

FROM KIRK'S KITCHEN



Killer

Family and Friends

Recipes



A Family Cookbook

BREAKFAST & BRUNCH · SOUPS & STEWS · SALADS · BREADS · MAIN
DISHES · SIDES · SAUCES & CONDIMENTS · CAKES & PIES · COOKIES &
CANDY · PUDDINGS & DESSERTS · FROSTINGS, FILLINGS & SWEET
SAUCES

53 RECIPES · KIRK KILLER

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01

Breakfast & Brunch



Waffle-iron mornings and warm coffee cake.

Cinnamon Coffee Cake

Waffles

Cinnamon Coffee Cake

Betty Bennet's Recipes – Our Friend Pam's Grandmother's Recipes

OVEN	BAKE	PAN
375°	30 min	8" square

Ingredients

SIFT TOGETHER

- 2 cups flour
- ¼ cup sugar
- 4 tsp baking powder
- ½ tsp salt

STIR IN

- 1 egg, well beaten, in 1 cup milk

ADD

- 4 tbsp shortening *melted and cooled*

TOPPING

- 2 tbsp sugar
- ½ tsp cinnamon

Directions

- 1 Preheat oven 375 degrees.
- 2 Sift together flour, sugar, baking powder and salt.
- 3 Stir in 1 egg well beaten in 1 cup milk.
- 4 Add 4 tbsp melted and cooled shortening.
- 5 Spread in 8 inch square greased pan.
- 6 Sprinkle with mixture of 2 tbsp sugar and ½ tsp cinnamon.
- 7 Bake 30 minutes, serve hot.

Waffles

Betty Bennet's Recipes – Our Friend Pam's Grandmother's Recipes

METHOD

Waffle iron

TRANSCRIPTION NOTE: The card clearly reads "4 tps baking soda" (baking powder is more usual for waffles). Kept as written.

Ingredients

DRY

- 2 cups flour
- 4 tps baking soda
- $\frac{3}{4}$ tsp salt
- 1 tbsp sugar

WET

- 2 eggs *separated*
- $1\frac{3}{4}$ cups milk, plus $\frac{1}{4}$ cup if needed
- 8 tbsp (1 stick) margarine

Directions

- 1 Sift flour, baking soda, salt and sugar together.
- 2 Beat 2 egg whites stiff.
- 3 Beat together 2 egg yolks and $1\frac{3}{4}$ cup milk. Add dry ingredients and beat well.
- 4 Fold in 8 tbsp (1 stick) margarine and the beaten egg whites.
- 5 If too stiff add $\frac{1}{4}$ cup milk.
- 6 Pour in pre-heated waffle iron.

02

Soups & Stews



Pot-simmered, ladle-ready comfort.

Corn Chowder

Hodge Podge

Killer's Instant-Pot Chili

Corn Chowder

Betty Bennet's Recipes – Our Friend Pam's Grandmother's Recipes

SERVES

4–6

SIMMER

45 min

Ingredients

- 3 slices bacon
- ¼ cup onion
- 1 large potato *pared and diced*
- 2 cups water
- 1 bay leaf
- 3 tbsp flour
- ½ cup evaporated milk, plus more hot evaporated milk (see step 6)
- 2 cups canned whole kernel corn *drained, liquid saved*
- Salt and pepper

Directions

- 1 Fry 3 slices bacon until crisp. Remove from pan and crumble.
- 2 Sauté ¼ cup onion in bacon fat, drain fat.
- 3 Combine bacon, onion, 1 large potato pared and diced, 2 cups water and 1 bay leaf in sauce pan.
- 4 Bring to boil, lower heat and simmer covered for 45 min.
- 5 Whisk 3 tbsp flour into ½ cup evaporated milk. Add to soup, stirring constantly until thickened.
- 6 Drain 2 cups canned whole kernel corn – save liquid. Add enough hot evaporated milk to corn liquid to make 1¾ cups. Add corn and liquid to soup, stirring well.
- 7 Reheat chowder but do not boil. Season with salt and pepper.

Hodge Podge

Betty Bennet's Recipes – Our Friend Pam's Grandmother's Recipes

METHOD

Crock Pot

COOK

All day

Ingredients

- 1½ lb. ground beef
- 1½ cups chopped celery
- ¾ cup chopped onion
- 1 tsp. garlic powder
- 1 (32 oz.) can baked beans
- 3 (10 oz.) cans minestrone soup
- 2 cups water
- 1 tbsp. Worcestershire sauce
- ½ tsp. oregano

Directions

- 1 Brown first 4 ingredients, drain excess grease.
- 2 Put all in Crock Pot – cook all day.

Notes

SERVING

Serve with garlic bread.

Killer's Instant-Pot Chili

A Killer original

COOK

4½ hr slow cook

EQUIPMENT

Instant Pot + cast iron skillet

Go all organic if you can!

Ingredients

CHILI

- 2 tablespoons, roughly, of olive or canola oil
- 2–3 tablespoons Kerrygold salted butter *key*
- 2 pounds of your favorite 85% ground beef
- 4 cloves of garlic, minced
- ½ of a medium sweet onion, diced
- 1 medium to large shallot, cut into rings
- 1 red bell pepper, diced
- 1 poblano chili, minced
- ½ habanero pepper, minced *optional, but adds a nice bit. If you use a whole one, just throw the chili out when it's done cooking 😊*
- 3 tablespoons tomato paste
- 2 tablespoons chili powder *be careful here; chili powder can destroy the flavor profile of the chili, and all you'll basically taste and will have a difficult time consuming is chili powder*

- 2 teaspoons paprika *some people like smoked, not me*
- 2 teaspoons dried oregano
- 2 teaspoons cocoa powder *key*
- 1½–2 teaspoons ground cumin *key*
- 12 ounces lager or pilsner beer *I've been using Hearts of Pine lager*
- 1½ cups bone broth
- 1 (15-ounce) can black beans, drained and rinsed
- 1 (15-ounce) can kidney beans, drained and rinsed
- 2 cans organic fire-roasted tomatoes
- Kosher/Himalayan/Celtic salt and freshly ground black pepper, to taste
- ¾ cup flour slurry

TO BE SERVED WITH THE CHILI

- Chopped fresh cilantro leaves *optional*
- Sour cream
- Shredded cheddar cheese *I like the Mexican 4-cheese blend, but whatever*

INSTRUCTIONS (PREP AND COOKWARE EXACTLY HOW I DO IT)

- The “pre steps” prevent the vegetables and minced garlic from burning. 😊
- The process below is tailored to minimize stress (for me) while making the chili.

Directions

- 1** Take the ground beef and lager out of the fridge and let them come to room temp. (1 hr is fine)
- 2** Pre-cut prep
 - a.** Slice your onion, shallot, bell pepper, and poblano, then put them in a separate bowl.
 - i.** Poblano chilis can be super rigid when they're super fresh. You can add them to the skillet first and cook them down a little before the rest of the veggies if you like during the veggie cook step below.
 - b.** In another small finger bowl, set aside your minced garlic and habanero. Mix them together lightly.
- 3** Pre-seasoning prep
 - a.** Stir tomato paste, chili powder, paprika, oregano, cocoa powder, and cumin in a small bowl and set aside. It will be a clump of seasoning. That's ok.
- 4** Coat a large cast iron skillet with olive oil over medium heat, if you have one. Warm the skillet for a minute or two, then add the Kerrygold butter. (A regular skillet is fine.)
- 5** Once the butter has just melted, add the onion, shallot, bell pepper, and poblano, and cook until the veggies just start to soften and the onion and shallot rings just start to turn translucent.
 - a.** At this step, I'll drop the organic black and red beans into a colander, rinse them, and let them sit in the sink. I have time here because I just dropped the veggies in the pan.
- 6** Add the minced garlic and habanero (if used) to the veggies and cook for about 1–2 minutes. Be careful not to cook it too long. If the garlic burns, it will tarnish the chili's flavor.
- 7** Add the 2 lbs of ground beef and chop it up while mixing in the veggies and minced garlic. This is probably the most active part of the chili, because you're constantly mixing.
 - a.** Don't let the burger cook completely; you want a hint of red in the meat. Not rare, not medium, and not well done, just a hue of red.

b. For the love of god, don't drain the fat off.

8 Seasonings

a. Add a generous layer of salt (two large pinches) and ground pepper (a dozen or more grinds on the grinder), and spread evenly over the burger and veggies.

b. Then immediately add in the tomato paste, chili powder, paprika, oregano, cocoa powder, and cumin seasoning glob.

i. Reminder: Seasonings release their greatness when heated.

c. Turn off the heat and mix until the seasoning glob has dissolved and everything is nicely mixed.

