



CU STUDENT DEVELOPMENT PRESENTS:

Cooking Up Culture

Merriam-Webster's Dictionary defines culture as "the customary beliefs, social forms, and material traits of a racial, religious, or social group". It is also defined as "the set of shared attitudes, values, goals, and practices that characterizes an institution of organization."

This year has brought a lot of change and uncertainty for many of us, but Cameron Aggies have demonstrated a culture of perseverance and community. As such, for this year's Diversity Celebration, the Office of Student Development asked faculty, staff, alumni, and students to submit recipes that meant a lot to their culture, their family, or to them personally.

Please enjoy these delicious contributions from our Cameron community!

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Challah Bread

2 ½ cups warm water
1 Tbsp active dry yeast
½ cup honey
4 Tbsp vegetable oil
3 large eggs
1 Tbsp salt
8 cups unbleached all-purpose flour
1 Tbsp poppy seeds

In a large bowl, sprinkle yeast over barely warm water. Beat in honey, oil, 2 eggs, and salt. Add the flour one cup at a time, beating after each addition, graduating to kneading with hands as dough thickens. Knead until smooth and elastic and no longer sticky, adding flour as needed. Cover with a damp, clean cloth and let rise for 1½ hours or until dough has doubled in size.

Punch down the risen dough and turn out onto floured board. Divide in half and knead each half for five minutes or so, adding flour as needed to keep from getting sticky. Divide each half into thirds and roll into long snake about 1½ inches in diameter. Pinch the ends of the three snakes together firmly and braid from middle. Either leave as braid or form into a round braided loaf by bringing ends together, curving braid into a circle, pinch ends together. Grease two baking trays and place finished braid or round on each. Cover with towel and let rise about one hour.

Preheat oven to 375°F.

Beat the remaining egg and brush a generous amount over each braid. Sprinkle with poppy seeds if desired.

Bake at 375°F for about 40 minutes. Bread should have a nice hollow sound when thumped on the bottom. Cool on a rack for at least one hour before slicing.

I loved making Challah with my parents when I was young. I bugged them so much they let me make a small one while they braided the 2 large ones. Now that I'm older, I realize that food plays a large role in Jewish culture. Our traditions and stories are incorporated into how we prepare, cook, and even eat our food. Challah is made on festive occasions.

Paula Merrifield, Student Development

Cork County Irish Bread

VG

3 cups flour
 $\frac{2}{3}$ cup sugar
 1 tsp baking powder
 1 tsp baking soda
 1 tsp salt
 1 cup raisins
 2 eggs
 1¼ cups buttermilk
 2 Tbsp butter, melted

Combine flour, sugar, baking powder, baking soda, and salt in a large bowl.

Mix well and add raisins.

Add buttermilk to eggs and beat until combined.

Add egg mixture to butter and dry ingredients.

Stir until moistened.

Pour into greased layer cake pan or pie pan. (Dough will be very thick and dense).

Bake at 350°F for 1 hour.

I was an Irish dancer for 13 years. This was always a staple around St Patrick's Day when we were doing our performances. Fun fact: we've traced my family origins back to County Clare, Ireland.

Becca Cherpak, Student Development

Plain Ol' Bread

V

1 $\frac{2}{3}$ cups water
 $\frac{1}{3}$ cup honey
 2 package dry yeast
 4 cups all-purpose flour
 $\frac{1}{4}$ cup whole wheat flour
 $\frac{1}{3}$ tsp salt
 2 Tbsp butter

In a small sauce pan, dissolve honey in water over low heat. Add yeast and set aside until yeast starts "working." This will take about 20 minutes.

Mix flour, whole wheat flour, and salt in a large mixing bowl. Pour yeast mixture into flour; add butter and mix into a heavy dough.

Cover mixture and set in a warm place and allow to rise until doubled in volume.

On a floured surface, work dough down and knead until firm.

Divide into 2 equal portions and place on a non-stick cookie sheet.

Allow to rise again until doubled in volume.

Bake at 325 to 350°F for 20 to 25 minutes until the crust is good and brown.

