

# STORIES RECIPE FOR SUCCESS



IOWA STATE UNIVERSITY  
College of Agriculture and Life Sciences

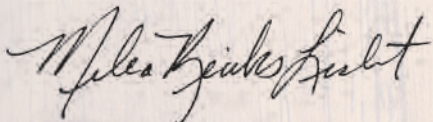


## Everyone eats. Eating is one of the great, shared experiences that tie us all together.

We chose to highlight some of the work the college is doing in research, education and extension linked to food—growing it, eating it and understanding it—in Vol. 5 No. 2 of STORIES, the college's alumni magazine.

This cookbook grew out of that issue, as we asked many of those featured and our writers to share their favorite recipes as well as their stories. A pdf of this booklet can be found at [www.ag.iastate.edu/stories](http://www.ag.iastate.edu/stories) and each recipe can be viewed individually. You are invited to share photos of your creations online, comment on each recipe, or read more about the recipe's author in the featured article. We hope you enjoy the flavor of our STORIES!

Kind regards,



Melea Reicks Licht

Editor, STORIES in Agriculture and Life Sciences from Iowa State University

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From the kitchen of: **Diane Spurlock**  
associate professor of animal science (courtesy of her mom)

*Read about Diane at [www.ag.iastate.edu/stories](http://www.ag.iastate.edu/stories)*



## *Cheese Log*

### **INGREDIENTS:**

8-ounce package cream cheese

1 jar Old English cheese

¼ teaspoon garlic salt

½ teaspoon Worcestershire sauce

1 cup nuts, chopped or 1 cup parsley, minced

**DIRECTIONS:** Combine cheeses, garlic salt, and Worcestershire sauce with a fork until well blended. Shape cheese mixture into roll or ball; roll in nuts or parsley. Refrigerate. Serve with snack crackers.



## *Roasted Corn Salsa*

### INGREDIENTS:

4 roasting ears corn, freshest available

4 tomatoes, seeded and diced

2 red onions, finely chopped

1 to 2 Jalapeños, finely chopped

4 tablespoons chopped fresh cilantro

3 tablespoons olive oil

Juice from 2 limes

Kosher salt

Freshly ground black pepper



**DIRECTIONS:** Roast the corn on the grill. Let cool slightly, then peel back the husk and silks. Using a large, heavy knife, slice down the cobs to remove the kernels. Place the corn kernels in a bowl with tomatoes, red onions, Jalapeños, and cilantro. (The Jalapeños may be omitted if you want a mild corn salsa.) Whisk together the olive oil and lime juice. Season to taste and pour over the salsa. Toss well to mix. Serve while still slightly warm, or leave to cool, cover, and chill for up to two hours.

## From the kitchen of: **Phillip Canada**

junior, culinary science (Created for the Soyfoods Council by Phillip Canada Angie Gutierrez)

Read about Phillip at [www.ag.iastate.edu/stories](http://www.ag.iastate.edu/stories)

### *Spicy Edamame Pesto*

#### **INGREDIENTS:**

- ¼ cup fresh basil leaves
- ¼ cup spinach
- ½ cup edamame
- 2 garlic cloves
- ¼ cup chopped walnuts
- 2 teaspoons Tabasco sauce
- ½ teaspoon salt
- ¼ teaspoon pepper
- ¼ cup Parmesan cheese
- ¼ cup olive oil

**DIRECTIONS:** Wash basil and spinach to remove any excess dirt. Place basil, spinach, edamame, garlic, walnuts, Tabasco sauce, salt, pepper, and parmesan cheese in a food processor or blender and pulse five to seven times or until combined. Turn processor or blender on full speed and slowly pour the oil in a steady stream into the mixture. Serves 12 (½-ounce portions).



From the kitchen of: **Craig Chase**

'80 MS agricultural economics, '94 PHD rural sociology, extension farm management specialist and coordinator Iowa Local Food and Farm Initiative (courtesy his Great Aunt Loretta)

*Read about Craig at [www.ag.iastate.edu/stories](http://www.ag.iastate.edu/stories)*

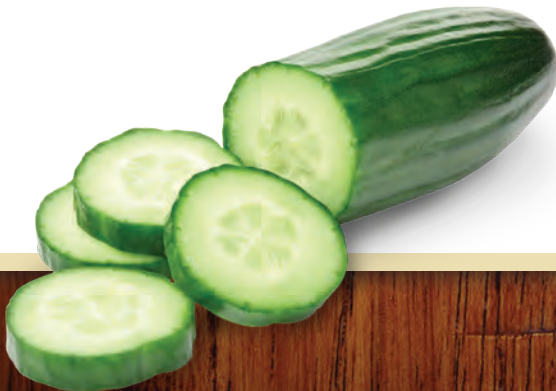


### *Refrigerator Pickles*

**INGREDIENTS:**

- 7 cups sliced unpeeled cucumbers
- 2 cups sugar
- 1 cup vinegar
- 1 cup sliced onion (1 small onion in rings)
- 1 pepper sliced in long strips
- 1 tablespoon non-iodized pickling salt
- 1 teaspoon celery seed

**DIRECTIONS:** Put all ingredients together, let set, and stir occasionally. Then refrigerate.





From the kitchen of: **Brian Meyer**

director of college relations, STORIES writer



## *Salmon Dip*

### **INGREDIENTS:**

14.75-ounce can red salmon, drained with skin and bones removed

8 ounces cream cheese (softened)

1 tablespoon lemon juice

2 teaspoon grated onion

1 teaspoon horseradish

¼ teaspoon salt

¼ teaspoon liquid smoke

**DIRECTIONS:** Mix ingredients well and serve with Sociable crackers.



From the kitchen of: **Brenda Ranum**

regional extension education director (courtesy Country Woman Magazine, Nov/Dec 2002, p. 37.)

Read about Brenda at [www.ag.iastate.edu/stories](http://www.ag.iastate.edu/stories)

## *Autumn Chowder*

### INGREDIENTS:

8 bacon strips, diced

1 cup chopped onion

4 medium red potatoes, diced

4 medium carrots, halved lengthwise  
and thinly sliced

2 cups water

1 tablespoon chicken bouillon granules

4 cups milk

2  $\frac{2}{3}$  cups frozen corn

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

3 tablespoon + 1 teaspoon flour

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

3 cups shredded cheddar cheese

**DIRECTIONS:** In a sauce pan, cook bacon over medium heat until crisp, remove to paper towel. Drain, reserving one tablespoon plus one teaspoon of the drippings. In the drippings, sauté onion until tender. Add the potato, carrot, two cups water, and bouillon. Bring to a boil. Reduce heat: cover and simmer for 15-20 minutes or until the vegetables are almost tender. Stir in milk, corn, and pepper. Cook five minutes longer. Combine the flour and  $\frac{1}{2}$  cup cold water until smooth; gradually whisk into soup. Bring to a boil; cook and stir for one to two minutes or until thickened. Remove from the heat; stir in cheese until melted. Sprinkle with bacon. Serves eight.

From the kitchen of: **David McDonald**

('87 animal science), president and chief operating officer OSI Group

Read about David at [www.ag.iastate.edu/stories](http://www.ag.iastate.edu/stories)



## *Friday Night Football Chili*

### **INGREDIENTS:**

3 pounds 80% lean ground beef

46 ounces tomato juice (can use up to 30 ounces more to dilute)

28-ounce can diced tomatoes (can be Italian or garlic flavored)

28-ounce can crushed tomatoes

1 teaspoon salt

1 teaspoon sugar

2 tablespoons chili powder (can add more to taste)

2 packets McCormick Original Chili Flavoring

2 cups diced large white onion

3 cups diced celery

2-5 diameter slices of Jalapeño pepper

2 cups diced green, yellow, or red peppers

**DIRECTIONS:** Brown ground beef in pan and drain the fat and water. Place cooked beef in large pot and add tomato juice, cans of tomatoes, salt, sugar, chili powder, and packets of chili flavoring. Heat and stir for at least five minutes. Add onions, celery, and Jalapeño pepper slices. Heat until simmering. Add peppers last so they remain somewhat firm. Add additional chili powder and salt to taste. Feeds up to 20 kids.





