2 Lg.	Eggs, well beaten
2 Shakes	4 Shakes	6 Shakes	Ground Black Pepper
30-40 Minutes	40-50 Minutes	60-70 Minutes	BAKING TIME

Preheat oven to 350° F. Grease a 1 qt. to 2 ½ qt. casserole dish (depending on the size listed for your servings on the chart above). In a large mixing bowl combine all ingredients until thoroughly blended. Pour into the correct size casserole dish. Bake until the center is set and doesn't move when the casserole dish is jiggled—see approximate baking time from the chart above. Serve hot.

NOTE: If time requires you to make it a day ahead, then let the casserole dish sit on counter for ½ hr. to lose the chill before placing in the oven. This helps keep the dish from cracking due to sudden temperature change. However if time doesn't allow it, then put the casserole dish in the oven as it starts "preheating", allowing the dish to gradually warm up; the baking time won't start until the oven is done preheating.

SNICKERDOODLE COOKIES

From: Sue Graham, CRPL Volunteer

I've encountered many different Snickerdoodle recipes, but this is my favorite one because I think it's got the best flavor, and is both moist and soft. I got it decades ago from a woman at my church.

2/3 C	Butter * (room temp.)	2	tsp.	Cream of Tartar (= 5 ½ g)
1/3 C	Shortening	1	tsp.	Baking Soda (= 6 g.)
1 ½ C	Granulated Sugar	¼	tsp.	Salt, skimpy (= 2g)
2	Lg. Eggs, well beaten			
1	tsp. Vanilla Extract (optional)	1	Tbsp.	Ground Cinnamon
2 ¾ C	Flour, slightly sifted (=350 g)	2	Tbsp.	Granulated Sugar

Thoroughly cream solid fat(s) and sugar; add eggs & vanilla (if using).

Combine the flour, soda, cream of tartar, and salt; add to the creamed mixture just until blended.

Cover dough bowl and chill for an hour or two hours before shaping.

Shape dough into balls the size of small walnuts; dip the top half of the dough balls in the cinnamon-sugar mixture. Place 2" apart on ungreased cookie sheets. Bake in a preheated 400° F oven for approximately 8-10 minutes, until lightly browned. Note: While baking these cookies will puff up a little and then flatten out as baking continues.

Makes 3 ½ dozen.

Gluten Free Variation: 2 ¾ Cup GF "Measure for Measure" Flour blend (Sue uses "A Girl Defloured" in place of regular flour,(=350), 1 tsp. GF soda, and 1 tsp. GF vanilla (if using); PLUS add 1 to 1¼ tsp. (= 4 g) Xanthan Gum. (On 3/10/2020 Sue used 1 ¼ tsp. Xan. Gum and it worked out fine—do again)

*NOTE: Butter will cause cookies to spread out more, creating a thinner cookie that is slightly crisper; shortening doesn't spread out as much, resulting in a smaller and thicker cookie that is a little more tender. Salted butter will also create a baked cookie that is slightly darker than one with shortening due to the salt present in the salt in the butter (unless use unsalted butter). Flavor will vary between the two slightly.

If you wanted to make the recipe "Dairy Free" than use "Earth Balance Buttery Spread" in place of the butter or shortening.

One of my cousin's loves to share the bounty of his fishing trips each year by having a Fish Fry at his home every Labor Day Weekend for friends, family, and neighbors. I make both of these Tartar Sauces to please different taste palates. I love horseradish AND I have a sweet tooth, so I found myself enjoying both of these recipes—just not in the same bite!

ZIPPY TARTAR SAUCE

From: Sue Graham, CRPL Volunteer

- 1 C Ketchup
- 2/3 C Mayonnaise
- 1/4 C Pickle Relish (It calls for dill but I only had sweet on hand)
- 1 1/4 tsp. Prepared Horseradish

Combine all ingredients. Cover and refrigerate overnight.

Yields: Almost 2 cups.

SWEET TARTAR SAUCE

From: Sue Graham, CRPL Volunteer

This one reminds me a little of Red Lobster's Tartar Sauce.