Cool on a wire rack. Can be well-wrapped and stored in the freezer.

This recipe was used as the communion bread in my church for years. When the maker of the bread moved away, I tried my hand at it. I continue to make it because it's super-easy and very forgiving.

Dr. Leslie Cothren, Campus Life

Sweet Potato Rolls

2 packages active dry yeast
2 1½ cups warm water
3 cups whole wheat flour
3 cups all-purpose flour
½ cup packed brown sugar
1¼ tsp salt
1 cup margarine, softened
2 large eggs
1 (16 oz.) can cut sweet potatoes, drained

Combine yeast and warm water; process 30 seconds with electric blender. Let stand 5 minutes. Combine flours in a large mixing bowl. Add 1 cup flour mixture, sugar and remaining ingredients to yeast mixture. Process in blender until smooth, scraping down sides. Gradually stir yeast mixture into remaining flour mixture to make a soft dough.

Knead with dough hooks until smooth and elastic, about 5 minutes. Place in a well-greased bowl, turn dough to grease top. Cover; let rise in a warm place about an hour or until double.

On lightly floured surface, punch down and divide in half. Shape each portion into a ball. Roll each portion into a 16" circle on a lightly floured surface; cut each circle into 16 wedges. Roll up wedges beginning at wide end. Place on a greased baking sheet point side down. Cover; let rise in a warm place for 30 minutes or until double. Bake at 350°F for 15 minutes or until golden brown.

Yield: 32 rolls

* Dough may be made ahead. Knead; place in greased bowl, and cover securely with plastic wrap. Refrigerate at least 6 hours. Punch down, and proceed as directed.

I have always enjoyed cooking and baking with my children and now grandchildren. Yeast breads are a particularly fun way to apply science and math skills in the kitchen and dinner rolls were a favorite at our house. With this recipe we won first place in the Oklahoma Wheatheart Bread Baking Contest (1994).

Susan Camp, Assistant Vice President for Academic Affairs

Strawberry Bread

VG

3 cups flour
1 tsp baking soda
½ tsp salt
1 Tbsp cinnamon
2 cups sugar
4 eggs, beaten
2 cups frozen sliced strawberries in juice, thawed
¼ cup oil
½ cup chopped pecan, optional

Preheat oven to 350°F.

Grease and flour 2 loaf pans.

In large bowl, mix all dry ingredients. Add beaten eggs, strawberries, oil, and (optional) pecans.

Bake for 60-70 minutes, until a toothpick inserted in the center of the loaf comes out clean.

My grandmother made this recipe during the Holidays every year, specifically on Christmas Eve. When I started to make it, I expanded to baking it in mini loaf pans and muffin tins. But the regular loaf pans are definitely the best!

Dr. Leslie Cothren, Campus Life

V VG

Za'atar Pizza

1 sheet puff pastry
¼ cup extra- virgin olive oil
⅓ cup za'atar seasoning

Preheat oven to 350°F.

Put the puff pastry on a parchment-lined baking sheet.

Cut the pastry into desired slices.

Brush the pastry with olive oil and sprinkle with za'atar.

Put the pastry in the oven and bake for 10-12 minutes, or until edges are lightly browned and puffed up.

Serve warm or at room temperature.

Dr. Zeak Naifeh, Dean of Students

Grandmother's Oyster Stew

1 pint shucked oysters (make sure all bits of shell are removed)

1 stick butter

1 onion, finely chopped

2 quarts milk

Salt and pepper to taste

Cook onions in butter just until clear. Turn heat down low. Add oysters and accumulated juices.

Cook until oysters begin to shrivel on the edges.

Add milk and heat thoroughly but be careful not to scorch the milk.

Serve with Louisiana hot sauce and crackers.

