

Harrison Family Cooking
Volume 2

By Candace June

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Also available by Candace June: Harrison Family Cooking Volume 1 and 3. Also
Harrison Family Desserts.

THIS BOOK IS DEDICATED TO MY MOM AND MY
BROTHER.

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SALADS, DIPS, DRESSINGS AND SAUCES

MIXED SALAD

1 - bag of mixed greens lettuce
¼ cup of dried cranberries
2/3 cup of regular Feta cheese
½ cup green pepper (chopped)
½ cup of grape tomatoes
¼ cup of cashew nuts (chopped)
¼ cup red onion (finely chopped)
2/3 cup of cucumber (finely chopped)
store bought poppy seed dressing (your choice)

In a salad bowl, mix all the ingredients together, except salad dressing. When ready to serve, add the salad dressing to your desired taste. Should serve 4 to 6 people.

TACO SALAD

- 1 pound of regular ground beef
- 1 medium onion (finely chopped)
- ½ red pepper (chopped)
- 1 package of taco seasoning
- 1 cup of water
- 2 cups shredded iceberg lettuce
- 2 or 3 roma tomatoes (chopped)
- small container of sour cream
- salsa (your choice of how hot you want it)
- 2 cups shredded cheddar cheese
- 1- bag of regular tortilla chips

Place a large frying pan on medium heat on the stove. Fry the ground beef and drain off fat. Add onion and red pepper, continue frying until vegetables are soft. Then add taco seasoning and 1 cup of water. Stir well and simmer until the sauce thickens. Remove from heat. Grab a plate and spoon a good sized portion of the meat on to the plate, add some of the cheddar cheese to the beef. Add some lettuce and tomato next to the top. At the side of the beef spoon some salsa and sour cream side by side. Put the chips in a bowl, and eat the mixture like a dip with the chips. Serves 3 people.

TURKEY STUFFING

8 cups of dried white bread (cubed)
1 ½ large onions (chopped)
¼ cup of butter
2 cups celery (chopped)
2 macintosh apples (peeled and chopped) or use an apple that has a
sour taste
3 cloves of garlic (minced)
3 tsp of ground sage
1 ½ tsp pepper
2-284ml cans of chicken stock

Place cubed bread in a large bowl. In a medium sized frying pan, melt butter and add onions and celery. Fry until the onions start to caramelize. Add apples, garlic, pepper and sage to the pan. Fry for another 5 minutes. Remove from heat and add mixture to the bread.

Mix well and finally mix in chicken stock. It is then ready to be stuffed into the turkey. Extra stuffing can be baked in a pan when the turkey is nearing its cooking duration.

TUNA SALAD (sandwich)

- 1 can of flaked light tuna in water (drained)
- ¼ cup celery (diced)
- ¼ cup fresh dill (chopped)
- 1 green onion (finely chopped)
- 2 tbsp miracle whip or mayonaise
- 2 tbsp sour cream
- 1 tsp of Dijon mustard
- 4 slices of white bread

Mix all the ingredients together, let sit in fridge for 3 hours. Scoop half of the mixture on one slice of bread and add the next slice to the top. Repeat with the other two slices of bread.

SEAFOOD DIP

8 oz of cream cheese (softened)
½ cup sour cream
½ cup miracle whip

In a medium bowl, place softened cream cheese. Blend with an electric hand mixer, the sour cream and miracle whip. Whip till smooth. Spread evenly on the bottom of a 9 x11 bake pan.

1 cup seafood cocktail sauce
1- 540ml can of diced t1 green pepper (chopped)
3 green onions (chopped)
½ a red pepper (chopped)
1 pound of fresh cooked shrimp (tails removed and chopped)
1 cup of cooked crab (flaked)
2 cups shredded marble cheese
2 tomatoes (chopped)
2 boxes of crackers (your choice)

Evenly spread cocktail sauce over the cream cheese mixture. Then layer the rest of the ingredients over top, except the crackers. Add the shredded cheese last so it is the final layer. Chill in fridge for 6 hours. Place crackers in a bowl. Serve.