- 2/3 C Miracle Whip
- 1 1/3 C Sour Cream
- 1/2 C Powdered Confectioner's Sugar
- 1/2 tsp. Finely Ground Table Salt
- 1/4 C Sweet Pickle Relish
- 1 1/3 Tbsp. Dried Minced Onion
- 1 1/2 Tbsp. Finely Grated Carrots
- 1/4 tsp. Dried Parsley

Combine the first four ingredients together in a mixing bowl, stirring until mixture is smooth. Then add the remaining ingredients and stir until well blended. Cover and refrigerate overnight so the flavors can meld.

Yields: approximately 3 cups.

THE GREAT OATMEAL BAR

From: Sue Graham, CRPL Volunteer

I received this recipe from a classmate when I was a student at Roosevelt Jr. High in the late 1960's/early 1970's. She and her mom had heard it on the popular WMT radio recipe show here in CR called "The Open Line", which at that time was an hour long show aired 6 days a week. Fast forward about 20 years and I was fortunate to become acquainted with the woman, Elaine Franck, who had originally submitted the recipe to The Open Line all of those years earlier. When just looking at the recipe it didn't sound very exciting to me, but once I tasted the "burnt butter frosting" on the bars I was hooked! In more recent years I have begun to eat gluten-free, so I've included a GF variation below in case you're part of the GF community.

BAR INGREDIENTS:

2	Sticks	Salted Butter	1	tsp.	Vanilla Extract
1	C	Brown Sugar, packed	1 ½	C	Flour, unsifted
1	C	Granulated White Sugar	1	tsp.	Baking Soda
2	Lg.	Eggs, well beaten	3	C	Quick Cooking Oats

Cream the butter, sugars; add the eggs and vanilla. Then stir in the three remaining dry ingredients. Place dough in a greased 12" X 18" jelly roll pan. Bake in a preheated 350 degree oven for approximately 30 minutes—it can dry out quickly, so watch your time closely.

THIN BURNT BUTTER FROSTING INGREDIENTS:

5	Tbsp.	Butter	½	tsp.	Vanilla Extract
1 ½	C	Powdered Sugar	2-3	Tbsp.	Milk

Place the butter in a small saucepan and cook over medium-low to medium heat until the butter turns a LIGHT burnt brown—watch carefully because it goes from a light burnt brown to an awful scorched dark brown quickly that tastes terrible. Remove pan from heat. Pour melted butter, powdered sugar and vanilla extract into a mixing bowl. Use electric mixer to beat until smooth; gradually add milk, a little at a time, until you get a thin spreading consistency that's slightly thicker than icing.

ASSEMBLY: Once the bars have been removed from the oven and are still warm, add the thin frosting to the top. Allow the bars to cool before cutting into approximately 24 bars. This recipe does tend to dry out a little faster than other bar cookies, so I've found it to only stay fresh and moist for 2-3 days maximum.

GLUTEN-FREE VERSION FOR PEOPLE WITH CELIAC DISEASE: There are 4 changes to make in the bar ingredients so it becomes GF, otherwise use all of the same ingredients and in the same amounts as listed above. Gluten Free Changes are:

1. Gluten Free Measure for Measure Flour Blend(Also Called "Cup for Cup")—Sue uses a homemade blend called "A Girl Defloured"-need the same 1 ½ Cup amount.
2. Certified Gluten Free Quick Cooking Oats—need same 3 cup amount.
3. Gluten Free brand Vanilla Extract in BOTH the bar and frosting ingredients—need same amounts (1 tsp. in the batter, and ½ tsp. in the frosting).
4. Add ¾ to 1 tsp. Xanthan gum in the bar ingredients at the same as the batter's dry ingredients.
5. Once the bar ingredients are totally mixed up some experts often suggest to let gluten free batters sit for an extra 5-10 minutes before placing in the oven because GF flours don't absorb the liquids as quickly as wheat flour do.. Also it's common for GF baked products to dry out faster so eat these up within 1-2 days OR freeze after cool enough.