My extended family is from the wiregrass region of southeastern Alabama and northern Florida. Many of them were farmers or associated with the agriculture industry but we were close enough to the Gulf of Mexico that fish and products of the sea were a regular part of our eating. When the weather turned cool, it never really became "cold", in December, I remember the drive to Apalachicola Bay to buy oysters from one of the dredgers. We would throw a wash tub or two and some burlap sacks in the back of a pickup and start driving. Depending on the state of repair of the truck my grandfather let us use, the drive could take anywhere from two to five hours each way. We would buy the oysters off the dock, put them in sacks and cover them with ice for the return trip. I remember shivering on the back porch around the tub with four of us shucking oysters and a dozen or so others taking trays in the house to share, giving advice, or slurping the occasional oyster for "quality control." One of my fond memories as a child is awakening on Christmas morning, checking that Santa had remembered us, then putting a jacket over my pajamas and shucking a dozen oysters on the porch for a snack before anyone else woke up. I still carry my oyster glove and knife in my toolbox even though it is over 1,000 miles from Lawton to Apalachicola.

Dr. John McArthur, President

Guacamole

2 avocados
1 small onion, finely chopped
1 or 2 jalapeño peppers
1 ripe tomato, chopped
1 lime, juiced
Salt and pepper to taste

Scoop out and mash avocados in a serving bowl.
Stir in onion, pepper(s), tomato, lime juice, salt and pepper.
Season with remaining lime juice and salt and pepper to taste.
Refrigerate for 30 minutes to blend flavors.

Moises Rivera, CU Alumnus

Peruvian Ceviche

1 pound of tilapia fish
1 Tbsp of salt
1 cup of lime juice
½ cup of lemon juice
1 medium onion, where it is sliced very thinly
½ cup of sweet potatoes, peeled
2 Tbsp salted corn nuts
Garnish: 4 Tbsp of chopped cilantro

Cut the fish into small pieces. You can dice it or leave it in pieces up to 1-inch square, but remember that the larger the pieces, the longer it will take to marinate.
Salt the fish, then cover with the lime juice, lemon juice, and orange juice in a non-reactive (glass or plastic) container with a lid. Add the sliced onions and the sweet potatoes.
Chill the fish mixture in the fridge for 2 hours to 3 hours as very large pieces of fish can take longer to fully marinate. If your fish is truly raw-eating quality, it is okay if the centers of the pieces are still raw-looking.
To serve, on a plate or in a bowl, lay down some of the onions and sweet potatoes and top with the fish. Garnish with the cilantro.

My family and I tend to make this dish during the summer to chill us down and can be considered as our comfort food.

Nathalie Moro, CU Freshman

Corn Soufflé

1 box Jiffy Corn Bread Mix
1 can creamed corn
1 can whole kernel corn
2 eggs
8 oz sour cream
1 stick butter

Preheat oven to 325°F.
Mix all ingredients in baking dish.
Bake 1 hour.

The first time I spent Thanksgiving Day with Jenn D. Jarret and her sister's family was at Shepard AFB in Wichita Falls. I was nervous about meeting them. Cornbread Souffle as a side delish, and it has been present at every Thanksgiving meal. My niece and nephews labeled me the dark and mysterious man. Little did they know, I would become Uncle Ben! I have to thank Nicole Ogburn for the recipe and for lending me her sister for life, Jenn.

Ben Castricone, Academic Advising Center

German Potato Salad

DF

2 Tbsp sugar
2 tsp salt
¼ tsp pepper
⅓ cup vinegar
¼ cup water
6 medium potatoes
6 slices bacon (diced)
¼ cup chopped onion
2 Tbsp chopped green pepper

Slice or cube the potatoes, boil them in water until they are soft but not mushy, drain. Cook bacon until done, then dice. Combine all ingredients. Serve warm, or refrigerate and serve cold.

I found this recipe in my adoptive mom's recipe box. At the age of 47, after 29 years of searching, I found my biological father and learned that the paternal side of my biological family were Volga Germans from the Volga region of Russia. With this knowledge, I have become very interested in the Volga German culture. This recipe is a traditional German recipe.

I have made this recipe a couple of times and it is very good.