SWEET AND SOUR SAUCE
(FOR RIBS OR CHICKEN)

1 ½ cup of pineapple juice
1 cup of ketchup
2 tbsp of dried mustard
1 cup of light brown sugar
1 tsp pepper

Mix all the ingredients together in a bowl. Pour over raw meat and cook in oven.

SALAD DRESSING

¼ cup of vegetable oil
1 egg (raw)
½ tsp dry mustard
2 clove of garlic (minced)
1 tbsp of worcestershire sauce
2 tbsp lemon juice (fresh or bottled)
½ cup mayonaise

Place all the ingredients in a bowl and place a lid on top. Shake well
and place in the fridge for 4 hours.

CEASAR SALAD DRESSING

1 cup of mayonaise
5 cloves of garlic (minced)
2 tbsp worcestershire sauce
3 tbsp lemon juice (fresh or bottled)
1 tsp pepper
1 tsp salt

Mix all the ingredients together in a bowl. Chill for 5 hours. For the rest of the salad chop up 2 to 3 heads of romaine lettuce, add $\frac{3}{4}$ cup of croutons, $\frac{1}{4}$ cup of fresh bacon bits and $\frac{1}{3}$ cup of fresh grated parmesan cheese. Toss dressing into salad and serve.

VEGETABLES

RUTABAGA AND APPLES

1 large rutabaga (peeled and chopped)
3 tbsp butter
2 macintosh apples (peeled and chopped)
¼ cup brown sugar
¼ tsp cinnamon

CRUST:

1/3 cup flour
1/3 cup brown sugar
2 tbsp butter

In a large pot, boil the rutabaga until soft. Drain and mash with the 3 tbsp of butter. In another bowl, mix the apples with the ¼ cup of brown sugar and cinnamon. In a greases casserole dish, add the rutabaga mixture, smooth out in the bottom of the dish. Add the apple mixture on top of the rutabagas. Combine the crust ingredients to a crumbly texture and place on top of apples. Bake in a 350F oven for an hour.

MASHED POTATOES

10 red potatoes (large peeled)
1- 8 oz package of cream cheese
 $\frac{3}{4}$ cup sour cream
 2 tsp onion powder
 1 tsp salt
 1 tsp pepper
 $\frac{1}{4}$ cup of butter

In a large pot, boil potatoes until soft. Drain and mash. Mix in the rest of the ingredients. Place in a greased casserole dish and bake with no lid for 45 minutes in a 350F oven.

MAPLE CARROTS

10 medium sized carrots (peeled and sliced)
½ of freshly squeezed orange juice (2 to 3 oranges)
4 tbsp of maple syrup
¼ tsp of nutmeg
pinch of cinnamon
3 tbsp of butter

In a medium pot boil the carrots, until they are soft. Drain and add back to the pot. On low heat, add the rest of the ingredients. Cook until the butter has melted and the sauce is warm. Serve.

POTATO PANCAKES

4 aged red potatoes (peeled and shredded)
4 eggs (raw)
1 tsp salt
¼ tsp pepper
1 tsp onion powder
1 heaping tbsp of flour

In a large bowl mix all the ingredients together. Stir well!! if you have a cast iron skillet. Use it to cook the pancakes in, other wise use a regular frying pan. Add a tbsp of butter to the skillet, spoon pancake batter into skillet to form a small 3 inch wide patty. Fry until nice and golden brown on each side.