9 Grab the Instant Pot pot and transfer all that goodness from the skillet into it. Scrape up anything stuck to the cast iron (or skillet), cuz damnnnnnnnn!

10 Put the pot back in the Instant Pot.

11 Now the easy part

a. Drop the black and red beans into the pot.

b. Drop the fire-roasted tomatoes in.

c. Drop in the lager. 12 oz in the pot and 12 in your face HAHAHAHA

12 Flour slurry (don't miss this step or your chili is just going to be a weird soup)

a. Mix flour with water to make a slurry paste.

b. Spatula it from the bowl/large cup into the pot and mix until it dissolves.

c. Repeat if it's still looking a little too soupy.

13 Put the top on the Instant Pot unit and set it to "Slow Cook". This isn't a pressure cook; it's a slow 4.5-hour cook that integrates the chili much better than an 18-minute pressure cook. That said, it doesn't release the built-up steam.

03 Salads



Fresh, bright, molded, and built to sit and soak.

Cucumber Soufflé Salad

Jello Salad

Killer's Kale & Feta Friggin' Pasta Salad

Lime Sherbet Salad

Cucumber Soufflé Salad

Betty Bennet's Recipes – Our Friend Pam's Grandmother's Recipes

METHOD

Molded, chilled

Ingredients

- 1 cup boiling water
- 1 pkg. lime jello
- 1/8 tsp salt
- Dash of pepper
- 2 tsps. vinegar
- 1 cucumber *sliced thin*
- 1 cup mayonnaise

Directions

- 1 Dissolve jello and other ingredients in boiling water and chill to consistency of egg whites, then whip until frothy.
- 2 Add 1 cup mayonnaise and place in mold with thin slices of cucumber.

SALADS

Jello Salad

Betty Bennet's Recipes – Our Friend Pam's Grandmother's Recipes

METHOD

Molded, chilled

Ingredients

- 1 small pkg. lime jello
- 1 cup boiling water
- 1 small pkg cream cheese
- ½ cup Miracle Whip
- 1 (15 oz.) can evaporated milk
- 1 small can crushed pineapple
- ½ cup nuts *if desired*

Directions

- 1 Dissolve 1 small pkg. of lime jello in 1 cup boiling water.
- 2 Add in 1 small pkg cream cheese, ½ cup of Miracle Whip, 1 (15 oz.) can of evaporated milk and 1 small can of crushed pineapple.
- 3 Add ½ cup nuts if desired.
- 4 Pour in mold and chill.

SALADS

Killer's Kale & Feta Friggin' Pasta Salad

A Killer original

CHILL

30 min – a couple hours

I first discovered kale pasta about two years ago at good ol' Hannaford in Sanford, Maine, while working a shower install job, and thought it was pretty decent until I looked at the ingredients and realized it was terrible because of all the crap in it. So I decided to make it as healthy as possible with fresh, organic ingredients. It took a bit to get the proportions correct, but I think I've got it. Feel free to improve on it and let me know.

Ingredients

PASTA

- **2 cups of your favorite healthy pasta** / *like real Italian cavatappi – FROM ITALY!!! It traps the sauce in the little sauce tunnels.*

VEGGIES & CHEESE

- **About 4–5 cups loosely packed fresh kale** *stems removed, leaves chopped into small bite-size pieces*
- **4 oz good-quality feta cheese, crumbled by hand** *I usually get the Olympiana brand if it's available, because it's so damn good and healthier*
- **2 oz (55 g) Parmigiano-Reggiano or high-quality Parmesan** *freshly grated or shaved (no pre-grated with cellulose) (KEY)*

BASIL-GARLIC DRESSING

- **1/3 cup unsulfured organic sun-dried tomatoes** *oil-packed or dry-packed; chopped (see Notes)*

- **3 Tbsp white balsamic vinegar**
- **3 fresh garlic cloves, finely minced or pressed** *go easy on the garlic; it can overwhelm the salad and ruin the other flavors*
- **1/2 cup fresh basil leaves, finely chopped or chiffonade** *I always forget to buy this, and it's soooooo key to the flavor. Sometimes I add more basil.*
- **Extra-virgin olive oil** *amount not given in the original*
- **One healthy pinch of fine sea/Himalayan/Celtic salt**
- **Freshly ground black pepper, to taste**
- **1 tsp fresh lemon juice or zest** *optional but recommended for a little extra brightness (I do this)*

Directions

COOK THE PASTA

- 1 Bring a large pot of well-salted water to a boil. Cook the cavatappi until al dente (usually 1–2 minutes less than the package says).
- 2 Drain, coat with a light application of olive oil, and toss.
 - a. You may opt to cool it down with water first, which is fine.
- 3 Let it sit and cool, or it will melt the cheese.

MESSAGE THE KALE (THIS IS THE SECRET TO GREAT TEXTURE)

- 4 Place the chopped kale in a large mixing bowl. Drizzle with olive oil (go easy).
- 5 Massage vigorously with clean hands for 2–3 minutes until the leaves turn dark green, soften, and lose their bitterness. This makes the kale tender and far more enjoyable than raw. You skip this step or don't go long enough, and it really shows in the texture (you'll hate it).

MAKE THE FRESH BASIL-GARLIC DRESSING

- 6 In a small bowl or jar, whisk together the extra-virgin olive oil, white balsamic vinegar, sun-dried tomatoes, minced garlic, chopped basil, salt, pepper, and lemon (if using) until well combined and slightly emulsified.

PREP THE CHEESES AND ASSEMBLE

- 7 Assemble the salad in the large bowl with the massaged kale, add the cooled pasta, crumbled feta, and grated Parmesan.
 - a. Crumble the feta into chunky pieces (don't make it too fine).
 - b. Grate or shave the Parmesan fresh.
- 8 Pour the dressing over everything.
- 9 Toss gently (it's easy to mess up the feta, but it doesn't matter too much, I guess) but thoroughly with hands until every piece is coated. The pasta will soak up the garlicky basil oil as it sits.
- 10 Let it rest (if you can...I can't), cover and refrigerate for at least 30 minutes (ideally a couple hours).
 - a. This lets the flavors meld, and the garlic, basil, and tomato infuse the pasta; the kale stays tender, don't worry.

Notes

SUN-DRIED TOMATOES

Use oil-packed without preservatives or dry-packed — just tomatoes + salt; chop if needed, and they usually do need to be chopped. If you choose oil-packed (I always do), go a little lighter on the olive oil in the dressing or the salad will be very oily. It can also be tough to find organic.



Kirk's go-to feta: Olympiana barrel-aged Greek feta

SALADS

Lime Sherbet Salad

Betty Bennet's Recipes – Our Friend Pam's Grandmother's Recipes

SERVES

6–8

MOLD

6 cup

Ingredients

- 1 (8 oz) can crushed pineapple
- 1 (3 oz) pkg. lime jello
- 1 cup lime sherbet
- 1 cup chopped pecans
- A pear, diced, or 1 small can pears, diced

Directions

- 1 Drain pineapple and add enough water to juice to make 1 cup liquid.
- 2 Boil liquid and add jello, stir to dissolve.
- 3 Add fruits, sherbet and nuts, pour into 6 cup mold, chill.

Notes

From Evelyn Gray.

04

Breads



From the oven, straight to the table.

Popovers

BREADS

Popovers

Betty Bennet's Recipes – Our Friend Pam's Grandmother's Recipes

OVEN

500° ➔ 350°

BAKE

30–35 min

Ingredients

- 1 cup flour
- 2 eggs
- 7/8 cup milk
- 1/2 tsp melted butter
- 1/4 tsp. salt

Directions

- 1 Mix salt and flour; add milk gradually to make a smooth batter.
- 2 Beat whole eggs until light and add to mixture. Add butter.
- 3 Beat 2 minutes with egg beater.
- 4 Heat popover pans in oven for 10 minutes, then pour mixture into buttered hot popover pans.
- 5 Bake 30–35 minutes beginning with hot oven – 500° and decreasing gradually to 350° as popovers start to brown.

DO NOT OPEN OVEN DURING BAKING

05

Main Dishes



Beef, chicken, pasta, and casseroles for the main event.