From the kitchen of: **Scott Tapper**  
(79 farm operations), farmer and former president  
of the Iowa Pork Producers Association

Read about Scott at [www.ag.iastate.edu/stories](http://www.ag.iastate.edu/stories)



### *Pork Loin Chili*

#### **INGREDIENTS:**

3 pounds boneless pork loin, cut into 1-inch cubes  
2 medium onions, chopped  
1 medium green pepper, chopped  
1 medium red pepper, chopped  
1 medium yellow pepper, chopped  
2 cloves garlic, minced  
1 tablespoon vegetable oil  
2 tablespoons flour

64 ounces whole peeled tomatoes, crushed  
16-ounce can red kidney beans  
16-ounce can pinto beans  
16-ounce can black beans  
16-ounce can tomato sauce  
1 teaspoon black pepper  
6 tablespoon chili powder  
2 tablespoons ground cumin

**DIRECTIONS:** Cook pork, onions, peppers, and garlic in oil until pork is browned. Stir in flour, mixing well. Add the remaining ingredients. Simmer uncovered for one hour. Serves 16.



## From the kitchen of: **Bob Raymond**

owner operator Village Creek Farm

Read about Bob at [www.ag.iastate.edu/stories](http://www.ag.iastate.edu/stories)



### *Leek and Potato Soup*

#### **INGREDIENTS:**

2 ounces (4 tablespoons) butter

2 leeks, chopped

1 small onion, finely chopped

12 ounces floury potatoes, chopped

1.5 pints (3½ cups) vegetable stock

Salt and ground black pepper

Homemade bread, to serve

**DIRECTIONS:** Heat half the butter in a large heavy pan. Add the chopped leeks and onion. Cook over a low heat, stirring occasionally so they don't stick to the pan (about seven minutes). You want them softened, not browned. Add the potatoes to the pan and cook for two to three minutes, stirring occasionally. Add the stock and bring to a boil. Then reduce heat to very low, cover, and simmer gently for 30-35 minutes, until the veggies are very tender. Season to taste with salt and pepper. Remove the pan from the heat and add the remaining butter, small pieces at a time.

Ladle into warm bowls and serve with thick slices of fresh-baked bread. Serves four.



From the kitchen of: **Wendy Wintersteen**

PhD '88 entomology, dean and director, experiment station (courtesy Linda White)

Read about Wendy at [www.ag.iastate.edu/stories](http://www.ag.iastate.edu/stories)



## *Butternut Squash and Apple Bisque*

### INGREDIENTS:

2 tablespoons olive oil

1 tablespoon butter

5 cups butternut squash, peeled, seeded, cubed

1 onion, chopped

1 carrot, peeled or unpeeled, cut into ¼-inch slices

½ red bell pepper, chopped

2 stalks celery, chopped

1 Granny Smith apple, peeled, cored, chopped

½ teaspoon ground allspice

¼ teaspoon nutmeg

28 ounces vegetable broth

1 cup apple juice or cider

Sour cream for garnish

**DIRECTIONS:** Melt butter and add olive oil over medium heat. Add all vegetables and sauté, stirring occasionally, until vegetables are somewhat tender (about ten minutes). Mix in apple, allspice, and nutmeg. Add broth and apple juice. Bring to boil then reduce heat to simmer. Cover and simmer until vegetables are tender (about 30 minutes). Puree the soup using blender, food processor or immersion blender. Return soup to pot to keep warm until ready to serve. Season with salt and pepper. Ladle into bowls, top with dollop of sour cream if desired. Serves eight.

*"This is a favorite made by my friend and neighbor Linda White, the wife of Bernie White, Emeritus University Professor and former chair of our Department of Biochemistry, Biophysics and Molecular Biology."*

From the kitchen of: **The Soy Sistas**

**Amanda Pudlik** '11 culinary science, **Elise Fiscus** senior, culinary science, and **Cassie Miller** '11 culinary science

Read about *The Soy Sistas* at [www.ag.iastate.edu/stories](http://www.ag.iastate.edu/stories)

## *Creamy Winter Squash and Apple Soup*

### INGREDIENTS:

7 slices bacon	1 ½ cup plain soy milk
1 large red onion, diced	½ teaspoon white pepper
2 carrots, diced	¼ teaspoon ground clove
2 ribs of celery, diced	¼ teaspoon ground cinnamon
2 Granny Smith apples, diced	½ teaspoon ground curry powder
2 garlic cloves, minced	¼ teaspoon nutmeg
1 package Birds Eye frozen cooked winter squash (defrosted)	½ teaspoon ground ginger
2 ½ cups canned chicken broth	1 ½ tablespoons honey
1 fresh lime, juiced	Salt to taste

**DIRECTIONS:** Cook bacon in large soup pot until crispy. Remove bacon and set aside to drain. Discard bacon grease, reserving 2 tablespoons in the pot. Crumble bacon when cool. Add onions and carrots to soup pot. Sauté for approximately five minutes over medium heat until onions are soft. Add celery and apple and sauté for another five minutes. Add garlic and sauté very briefly, approximately one minute. Add squash and chicken broth. Increase heat and bring to a boil. Reduce heat again and allow to simmer for about 20 minutes until carrots are tender. If you have





an immersion blender, process the mixture in the pot until smooth. If not, carefully process the mixture in a blender or food processor until smooth. Return mixture to pot. Stir in lime juice and soy milk. Add all remaining ingredients (spices) and five pieces of reserved crumbled bacon. Simmer for an additional ten minutes until thickened. (Do not boil!) Garnish with remaining crumbled bacon.



## From the kitchen of: **Ruth MacDonald**

professor and chair food science and human nutrition

Read about Ruth at [www.ag.iastate.edu/stories](http://www.ag.iastate.edu/stories)



### *Minnesota Wild Rice Soup*

#### **INGREDIENTS:**

$\frac{3}{4}$  cup uncooked wild rice

2 cups water

1 medium onion, diced

1 cup celery, chopped

$\frac{1}{2}$  cup carrot, chopped

1 cup button mushrooms, chopped

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

1 cup flour

8 cups hot chicken broth

$1\frac{1}{2}$  cups diced cooked chicken

Salt and pepper

$\frac{1}{4}$  teaspoon thyme

1 cup half and half

3 tablespoons dry white wine

**DIRECTIONS:** Rinse wild rice and add to two cups of water in a saucepan. Heat to boiling and simmer for 45 minutes until rice has popped. Saute onion, celery, and carrots in butter until softened, add mushrooms near the end to just heat through. Sprinkle flour over vegetables in pan and stir until well blended but not brown. Slowly whisk in the hot chicken broth, stirring to blend all the flour. Stir in the drained cooked wild rice and chicken. Season with salt, pepper, and thyme. Heat thoroughly. Just before serving stir in half and half and wine, heat until warm without boiling. Serve with warm bread. Can be made up the night before, but don't add half and half or wine until heated through and right before serving.