CASSEROLES

TURKEY CASSEROLE

½ cup butter
1 package of stove top stuffing
2/3 cup miracle whip or mayonaise
1-284ml can of mushroom soup
2 cups of baby carrots (chopped)
3 cups of turkey
4 green onions (chopped)
½ tsp salt
½ tsp pepper

First, boil the carrots until they are soft. Drain. Next melt the butter and add it to the bottom of a 2 quart casserole dish. Stir in the package of stuffing and remove one cup of the stuffing for the topping. Smooth out evenly, the rest of stuffing on the bottom of the dish. In a separate dish, mix together the miracle whip and soup and set aside. Back to the main dish layer the carrots and the turkey on top of the stuffing. Then spread the soup mixture over the whole casserole. Sprinkle the salt and pepper over it and add the 1 cup of stuffing to the top of the casserole. Bake in a 350F oven for 45 min. Serve.

CHICKEN AND VEGETABLE STEW

2 tbsp of vegetable oil
2 pounds of de-boned chicken meat (1pound chicken breasts and 1
pound dark meat)
1 medium onion (chopped)
4 cloves of garlic (minced)
4 carrots (peeled and sliced)
4 large red potatoes (peeled and cubed)
½ a rutabaga (peeled and chopped)
1- 341ml canned peaches and cream nibblets corn
½ cup frozen peas
1 can of diced tomatoes
1 ½ cup of chicken stock
1 tsp salt
1 tsp pepper
¼ cup dry Bisto (poultry seasoning thickener)

Slice the chicken into cubes and sprinkle the salt and pepper all over it. Heat a frying pan with the vegetable oil, and add chicken. Fry until the sides of the chicken brown up. Remove from heat and place into a roaster pan. Next in the frying pan that you cooked the chicken in, fry the onions and garlic. Fry until onions are slightly caramelized. Remove from heat and add to the roaster pan. Next add rutabaga, carrots, potatoes, canned tomatoes and chicken stock to the roaster. Place the cover on the roaster pan and bake at 375F for 2 ½ hours. Remove from oven and add the corn and peas, cook for another half hour. Remove from oven and place on top of stove. Turn the burners on to medium high heat. Mix the bisto with 1 tbsp of water. Mix into stew and bring to a boil. Let the bisto thicken the stew. Serve.

HAM CASSEROLE

- 1 box of Idahoan scalloped potatoes
- 1 tbsp vegetable oil
- 1 medium onion (chopped)
- 1 cup fresh mushrooms (sliced)
- 1/3 cup red pepper (chopped)
- 2 cups water
- 2 tbsp Dijon mustard
- 1/4 tsp dried thyme
- 2 cups of ham (cubed)
- 1/2 cup frozen corn
- 1/2 frozen peas
- 3/4 cup of shredded cheddar cheese

Take the package of potatoes, and place the potato sauce aside for now. In a sauce pan, boil the potatoes for 10 minutes and drain. Next, in a frying pan, add the 1 tbsp of vegetable oil and saute onions, mushrooms and red pepper. Stir in the potato sauce mix. Add the 2 cups of water, mustard and thyme. Bring to a boil, stir constantly for 3 minutes. Remove from heat and add corn, peas and ham. Pour into a greased casserole dish. Add the potatoes to the top and then sprinkle the cheese. Bake in a 375F oven for 40 to 45 minutes. Serve.

MY SHEPARD'S PIE

1 pound regular ground beef
1 medium onion (chopped)
1 cup of fresh mushrooms (sliced)
2 cloves of garlic (minced)
½ cup frozen peas
½ cup frozen corn
1-284 ml can of mushroom soup (dilute with ¼ cup of milk)
1 package of beef broth powder
5 red potatoes (peeled)(chopped)
¼ cup butter
½ cup milk

Boil potatoes until soft, drain and mash. Add the ¼ cup butter and ½ cup milk. Mix well and set aside. Next fry up the ground beef, drain off fat and stir in the garlic, soup, peas, corn, onion, and beef powder. Stir it together well!! place in a casserole dish. Next, layer the mushroom on top of the beef mixture. Then top with mash potatoes. Bake at 350F for 30 to 45 minutes or till the potatoes are golden in color.

