
Sharon's Pulled-Chicken Sandwiches

In large crockpot, combine:

- 6 pounds unboned raw chicken (skin removed)**
- 1 large chopped onion**
- 3 HEADS peeled, chopped garlic (NOT cloves)**
- 1 cup ketchup**
- 1/4 cup lemon juice**
- 3 T. Worcestershire sauce**
- 1/4 cup maple sugar**
- 1 teaspoon salt**
- 1/4 teaspoon pepper**

Cook on low, 8-9 hours. When soft, strain out the meat, cool and shred, removing bones and gristle, etc. Return shredded meat to the crock pot. If mixture is thin, add a cup of commercial bbq sauce to thicken. (Kids Korner Pizza in Rhinelander sells a good one). Serve hot over buns, in tortillas, etc. Serves: 12-15 hearty appetites. Can be frozen and reheated.

Squash Rolls

In small bowl, dissolve **4 T. dry yeast in 3/4 cup very warm water and 1/4 cup maple syrup**. Set aside to let work for a few minutes.

In large bread bowl, cream **1 1/3 cups shortening with 1 cup maple sugar and 2 teaspoons of salt**.

Add, and mix until smooth:

- 4 beaten eggs**
- 2 cups pureed winter squash (room temperature)**

Add:

- 2 cups warm milk and 8-9 cups of bread flour.**

Knead for a few minutes. Dough should be soft, but nonsticky.

Grease dough with light coating of oil or butter, place in bowl, cover with damp cloth, and let rise until double (about 45 minutes). Punch down, turn, and let rise again, keeping covered.

Divide in 1/4's, making a dozen round rolls from each (or make a loaf of bread instead). Grease tops lightly. Let rise for 20 minutes, then place in a cold oven, set it to 375 degrees and turn on. Bread will finish rising as the oven heats. Bake a total of about 35 minutes, rolls may take a little less time than loaves of bread. Remove when brown, and tapped dough sounds hollow.

Tip hot rolls and bread from pans, and cool on wire racks.

Makes 4 dozen rolls or 4 loaves of bread.

Mary Ball Washington's Gingerbread

(this authentic recipe from our first president's mother (circa 1780's) comes from Your Country Kitchen by Jocasta Innes, published by Garden Way Publishing, 1979).

Grease and flour a 9x13 pan with 2 inch sides.

In one bowl, cream together until fluffy and non-gritty (this takes a few minutes!)

1/2 cup butter and 2/3 cup maple sugar

In a second bowl, sift together:

3 cups all-purpose flour and 1 teaspoon cream of tartar;

Add 1 cup of seedless raisins

In a third bowl, mix together:

3/4 cup warm milk

1/4 cup sherry

2 T. ground ginger

1 T. ground nutmeg

2 teaspoons ground cinnamon

2/3 cup light corn syrup (I use maple, of course)

1/3 cup molasses

3 beaten eggs

Keep at hand for a last minute addition:

Juice of one large orange, with grated peel

1 teaspoon baking soda, dissolved in 2 T. warm water

Whew! No wonder colonial women didn't have much spare time! Okay, here's how to mix this all together:

Add the flour mixture alternately with the wet mixture, to the basic creamed butter and sugar mixture. Beat thoroughly. Finally, beat in the orange juice and grated rind, and the dissolved baking soda.

Pour into the prepared pan and bake at 325 degrees for 30 minutes, then reduce to 275 degrees for another 30 to 40 minutes. Leave in the pan to cool. Serve spread with butter (the old-fashioned way), or with a dusting of confectioner's sugar or whipped cream. Delicious!

Natural Ginger Ale

In medium saucepan, bring to a boil:

2 cups sliced, unpeeled, fresh ginger root (found in most grocery stores).

4 cups water

Cover, and simmer for an hour.

Uncover and simmer an additional 30 minutes.

Strain through cheesecloth.

Add **2 T. lemon juice**

2 T. honey

Cool to room temperature. Store in refrigerator up to two weeks.

To serve cold: 1/4 cup ginger syrup in glass, fill with sparkling water.

To serve hot: 3 T. syrup in a cup of hot water.

Adjust with additional honey or lemon, if desired.