Paula Wyatt, Mathematical Sciences Department

Hobak Jeon (Korean Zucchini Fritters)

VG DF

1 medium zucchini, sliced into 2-inch disks
 2 large eggs
 3 Tbsp vegetable oil
 Kosher salt
 ¼ cup all-purpose flour

Arrange zucchini slices in a single layer on a cutting board and sprinkle evenly with ½ teaspoon salt. Let stand for 5-7 minute to sweat out some of the liquid and soften.
 Gently blot the zucchini dry with paper towels. Transfer to a bowl. Add flour and toss well to coat.
 Beat the eggs in a small bowl with a pinch of salt.
 Heat a large skillet pan over medium-high heat for 2 minutes and then turn down to medium. Add 1 Tbsp of vegetable oil and coat the bottom of the pan.
 Working in batches, one by one, dip each of the flour-coated zucchini slices in the eggs and place in the pan; do not crowd. Flip the slices once or twice in the pan until they are a light golden brown and crisp (about 3-5 minutes), adding more oil to the pan as needed.
 Transfer to plate and serve with dipping sauce.

Dipping Sauce:

2 Tbsp soy sauce mixed with 1 Tbsp vinegar

Min Pruchnicki, *mother of* Dr. Jennifer Pruchnicki, Student Development

Latkes (Potato Pancakes)

2 cups grated raw potatoes (measure after draining and squeezing out moisture) VG
 2 eggs, beaten
 1 tsp salt
 1 Tbsp (heaping) flour
 Pinch of baking powder
 1 small onion, grated
 Cooking oil

Combine all ingredients. Mix well.

Drop mixture by tablespoons onto hot skillet greased generally with oil. Fry on both sides until brown.

For crisper latkes, flatten with back of spoon.

Serve with applesauce and/or sour cream.

Latkes are eaten by Jewish people as part of the celebration of Hanukkah. Each year, my mother would make batch after batch of latkes using this recipe for our family Hanukkah parties – slinging oil everywhere as she rushed to fill everyone's plates. My dad likes his plain; I like mine with applesauce; and my cousin Steve likes his with sour cream.

Dr. Courtney Glazer, Department of Education

Oie's Mac and Cheese

VG

2 cups shell macaroni
 ¼ tsp pepper
 ½ tsp salt
 3 Tbsp butter
 2 Tbsp flour (heaping)
 1 cup milk
 2 cup freshly grated cheddar cheese (add more to taste)
 ½ cup bread crumbs

Preheat oven to 350°F.

Cook pasta to al dente and grate cheese first.

Melt butter in medium-sized stew pot over medium heat. Add flour and mix until it makes a paste (you may need to increase heat slightly).

Add milk gradually with salt and pepper.

Stir until thick and add 1 cup of cheddar cheese. Stir.

When cheese is melted, add drained pasta and mix well.

Pour into 1-2 quart baking dish, spread evenly, and top with remaining cheese and bread crumbs.

Bake for 20 minutes or until bubbly.

Serve as a side dish or add sliced chicken breast for a meal.

Dr. Shaun Calix, Psychology Department

V VG DF

Oi-muchim (Spicy Cucumber Salad)

1 English cucumber or 2-3 kirby cucumbers
 2 garlic cloves, minced
 1 scallion, chopped
 ¼ cup thinly sliced onion
 2 Tbsp soy sauce
 2 tsp Korean hot pepper flakes (gochugaru)

Cut cucumber lengthwise in half (if using Kirby cucumbers, remove the seeds). Then cut diagonally into thin slices.

Put the cucumber in a bowl and add the remaining ingredients. Mix well and serve..

Banchan are Korean side dishes and are served at most every meal. These are meant to be shared family-style. They are definitely a staple at our family meals, and it was not uncommon to have a side of kimchi with rice next to the Easter ham when I was a kid.

Min Pruchnicki, *mother of* Dr. Jennifer Pruchnicki, Student Development

Papas Rellenas (Fried Stuffed Potatoes)

4 large potatoes
½ tsp salt
1 Tbsp vegetable oil
½ cup chopped onion
1 red, orange, or yellow bell pepper, chopped
3 cloves of garlic, minced
1 pound of Ground Beef
1 tsp of seasoned salt (Lawry's)
2 tsp of ground cumin
1 tsp of black pepper
4 tsp of tomato paste
1 Tbsp of distilled white vinegar
4 large eggs
2 cups bread crumbs
1 cup all-purpose flour
1 quart of oil for frying

Place the potatoes into a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes. Drain and allow to steam dry for a minute or two. Mash in a bowl with 1/2 teaspoon salt until no lumps remain. Set aside to cool to room temperature.