Apricot Chicken

Bengal Tigers

Casserole Supreme

Chicken Rice Roger

Chicken Tetrazzini

Gordon Ramsay's BBQ-Style Oven-Braised Brisket

Killer's Goulash

Lasagne (No Boil)

MAIN DISHES

Apricot Chicken

Betty Bennet's Recipes – Our Friend Pam's Grandmother's Recipes

METHOD

Broil

Ingredients

GLAZE

- 8 oz Russian dressing
- 1 onion soup mix
- 12 oz jar apricot preserves

CHICKEN

- 2½–3 lbs cut-up chicken

Directions

- 1 Combine dressing, onion soup mix and apricot preserves together.
- 2 Broil 2½–3 lbs cut-up chicken, basting with half the glaze during the last 30 min of cooking.

Notes

LEFTOVER GLAZE

Refrigerate remaining glaze. Delicious on ham, spareribs, franks.

MAIN DISHES

Bengal Tigers

Betty Bennet's Recipes – Our Friend Pam's Grandmother's Recipes

OVEN

350°

BAKE

1 hr, uncovered

PAN

9 × 13"

Ingredients

CHICKEN

- Boneless/skinless chicken breasts
enough to cover the bottom of a 9 × 13" pan

SAUCE

- 1 can cream of chicken soup
- ¾ cup mayonnaise
- Juice of 1 lemon
- 2 tsp. curry powder

- ½ cup (or more) grated sharp cheddar cheese

TOPPING

- 2 cups Pepperidge Farm Herb Seasoned Stuffing Mix
- 2 tbsp. melted butter
- Parmesan cheese

Directions

- 1 Cover bottom of 9 × 13" baking pan with boneless/skinless chicken breasts.
- 2 Mix together in separate bowl: cream of chicken soup, mayonnaise, lemon juice, curry powder and cheddar cheese.
- 3 Pour mixture over chicken breasts. Sprinkle 2 cups Pepperidge Farm Herb Seasoned Stuffing Mix on top. Drizzle 2 tbsp. melted butter on top and sprinkle with parmesan cheese.
- 4 Bake uncovered at 350° for 1 hour.

Notes

MAKE AHEAD

It can be made ahead and frozen but thaw fully before baking.

MAIN DISHES

Casserole Supreme

Betty Bennet's Recipes – Our Friend Pam's Grandmother's Recipes

SERVES

8 (can be halved for 4)

OVEN

350°

BAKE

1½ hr

Ingredients

- 2 cups cut-up cooked chicken, ham, turkey, corned beef, etc.
- 2 cups raw elbow macaroni
- 2 cans cream of mushroom soup
- 2 cups milk
- 2 medium onions, chopped
- ½ tsp salt
- ¼ tsp pepper
- 3 tbsp butter
- 1 c sharp cheese, grated

Directions

- 1 Combine meat, macaroni, soup, milk, onions, salt, pepper and butter.
- 2 Put above in greased casserole, grate 1 c sharp cheese over top.
- 3 Refrigerate overnight.
- 4 Bake at 350 degrees for 1½ hours.

MAIN DISHES

Chicken Rice Roger

Betty Bennet's Recipes – Our Friend Pam's Grandmother's Recipes

OVEN	BAKE	PAN
350°	1 hr, covered	8" × 11"

TRANSCRIPTION NOTE: The card lists the chicken broth but never says when to add it (presumably with the rice). Left as written.

Ingredients

- 2½ lbs. chicken pieces *cut up*
- ¾ cup uncooked rice
- 1 tbsp grated onion
- 1 (10 oz.) can of chicken broth
- ½ stick butter or margarine
- 3 oz. can chopped mushrooms
- Salt and pepper

Directions

- 1 Lightly brown chicken pieces in fry pan.
- 2 Grease 8" × 11" pan/casserole dish.
- 3 Add rice, salt & pepper, sprinkle onions, and add mushrooms with can juice.
- 4 Arrange chicken pieces on top, dot with margarine.
- 5 Cover with tin foil and bake at 350° for 1 hour.

MAIN DISHES

Chicken Tetrazzini

Betty Bennet's Recipes – Our Friend Pam's Grandmother's Recipes

SERVES

4

TRANSCRIPTION NOTE: No oven temperature or baking time is given on the card. The ingredient list says margarine; the directions say butter.

Ingredients

- 1 cup sliced mushrooms
- 3 tbsp margarine
- 2 tbsp flour
- 1½ cups light cream
- 1 cup diced chicken
- ½ tsp salt
- Dash pepper
- ¼ tsp celery salt
- ½ cup cooked spaghetti *cut in 1-inch pieces*
- Parmesan cheese

Directions

- 1 Sauté mushrooms in butter until tender, add flour, stir until smooth.
- 2 Add cream, cook until thick.
- 3 Add remaining ingredients and turn into greased bake dish, sprinkle with parmesan.

Gordon Ramsay's BBQ-Style Oven-Braised Brisket

Adapted from Gordon Ramsay

MAKES

~3.5 lb / 1.6 kg point cut

OVEN

285 °F / 140 °C

BRAISE

3½–4½ hr

REST

20–30 min

Ingredients

SPICE RUB

- 3–3½ tsp cayenne pepper *adjust for heat preference*
- 3–3½ tsp mustard powder
- 3–3½ tsp freshly ground cumin seeds (or ground cumin)
- 3–3½ tsp celery seeds
- Sea salt and freshly ground black pepper *generous*

BRISKET & BRAISE

- 3.5 lb (1.6 kg) beef brisket point cut *excess hard fat trimmed to ~½–¾ inch (leave a good fat cap)*

- Olive oil, for searing
- 3–4 onions, peeled and sliced
- 8–10 bay leaves
- 3–3½ tbsp light brown or muscovado sugar
- 1½–2 tbsp tomato purée (paste)
- 1 × 500 ml (~17 oz) bottle lager *standard lager; avoid very hoppy craft beers—bitterness concentrates. I use Samuel Adams Boston Lager.*
- 500–600 ml (2–2½ cups) beef stock
- 1–1½ tbsp cider vinegar *optional, for the finished sauce*

Directions

PREP & RUB

- 1 Preheat oven to 140 °C / 285 °F (Gas 1). Pat the brisket dry. Mix the rub ingredients and massage thoroughly all over the meat (including into any crevices).

SEAR

- 2 Place a large roasting tin or heavy ovenproof pan on the stovetop over medium-high heat. Add a good glug of olive oil. When hot, sear the brisket on all sides until the spices are deeply coloured and fragrant (a few minutes per side). Transfer the meat to a plate.

BUILD THE BASE

- 3 Add the sliced onions, bay leaves, sugar, and a pinch of salt and pepper to the same tin. Cook over medium heat until the onions are soft and caramelized. Stir in the tomato purée and cook for 1 minute. Pour in the lager to deglaze, scraping up all the browned bits from the bottom.

BRAISE

- 4 Return the brisket to the tin (fat-side up preferred) on top of the onions. Pour the beef stock around (not over) the meat. Bring to a gentle boil on the stovetop. Cover the tin very tightly with foil (or a lid if it seals well). Transfer to the oven and cook for 3½–4½ hours (start checking at 3½ hours for a 3.5-lb piece). Baste occasionally with the pan juices so the surface glazes.
 - a. Doneness test: A fork or probe should slide into the thickest part with almost no resistance and the meat should pull apart easily. Internal temperature will typically be in the 195–205 °F (90–96 °C) range when fully tender, but rely more on feel than the thermometer alone.

REST & SAUCE

- 5 Transfer the brisket to a cutting board or serving dish, cover loosely with foil, and let rest for 20–30 minutes. Meanwhile, place the roasting tin on the stovetop over medium-high heat and reduce the cooking liquid to a sticky, glossy sauce consistency. Stir in the optional cider vinegar and any resting juices. Taste and adjust seasoning.

SLICE & SERVE

- 6 Slice against the grain (look for the direction of the muscle fibers). The point cut can have varying grain directions, so turn the piece as needed. Spoon the reduced sauce over the slices.

Notes

SERVING SUGGESTIONS (RAMSAY-STYLE)

- Yogurt coleslaw (mustard + cider vinegar dressing, no mayo) + spiced sweet-potato wedges.
- Classic sides: roast potatoes, mustard, or tangy piccalilli.
- Leftovers reheat gently in the sauce (excellent in sandwiches, tacos, or shredded).

KEY TIPS FOR ABSOLUTE TENDERNESS WITH YOUR POINT CUT

- **Low and slow + moisture is non-negotiable.** Covered braising converts collagen to gelatin without drying the meat. Do not rush the temperature.
- Trim only excess hard fat; the remaining fat cap bastes the meat as it renders.
- If your piece is thicker or denser, add 30–60 minutes and keep testing.
- Resting is essential, so juices redistribute.
- **Make-ahead friendly:** Cook fully, cool in the liquid, refrigerate up to 4 days, then reheat gently in sauce.