Oatmeal Pecan Chocolate Chip Cookies

In mixing bowl, beat together until fluffy:

1/2 cup soft butter

1/2 cup white bean puree (1/2 can white beans, pureed smooth)

2 cups maple sugar

Add, and mix well:

1 T. vanilla

3 T. milk

2 eggs

Add and stir:

2 cups all-purpose flour

1 teaspoon baking soda

1 teaspoon baking powder

Lastly, add and mix well:

1 12 oz. bag of chocolate chips, any type.

3 cups quick oats

1 cup chopped pecans

Chill dough for two hours. Drop on lightly greased cookie sheets and flatten slightly.

Bake at 350 degrees for 12-15 minutes, until golden brown but still soft. Cool on wire rack. Makes about 3 dozen.

Best-Ever Berry Jam with Stevia

This jam is made a bit differently than sugared jams--well worth it! (needs Pomona Universal Pectin, available locally at Golden Harvest in Rhinelander. A box makes MANY batches!)

1. In small kettle, crush **6 cups of washed, hulled, fresh berries**. (Mild-tasting berries work best). Add **4 teaspoons of calcium water** to the kettle--see the Pomona box for directions on making this). Add **1/4 cup lemon juice**. Stir well, and heat just until boiling. Turn off heat.
2. In another small saucepan, bring **1 cup of fruit juice** to a boil. (I use blueberry when making blueberry jam, raspberry for raspberry jam, etc). While hot, pour into a blender. Add **2 teaspoons of pectin powder** (from the Pomona box), and blend 1 minute with the lid vented (it may poof at first), until dissolved.
3. Re-heat the berries in the kettle to boiling. Add the pectin mixture and stir vigorously for 1 minute. Stir in **3/4 teaspoon powdered stevia**. Return to a boil, then remove from the heat.

That's it. Pour jam into clean, sterilized jam jars to 1/2 inch from the top. Screw on 2-piece lids. For long storage, boil for 5 minutes in water bath canner. The lids will "pop" to seal when removed from the hot water, usually within an hour or two.

Makes about 4 cups of jam.

Paprika Vinaigrette Dressing

(adapted from Star Journal, Rhinelander, June 14, 2009)

In blender, mix together:

1/2 cup fruit vinegar

1/3 cup honey

1 T. stone-ground mustard

1 T. lime juice

1 teaspoon ground black pepper

3/4 teaspoon salt

1 clove minced garlic

2 T. chopped onion

1/2 teaspoon thyme

With blender on slow speed, drizzle in **1/2 cup olive oil**. Chill at least 1 hour before serving.

Makes about 1 1/2 cups of dressing.

Hodag Baked Beans

In skillet, fry **4 slices of cut-up bacon** til crisp. Drain, then brown **1 pound of hamburger** and **1 medium onion**, chopped. Place all in 3 quart casserole dish.

To the meat mixture, add and mix well:

3 cans of varied beans--lima, chili, red, butter beans, pork n' beans,

1/2 cup maple sugar

2 T. vinegar

1 T. soy sauce

1 teaspoon dry mustard

1/2 cup ketchup

salt to taste, if necessary

Bake at 325 degrees about an hour.

Serves 4 to 6.

Wheat Berry Salad with Craisins and Cashews

In large pot, combine:

1 cup raw wheat berries

10 cups water

Bring to a boil, and cook until tender, about an hour. Drain, transfer to a large serving bowl.

Add, and stir well.

1 1/2 T. olive oil

2 T. orange juice

1 T red wine vinegar

1/4 teaspoon ground caraway seeds

2 T. fresh mint, chopped fine

2 diced, Granny Smith apples

1 cup craisins

salt and pepper to taste

Refrigerate, covered, until just before serving time. Add: **1/2 cup toasted, chopped cashews.**

Serves: 4

Gingerbread Waffles

(the only recipe I didn't prepare for sampling at Herb Fest, but it is perfect for a special breakfast, any time of year)

In mixing bowl, combine:

2 cups flour

1/2 teaspoon each: cinnamon, cloves, allspice, ginger

1/2 teaspoon salt

1 teaspoon baking powder

1 teaspoon baking soda

1/4 cup maple sugar

In another bowl, beat together:

3 egg yolks (save the whites for beating separately)

1/2 cup molasses

1 1/2 cups buttermilk

8 T. melted butter

Add the wet mix to the dry. Fold in the **3 egg whites, beaten stiff**. Bake in hot waffle griddle, and serve with butter and maple syrup.

Makes about 4 waffles, depending on size of griddle.