MEATS

PINEAPPLE CHICKEN
(NEED A DEEP FRYER FOR THIS RECIPE)

3 chicken breasts
1 can of pineapple cubes
½ a red pepper (chopped)
½ a green pepper (chopped)
juice from the can of pineapple
2 tbsp white vinegar
4 tbsp brown sugar
1 tsp dark soy sauce
1 tbsp corn starch
½ cup flour
1 tsp salt
1tsp pepper

Mix in a bowl the flour, salt and pepper. Cut chicken in to cubes and then coat it with the flour mixture, then deep fry till cook. Should be golden in color. Set aside the chicken. Take the can of pineapple and drain the juice into a measuring cup and save the pineapple to the end. Then fill the cup with water, till it reaches 1 cup or 250ml. In a sauce pan add the corn starch and slowly add some pineapple juice to create a paste so that you don't have chunks of corn starch in your sauce. Then add all the juice and the rest of the ingredients, except for the chicken and bring to a boil. Stir constantly. Cook till the sauce thickens. Add chicken to a casserole dish and pour the sauce on to the chicken. Bake in the oven at 350F for 30 minutes. Serve with white rice and a vegetable.

TURKEY BURRITOS

1 tbsp butter
1 cup onion (chopped)
2 cloves of garlic (minced)
1 cup of small fresh mushrooms (sliced)
2 tbsp flour
 $\frac{3}{4}$ tsp cumin
1 cup milk
2 cups turkey (chopped)
2 cups cheddar cheese (shredded)
1 tsp salt
1 tsp pepper
8 large tortillas
 $\frac{1}{2}$ cup salsa (your desired heat)

In a large frying pan, melt butter and add onions and garlic. Cook until the onions soften. Then add the mushrooms and fry till they are browned. Lower the heat and add flour and cumin. Gradually stir in the milk and bring to a boil. Reduce the heat and simmer until the sauce has thickened. Remove from heat and stir in turkey, cheese, salt and pepper. Divide mixture on to the 8 tortillas, add the salsa to each one of them. Roll the tortillas up and place on a bake sheet. Bake for 20 minutes at 350F then serve.

PORK CHOPS

4 boneless pork chops (2 inches thick)
2 roasted red peppers
½ tsp salt
½ tsp pepper
2 cups of mozzarella cheese (shredded)
2 tbsp vegetable oil
2 tbsp maple syrup
1 tbsp rum
1 tbsp balsamic vinegar
1 tsp rosemary

Cut pockets into the pork chops and season with salt and pepper. Cut the red peppers in half and stuff half into each of the pork chops. Then add the cheese into each chop. Put a toothpick through each one to keep the chop closed. In a bowl, mix together the rum, maple syrup, balsamic vinegar and rosemary. Set aside that will be the glaze for the chops. In a large frying pan or skillet, heat vegetable oil and fry chops for 4 minutes on each side. Then place chops on a bake sheet and baste the chops with the glaze. Bake a 350F oven for 30 minutes until chops are cooked.

PORK ROAST

1 pork roast (make sure it has fat on it)

¼ cup butter

1 tsp pepper

½ light soy sauce

¼ cup water

Place pork roast, into a roaster pan. Rub the butter and the pepper on it. Pour the water into the bottom of the pan and the soy sauce over the pork. Cook in a 350F oven for 2 hours. Baste pork with the soy sauce every 20 minutes. Make sure the centre is at 145F.

Remove and let rest for 15 minutes.