From the kitchen of: **Jen Busselot**

'01 plant health and protection, MS '03 sustainable agriculture, Iowa Master Gardener coordinator (courtesy Sarah Haynes, new EARTH program coordinator)

Read about Jen at [www.ag.iastate.edu/stories](http://www.ag.iastate.edu/stories)

## Beet Salad

### INGREDIENTS:

The farmers market shopping list for this recipe includes:

4 or 5 beets

Olive oil

Salt

Pepper

Balsamic vinaigrette

local goat cheese

raw walnuts or almonds

fresh arugula or mâché (depending on freshness and availability, another baby green can be substituted)

**DIRECTIONS:** Set oven at 375 F. and chop four to five regular sized beets into chunks. Peel or give the beets a good scrub. Place them in a cake pan, drizzle olive oil, salt, and pepper to taste and wrap the whole pan in aluminum foil. Bake for around 45 minutes. This can be done in advance of the meal. Beets are done when easily sliced with a knife. If roasting over five beets this may take well over an hour. To serve, further slice the beets into bite sized slivers. Toss with balsamic vinaigrette and layer over a platter of greens. Top the lovely beet vinaigrette mixture with crumbles of goat cheese, toasted walnuts, and salt and pepper to taste. Serves four.



*"Yummy, fresh side dish for a harvest meal. Portions of walnuts, cheese and vinaigrette are really up to individual preference. Sugar coating the nuts over low heat with some maple sugar is a nice touch. This is a great flavor combination. So just have fun!"*

From the kitchen of: **Susan Thompson**

STORIES writer

## *Black Bean Salad*

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### **INGREDIENTS:**

1 red bell pepper

1 green bell pepper

1 yellow bell pepper

½ cup red onion, diced

16-ounce can corn, drained

1 teaspoon cilantro

¼ cup olive oil

4 tablespoons red wine vinegar

1 teaspoon lime juice

Ground pepper

Salt

15-ounce can black beans, drained

Tortilla chips

**DIRECTIONS:** Seed and dice bell peppers. In a salad bowl combine bell peppers, onion, corn kernels, and cilantro. Toss to mix. Add olive oil, vinegar, and lime juice. Salt and pepper to taste. Toss again. Add black beans, toss again, and serve with tortilla chips. Serves six to eight.





From the kitchen of: **Elisabeth Huff-Lonergan**

'MS '91 animal science, PhD '95, professor animal science

Read about Elisabeth at [www.ag.iastate.edu/stories](http://www.ag.iastate.edu/stories)

## *Sweet and Tangy Coleslaw with Orange and Fennel*

### INGREDIENTS:

1/3 cup apple cider vinegar

2 tablespoons vegetable oil

3 tablespoons fresh orange juice plus

1 teaspoon orange zest

1/4 teaspoon pepper

1 pound (about 6 cups) shredded cabbage

1 teaspoon table salt

1/4 cup sugar

1/2 small fennel bulb, cored and thinly sliced

1 tablespoon minced fennel fronds

1/4 cup golden raisins

**DIRECTIONS:** Combine vinegar, oil, orange juice and pepper in a medium bowl. Place in freezer until well chilled (glass or metal bowl works well for this). Chill for at least 15 minutes and up to 30 minutes. While the mixture chills, toss the cabbage with the salt and sugar in a large, microwave safe bowl. Cover with a plate and microwave on high for one minute. Stir briefly, recover, and microwave again on high for 30-60 seconds until the cabbage is partially wilted and reduced in volume by one third. It should still be a little crunchy. Transfer the cabbage to a salad spinner and spin off excess moisture. Alternatively, squeeze excess moisture from the cabbage with paper towels. Remove vinegar mixture from the freezer, add cabbage, orange zest, fennel, fennel fronds, and raisins. Toss to combine. Refrigerate until chilled, about 15 minutes. Toss before serving.

*"This recipe makes a nice accompaniment to the lamb (see page 26-27). It is also good with pork and BBQ beef."*



From the kitchen of: **Gretta Irwin**

executive director Iowa Turkey Federation

Read about Gretta at [www.ag.iastate.edu/stories](http://www.ag.iastate.edu/stories)



## *Southwestern Turkey Salad*

### INGREDIENTS:

8 ounces rotini or wagon wheel pasta, cooked according to package directions

2 cups cooked cubed turkey

4-ounce can sliced black olives, drained

2 ounces Monterey Jack cheese with peppers, cut into ¼ inch cubes

2 cups seeded and chopped tomatoes, divided

4 green onions, thinly sliced

1 teaspoon cilantro

3 tablespoons light olive oil

2 tablespoons white wine vinegar

1 teaspoon minced garlic

½ teaspoon cumin

½ teaspoon chili powder

**DIRECTIONS:** In large bowl, combine pasta, turkey, olives, cheese, one cup tomatoes, and green onion. In blender or food processor, combine cilantro, remaining tomatoes, oil, vinegar, garlic, cumin, and chili powder. Process until smooth. Combine dressing and salad mixture, toss to coat. Serves six.



From the kitchen of: **Dorian Garrick**  
professor animal science

Read about Dorian at [www.ag.iastate.edu/stories](http://www.ag.iastate.edu/stories)

## *Beef in Burgundy*

### INGREDIENTS:

3 pounds sirloin steak

1 tablespoon butter

2 tablespoons oil

4 onions, sliced

1 teaspoon sugar

1 clove garlic, crushed

1 pound whole mushrooms

2 slices of fried bacon, chopped

2 tablespoons flour

2 cups red wine

2-3 cups water

2 beef stock cubes (or 2 tablespoons beef bouillon granules)

1 bay leaf

1 teaspoon salt

Pepper to taste

**DIRECTIONS:** Trim meat and cut into cubes. Brown one-half pound at a time in butter and oil. Place browned meat in heavy pan, casserole or crockpot. Brown onions in remaining butter and oil. Add sugar, crushed garlic, whole mushrooms, and chopped bacon. Cook slowly until tender. Remove from pan and put aside. Stir flour into same frying pan. Return pan to heat and brown flour without letting it burn. Gradually add wine and stir well until sauce thickens. Place all ingredients including water, stock cubes, and bay leaf in pan with meat and simmer on stove or bake in oven at 300°F for approximately two and a half hours. Add an extra cup of water during cooking if necessary, and adjust seasoning as required. Serve with rice or mashed potatoes and vegetable of choice.



From the kitchen of: **Nancy Degner**

'72 food science, executive director of the Iowa Beef Industry Council

Read about Nancy at [www.ag.iastate.edu/stories](http://www.ag.iastate.edu/stories)

## *French Onion Beef Sandwiches Au Jus*

### **INGREDIENTS:**

1 boneless beef roast, such as round rump, round tip, bottom round, or brisket (3 to 4 pounds)

2 tablespoons vegetable oil

2 large sweet onions, cut into ¼-inch thick slices

2 cups water

½ cup reduced sodium or regular soy sauce

1 package (1-¼ ounces) dry onion soup mix

1 large clove garlic, minced

8 to 10 French rolls, split, toasted

1 cup shredded Swiss cheese

**DIRECTIONS:** Heat oil in stockpot over medium heat until hot. Place beef roast in stockpot; brown evenly. Remove roast from stockpot. Add onions to stockpot; cook 8 to 10 minutes or until tender and lightly browned, stirring occasionally. Add water, soy sauce, soup mix and garlic.







Return roast to stockpot; bring to a boil. Reduce heat; cover tightly and simmer on range top or in preheated 325°F oven 2-½ to 3-¼ hours or until roast is fork-tender. Remove roast; keep cooking liquid warm. Carve roast across the grain into thin slices. Place rolls on metal baking sheet; top evenly with beef. Sprinkle cheese evenly over beef. Place sandwiches under broiler so surface of cheese is 3 to 4 inches from heat. Broil 1 to 3 minutes or until cheese is melted. For open-faced sandwiches, spoon cooking liquid over top, as desired. For closed sandwiches, serve cooking liquid in small bowls for dipping. Serves eight to ten.