Meanwhile, heat the vegetable oil in a large skillet over medium heat. Cook and stir the onion, bell pepper, and garlic in the hot skillet until the onion has softened and turned translucent, about 10 minutes. Increase heat to medium-high, and stir in the ground beef. Cook and stir until the beef is crumbly and no longer pink. Stir in 1 teaspoon seasoned salt, cumin, pepper, tomato paste, and vinegar until the tomato paste has dissolved. Scrape into a mixing bowl, and allow to cool to room temperature.

Line a baking sheet with parchment paper or waxed paper, and set aside. Beat the eggs in a mixing bowl, and set aside. Pour the bread crumbs and flour into separate, shallow dishes, and set aside.

Once the potatoes and beef have cooled, form the potato balls: grab a handful of mashed potatoes, and split into two equal portions. Form each piece into a small bowl shape, and fill with the ground beef mixture. Place the two halves together, seal the edges, and smooth to make a round ball. Gently roll the ball in the flour to coat and shake off the excess flour. Dip into the beaten egg, then gently roll in bread crumbs. Gently toss between your hands so any bread crumbs that haven't stuck can fall away. Place the breaded potato balls onto the prepared baking sheet while breading the rest. Refrigerate 2 to 4 hours, or freeze for later use.

To cook, heat the oil for frying in a deep-fryer or large saucepan to 350°F.

Cook the potato balls in the hot oil in batches, using tongs to roll the balls around as they cook to ensure even browning, until crispy and golden brown, about 3 minutes per batch. Drain on a paper towel-lined plate before serving.

Linguine with Clam Sauce

1/3 cup olive oil
 3 cloves garlic (fresh is best)
 1 tsp basil leaves
 2- 10 oz cans whole baby clams or 3- 6 oz cans minced clams
 1 pound linguine
 1/2 cup grated parmesan cheese
 Salt and pepper to taste

Fill 4 quart saucepan 3/4 full with salted water (about 1 teaspoon), bring to a boil and add linguine noodles, cook noodles and drain.

While noodles are boiling, mince garlic, add the garlic and 1/3 cup olive oil to a small saucepan. Cook until garlic is tender, add basil.

Drain all but 1 can of the clams and add to the sauce mixture.

In a large bowl add the cooked noodles, sauce, and 1/3 cup of the parmesan cheese, mix well and coat all noodles with sauce.

Add salt and pepper to taste. Let sit for 5 minutes before serving.

Serve in large bowls or plates and top each serving with some of the remaining parmesan cheese. Serve with garlic bread or rolls.

This is an old family Italian recipe. It is easy and delicious for those who like seafood.

Tina Alley, Student Support Services

Passover Brisket

DF

4 pounds of Brisket, First Cut
 2 Onions, sliced
 1/2 cup Chili Sauce (Heinz Homemade)
 2 Tbsp brown sugar
 1 clove of garlic
 1 12oz can of carbonated beverage (Beer, Coke, or Pepsi works)
 2 Tbsp of flour or corn starch
 Salt and pepper to taste

Preheat oven to 350°F.

Season meat with salt and pepper.

Place meat in a casserole dish and cover with onions.

Mix together the chili sauce, flour, minced garlic, and brown sugar.

Pour sauce mixture over meat and onions.

Pour carbonated beverage on top.

Cover casserole dish with foil or lid.

Bake for 3 to 5 hours (until meat nearly falls apart and onions are caramelized).

Uncover and bake 30 additional minutes.

I am Jewish, and this is the family recipe for Brisket traditionally served on Passover.