This method delivers deep flavor and melt-in-the-mouth texture without any smoker. The lager and reduced pan juices create a sticky “BBQ” sauce that compensates for the lack of smoke. Enjoy—your 3.5 lb point cut is perfectly suited to this approach.

Scaling Up: Larger Briskets

Making a bigger brisket? Use these quantities and times. The method is identical to the steps above: preheat to 140 °C / 285 °F, rub, sear, build the onion base, braise (fat-side up, stock poured around not over, covered very tightly), rest, reduce the pan juices, and slice against the grain.

For a 4.5 lb (≈ 2 kg) brisket

Ingredients

SPICE RUB

- 4 tsp cayenne pepper (adjust to taste)
- 4 tsp mustard powder
- 4 tsp freshly ground cumin seeds (or ground cumin)
- 4 tsp celery seeds
- Sea salt and freshly ground black pepper (generous)

BRAISE

- 4.5 lb beef brisket (point or flat), excess hard fat trimmed to ~½–¾ inch

- Olive oil, for searing
- 4–5 onions, peeled and sliced
- 10–12 bay leaves
- 4 tbsp light brown or muscovado sugar
- 2 tbsp tomato purée (paste)
- 1 × 600 ml (≈ 20 oz) bottle lager (or 2 × 300 ml)
- 700 ml (≈ 3 cups) beef stock
- 1½–2 tbsp cider vinegar (optional, for the finished sauce)

COOK TIME

3½–5 hours (start checking at 3½–4 hours).

REST TIME

20–30 minutes, loosely tented with foil.

For a 9 lb (≈ 4 kg) brisket

Ingredients

SPICE RUB

- 8 tsp (≈ 2 tbsp + 2 tsp) cayenne pepper (adjust to taste)
- 8 tsp (≈ 2 tbsp + 2 tsp) mustard powder
- 8 tsp (≈ 2 tbsp + 2 tsp) freshly ground cumin seeds (or ground cumin)
- 8 tsp (≈ 2 tbsp + 2 tsp) celery seeds
- Sea salt and freshly ground black pepper (very generous)

BRAISE

- 9 lb beef brisket (point, flat, or whole packer), excess hard fat trimmed to ~1/2–3/4 inch

- Olive oil, for searing
- 8–10 onions, peeled and sliced
- 18–20 bay leaves
- 8 tbsp (1/2 cup) light brown or muscovado sugar
- 4 tbsp tomato purée (paste)
- 1.2 liters (≈ 40 oz / two 600 ml bottles) lager
- 1.4 liters (≈ 6 cups) beef stock
- 3–4 tbsp cider vinegar (optional, for the finished sauce)

COOK TIME

6–8+ hours (start checking at 6 hours; a thick 9 lb piece can easily need 7–8 hours or more). Use a large, deep roasting pan or Dutch oven that can hold it comfortably with the liquid.

REST TIME

30–45 minutes, loosely tented with foil (a longer rest helps redistribute the juices in a big piece).

Method (identical for both sizes)

- 1 Preheat oven to 140 °C / 285 °F.
- 2 Mix the rub and massage it thoroughly all over the brisket.
- 3 Heat olive oil in a large, heavy roasting pan or oven-safe pot over medium-high heat. Sear the brisket on all sides until the spices are deeply coloured and fragrant. Remove to a plate.
- 4 Add the onions, bay leaves, sugar, and a pinch of salt & pepper to the same pan. Cook until soft and caramelized. Stir in the tomato purée and cook 1 minute. Pour in the lager to deglaze, scraping up the browned bits.
- 5 Return the brisket (fat-side up) on top of the onions. Pour the beef stock around (not over) the meat. Bring to a gentle boil on the stovetop.
- 6 Cover very tightly with heavy foil or a tight-fitting lid. Transfer to the oven. Baste occasionally if you open it.

- 7 Cook until a fork or probe slides into the thickest part with almost no resistance and the meat pulls apart easily.
- 8 Transfer the brisket to a board or platter, tent loosely with foil, and rest for the time listed above.
- 9 Meanwhile, reduce the pan juices on the stovetop over medium-high heat until sticky and glossy. Stir in the optional cider vinegar and any resting juices. Taste and adjust seasoning.
- 10 Slice against the grain and spoon the sauce over.

NOTES FOR LARGER SIZES

- Use a pan big enough so the liquid comes at least halfway up the sides of the meat.
- For the 9 lb piece, you may need to rotate or baste more carefully, and the onions will cook down significantly.
- The Teknika by Silga pot works well for the 4.5 lb size; the 9 lb will almost certainly need a larger roasting pan or Dutch oven.

Killer's Goulash

A Killer original

SIMMER

5–8 min + 5–8 min rest

Ingredients

SAUCE

- **1½ shallots** *thinly sliced ringlets*
- **½ sweet or Vidalia onion** *diced*
- **½ bell pepper** *diced*
- **4–5 garlic cloves** *¼"–¾" slices or minced*
- **1 tsp olive oil**
- **2 tbsp Kerrygold Irish butter** *a must for the great flavor*
- **1½ lbs. ground sirloin** *the good stuff – don't be fooled by ground hamburger*

- **1 tablespoon rosemary** *fresh or dried*
- **1 tablespoon thyme** *fresh or dried*
- **64 oz. tomato and basil pasta sauce**
- **1–2 oz. Malbec wine**
- **3 tbsp pasta water**

PASTA

- **Iodized or Celtic salt**
- **18–20 oz. favorite pasta**

Directions

- 1** Pre-cut the shallots, onion, and garlic. If you're mincing the garlic, keep a separate dish for it. However, I like to slice garlic into slices and throw them in at the same time as the shallots and onion.
 - a.** Minced garlic cooks very quickly and can burn, destroying the flavor profile, so be mindful.
- 2** Fill a large pot with water, add 2 tablespoons of salt, and bring it to a boil over high heat.
 - a.** Keep an eye on the water, and when it starts to boil, add the pasta and cook it until it's just al dente.
 - i. Stir the pasta frequently to prevent it from sticking to the bottom of the pan.
 - ii. The reason is that the pasta will continue to cook when the sauce is added in a later step, making it too mushy. Adding the two together at the right time allows the pasta to be served close to al dente.
 - iii. Don't strain the pasta until you've added some of the water to the sauce!!!

- 3 Lightly coat a good-sized saucepan with olive oil, then add the butter to the pan.
 - a. This pan should be able to handle at least 32 ounces of pasta sauce, with all of the meat and veggies in the same pan.
 - b. The butter can just be plopped in the middle of the pan. I use Kerrygold salted butter for its great flavor, but Ireland's Truly is also very good.
 - c. This pan will be used to sauté your vegetables and to enhance the depth of flavor in the pasta sauce.
- 4 While water is heating, fire up the good-sized saucepan on medium heat.
- 5 Sautéing vegetables:
 - a. If using minced garlic:
 - i. Add your shallots and onions to the pan and stir frequently until they begin to turn translucent. Then, add the minced garlic and continue stirring until the shallots and onions are translucent.
 - b. If using ¼" sliced garlic:
 - i. Add your shallots and onions, and garlic to the pan and stir often until they are translucent.
- 6 As soon as the vegetables are translucent, add the ground sirloin, and break it apart into small chunks.
 - a. Incorporate all the vegetables and meat while cooking, and stir often.
 - b. Be sure not to cook until it's all brown. You want a slight red hue on the meat.
- 7 As soon as the meat is ready (slightly reddish), coat it with the rosemary and thyme, then incorporate them together. Let the heat activate the rosemary and thyme for about 1 to 1.5 minutes.
 - a. You may also add salt (not too much) and pepper at this point if you like. I always do.
- 8 Add the 32–64 ounces of pasta sauce to the saucepan shortly after incorporating the rosemary and thyme.
- 9 Set the saucepan to low heat, add the wine and pasta water to the sauce, and let it simmer, stirring every couple of minutes. About 5–8 minutes. This will allow the wine's stank to burn off and add richer flavor.
- 10 Drain the pasta in a colander, then coat it with a light layer of olive oil and toss to prevent it from sticking together.

- 11 With the pasta now out of the pot, pour all of the sauce from the saucepan into the pasta pot.
 - a. This can be an interesting challenge, so have assistance, oven mitts, and a spatula ready.
- 12 Dump all the pasta back into the pot with the pasta sauce. Add any remaining sauce from the jar to the pot and incorporate it.
 - a. There may be extra sauce left over from the 64 ounces, because it may not have fit into the saucepan.
- 13 Cover the pot with a lid, and let it sit for maybe 5–8 minutes. This allows the additional sauce to inherit the flavors of the main sauce and to cook the pasta to the desired state.
- 14 Serve, baby! 😊

Notes

FOR THE LOVE OF GOD, SERVE IT WITH:

- Real Parmigiano-Reggiano. Don't ruin it with the cheap, unhealthy fake shaker parm.
- A sourdough from a real bakery.