Slow Cooker Variation: Omit vegetable oil. Place onions in a 3-½ to 5-½-quart slow cooker. Top with beef roast. Combine water, soy sauce, soup mix, and garlic; pour over roast. Cover and cook on high six to seven hours, or on low 10 to 11 hours, or until beef is fork-tender. (No stirring is necessary during cooking.)

*"Cook's Tips: One 2-½ to 4 pound boneless chuck shoulder pot roast may be substituted. Simmer two to three hours or until fork-tender. After carving, beef slices can be returned to cooking liquid and kept warm over low heat until ready to serve, if desired."*

From the kitchen of: **Teresa Wiemerslage**

MS '96 plant pathology, extension program coordinator, Northeast Iowa Food and Fitness Initiative

Read about Teresa at [www.ag.iastate.edu/stories](http://www.ag.iastate.edu/stories)



## *Cheesy Pasta with Summer Veggies*

### **INGREDIENTS:**

4 cups sliced assorted vegetables, (zucchini, broccoli, peas)

1 cup grape or cherry tomatoes

8 ounces whole wheat pasta, any shape

1 ½ tablespoons vegetable or olive oil

2 medium garlic cloves

½ cups minced onion

1 teaspoon dried Italian seasoning

¼ teaspoon salt

⅛ teaspoon black pepper

¼ cup parmesan cheese

½ cup shredded mozzarella cheese

**DIRECTIONS:** Wash and prepare vegetables. Cook pasta according to package directions. Drain and save ¼ cup water. Heat oil in large skillet as pasta cooks. Sauté garlic and onion one to two minutes until soft. Add any uncooked hard vegetables and cook for three minutes. Add soft vegetables and continue to cook. Add Italian seasoning, salt, and pepper. Add tomatoes last and cook until warm. Add cooked drained pasta to the vegetables. Add a little pasta water if needed. Add cheeses to mixture. Stir until cheese is mostly melted. Serve immediately.





## *Heavenly Chicken*

### INGREDIENTS:

4 whole chicken breasts, boned and skinned  
1 can cream of chicken soup  
¼ cup milk  
4 slices (6 ounces) Swiss cheese  
1 package Stove Top stuffing, chicken  
¼ pound margarine

**DIRECTIONS:** Place chicken breasts in greased 9 x 13 inch pan. Mix soup with milk, pour over chicken. Spread cheese on top. Mix stove top stuffing and seasoning packet with ¼ pound melted margarine. Place on top of chicken and cheese. Cover and bake at 350°F for one to one and a quarter hour. Can be made a day ahead.

## From the kitchen of: **Kevin Shalinske**

professor food science and human nutrition

Read about Kevin at [www.ag.iastate.edu/stories](http://www.ag.iastate.edu/stories)



### *Mexican Chicken*

#### **INGREDIENTS:**

3-4 boneless skinless chicken breasts

14-28 ounces chicken broth or stock

Taco seasoning packet

8-ounce can tomato sauce

4-5 bay leaves

Tabasco sauce or red pepper to taste

**DIRECTIONS:** Place chicken breasts in a large skillet. Add chicken broth to cover bottom half of the chicken. Sprinkle top of chicken with one third to one half a package of taco seasoning. Turn on high to get the broth almost boiling, then turn down to simmer stirring occasionally. Cover and let it simmer at least an hour – the longer the better. Do not let stock go dry – add more as needed. Shred chicken in the pan with the stock (I think it is easiest using two wooden spoons). After chicken is shredded, add tomato sauce, the rest of the taco seasoning and the bay leaves. Turn up the heat to heat through, then reduce heat, cover, and simmer. Simmer about an hour or so stirring occasionally to move the bay leaves around. Remove bay leaves before serving. Use as a filling for tacos, burritos, egg omelet, pizza topping, etc.

*“The bay leaves are the key ingredient in my opinion. Add Tabasco sauce or red pepper if you want a little kick. I think this is even better when it is refrigerated overnight and reheated.”*

From the kitchen of: **Kevin Rettig**

'94 food science and technology, general manager, The Café

Read about Kevin at [www.ag.iastate.edu/stories](http://www.ag.iastate.edu/stories)

## *Lamb Ragu and Pappardelle Pasta*

### INGREDIENTS:

½ pound diced Pancetta or bacon

1 cup diced yellow onion

½ cup diced celery

½ cup diced carrots

2 ½ pounds ground lamb

Salt and pepper

½ cup flour, all-purpose

½ cup tomato paste

½ cup white wine

1 quart whole milk

½ cup heavy whipping cream

**DIRECTIONS:** Cook pancetta in a large stock pot on medium heat. Once pancetta starts to crisp, add vegetables and cook in rendered fat. When vegetables are tender, turn heat up to high and add the ground lamb. Season lamb and veggie mixture with salt and pepper and cook lamb until brown on all sides. Add flour and mix until incorporated. Add tomato paste and white wine. Cook until the wine is almost evaporated. Reduce heat to low. Add one-third of the milk, cook until reduced to sauce consistency. Repeat process until milk is gone. Add cream, check seasonings, and remove from heat. Serve over pappardelle pasta.





From the kitchen of: **Elisabeth Huff-Lonergan**

MS '91 animal science, PhD '95, professor animal science

Read about Elisabeth at [www.ag.iastate.edu/stories](http://www.ag.iastate.edu/stories)

## *Rack of Lamb with Blueberry/Shiraz sauce*

### INGREDIENTS:

One rack of lamb	2 tablespoons red onion finely diced
½ cup extra virgin olive oil	2 cups Shiraz wine,
4 tablespoons good quality balsamic vinegar	2 cups low-sodium beef broth
3 cloves garlic, minced or pressed	2 ¼ cups fresh or frozen blueberries
2 teaspoons fresh thyme leaves, or ½ teaspoon dried oregano	2 tablespoons pure Canadian maple syrup
¼ teaspoon salt	2 cloves garlic, minced or pressed
⅙ teaspoon freshly ground black pepper	6 sprigs fresh thyme, about 1 tablespoon chopped
1 tablespoon Dijon mustard	2-inch sprig fresh rosemary leaves, leaves only
12 3-inch sprigs fresh rosemary	Pepper
2 teaspoons olive oil	

**DIRECTIONS:** Prepare marinade by combining first eight ingredients in a small bowl or glass measuring cup and whisking until incorporated.

Cut each rack of lamb into two even portions of three or four ribs each. Pour marinade over lamb, making sure to coat all the meat on top and bottom. A large oven roasting bag works well for this. Allow to marinate at least 1 hour, and as long as overnight.



Meanwhile, prepare reduction sauce as follows: Heat oil in sauté pan at medium-high heat. Sauté onions about two minutes until golden brown: do not allow to burn (reduce heat if necessary). Add wine, broth, two cups blueberries, maple syrup, garlic, thyme, rosemary, and pepper. The mixture should come to a boil fairly quickly. Continue to gently boil, reducing heat if necessary, until liquid becomes thicker and reduced in volume. This process should take about five minutes, but could take more or less time. It is important to watch closely and to stir frequently, scraping any brown bits from the bottom of the pan. When the sauce starts to thicken, remove from heat and strain the liquid into a glass measuring cup, pressing down on the blueberries with a wooden spoon to extract as much liquid into the sauce as you can. Discard the solids and return liquid to pan, but not to the heat at this time. (Note: This step can be done up to a day ahead of time and the sauce can be stored in a sealed container in the refrigerator.)