Colette Grubman, Student Support Services

Pierogi (Potato)

Ingredients for Potato Filing:

2 pounds russet potatoes (5 medium), peeled
½ tsp salt
2 Tbsp butter melted
2 oz cream cheese softened
¾ cup mozzarella cheese shredded

For the Pierogi Dough:

1 cup warm water
¼ cup whole milk
2 Tbsp sour cream
1 large egg
1 tsp salt (plus more for cooking)
4 cups all-purpose flour

To Make Potato Cheese Filling:

Place potatoes in a pot, add enough water to cover potatoes then bring to a boil over medium/high and continue cooking 25 minutes or until easily pierced with a fork. Drain and cool 5 minutes then mash potatoes. Mash in 1/2 tsp salt, 2 Tbsp melted butter and 2 oz cream cheese. Mash in 3/4 cup shredded mozzarella cheese. Partially cover and set aside while rolling out the dough.

To Make Pierogi Dough:

In the bowl of a stand mixer (or large mixing bowl if mixing by hand), whisk together 1 cup warm water, 1/4 cup milk, 2 Tbsp sour cream, 1 egg and 1 tsp salt until blended. Using dough hook attachment, add 2 cups flour and mix on speed 2 until incorporated. Add remaining flour 1/2 cup at a time, letting it incorporate before adding more. Add the last bit of flour 1 Tbsp at a time just until dough no longer sticks to sides of the bowl. Knead on speed 2 or by hand for 10 minutes.

To Mold Pierogi:

Divide dough into 2 pieces. Cover the second piece with the mixing bowl and thinly roll the first piece out onto a floured surface to just under 1/8" thickness.

Use a 3" diameter round cookie cutter to cut circles from the dough, keeping them as close as possible (collect scraps and place under the bowl to re-use). Add 1/2 Tbsp of potatoes over each round.

To form pierogi, pull the 2 edges together and pinch tightly to seal. To ensure a tight seal, crimp the edges a second time with a pinch and twist motion. Cook or freeze pierogi for a future dinner (see freezing instructions in post).

How to Cook Pierogi:

Bring a pot of water to a rolling boil and add 1 Tbsp salt. Add fresh or frozen pierogi. Once they are floating and water is back to a boil, cook additional 3-5 minutes or until dough is very tender. Remove to a bowl with a slotted spoon; quick sear in pan with butter.

Serve with sour cream.

Becca Cherpak, Student Development

Shawarma (Chicken)

GF DF

2 pounds boneless, skinless chicken
½ cup lemon juice
½ cup extra-virgin olive oil
3 Tbsp minced garlic
1½ tsp salt
½ tsp freshly ground black pepper
½ tsp ground cardamom
½ tsp cinnamon

Cut chicken into ¼ inch strips and place in large bowl.

In a separate bowl, whisk together the lemon juice, olive oil, garlic, salt, pepper cardamom, and cinnamon.

Pour the dressing over the chicken and stir to coat.

Let chicken rest for 10 minutes.

Heat a large pan over medium-high heat and cook chicken for 12 minutes, turning ever few minutes.

Serve with hummus and pita bread, if desired.

Dr. Zeak Naifeh, Dean of Students

Shrimp Étouffée

¾ cup margarine
1 bell pepper, chopped
1 cup Rotel tomatoes
¼ cup green onion tops, chopped
1 teaspoon Worcestershire sauce
2 single garlic cloves, minced
1 can cream of mushroom soup
3 medium onions, chopped
4 ribs celery, chopped
Juice of 1 lemon
2 pounds of small peeled shrimp

Sauté onions, peppers, celery and tomatoes in margarine, covered for 2 hours.

Add remaining ingredients and cook 30 more minutes.

Serve over hot rice, if desired.

Linda Phillips, Registrar's Office

Biscuit Pudding

1 can biscuits-baked and torn into small pieces
You can also use other forms of leftover bread or rolls
2 cups milk
1 cup sugar
2 eggs, separated and whipped
1 tsp cinnamon
1 ½ tsp vanilla
1 tsp almond extract
1 stick butter
1 Tbsp frozen orange juice

In a large saucepan heat milk to scalding.
Add sugar, then whipped egg yolks, stirring continually.
Then add torn biscuits, vanilla, almond, and $\frac{2}{3}$ stick of butter.
Stir until thick and butter is melted.
Pour into custard cups and top with a small pat of butter.
Serve warm, or heat in microwave before serving.