CHICKEN KABOBS

1/3 cup water
1/4 cup of regular BBQ sauce
1/3 cup smooth peanut butter
1/4 of light soy sauce
1/4 cup fresh cilantro (finely chopped)
2 tbsp yellow mustard
pinch of cayenne pepper
1 red pepper (cut into chunks)
1 yellow pepper (cut into chunks)
1 green pepper (cut into chunks)
10 fresh mushrooms

1 pound of skinless chicken (dark or breast meat your choice)
12 BBQ skewers (metal or wood) (soak wood one for 45 minutes in water)

In a large bowl, mix water, BBQ sauce, peanut butter, soy sauce, cilantro, mustard and cayenne pepper. Remove half of the sauce then add the chicken and mix well. Cover with plastic wrap and place in fridge for 2 to 3 hours to marinate. On the skewers add peppers, chicken and mushroom. Discard the marinade that the chicken was sitting in. Heat the BBQ to 350F. Grill for 10 minutes, baste skewers with the sauce you put to the side. Make sure chicken is cooked and serve.

BAKED CHICKEN BREAST

1 box of stuffing
8 boneless chicken breasts
1-284ml can of cream of chicken soup
½ cup 2% milk
8 swiss cheese slices (not processed cheese)
1 tsp salt
1 tsp pepper

Season the chicken with salt and pepper and place in a baking dish. Prepare the stuffing to the directions on the box and then pour over the chicken. In a bowl mix together the soup and the milk and spoon over the stuffing. Lay 1 cheese slice over each piece of chicken. Bake at a 350F for an hour and fifteen minutes. Make sure chicken is cooked and the cheese is golden in color.

MEATLOAF #2

1 pound of regular ground beef
2/3 cup dry bread crumbs
1 ½ cups of marble cheese
2 cloves of garlic (minced)
1 ½ tsp Italian seasoning
½ tsp salt
½ tsp pepper
½ tbsp dry mustard
1 cup of tomato sauce

In a large bowl, add beef, egg, bread crumbs, ½ cup of cheese, garlic, Italian seasoning, salt and pepper, dry mustard and 1/3 cup of the tomato sauce. Mix well. Place into a greased casserole dish. Bake in a 400F oven for 30 minutes. Drain off fat and reduce heat to 350F for 45 minutes. Drain off fat again and add the rest of the tomato sauce and cheese to the top of the meatloaf. Bake until cheese is golden brown. Serve. White rice and a vegetable go well with it.

BAKED STEAK

4 pound of steak (your choice of cut)
2 tbsp vegetable oil
½ cup ketchup
¼ white vinegar
¼ regular BBQ sauce
1 tbsp yellow mustard
¼ cup honey
2 garlic cloves (minced)
1 tbsp worcestershire sauce
1 tsp pepper

Cut steak into 1 inch cubes and place them into a 9x11 bake dish.
Mix the rest of the ingredients together and pour over the top of the
steak. Bake in a 350F oven for an hour and a half.

MEATBALLS

1 ½ pounds of regular ground beef
1 large onion (chopped)
2 tsp baking powder
¾ cup 2% milk
½ cup of uncooked white minute rice
1 tsp salt
1 tsp pepper
1 ½- 284 cans of tomato soup

In a large bowl, mix together all the ingredients except for the tomato soup. Roll meat into ball and place in a 9x11 clear baking dish. Pour soup over the meatballs and bake at 350F uncovered for 40 minutes. Cover with tin foil and bake for another 40 minutes.

DESSERTS

CINNAMON CAKE

CAKE INGREDIENTS:

2 tbsp butter
¾ white sugar
1 cup sour cream (14%)
1 ½ cups flour
1 tsp baking soda
1 ½ tsp of baking powder

TOPPING:

½ cup brown sugar
2 tbsp butter
1 ½ tbsp cinnamon
2/3 cup crushed walnuts (optional)

In a large bowl, mix the cake ingredient all together well. In another bowl mix together the topping ingredients. Place half the cake batter in a greased angel food pan. Spread out half of the topping mixture all over the layer of batter. Then spread the rest over the batter over the top and add the rest of the topping mixture. Bake for 45 minutes to an hour in the oven at 350F. To test to see if its done, use a toothpick and poke through.