MAIN DISHES

Lasagne (No Boil)

Betty Bennet's Recipes – Our Friend Pam's Grandmother's Recipes

OVEN

350°

BAKE

55 min + 15 min stand

PAN

13 × 9 × 2"

Ingredients

- 4–5 cups of meat sauce
- 8 oz. lasagna noodles *uncooked*
- 1 lb. ricotta cheese
- ½ lb mozzarella cheese
- 1 cup grated parmesan

Directions

- 1 In a greased 13 × 9 × 2 pan, spread 1 cup sauce.
- 2 Layer raw lasagna noodles, sauce, ricotta cheese, sauce; repeat, gently pressing lasagna into lower mixture.
- 3 End with lasagna; pour rest of sauce over, making sure all noodles are covered.
- 4 Top with mozzarella and parmesan.
- 5 Bake at 350 degrees for 55 minutes till golden and bubbling. Allow to stand 15 min. before serving.

06 Sides



The plates that round out the table.

Home Fries

Macaroni and Cheese

Raw Cranberry Relish

SIDES

Home Fries

Betty Bennet's Recipes – Our Friend Pam's Grandmother's Recipes

METHOD

Stovetop

Ingredients

- 8 regular potatoes
- 2 large onions
- Crisco or bacon fat
- Salt and pepper

Directions

- 1 Peel and slice 8 regular potatoes and 2 large onions.
- 2 Sauté onions in Crisco or bacon fat in large frying pan at low heat until tender.
- 3 Add potatoes, increase heat and fry until brown.
- 4 Salt and pepper to taste.

SIDES

Macaroni and Cheese

Betty Bennet's Recipes – Our Friend Pam's Grandmother's Recipes

OVEN

375°

BAKE

About 40 min

DISH

Shallow 2-quart

Ingredients

- 8 oz. elbow macaroni
- 6 tablespoons butter
- ¾ cup soft bread crumbs
- ¼ cup flour
- ½ tsp. dry mustard
- 1 tsp. salt
- ¼ tsp pepper
- ¾ tsp. Worcestershire sauce
- 3 cups milk
- 1 tsp instant onion
- ¾ lb. sharp cheddar cheese, shredded

Directions

- 1 Cook and drain macaroni.
- 2 Melt butter, remove 2 tbsp and mix with crumbs – set aside.
- 3 Blend flour and seasonings into remaining butter. Gradually add milk and onion and cook, stirring, until thickened.
- 4 Remove from heat, add cheese and stir until melted. Add to cooked macaroni and mix well.
- 5 Put in shallow 2-quart baking dish and sprinkle with bread crumbs. Bake in moderate oven (375°) about 40 minutes.

SIDES

Raw Cranberry Relish

Betty Bennet's Recipes – Our Friend Pam's Grandmother's Recipes

YIELDS

2½ cups

CHILL

Several hours

Ingredients

- 1 pkg (12 oz. – 3¾ cups) raw cranberries
- 1 orange *quartered and seeded*
- ¾ to 1 cup sugar

Directions

- 1 Wash cranberries and grind or chop in food processor or meat grinder with orange.
- 2 Add sugar and mix well.
- 3 Chill several hours before using.

Notes

GOOD TO KNOW

May be frozen.

VARIATION: APPLE CRANBERRY RELISH

Grind/process 1 cored apple with cranberries and orange.

07

Sauces & Condiments



A spoonful that makes the plate.

Mustard Sauce

Mustard Sauce

Betty Bennet's Recipes – Our Friend Pam's Grandmother's Recipes

SERVES

10–12

KEEPS

2–3 weeks, refrigerated

Good over ham.

Ingredients

- 2 egg yolks
- ½ pt light cream
- 2 tbsp dry mustard
- ½ c vinegar
- ⅓ c sugar

Directions

1

Cook in double boiler til slightly thickened.

Notes

STORAGE

Keeps 2–3 weeks in refrigerator.

08

Cakes & Pies



Slices worth saving room for.

Cottage Pudding

Impossible Coconut Pie

Lemon Meringue Pie

Meringue Torte

Pecan Pie

Sherry Wine Cake

Cottage Pudding

Betty Bennet's Recipes – Our Friend Pam's Grandmother's Recipes

OVEN

375°

BAKE

25–35 min

PAN

8 × 8"

Hot milk sponge cake with lemon sauce.

Ingredients

CAKE

- 2 eggs
- 1 cup sugar
- ½ cup milk
- ¼ stick margarine or butter
- 1 cup flour
- 1 tsp baking powder
- ½ tsp salt
- 1 tsp vanilla

LEMON SAUCE

- ½ cup sugar
- 2 tbsp cornstarch
- 1 cup boiling water
- 2 tbsp butter
- 1.5 tbsp lemon juice
- Dash of nutmeg
- Dash of salt

Directions

CAKE

- 1 Beat 2 eggs, add 1 cup sugar, beat.
- 2 Heat ½ cup milk and ¼ stick margarine or butter together.
- 3 Sift together 1 cup flour, 1 tsp baking powder and ½ tsp salt.
- 4 Add milk mixture and flour mixture alternately to eggs & sugar; add 1 tsp vanilla. Mix well.
- 5 Pour into 8 × 8 greased cake pan. Bake at 375 for 25–35 minutes.

SAUCE

- 6 Mix ½ cup sugar and 2 tbsp cornstarch in saucepan.

- 7 Slowly add 1 cup boiling water and boil for 5 minutes, stirring occasionally.
- 8 Remove from heat and add 2 tbsp butter, 1.5 tbsp lemon juice, dash of nutmeg and dash of salt.
- 9 Serve over warm cake.

Impossible Coconut Pie

Betty Bennet's Recipes – Our Friend Pam's Grandmother's Recipes

OVEN

350°

BAKE

25–35 min

PAN

1 pie tin

Makes its own crust.

Ingredients

- 2 eggs
- ¾ cup sugar
- ¼ cup flour
- ¼ stick butter or margarine *melted*
- ¼ tsp. baking powder
- ¼ tsp salt
- 1 cup whole milk
- ¾ cup shredded coconut

Directions

- 1 Grease and lightly flour 1 pie tin.
- 2 Beat until frothy – 2 eggs.
- 3 Add in ¾ cup sugar, ¼ cup flour, ¼ stick melted butter or margarine, ¼ tsp. baking powder, ¼ tsp salt, 1 cup whole milk.
- 4 Beat well. Fold in ¾ cup shredded coconut. Pour in pie pan.
- 5 Bake 25–35 min in 350° oven.
- 6 Cool before serving.

Lemon Meringue Pie

Betty Bennet's Recipes – Our Friend Pam's Grandmother's Recipes

MAKES

One 9" pie

OVEN

400°

BAKE

8–10 min

Ingredients

CRUST & EGGS

- 1 (9 inch) pie shell *baked*
- 3 eggs *separated*

FILLING

- 1½ cups sugar
- 5⅓ tbsp cornstarch
- 1½ cups hot water

- 3 tbsp. butter
- 4 tbsp. lemon juice
- 1⅓ tbsp. grated lemon rind

MERINGUE

- 3 egg whites
- ¼ tsp. cream of tartar
- 1 tbsp sugar

Directions

- 1 Bake a 9 inch pie shell. Separate 3 eggs.
- 2 Mix in saucepan: 1½ cup sugar and 5⅓ tbsp cornstarch. Gradually stir in 1½ cup hot water.
- 3 Cook, stirring constantly, until mixture thickens and boils. Boil 1 minute and remove from heat.
- 4 Beat ½ cup of hot mix into 3 slightly beaten egg yolks, then add mixture to saucepan and cook 1 minute, stirring.
- 5 Remove from heat and blend in 3 tbsp. butter, 4 tbsp. lemon juice and 1⅓ tbsp. grated lemon rind. Pour into baked pie shell.
- 6 Meringue: blend until frothy 3 egg whites and ¼ tsp. cream of tartar. Gradually add 1 tbsp sugar and continue beating until stiff.
- 7 Cover pie with meringue. Bake 8–10 minutes at 400 degrees. Let cool to room temp out of drafts.

