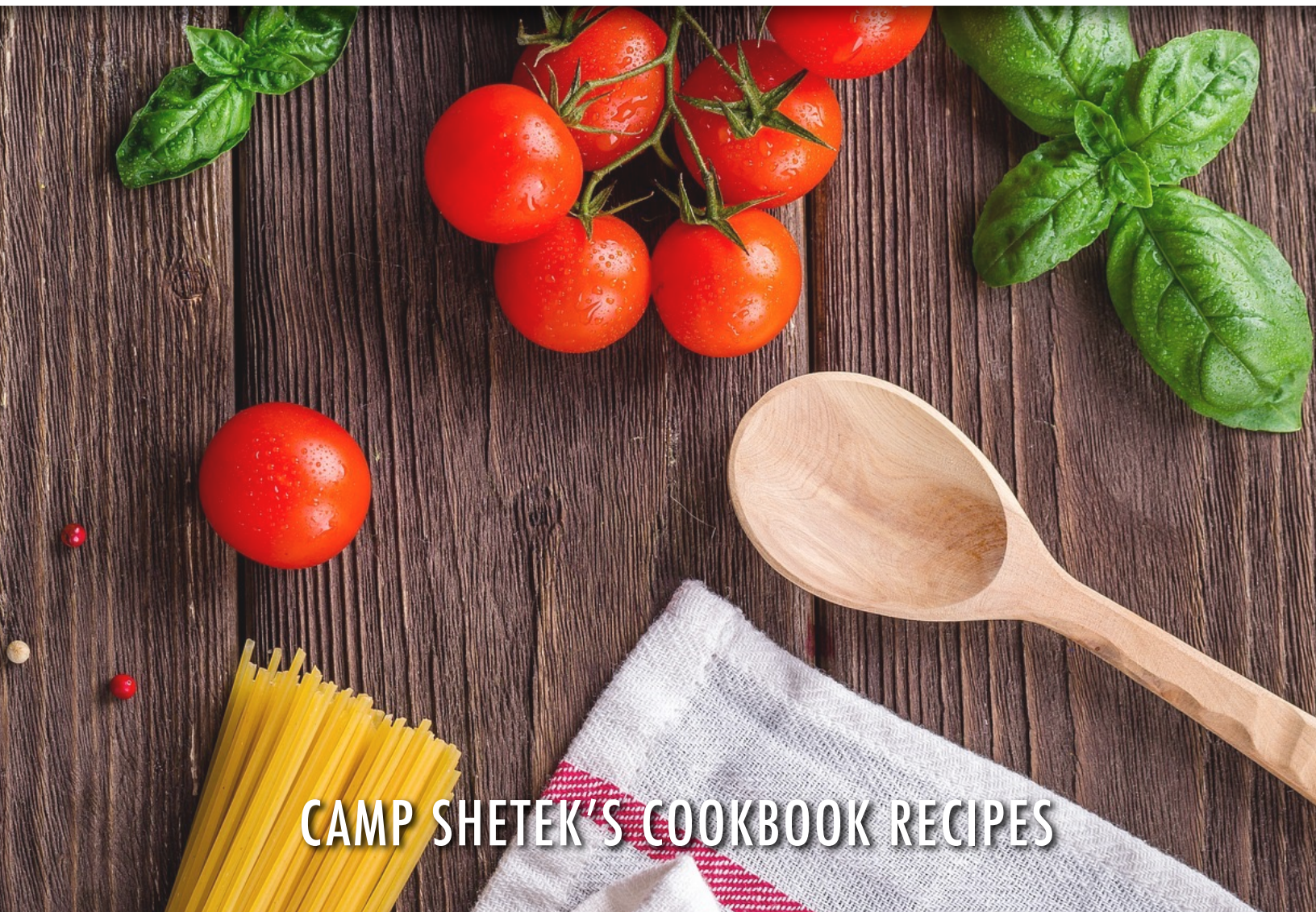


# MOM JUDY'S FAVORITES

VOLUME ONE



CAMP SHETEK'S COOKBOOK RECIPES

**Mom Judy's Favorites - Vol. 1**

*Shetek Baptist Camp • 507-763-3449 • campshetek@mac.com*

<b>pg</b>	<b>Category</b>	<b>Recipe</b>
3	Breads	Ann Romney's Biscuits
4	Breads	Honey Pecan Craisin Bread
5	Breads	Pretzel Buns
6	Breakfasts	GF Strawberry Scones
7	Breakfasts	GF/DF Pumpkin Spice Muffins
8	Breakfasts	Heidi's Peanut Butter Camp Granola
9	Cookies	Chocolate Chip Caramel Pretzel Cookie
10	Cookies	S'mores Cookies
11	Cookies	Snickerdoodles
12	Desserts	Blueberry Cobbler Pie Bar
13	Desserts	Cranberry Bliss Bars
14	Desserts	Creamy Banana Pie
15	Desserts	GF Black Bottom Cake
16	Desserts	GF Fruit Cobbler
17	Desserts	GF/DF Lemon Olive Cakes
18	Desserts	Juicy Orange Vanilla Cake
19	Desserts	Pumpkin Ginger Cheesecake
20	Main Dishes	Chinese Orange Chicken
21	Main Dishes	Shepherds Pie
22	Main Dishes	Stuffed Grape Leaves
23	Main Dishes	Stuffing Layered Chicken
24	Misc.	1,000 Island Dressing
25	Misc.	Best Western Dressing
26	Misc.	Blackened Seasoning
27	Misc.	Red Onion Dill Dressing