This is one of my favorite family recipes. My mother always made it with homemade biscuits and I never saw her use a written recipe. After years of asking her how she made it she finally shared it with me and I wrote it down. I decided to try to make it with canned biscuits, and it's very good. My family always loves when I make it. I've never thought it was quite as good as my mother's, but I just thought it was because of the canned biscuits. After my mother passed away, I found a recipe she had hand written and it included a tablespoon of frozen orange juice, and that was never mentioned when I wrote it down many years ago; hidden secrets....!

Debbie Mefford, Student Services

Cowboy Cookies

VG

2 sticks of butter (mostly melted)
 1 cup of brown sugar
 1 cup of sugar
 2 eggs
 1 tsp vanilla
 2 cups of flour
 1 tsp baking soda
 ½ tsp salt
 ½ tsp baking powder
 2 cups oatmeal
 12 oz package of milk chocolate chips
 ¾ cups chopped pecans

Preheat oven to 350°F.

Mix sugar, brown sugar, butter, eggs and vanilla until fluffy.

Mix in flour, baking soda, salt, and baking powder.

Mix in oatmeal, chocolate chips, and pecans.

Scoop rounded tablespoon-size balls/lumps onto greased cookie sheet.

Bake for 12 minutes.

Note: this recipe makes A LOT of cookies. Feel free to cut it in half.

Dr. Shaun Calix, Psychology Department

Mississippi Fudge Cake

VG

1 cup melted margarine
 ⅓ cup cocoa
 4 eggs
 ¼ teaspoon salt
 2 cups sugar
 1 teaspoon vanilla
 1 ½ cups flour

Mix all ingredients and bake at 350°F for 25 minutes.

As soon as cake is done, place one large package of marshmallows on top.
 (Can use 1 jar of marshmallow cream instead of marshmallows, if preferred.)

Try not to let marshmallows touch sides of cake pan.

Icing

¼ cup melted margarine
 ⅓ cup cocoa
 1 teaspoon vanilla
 Approximately 8 ounces powdered sugar
 ⅓ cup milk

Cream well and spread over marshmallows.

Linda Phillips, Registrar's Office

Spotted Dick

VG

75g (3oz) self raising flour
 Pinch of salt
 75g (3oz) fresh breadcrumbs
 75g (3oz) shredded suet
 175g (6oz) currants
 About 60-90 ml (4-6 Tbsps) milk.

Half-fill a steamer with water and put on boil.

Mix together the flour, salt breadcrumbs, suet, sugar and currants in a bowl.

Make a well in the center and add enough milk to give a fairly soft dough.

Form into a roll on a well-floured board, wrap loosely in greased wax paper and then in foil, sealing the ends well.

Steam over rapidly boiling water for 1½-2 hours.

Unwrap the pudding, put it in a hot dish and serve with custard or with a sweet white sauce flavored with cinnamon or grated lemon rind.

Alternatively, make the mixture of a soft dropping consistency and steam it for 1½-2 hours in a greased 900-ml basin.

Laura Wray, CU Alumna

Sugar Cookies

VG

4 cups flour
 3 tsp baking powder
 12 Tbsp butter
 ¾ cup shortening
 1 ½ cups sugar
 2 eggs
 2 Tbsp milk
 ½ tsp salt
 2 tsp vanilla extract

Mix flour, baking powder and salt in separate bowl.

Beat butter and shortening.

Add sugar and beat until fluffy.

Add milk, eggs, and vanilla.

Add dry ingredients.

Refrigerate overnight.

Roll out dough and bake at 375°F for 8 minutes.

This cookie recipe is one that I grew up making with my mom. We would make and decorate them for every holiday, birthday, and celebration. The recipe has even been given as a gift itself!

Barb Gerken, *mother of* Becca Cherpak, Student Development

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