Remove the lamb from the marinade and grill, meaty-side down on a medium heat grill. Watch for flare-ups and move lamb to cooler section of the grill if necessary, or reduce heat slightly. Cook until internal temperature reaches 130 F, for medium-rare. Allow to rest for five to ten minutes before slicing into individual ribs, making sure to retain and reserve any juices that run out. (Alternatively, you can pan sear the lamb and then finish in a 400°F oven if you do not want to grill it.)

While lamb is sitting, return blueberry sauce to the medium-high heat and bring to a boil. Add reserved  $\frac{1}{4}$  cup of blueberries and reserved lamb juices and continue to cook for about a minute. If sauce becomes too thick, add another dash of wine or broth and cook until desired consistency: if it is too thin, reduce it further. Sauce should be thin enough to pour but thick enough that it will not run.

## From the kitchen of: **The Soy Sistas**

**Amanda Pudlik** '11 culinary science, **Elise Fiscus** senior, culinary science, and **Cassie Miller** '11 culinary science

Read about The Soy Sistas at [www.ag.iastate.edu/stories](http://www.ag.iastate.edu/stories)



### *Sweet and Savory Monte Cristo Sandwich*

#### **INGREDIENTS:**

1 cup Tofutti soy cream cheese

½ package Veggie Shreds (shredded cheddar and pepper jack cheese- 1 ½ cups)

1 tablespoon honey or agave

¼ cup dried cranberries

3 tablespoons chopped walnuts

¼ teaspoon garlic powder

2 tablespoons chopped red onion

2 teaspoons apple cider vinegar

1 loaf raisin pecan bakery bread (sliced)

1 package Hormel Natural Honey Deli Ham (2-3 slices per sandwich)

6 eggs

½ cup vanilla soy milk

1 tablespoon lime zest

2 tablespoons soy oil

2 tablespoons butter

**DIRECTIONS:** To make the spread for the sandwich mix together soy cream cheese, cheddar and pepper jack cheese, honey, dried cranberries, chopped walnuts, garlic powder, onion, and apple cider vinegar. Set aside. Preheat pan to fry sandwiches. Assemble sandwich with spread on each bread slice and two to three slices of ham. Combine eggs, soy milk, and lime zest to create batter. Thoroughly dip whole sandwich into mixture. Pan fry each side in two tablespoons soy oil and two tablespoons butter until lightly golden brown. Cut on a diagonal and serve warm.



From the kitchen of: **Joe Jacobs**

senior, horticulture

*Read about Joe at [www.ag.iastate.edu/stories](http://www.ag.iastate.edu/stories)*

### *Joe's Homemade Pizza*

**INGREDIENTS:**

Prepared pizza dough (Boboli)

2 tomatoes, thinly sliced

4-6 leaves fresh basil

fresh garlic or garlic powder or garlic salt

1 whole bell pepper (any color), diced

½ onion, diced

2 cups mozzarella cheese

**DIRECTIONS:** Layer on pizza dough in this order: sliced tomatoes, basil, garlic, peppers, onions, cheese. Cook in a pizza cooker or in the oven at 375°F for about 15-18 minutes. Makes one 16-inch pizza.



From the kitchen of: **John Patience**

professor animal science

Read about John at [www.ag.iastate.edu/stories](http://www.ag.iastate.edu/stories)

## *Pork Tenderloin with Mustard Marinade served with Cherry Compote*

**NOTE:** Cherry compote does best if made at least 24 hours before serving and the pork should marinate overnight.

### **INGREDIENTS:**

1 (1½ pound) pork tenderloin

### *Mustard Marinade*

#### **INGREDIENTS:**

½ cup canola oil

1 teaspoon dried rosemary, crushed

1 clove garlic, minced

Salt

¼ cup Dijon mustard

Black pepper

1 teaspoon dried thyme, crushed

**DIRECTIONS:** Combine canola oil with garlic and mix thoroughly. Add remaining ingredients and mix thoroughly. Marinate pork tenderloin in the mixture overnight in a refrigerator. I like to use large Ziploc freezer bags, turning a few times to ensure good distribution of the marinade. Grill or broil tenderloin to taste; I prefer medium or medium-rare (145°F) to get a wonderfully juicy piece of meat. Slice into half-inch pieces and top with cherry compote.



### *Cherry Compote:*

#### **INGREDIENTS:**

- ½ small red onion
- ¼ cups shitake mushrooms, cleaned and roughly chopped
- 1 tablespoon canola oil
- 1 cup water
- 6 tablespoons brown sugar
- 3 tablespoons lemon juice
- 2½ cups pitted cherries
- 1½ teaspoons dried thyme
- 3 tablespoon chilled butter, cut into pieces

**DIRECTIONS:** Sauté red onions and shitake mushrooms in canola oil until lightly browned, three to five minutes. Add water, sugar, and lemon juice; bring to a boil until the sugar is fully dissolved. Continue boiling for about five minutes. Reduce heat; add cherries and thyme. Return to a low boil and continue cooking until liquid is syrupy. Remove from heat and whisk in chilled butter, one piece at a time. Keep refrigerated for up to a week, or serve fresh. Serve warm over the pork. Can be served with rosemary garnish. Serves three or four.



## From the kitchen of: **Ajay Nair**

assistant professor horticulture

Read about Ajay at [www.ag.iastate.edu/stories](http://www.ag.iastate.edu/stories)



### *Potato and Peas Curry*

#### **INGREDIENTS:**

3 tablespoons oil	½ teaspoon coriander
1 teaspoon cumin seed	1 tomato, diced
1 onion, chopped	3 medium potatoes cut into bite-sized pieces
¼ teaspoon turmeric powder	½ cup peas
1 teaspoon minced fresh ginger	½ cup water
1 teaspoon minced fresh garlic	Salt to taste
½ teaspoon chili powder (for medium spicy)	¼ bundle cilantro leaves

**DIRECTIONS:** Heat oil in pan and add cumin seeds. When the seeds sputter, add onions and sauté for two to three minutes. Add turmeric powder and the minced ginger-garlic. Sauté these for about four to five minutes. Once the onions caramelize, add chili powder and coriander powder; sauté again for couple of minutes to cook the spices. At this point add the diced tomato. Cook the tomato for five minutes and then add bite-sized cubed potatoes and peas. Mix thoroughly and add ½ cup of water. Close the lid and cook for four to five minutes, check to ensure that potatoes are soft and cooked. Once the potatoes are cooked, add salt and cook for two to three minutes with lid open. Finally garnish with freshly cut cilantro leaves. Serve with rice or flat-bread. Serves two.

*"This dish is a team effort: I cut the vegetables while my wife Pradeepa does the cooking."*

From the kitchen of: **Malcolm Robertson**  
program coordinator Leopold Center for Sustainable Agriculture

Read about Malcolm at [www.ag.iastate.edu/stories](http://www.ag.iastate.edu/stories)

## *Boerewors Recipe - Farmer Sausage*

### INGREDIENTS:

2 kilograms (4.4 pounds) prime beef  
1 kilogram (2.2 pounds) pork  
500 grams ( $\pm$ 1 pound) bacon  
20 grams (1½ tablespoons) coriander  
2 milliliters (½ teaspoon) ground cloves  
2 milliliters (½ teaspoon) ground nutmeg

30 grams (2 tablespoons) fine salt  
5 milliliters (1 teaspoon) freshly  
ground black pepper  
100 milliliters (6 ¾ tablespoons) vinegar  
Casing (pork casing is good)

*Preparing the coriander (15 milliliters produces 5 milliliters).*

**DIRECTIONS:** Place in dry pan, heat and stir until light brown. Grind, sieve to remove husk. Grind remainder to a fine powder. (A plastic food storage bag and a rolling pin works well. Recently I've been using an old coffee grinder.)