Meringue Torte

Betty Bennet's Recipes – Our Friend Pam's Grandmother's Recipes

OVEN	BAKE	CHILL
275°	1 hr	24 hr

TRANSCRIPTION NOTE: Card reads "Meringue Tort" and "tsp vinegar" (no amount).

Ingredients

MERINGUE

- 3 egg whites
- 1 cup sugar
- ⅛ tsp salt
- ½ tsp water
- tsp vinegar *amount as written*

CHOCOLATE

- 4 oz. Baker's semi-sweet chocolate

FILLING & TOPPING

- 1 cup heavy cream
- 1 tsp vanilla
- 1 tbsp. confectioners sugar
- 1½ tsps. powdered coffee
- Shaved Brazil nuts

Directions

- 1 Beat 3 egg whites until frothy (not dry). Keep beating slowly while folding in 1 cup sugar.
- 2 Slowly add ⅛ tsp salt, ½ tsp water and tsp vinegar.
- 3 Place brown paper on cookie sheet; spread mix over. Bake at 275° for 1 hour.
- 4 Melt 4 oz. of Baker's semi-sweet chocolate and immediately drip over meringue when taken out of the oven. Spread thinly, let cool. When cold, cut exactly in half.
- 5 Whip 1 cup heavy cream, add 1 tsp vanilla, 1 tbsp. confectioners sugar and 1½ tsps. powdered coffee.
- 6 Spread ½ on each half meringue and put one on top of the other. Spread with the remaining whipped cream.
- 7 Sprinkle with shaved Brazil nuts and chill for 24 hours.

Pecan Pie

Betty Bennet's Recipes – Our Friend Pam's Grandmother's Recipes

OVEN

400° → 350°

BAKE

10 + 40 min

CRUST

Unbaked 9"

TRANSCRIPTION NOTE: Card reads "½ tbsp salt" (unusually high; possibly ½ tsp). Kept as written.

Ingredients

- 2 eggs *beaten*
- 1 tbsp flour
- 1 cup sugar
- 2 tbsp melted butter
- ½ tbsp salt
- 1 cup dark Karo syrup
- 1 tsp vanilla
- 1 cup pecans
- 1 unbaked 9 inch pie crust

Directions

- 1 Mix 2 beaten eggs, 1 tbsp flour stirred into 1 cup sugar, 2 tbsp melted butter, ½ tbsp salt, 1 cup dark Karo syrup, 1 tsp vanilla and 1 cup of pecans.
- 2 Pour into unbaked 9 inch pie crust.
- 3 Bake at 400 degrees for 10 minutes, then at 350 degrees for 40 minutes.

Sherry Wine Cake

Betty Bennet's Recipes – Our Friend Pam's Grandmother's Recipes

OVEN

350°

BAKE

45–60 min

PAN

Tube pan

Ingredients

CAKE

- 1 package yellow cake mix
- 1 package instant vanilla pudding
- $\frac{3}{4}$ cup oil
- $\frac{2}{3}$ cup sherry wine

- 4 eggs

GLAZE

- 1 cup sifted confectioners sugar
- $\frac{1}{3}$ cup sherry wine
- 1 tbsp melted butter

Directions

CAKE

- 1 Blend all together well, pour into a greased and floured tube pan.
- 2 Bake at 350° for 45–60 minutes.
- 3 Cool about 10 minutes.
- 4 Make holes in the top with a knitting needle.

GLAZE

- 5 Beat until well mixed.
- 6 Pour glaze slowly over cake, letting it soak in.

09

Cookies & Candy



Drop, roll, slice, and bake — plus a little candy.

Butter Cookies

Coconut Macaroons

Date and Nut Cookies

Lemon Criss-Cross Cookies

Oatmeal Crispies

Pecan Cookies

Pralines

Raisin Oatmeal Cookies

Sugar Cookies

Sugar Pecan Crisps

Toll House Cookies

Butter Cookies

Betty Bennet's Recipes – Our Friend Pam's Grandmother's Recipes

OVEN

400°

BAKE

10–12 min

Ingredients

- 1 cup butter
- 2/3 cup sugar
- 1 egg
- 2 1/2 cups flour
- 1/2 tsp. baking powder
- 1/4 tsp. salt
- 1 tsp vanilla

Directions

- 1 Cream 1 cup butter and 2/3 cup sugar. Add 1 egg, beat well.
- 2 Add 2 1/2 cups flour, 1/2 tsp. baking powder, 1/4 tsp. salt and 1 tsp vanilla. Mix well.
- 3 Put through a cookie mill or chill, roll and cut.
- 4 Bake 400 degrees 10–12 minutes.

Coconut Macaroons

Betty Bennet's Recipes – Our Friend Pam's Grandmother's Recipes

OVEN

350°

BAKE

8–10 min

Ingredients

- 1 egg white
- 2 $\frac{2}{3}$ cups flaked coconut
- $\frac{2}{3}$ cup condensed milk
- 1 tsp vanilla

Directions

- 1 Beat 1 egg white until stiff.
- 2 Fold in 2 $\frac{2}{3}$ cups flaked coconut and $\frac{2}{3}$ cup condensed milk and 1 tsp vanilla.
- 3 Mix well. Drop from tsp approx 1 inch apart on well-greased cookie sheet.
- 4 Bake at 350 degrees for 8–10 minutes or till lightly browned.

Date and Nut Cookies

Betty Bennet's Recipes – Our Friend Pam's Grandmother's Recipes

OVEN

375°

BAKE

10 min

TRANSCRIPTION NOTE: Card reads "Blend together 1 cup ½ cup margarine, ½ cup Crisco and 1 cup sugar" — the stray "1 cup" was dropped as a typing slip; nothing else assumed.

Ingredients

- ½ cup margarine
- ½ cup Crisco
- 1 cup sugar
- Pinch of salt
- 3 eggs *well beaten*
- 2½ cups flour
- 1 tsp baking soda
- 1 pkg dates *chopped up*
- 1 cup chopped nuts

Directions

- 1 Preheat oven to 375 degrees.
- 2 Blend together ½ cup margarine, ½ cup Crisco and 1 cup sugar.
- 3 Add pinch of salt, 3 well beaten eggs.
- 4 Sift together 2½ cups flour, 1 tsp baking soda and add to above.
- 5 Add 1 pkg of dates chopped up and 1 cup chopped nuts.
- 6 Drop by spoonfuls on greased sheets. Bake 375 degrees 10 min.

Lemon Criss-Cross Cookies

Betty Bennet's Recipes – Our Friend Pam's Grandmother's Recipes

MAKES

About 3 dozen

OVEN

400°

BAKE

8–10 min

Ingredients

MIX TOGETHER

- ½ cup shortening
- ¾ cup sugar
- 1 egg

STIR IN

- 1 Tbsp. milk

- ½ tsp lemon extract

SIFT TOGETHER

- 1¾ cups flour
- ¾ tsp. baking soda
- ¼ tsp. salt

Directions

- 1 Mix together shortening, sugar and egg.
- 2 Stir in milk and lemon extract.
- 3 Sift together flour, baking soda and salt, and stir in.
- 4 Roll into small balls – approx. 1" diameter. Place 3" apart on ungreased baking sheet.
- 5 Flatten criss-cross with fork dipped in flour.
- 6 Bake 8–10 minutes in pre-heated 400° oven.

Oatmeal Crispies

Betty Bennet's Recipes – Our Friend Pam's Grandmother's Recipes

OVEN	BAKE	METHOD
350°	10 min	Chill, slice & bake

Ingredients

- 1 cup margarine
- 1 cup white sugar
- 1 cup brown sugar
- 2 eggs *beaten*
- 1 tsp. vanilla
- 1½ cups flour
- 1 tsp. baking soda
- ½ tsp. salt
- 3 cups quick oats
- 1 cup nuts of your choice

Directions

- 1 Cream 1 cup margarine with 1 cup white and 1 cup brown sugar.
- 2 Add 2 beaten eggs and 1 tsp. vanilla.
- 3 Add 1½ cups flour sifted with 1 tsp. baking soda and ½ tsp. salt.
- 4 Add 3 cups quick oats and 1 cup nuts of your choice.
- 5 Form into a long roll and chill.
- 6 Slice into ¼ inch slices and bake on greased cookie sheet – 10 min at 350°.