SUGAR COOKIES

1 cup butter (softened)
2 cups white sugar
3 eggs (beaten) don't punch them out :)
4 cups flour (sifted)
½ tsp salt
1 tbsp vanilla

In a large bowl, blend together the butter, white sugar and salt. Then mix in eggs and vanilla. Stir till smooth. Finally, mix in sifted flour. Place in fridge for half an hour. Roll into 1 inch balls and smooth out with a fork. Bake in a 350F oven for 12 minutes or till lightly brown. For added taste add a small piece of chocolate to the top of each cookie before you bake.

APPLE CHEESE DESSERT

CRUST:

$\frac{3}{4}$ cup golden flavor crisco
1/3 cup icing sugar (sifted)
1 $\frac{1}{2}$ cups of flour

FILLING:

1- 8 oz cream cheese (softened)
1 can sweetened condensed milk
 $\frac{1}{4}$ cup lemon juice (fresh or bottled)
1- can of apple filling
1 tsp cinnamon

TOPPING:

$\frac{1}{2}$ cup flour
 $\frac{1}{4}$ cup brown sugar (lightly packed)
 $\frac{1}{4}$ cup of butter (softened)
1 tsp ground nutmeg

First mix the crust ingredients together and press into an 8x8 baking pan. Bake the crust for 15 minutes at 350F. While the crust is baking mix together in a bowl the filling mixture and in another bowl the topping mixture. Take the pan out of the oven and then reduce the heat to 325F. Over the crust smooth out the filling and then add the topping. Put back in the oven and bake for another 40 to 45 minutes.

Remove from oven and let cool. Serve either at room temp or chilled.

CHOCOLATE EXPLOSION COOKIES

1 ¼ cup butter (softened)
1 cup white sugar
1 cup brown sugar
2 eggs
1 tbsp vanilla
2 cups flour
¾ cup unsweetened cocoa powder
1 tsp baking soda
¼ tsp salt
1 cup chocolate chips
1 cup white chocolate chips

In a large bowl, blend together butter, sugar, brown sugar till it is light and fluffy. Next add eggs and vanilla, then beat in well. In another bowl sift flour cocoa, baking soda and salt together. Next blend the flour ingredients together with the butter mixture. After mix in the chocolate chips. Using a teaspoon, scoop dough onto an Un-greased bake sheet. Each cookie should be an inch an half big. Bake in a 350F oven for 8 to 9 minutes. Make sure not to over bake. Remove from oven and let cool.

APPLE CRISP

6 cups of macintosh apples (peeled, cored and chopped)

½ cup brown sugar (packed)

½ cup flour (sifted)

½ cup rolled oats

1 tsp cinnamon

½ tsp nutmeg

pinch of salt

1/3 cups butter (softened)

Grease a 12x12 baking pan with butter. Place the chopped apple in the bottom of the pan. In a bowl, blend together the sugar, flour, rolled oats, cinnamon, nutmeg and salt. Cut in the butter till the mixture is nice and crumbly. Add the crumb mixture evenly over the apples. Heat oven to 350F and place apple crisp in the oven. Bake for 30 to 45 minutes or until apples are tender. Serve warm with vanilla ice cream.

MAPLE PIE

CRUST:

1 $\frac{1}{4}$ cup of graham wafer crumbs
 $\frac{1}{2}$ cup white sugar
 $\frac{1}{2}$ cup melted butter
1 tsp cinnamon

FILLING:

4 large eggs
 $\frac{3}{4}$ cup maple syrup
 $\frac{1}{2}$ tsp cinnamon
1 $\frac{1}{2}$ tsp vanilla
 $\frac{1}{4}$ tsp salt
2 cups walnuts (chopped)

TOPPING:

whip cream

For the crust, blend the crust ingredients together and press into a 9 inch pie plate. Add the walnuts to the top of the crust. In a large bowl, beat together the filling ingredients until it is light and bubbly. Pour in the maple filling. Bake in a 375F oven for 30 minutes or until the center is firm. Remove from oven and let cool. Serve with whip cream.