### *Making the Boerewors*

**DIRECTIONS:** Cut meat into approximately 25 millimeter (1 inch) cubes. Let the cubed meat stand for a while to allow excess blood to drain. Cut bacon into small pieces. Mix all the meat and spices. Add the vinegar and mix well. Put the prepared mixture in the refrigerator for at least two hours. Grind all together (do not grind it too fine - use the cutter that has  $\pm$ ¼ inch holes). Stuff the mixture into the casing, but be careful to not overstuff. Can be fried, grilled, or barbecued over coals.

*"This Boerewors recipe (South African sausage) has been around for a long time."*

From the kitchen of: **Lester Wilson**  
university professor food science and human nutrition

Read about Lester at [www.ag.iastate.edu/stories](http://www.ag.iastate.edu/stories)



## *Seasonal Stir Fry*

### **INGREDIENTS:**

Your favorite vegetables such as: zucchini, yellow summer squash, carrots, scallions, green beans, Japanese eggplant, asparagus, onions, and peppers (preferably red or yellow)

Oil

Fresh ginger root

3 garlic cloves, minced

½ teaspoon sugar

Dash of salt

1 tablespoon soy sauce

Sesame seed oil or Mongolian fire oil

**DIRECTIONS:** Cut vegetables into uniform bite-sized pieces. Heat three tablespoons of oil in a large wok or large skillet. Add a few slices of fresh ginger root and three garlic cloves and cook for three to four minutes until lightly brown. Add vegetables and cook for ten minutes or until vegetables are tender. Add a ½ teaspoon sugar, dash of salt, one tablespoon soy sauce, and a few drops of sesame seed oil and cook two more minutes. For a spicier taste use Mongolian fire oil. Can also prepare with your favorite meats or tofu. Serve with rice.



## *Spaghetti Pie*

### INGREDIENTS:

6 ounces spaghetti	8-ounce can tomatoes, cut up, undrained
2 tablespoons butter/margarine	6-ounce can tomato paste
½ cup grated Parmesan cheese	1 teaspoon sugar
2 well-beaten eggs	1 teaspoon dried oregano, crushed
1 pound ground beef or pork sausage	½ teaspoon garlic salt
½ cup chopped onion	1 cup cottage cheese
¼ cup green pepper	½ cup shredded mozzarella cheese

**DIRECTIONS:** Cook and drain spaghetti. Stir in butter/margarine, Parmesan cheese, and eggs. Form mixture in a crust in a buttered 10" pie plate. In skillet, cook ground beef/sausage, onion, and green pepper until meat is browned and veggies tender. Drain off fat, stir in undrained tomatoes, paste, sugar, oregano, and garlic salt. Heat through. Spread cottage cheese over bottom of crust. Fill pie with tomato mixture. Bake uncovered in a 350°F oven for 20 minutes. Sprinkle with mozzarella cheese, bake another five minutes until melted.

From the kitchen of: **Gretta Irwin**

executive director Iowa Turkey Federation

Read about Gretta at [www.ag.iastate.edu/stories](http://www.ag.iastate.edu/stories)



## *Iowa Grilled Turkey Tenderloin*

### **INGREDIENTS:**

1 pound turkey tenderloins

2 tablespoons lemon juice

¼ cup soy sauce

¼ cup vegetable oil

¼ cup dry sherry or red wine

2 tablespoons dehydrated onion

¼ teaspoon ginger

Dash of pepper

Dash of garlic powder

**DIRECTIONS:** Wash hands. Cut turkey into three to four ounce serving size. Blend all ingredients together and marinate turkey in a covered container in the refrigerator for several hours. Cook turkey as desired; grilled over hot coals six to eight minutes per side, broiled in the oven, bake, or in a table top grill. Cook until middle is no longer pink and the internal temperature reaches 170°. Serves four.

From the kitchen of: **Sandra Clarke**

communications specialist, office of the vice provost for research and economic development, STORIES writer (courtesy ISU Extension to Families)

## *Vegetable Fried Rice*

### INGREDIENTS:

3 eggs, lightly beaten

1 tablespoon vegetable or canola oil

½ cup chopped onion

2 cloves minced garlic, or ½ teaspoon  
garlic powder

3 cups cooked brown rice (I microwave  
a bag of frozen brown rice)

2 cups frozen vegetables, thawed

1 tablespoon low-sodium soy sauce

Black pepper

**DIRECTIONS:** Spray a deep 12" skillet with cooking oil spray and place over medium heat. Pour the lightly beaten eggs into the skillet; cook without stirring until eggs are completely cooked, two to three minutes. Remove the eggs to a warm plate and cut into strips; set aside. Return the skillet to the burner and add the oil. Heat to medium high and add the onion and garlic. Cook, stirring occasionally, until onion is softened. Stir in the rice, vegetables, and soy sauce. Heat through, stirring occasionally. Add the egg strips and heat through. Sprinkle with pepper, if desired, before serving.





From the kitchen of: **James Borel**

'78 agricultural business, executive vice president of DuPont

*Read about James at [www.ag.iastate.edu/stories](http://www.ag.iastate.edu/stories)*

## *Confetti Corn*

### **INGREDIENTS:**

Cut corn from four ears of sweet corn

1 chopped sweet onion

1 chopped green pepper

2 tablespoons butter

1 chopped tomato

Salt and pepper

**DIRECTIONS:** Sauté onion, pepper, and corn in butter (no liquid added). When crisp soft, add chopped tomato, salt, and pepper—heat through and serve immediately. Depending on sweetness of corn, a teaspoon of sugar or sweetener can be added to taste.



From the kitchen of: **Joe Hannan**  
extension horticulture field specialist

Read about Joe at [www.ag.iastate.edu/stories](http://www.ag.iastate.edu/stories)

### *Grilled Sweet Corn*

**DIRECTIONS:** Put unhusked ear on a hot grill. Cook until hot. Rotate once halfway through. Husk the corn and serve.



*"Cooking with the husk on prevents the kernels from getting singed and makes it easier to husk. When the ear is husked after cooking, the silk comes off with the husk making it very easy to clean an ear."*

From the kitchen of: **Laura Miller**

communications specialist, Leopold Center for Sustainable Agriculture, STORIES writer

## *Roasted Vegetables*

### **INGREDIENTS:**

1 small zucchini, sliced 1-inch thick (leave peel on)

1 red bell pepper, seeded, cut in 1-inch strips

1 green bell pepper, seeded, cut in 1-inch strips

2 small potatoes, cubed

1 onion, quartered

1 pound mushrooms, washed, cut in  
half lengthwise

Cooking spray

### *Seasoning mixture:*

2 tablespoons balsamic vinegar

2 cloves garlic, crushed

2-3 sprigs fresh rosemary (or 1 teaspoon dried)

¼ teaspoon pepper

2-3 tablespoon olive oil

**DIRECTIONS:** Heat oven to 425° F. Lightly spray 15" x 10" jellyroll pan or cookie sheet with cooking spray. Place veggies in bowl, add seasoning mixture on top, stirring well so that vegetables are coated. Place vegetables on pan in a single layer. Roast 30-40 minutes, stirring halfway through cooking time until vegetables are tender and slightly browned. Serve immediately.

*"This is a good way to eat a lot of vegetables, and use up small amounts of various vegetables. You can substitute eggplant (peeled), winter squash (peeled), sweet potatoes, carrots, turnips, broccoli, cauliflower, or Brussels sprouts."*



From the kitchen of: **Chad Krull**

senior, ag studies

*Read about Chad at [www.ag.iastate.edu/stories](http://www.ag.iastate.edu/stories)*

### *Great Aunt Dorothy's Scalloped Pineapple*

**INGREDIENTS:**

1 can crushed pineapple – drained  
2 slices white bread – crust removed and cubed  
4 eggs – whipped  
1 ½ cup sugar  
⅓ cup milk  
1 stick margarine – melted  
3 tablespoon lemon juice  
Pinch of salt

**DIRECTIONS:** Mix bread and pineapple together and place in an 8" x 8" greased glass baking dish. Blend and pour the remaining ingredients over the bread and pineapple. Bake 45 minutes at 350° F.