Pecan Cookies

Betty Bennet's Recipes – Our Friend Pam's Grandmother's Recipes

OVEN	BAKE	METHOD
425°	5–7 min	Freeze, slice & bake

Ingredients

- 2 cups flour
- 1 tsp. baking powder
- ½ tsp salt
- ⅓ cup butter
- ½ cup brown sugar
- ½ cup white sugar
- 1 egg
- 1 tsp. vanilla
- ½ cup pecan pieces

Directions

- 1 Sift together 2 cups flour, 1 tsp. baking powder, ½ tsp salt.
- 2 Cream together ⅓ cup butter with ½ cup each brown sugar and white sugar.
- 3 Add flour mix, add 1 egg and 1 tsp. vanilla.
- 4 Mix in ½ cup pecan pieces.
- 5 Shape into rolls about 1½ inches in diameter. Wrap well and freeze.
- 6 When ready to bake, cut into slices and bake on ungreased cookie sheet for 5–7 minutes @ 425 degrees.

Pralines

Betty Bennet's Recipes – Our Friend Pam's Grandmother's Recipes

SOFT BALL

236°

COOL TO

220°

Ingredients

- 1 lb light brown sugar
- 1/8 tsp salt
- 2 tbsp butter
- 1 1/4 cups pecans
- 1/4 tsp cream of tartar
- 1 cup milk
- 1 tsp vanilla

Directions

- 1 Combine sugar, cream of tartar, salt, milk.
- 2 Stir over low heat until sugar dissolves, then cook to soft ball stage, 236 degrees.
- 3 Cool to 220 degrees.
- 4 Add butter, vanilla and pecans.
- 5 Stir to cream but keep over low heat to avoid hardening too soon.
- 6 Drop on buttered waxed paper.

Raisin Oatmeal Cookies

Betty Bennet's Recipes – Our Friend Pam's Grandmother's Recipes

MAKES

About 3 dozen

OVEN

350°

BAKE

12 min

Ingredients

- 1 cup seedless raisins
- 1/2 cup shortening
- 1 cup sugar
- 2 eggs *beaten*
- 1/4 cup milk
- 1 2/3 cups oatmeal
- 1 1/2 cups flour
- 1 tsp. baking soda
- 1/2 tsp. salt
- 1 tsp. cinnamon

Directions

- 1 Soak raisins in hot water and drain.
- 2 Cream shortening with sugar, then add beaten eggs and milk.
- 3 Add oatmeal and raisins. Mix well.
- 4 Add sifted dry ingredients. Beat well.
- 5 Drop on greased pans. Bake 12 minutes at 350°.

Sugar Cookies

Betty Bennet's Recipes – Our Friend Pam's Grandmother's Recipes

OVEN	CHILL	BAKE
350°	1–2 hr	12 min

Ingredients

- 3 cups confectioners sugar
- 2 cups butter
- 2 eggs
- 2 tsp vanilla
- 5 cups flour
- 1 tsp. baking soda
- ¼ tsp. salt
- Granulated sugar *for dipping*

Directions

- 1 Preheat oven to 350 degrees.
- 2 Cream together 3 cups confectioners sugar with 2 cups butter. Add 2 eggs and 2 tsp vanilla.
- 3 Sift 5 cups flour and 1 tsp. baking soda and ¼ tsp. salt. Add to above and mix well.
- 4 Chill 1–2 hours.
- 5 Roll into balls, dip in granulated sugar, place on ungreased cookie sheets and flatten with a glass.
- 6 Bake at 350 degrees for 12 minutes.

Sugar Pecan Crisps

Betty Bennet's Recipes – Our Friend Pam's Grandmother's Recipes

OVEN

350°

BAKE

10–12 min

CHILL

1 hr + several hr

Ingredients

- $\frac{3}{4}$ cup margarine
- $\frac{2}{3}$ cup sugar
- 1 egg
- 1 tsp vanilla
- $\frac{1}{4}$ tsp salt
- $1\frac{3}{4}$ cups flour
- 1–2 cups finely chopped pecans

Directions

MAKE THE DOUGH

- 1 Cream together $\frac{3}{4}$ cup margarine, $\frac{2}{3}$ cup sugar.
- 2 Add 1 egg, 1 tsp vanilla, $\frac{1}{4}$ tsp salt. Beat until fluffy.
- 3 Blend in $1\frac{3}{4}$ cup flour.
- 4 Chill dough in foil-covered bowl one hour or until it can be handled. Shape into 12" long log.
- 5 Roll in 1–2 cups finely chopped pecans, wrap in saran and chill several hours or overnight. Can be frozen for up to 6 mo.

TO BAKE

- 6 Preheat oven to 350 degrees.
- 7 Cut dough into $\frac{1}{4}$ inch slices using sharp thin knife.
- 8 Place on ungreased cookie sheets and bake 10–12 minutes until lightly browned.
- 9 Remove with spatula and cool on wire rack. Store in plastic or metal container with tight lid.

Toll House Cookies

Betty Bennet's Recipes – Our Friend Pam's Grandmother's Recipes

MAKES

About 5 dozen 2½" cookies

OVEN

375°

BAKE

9–11 min

Ingredients

CREAMED

- 1 cup Crisco
- ¾ cup sugar
- ¾ cup packed brown sugar
- 1 tsp vanilla
- 2 eggs

DRY

- 2¼ cups flour
- 1 tsp baking soda
- 1 tsp salt

STIR IN

- 2 cups chocolate chips

Directions

- 1 Preheat oven to 375 degrees.
- 2 Beat 1 cup Crisco with sugar, packed brown sugar and vanilla until creamy.
- 3 Beat in 2 eggs.
- 4 Gradually add flour, baking soda and salt.
- 5 Stir in 2 cups chocolate chips.
- 6 Drop on ungreased cookie sheet, bake 9–11 min.

10

Puddings & Desserts



Crisps, creams, mousses, and puddings.

Apple Crisp

Bavarian Cream

Crème de Menthe Mousse with Chocolate Sauce

French Pudding (No Cook)

Lemony Pudding

Orange Dessert

Snow Pudding with Custard

Apple Crisp

Betty Bennet's Recipes – Our Friend Pam's Grandmother's Recipes

OVEN	BAKE	DISH
350°	20 min	1½ quart

Ingredients

APPLES

- Apples *enough to fill a 1½ quart baking dish*
- A little water
- Cinnamon, to taste
- White sugar, to taste

CRUMB TOPPING

- 1 stick margarine

- 1 cup brown sugar
- ¾ to 1 cup flour
- 1 tsp baking powder

TO SERVE

- Cool Whip or ice cream *optional*

Directions

- 1 Peel and slice enough apples to fill a baking dish – 1½ quart size.
- 2 Put slices in pot – add a little water, cinnamon and white sugar to taste. Bring to boil, simmer a few minutes until tender but not mushy.
- 3 Cream one stick margarine with 1 cup brown sugar. Add ¾ to one cup flour and 1 tsp baking powder. Don't use mixer – it gets too smooth – you want it to be crumbly.
- 4 Put apples and juice in baking dish, sprinkle crumbs on top.
- 5 Bake at 350° for 20 minutes or until brown on top.
- 6 Serve with or without Cool Whip or ice cream, either hot or cold.

Notes

This is a very flexible recipe. I don't think you can go wrong if you use basic ingredients.

Bavarian Cream

Betty Bennet's Recipes – Our Friend Pam's Grandmother's Recipes

METHOD

Chilled

TRANSCRIPTION NOTE: Card clearly reads "1.2 pint whipped heavy cream" (possibly meant ½ pint). Kept as written.

Ingredients

- 1 small box raspberry jello
- 1 (16 oz.) box frozen raspberries *partly thawed*
- 1 cup hot water
- 1 envelope Dream Whip, made up
- Small Cool Whip
- 1.2 pint whipped heavy cream *as written on the card*

CHOOSE ONE

- 1 pint ice cream

Directions

- 1 Dissolve jello in hot water, add berries, chill slightly.
- 2 When partly jelled beat well, adding 1 pint of ice cream, or 1 envelope Dream Whip made up, or small Cool Whip, or 1.2 pint whipped heavy cream.

Crème de Menthe Mousse with Chocolate Sauce

Betty Bennet's Recipes – Our Friend Pam's Grandmother's Recipes

METHOD

Double boiler + freezer

Ingredients

MOUSSE

- 16 large marshmallows
- $\frac{2}{3}$ cup Crème de Menthe
- 1 pt. heavy cream *whipped*

- 2 cups sugar
- 4 squares chocolate
- $\frac{1}{4}$ lb. butter
- Dash salt

CHOCOLATE SAUCE

- 1 tall can evaporated milk

Directions

MOUSSE

- 1 Melt 16 large marshmallows and $\frac{2}{3}$ cup Crème de Menthe in top of double boiler – cool.
- 2 Fold in 1 pt. heavy cream – whipped.
- 3 Put in refrigerator tray and freeze.

CHOCOLATE SAUCE

- 4 Blend together in top of double boiler, cook until smooth and thick.
- 5 Cut up frozen mousse and serve chocolate sauce over.

French Pudding (No Cook)

Betty Bennet's Recipes – Our Friend Pam's Grandmother's Recipes

METHOD

No cook

PAN

8 × 13", buttered

Ingredients

CRUST

- 1 lb box vanilla wafers *crushed*

FILLING

- 2 eggs or pasteurized egg substitute

- 1½ cups confectioners sugar
- 1 stick shortening or melted butter
- 1 small Cool Whip
- 1 (16 oz) can crushed pineapple *with juice*

Directions

- 1 Crush 1 lb box vanilla wafers. Reserve 1 cup and spread the rest in a buttered 8 × 13 pan.
- 2 Beat together 2 eggs or pasteurized egg substitute, 1½ cup confectioners sugar and 1 stick shortening or melted butter.
- 3 Spread on wafer crumbs.
- 4 Spread 1 small Cool Whip over.
- 5 Spread 1 (16 oz) can crushed pineapple with juice over.
- 6 Sprinkle rest of crumbs on top.
- 7 Enjoy!

Lemony Pudding

Betty Bennet's Recipes – Our Friend Pam's Grandmother's Recipes

CHILL

About 2 hr

Ingredients

- 1 envelope unflavored gelatin
- 1/2 cup sugar
- 1 cup boiling water
- 1 (6 oz.) can frozen lemonade concentrate
- 1 pint Cool Whip *thawed*

Directions

- 1 Dissolve 1 envelope of unflavored gelatin and 1/2 cup sugar in 1 cup of boiling water.
- 2 Thaw and mix in a 6 oz. can of frozen lemonade concentrate. Chill until slightly thickened.
- 3 Place over larger bowl of ice and water. Beat with a rotary beater until fluffy and thick.
- 4 Blend in one pint of thawed Cool Whip.
- 5 Chill until firm – about 2 hours.

Orange Dessert

Betty Bennet's Recipes – Our Friend Pam's Grandmother's Recipes

Ingredients

- 1 large pkg orange Jello *made up*
- 1 large Cool Whip
- 1 large container sour cream
- 2 cans mandarin oranges *drained*
- 1 can pineapple chunks *optional, drained*

Directions

- 1 Make up 1 large pkg orange Jello and mix with 1 large Cool Whip.
- 2 Stir in 1 large container of sour cream and 2 cans of mandarin oranges, drained.
- 3 Optional: add 1 can of pineapple chunks, drained.

Snow Pudding with Custard

Betty Bennet's Recipes – Our Friend Pam's Grandmother's Recipes

METHOD

Mold + double boiler

Ingredients

SNOW PUDDING

- 1 tbsp granulated gelatin
- ¼ cup cold water
- 1 cup boiling water
- 1 cup sugar
- ¼ cup lemon juice
- 3 egg whites

CUSTARD FOR SNOW PUDDING

- 2 cups scalded milk
- 3 egg yolks
- ½ tbsp cornstarch
- ¼ cup sugar
- ⅛ tsp. salt
- ½ tsp vanilla

Directions

SNOW PUDDING

- 1 Soak gelatin in cold water, dissolve in boiling water – add sugar and lemon juice – strain and cool.
- 2 Occasionally stir mixture and when thick enough to hold mark of spoon, beat until frothy.
- 3 Add egg whites beaten stiff and continue beating until stiff enough to hold its shape.
- 4 Pour in mold, cool.

CUSTARD

- 5 Beat eggs slightly, using a fork.
- 6 Add sugar and salt, stir constantly adding milk gradually.
- 7 Cook in double boiler – continue stirring until mixture thickens, when a coating is formed on the spoon.

- 8 Strain immediately, add vanilla and chill.

Notes

“Cooked or long curdles – beat.” *(as written on the original card; most likely means: if it’s cooked too long and curdles, beat it)*

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Frostings, Fillings & Sweet Sauces



The finishing touch for every cake.

Broiled Frosting

Chocolate Sauce

Cream Cheese Frosting

Creamy Chocolate Frosting

Lemon Filling for Layer Cakes

Luxury Chocolate Frosting

Stay Soft Icing

Broiled Frosting

Betty Bennet's Recipes – Our Friend Pam's Grandmother's Recipes

BROIL

~3 min, 5" from heat

PAN

13 × 9 × 2"

Ingredients

- 1 cake, any flavor *baked in a 13 × 9 × 2 pan*
- 1 cup flaked coconut
- ¼ cup shortening or butter
- ½ cup chopped nuts
- ⅔ cup brown sugar
- 3 tbsp milk

Directions

- 1 Bake any flavor cake in 13 × 9 × 2 pan. Cool slightly. Set oven to broil.
- 2 Mix together ¼ cup shortening or butter, ⅔ cup brown sugar, 1 cup flaked coconut, ½ cup chopped nuts and 3 tbsp milk.
- 3 Spread over warm cake. Broil 5 inches from heat until topping is brown and bubbly, about 3 minutes. Watch carefully, it burns easily.
- 4 Let stand a few minutes before cutting.

Chocolate Sauce

Betty Bennet's Recipes – Our Friend Pam's Grandmother's Recipes

METHOD

Saucepan

Ingredients

- 1 cup sugar
- 1 heaping tbsp. flour
- 2 squares of chocolate *chopped up*
- 1 cup boiling water
- 1 tbsp butter

Directions

- 1 Mix sugar, flour and chocolate; add 1 cup boiling water and cook in saucepan until thick.
- 2 Take from stove and add 1 tbsp butter.

Cream Cheese Frosting

Betty Bennet's Recipes – Our Friend Pam's Grandmother's Recipes

METHOD

Mixer

TRANSCRIPTION NOTE: Card reads "1.3 oz pkg. cream cheese" (probably a 3 oz package). Kept as written.

Ingredients

- 1.3 oz pkg. cream cheese *as written on the card*
- ½ stick butter
- 1 tsp vanilla
- ½ to ¾ cup confectioners sugar

Directions

- 1 Blend with mixer: cream cheese and ½ stick butter.
- 2 Add 1 tsp vanilla. Blend in ½ to ¾ cup confectioners sugar.
- 3 Spread on cake.

Creamy Chocolate Frosting

Betty Bennet's Recipes – Our Friend Pam's Grandmother's Recipes

Ingredients

- 3 Tbsp melted shortening/butter
- 1/3 c milk
- 3 1/2 c confectioners sugar *sifted*
- 1/2 c cocoa
- 1 1/2 tsp vanilla
- Dash salt

Directions

- 1 Combine butter and cocoa, add milk and vanilla.
- 2 Stir in sifted sugar and salt in 3 parts.
- 3 Beat until smooth.
- 4 If too thick, add 1/2 tsp milk at a time.

Lemon Filling for Layer Cakes

Betty Bennet's Recipes – Our Friend Pam's Grandmother's Recipes

METHOD

Double boiler

KEEPS

Indefinitely, refrigerated

Ingredients

- 2 whole eggs
- 4 egg yolks
- ½ cup shortening or butter
- 2 cups sugar
- Juice and grated rind of 4 lemons

Directions

- 1 Cook in double boiler till it coats spoon like custard.

Notes

STORAGE

Keeps indefinitely in covered jar in fridge.

Luxury Chocolate Frosting

Betty Bennet's Recipes – Our Friend Pam's Grandmother's Recipes

Ingredients

- 2 pkgs chocolate chips
- 3 unbeaten eggs
- ½ cup margarine
- 1 tsp vanilla
- 1 cup sifted confectioners sugar

Directions

- 1 Melt 2 pkgs chocolate chips. Cool completely to room temp.
- 2 Cream ½ cup margarine and 1 cup sifted confectioners sugar.
- 3 Add 3 unbeaten eggs one at a time.
- 4 Blend in 1 tsp vanilla and the cooled chocolate.
- 5 Beat until smooth and frost cake.

Stay Soft Icing

Betty Bennet's Recipes – Our Friend Pam's Grandmother's Recipes

METHOD

Saucepan

Ingredients

- 2 egg whites
- ¼ tsp cream of tartar
- ½ cup sugar
- ½ cup light Karo syrup
- ½ tsp. desired flavoring

Directions

- 1 Beat 2 egg whites stiff with ¼ tsp cream of tartar.
- 2 Heat in saucepan ½ cup sugar and ½ cup light Karo syrup until sugar dissolves. DO NOT BOIL.
- 3 Pour in egg whites, beating constantly. Add ½ tsp. desired flavoring.