*"Delicious with ham. An Easter tradition!"*



## From the kitchen of: **Jan Libbey**

'84 fisheries and wildlife biology, farmer and co-owner of One Step at a Time Gardens  
(courtesy The Moosewood Restaurant Kitchen Garden)

*Read about Jan at [www.ag.iastate.edu/stories](http://www.ag.iastate.edu/stories)*

### *Squash-Apple Cheddar Gratin*

#### **INGREDIENTS:**

2 cups sliced onion  
1 teaspoon fresh thyme leaves  
2 tablespoons vegetable oil  
2 ½ cups apples, thinly sliced  
1 tablespoon flour  
1 ½ cups grated cheddar cheese  
2 tablespoons bread crumbs  
3 cups winter squash, cooked, mashed  
Salt and pepper to taste

**DIRECTIONS:** Sauté onion and thyme in oil for about 20 minutes until onion is soft and golden. Meanwhile, toss apples and flour. In a separate bowl, mix cheese and bread crumbs. Preheat oven to 350° F. Oil a casserole/baking dish - approximately 8" x 8" (three inches deep) and layer the ingredients as follows: squash, salt and pepper, sautéed onions, apples slices, bit more salt and pepper, cheese/bread crumb mix. Bake covered for 30 minutes, then uncovered for 15 minutes. The apples should be tender and the topping bubbly and golden.



From the kitchen of: **Andy Larson**  
small farm sustainability specialist, and Katie Beranek

*Read about Andy at [www.ag.iastate.edu/stories](http://www.ag.iastate.edu/stories)*

## Tomato Pie

### INGREDIENTS:

9-inch pie crust  
2 cups of mozzarella, divided  
5-6 tomatoes  
4 cloves of garlic  
1 cup loosely packed basil  
½ cup mayo  
¼ cup Parmesan cheese  
⅓ teaspoon pepper

**DIRECTIONS:** Blind bake a 9-inch pie crust, either homemade or store bought, until golden brown according to the directions. Bring the crust out of the oven and sprinkle about a cup of mozzarella into the crust to melt. This forms a “seal” between the crust and the tomatoes. Cut the tomato into wedges and drain. I usually squeeze out the extra liquid so it is not too watery. Coarsely chop the garlic and basil and add to the tomatoes. In a separate bowl, combine the mayo, parmesan, pepper, and rest of the mozzarella. Once the mozzarella has begun to melt to the pie crust, dump in the tomato, garlic and basil mixture. Top with the mayo mixture. Bake for 35-40 minutes at 375° F.





## From the kitchen of: **Melea Reicks Licht**

'00 public service and administration in agriculture, MS '05 agricultural education, college communications specialist STORIES editor and writer (courtesy Grandma Leone Reicks)



### *Apple Kuchen*

#### **INGREDIENTS:**

1 package dry yeast (2 ¼ teaspoons)

1 tablespoon warm water

1 ½ cups milk

¾ cup shortening

2 eggs lightly beaten

1 ¼ cup sugar, divided

4 cups flour

1 teaspoon salt

1 teaspoon vanilla

¾ teaspoon cinnamon

5 apples (peeled, cored, sliced thin)

1 tablespoon melted butter

**DIRECTIONS:** Dissolve yeast in warm water. Scald milk (form film on top). Melt shortening in milk. Cool. Add dissolved yeast and beaten eggs to milk mixture. Add ½ cup sugar, all flour, salt, vanilla. Mix well. Raise for three hours at room temperature or overnight in the refrigerator. Spread dough in a greased pan (either one 10" x 15" or a 9" x 9" and 9" x 13"). Let raise for one hour. Punch down to ½" thick. Mix ¾ teaspoon and rest of sugar (¾ cup). Sprinkle half of cinnamon sugar mixture on sliced apples, mix to coat. Overlap sliced apples on top of dough and press edges of apples into dough. Brush with melted butter. Sprinkle with remaining cinnamon sugar mixture. Bake at 350°F for 40 minutes or until brown.



## From the kitchen of: **Dakota Hoben**

president of the Government of the Student Body, senior, agricultural business, international agriculture, economics, and political science

*Read about Dakota at [www.ag.iastate.edu/stories](http://www.ag.iastate.edu/stories)*

### *Brownies*

#### INGREDIENTS:

- 3 eggs
- 2 cups sugar
- 1 teaspoon vanilla
- 1 cup melted margarine
- 1  $\frac{1}{4}$  cup flour
- $\frac{3}{4}$  cup cocoa
- $\frac{1}{2}$  teaspoon baking powder
- $\frac{1}{2}$  teaspoon salt

**DIRECTIONS:** In large mixing bowl, beat eggs, gradually add sugar and vanilla, beating with a wooden spoon until thick and light in color. Stir in margarine. Combine dry ingredients and add to egg mixture. Blend thoroughly. Don't overbeat. Spread batter into a greased 9" x 13" pan. Bake at 350°F for 20-30 minutes.



From the kitchen of: **Tom Paulsen**

assistant professor agricultural education and studies

Read about Tom at [www.ag.iastate.edu/stories](http://www.ag.iastate.edu/stories)



## *Grandma Janet Paulsen's Butterscotch Squares*

### **INGREDIENTS:**

- 1 stick butter
- 2 cup brown sugar (packed)
- 1 teaspoon vanilla
- 2 eggs
- 1 ½ cups flour
- 2 teaspoon baking powder

**DIRECTIONS:** Melt butter and brown sugar in saucepan on stove. Let cool a bit before adding vanilla and eggs—if brown sugar is too hot, it will cook the eggs. Mix thoroughly. Then add flour and baking powder. Mix thoroughly. Pour mix into a wax paper lined 9" x 13" (two inches deep) pan and bake 25 minutes at 350°F. Turn on to cooling rack. Carefully peel off wax paper. Cool slightly then place on cutting board and cut in squares while still warm.

*"When grandma brings these treats to our house, they are lucky to last the evening. My children have been known to wrestle for the last one (they are swimmers!)."*



From the kitchen of: **Barbara McBreen**  
college communications specialist, *STORIES* writer

### *Barb's Best Chocolate Chip Cookies*

#### INGREDIENTS:

2 cups brown sugar  
1 cup butter  
2 eggs  
1 teaspoon vanilla  
3 ½ cups of flour  
2 teaspoons soda  
2 teaspoons cream of tartar  
¾ pound chocolate chips

**DIRECTIONS:** Beat together brown sugar and butter. Then mix in eggs and vanilla. Next add flour, baking soda, and cream of tartar. Mix well. Add ¾ pound of chocolate chips. Drop by the spoonful on cookie sheets. Bake at 350°F for ten minutes.



From the kitchen of: **Lauren Mitchell**

senior, dietetics (courtesy her mom)

Read about Lauren at [www.ag.iastate.edu/stories](http://www.ag.iastate.edu/stories)

## *Italian Cream Cake*

### **INGREDIENTS:**

1 stick butter, softened	½ teaspoon salt
½ cup vegetable shortening	1 cup buttermilk
2 cups sugar	1 teaspoon vanilla
5 egg yolks	1 cup chopped pecans
2 cups flour	1 cup shredded coconut
1 teaspoon baking soda	5 egg whites

**DIRECTIONS:** Preheat oven to 350°F. Cream butter and shortening with a mixer. Add sugar and beat until mixture is light and fluffy. Add egg yolks, one at a time, and beat well after each addition. Sift flour with baking soda and salt; then add flour mixture alternately with buttermilk to the creamed mixture, beginning and ending with the dry ingredients. Stir in vanilla, then coconut and pecans. In a separate bowl, beat the egg whites until stiff, and gently, fold in stiffly beaten egg whites into batter. Pour in two greased and floured 9" round cake pans. Bake 25 minutes at 350°F or until golden brown. While the cake is baking, prepare the frosting. Allow the cakes to cool in the pans for about 10 minutes before turning them out onto a wire rack to finish cooling.



*Frosting:*

**INGREDIENTS:**

8 ounces cream cheese

1 stick butter

1 teaspoon vanilla

Powdered sugar (approximately 1 pound)

**DIRECTIONS:** In a large bowl combine the cream cheese, butter and vanilla and, using an electric mixer, beat until smooth and creamy. Add the sifted powdered sugar and mix until thoroughly combined. Keep refrigerated until you are ready to frost the cooled cake. Once frosted, garnish cake with additional pecans.





From the kitchen of: **Himali Samaraweera**

doctoral student, meat science

Read about Himali at [www.ag.iastate.edu/stories](http://www.ag.iastate.edu/stories)



## *Milk Rice Cake*

### **INGREDIENTS:**

4 cups of white rice

8 cups of water

Cream of 1 coconut (or 1, 13-ounce can cream of coconut)

Salt to taste

**DIRECTIONS:** Wash rice and cook the rice with 8 cups of water on low heat. When the rice is almost done, mix the salt with the coconut milk and add to the rice, stir and cook for a few more minutes. Place the hot rice on to a platter and flatten it using flat spoon or spatula. Then cut in to diamonds. Serve with chutney or juggery (or any syrup).

From the kitchen of: **Bill LaGrange**

'53 dairy industry, PhD '59 food microbiology, emeritus professor of food science and extension food scientist

Read about Bill at [www.ag.iastate.edu/stories](http://www.ag.iastate.edu/stories)

### *Variations on Orange Sherbet*

Top orange sherbet with chocolate sauce.  
Serve orange sherbet in SevenUp like a root beer float.



From the kitchen of: **Erica Beirman**

lecturer food science and human nutrition, culinary science coordinator

Read about Erica at [www.ag.iastate.edu/stories](http://www.ag.iastate.edu/stories)

## *Peanut Butter Balls*

### **INGREDIENTS:**

2 cups sifted powdered sugar

1 cup crunchy peanut butter

¼ cup + 2 tablespoons butter, melted

1 pound of chocolate almond bark

¼ pound white almond bark

**DIRECTIONS:** Stir together powdered sugar, peanut butter, and melted butter until creamy. Shape mixture into 1-inch balls, place on baking sheet lined with waxed paper.

Refrigerate balls for about 15 minutes until slightly firm. Melt chocolate almond bark. Dip balls in chocolate and place on baking sheet lined with waxed paper. A fork or toothpicks work well to let excess chocolate drip off. Let balls dry about 20 minutes. Melt white almond bark, place into a small plastic sandwich baggie and cut a small hole in the corner to drizzle the white chocolate over the top of the peanut butter balls.

*"This is the recipe I make at Christmas for gifts  
– last year I made about 500 of them!"*



From the kitchen of: **Nate Looker**  
senior, global resource systems (courtesy Alton Brown, Food Network)

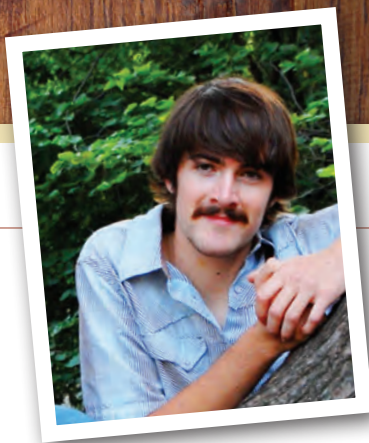
Read about Nate at [www.ag.iastate.edu/stories](http://www.ag.iastate.edu/stories)

## *Indian Rice Pudding*

### INGREDIENTS:

- 1 cup cooked long grain or basmati rice
- 1 cup whole milk
- $\frac{1}{2}$  cup heavy cream
- $\frac{3}{4}$  cup coconut milk
- 2 ounces sugar, approximately  $\frac{1}{4}$  cup
- $\frac{1}{4}$  teaspoon ground cardamom
- 1  $\frac{1}{2}$  ounces golden raisins, approximately  $\frac{1}{3}$  cup
- 1  $\frac{1}{2}$  ounces chopped unsalted pistachios, approximately  $\frac{1}{3}$  cup

**DIRECTIONS:** In a large nonstick sauté pan over medium heat, combine the cooked rice and milk. Heat until the mixture begins to boil. Decrease the heat to low and cook at a simmer until the mixture begins to thicken, stirring frequently, approximately five minutes. Increase the heat to medium, add the heavy cream, coconut milk, sugar, and cardamom and continue to cook until the mixture just begins to thicken again, approximately five to ten minutes. Use a whisk to help prevent the cardamom from clumping. Once the mixture just begins to thicken, remove from the heat and stir in the raisins and pistachios. Transfer the mixture to individual serving dishes or a glass bowl and place plastic wrap directly on the surface of the pudding. Serve chilled or at room temperature. Serves four.



## From the kitchen of: **Cindy Haynes**

associate professor horticulture (courtesy Paula Deen, Food Network)

Read about Cindy at [www.ag.iastate.edu/stories](http://www.ag.iastate.edu/stories)



### *Chocolate Chip Zucchini Bread*

#### **INGREDIENTS:**

3 cups all-purpose flour

½ teaspoon baking powder

1 teaspoon salt

½ teaspoon ground cinnamon

½ teaspoon ground nutmeg

1 teaspoon baking soda

3 eggs

2 cups white sugar

1 cup vegetable oil

2 teaspoons vanilla extract

2 cups grated zucchini

1 cup chopped pecans

1 cup semisweet chocolate chips

1 tablespoon orange zest

Whipped cream, for serving

Zucchini ribbons, for serving

**DIRECTIONS:** Preheat oven at 350°F. Grease two 9" x 5" loaf pans. Sift together flour, baking powder, salt, spices, and baking soda. In a large bowl, beat eggs until light and fluffy. Add sugar and continue beating until well blended. Stir in oil, vanilla, zucchini, pecans, chocolate chips, and orange zest. Stir in sifted ingredients. Pour into prepared loaf pans. Bake for 50 minutes, or until a skewer inserted in the middle comes out clean. Remove loaves from pans and cool. Chill before slicing. Makes two loaves.

*"I substitute half the flour with whole wheat flour and I use dark chocolate chips instead of semi-sweet chocolate chips."*



## *CALS Recipe*

### **INGREDIENTS:**

Near-record student enrollment, 2011-2012

More than \$1.5 million in scholarships awarded annually

Student leaders who take charge on campus and in their lives

Best in the nation student clubs and teams

Excellent study abroad opportunities creating global citizens

World-class, mission-oriented faculty and staff

Caring advisers and inspiring mentors

Innovative science focused on solutions

Science with practice to address local and global challenges

Entrepreneurial spirit

Nation's largest student career fair

Over 98 percent graduate placement

Responsive, science-based extension and outreach for Iowans

Engaged extension specialists statewide

40,000 alumni making a difference today

Tremendously supportive alumni and friends

11,210 donors who generously gave \$131 million in Campaign Iowa State: With Pride and Purpose

**DIRECTIONS:** Combine all ingredients. Serves Iowa and the world.





# IOWA STATE UNIVERSITY

**College of Agriculture and Life Sciences**

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