# Ann Romney's Biscuits

Submitted by Judy Harms

Breads Vol. 1

## Ingredients:

2 c. bread flour or unbleached  
4 t. baking powder  
2 t. sugar  
1/2 t. salt  
1/2 c. cubed butter  
1 c. buttermilk

## Preparation:

- mix the dry together
- cut in the butter until pea size
- add the buttermilk until it is barely together
- do not overwork
- flour the surface and spread dough to make into biscuits
- bake at 425 for 10-12 min. or golden
- makes 13 medium sized biscuits

# Honey Pecan Craisin Bread

Submitted by Judy Harms

Breads Vol. 1

## Ingredients:

- 2 c. plus 1 T. water
- 1 T. yeast
- 3 T. melted butter, cooled
- ½ c. honey
- 3 c. unbleached flour
- 1 c. whole wheat flour
- 2 c. white whole wheat flour or unbleached flour
- 1 T. salt
- 1 t. cinnamon
- 2 T. orange zest from 1 orange and the rest of the whole orange chopped into small chunks
- 1 c. chopped pecans
- 1 c. raisins

## Preparation:

- put yeast and 1 T. of the honey in the water and let set for 10 minutes
- add the butter and rest of the honey
- mix in the flours, salt, & cinnamon
- add the orange zest, orange chunks pecans, and raisins
- knead, let rest, cover till doubled in size and punch down
- let rise again till doubled in size and form into 2 loaves
- when risen again, bake in a 400 oven for 25-30 minutes
- the center needs to read a temp of 200 to be done
- \* hint- don't add all the flour at one time, save a cup to see if you really need it

# Pretzel Buns

Submitted by Judy Harms

Breads Vol. 1

## Ingredients:

2 c. milk  
4 T. butter  
3 T. brown sugar  
2 T. yeast  
4-4 1/2 c. flour  
2 t. salt

4 c. water  
1/3 c. baking soda  
coarse salt  
butter for topping buns

## Preparation:

- warm the milk, butter & sugar to 110 or till you can hold your finger in it comfortably
- pour into a mixing bowl and add the yeast, let set 5 min., covered
- gradually add the flour 1 cup at a time and then the salt
- knead dough and set aside to rise, oiled and covered for 30 min.
- pat out onto a floured board and cut into 2" squares
- form into buns and set on a buttered cookie sheet
- drop 4-5 buns at a time into the pan of 4 c. of hot soda water
- gently move the buns around for 30 sec.
- lift out and place on a butter cookie sheet about an inch apart and put more buns in the water and repeat until all are ready
- with a scissor, snip the top of each bun and sprinkle coarse salt
- bake at 400 until a darker brown color, 12-15 min
- brush with butter, makes 20-24 buns
- can mix by hand or use standing mixer with dough hook

# GF Strawberry Scones

Submitted by Judy Harms

Breakfasts Vol. 1

## Ingredients:

1 c. rice flour (or combine the 3 flours with a gf mix)  
1/4 c. coconut flour  
1/4 c. tapioca flour  
1/2 c. corn starch  
1 T. baking powder  
1/2 t. salt  
6 T. cold butter  
2 T. honey or raw sugar  
1 c. half & half  
3/4 c. chopped fresh strawberries

## Preparation:

- preheat oven to 375
- hand whisk the dry ingredients in a bowl
- shred cold butter with a grater, cut it in the flours till coarse
- gently mix in the 1/2 & 1/2 just till incorporated, do not overwork
- fold in the strawberries
- use the extra large scoop and drop on a parchment lined sheet
- makes 8 scones
- bake for 20-25 min. or lightly golden on edges

# GF/DF Pumpkin Spice Muffins

Submitted by Judy Harms

Breads Vol. 1

## Ingredients:

4 eggs  
3/4 c. coconut sugar  
1/2 c. honey  
1 c. oil  
1 c. pumpkin puree  
2 c. gf flour mix  
2 t. baking powder  
1 t. soda  
2 t. cinnamon  
1/4 t. cloves  
1/2 t. ginger  
3/4 t. salt

\* optional, add 3/4 c. of any of these ingredients- walnuts, raisins, cranberries, chopped orange, chocolate chips

## Preparation:

- mix the wet (first 5) ingredients together
- sift all the dry and add to the wet
- fold in optional ingredients
- scoop into muffin tins (almost full)
- makes 1 1/2 dozen muffins
- bake at 375 for 25-30 min. or springs back in the middle

# Heidi's Peanut Butter Camp Granola

Submitted by Heidi Cooper Harms

Breakfasts Vol. 1

## Ingredients:

5 c. oatmeal, old fashioned

1 c. coconut

2 T. cinnamon

1 t. salt

1/4 c. oil

3 T. vanilla

3/4 c. brown sugar

1 c. peanut butter

1 c. pecans, almonds, or walnuts add a nutty flavor- optional

\* melt the peanut butter, oil, vanilla, and brown sugar together and mix it in with the 1<sup>st</sup> four ingredients in a huge bowl

## Preparation:

- mix all ingredients in order given
- spread evenly into a large jelly roll pan
- bake at 300 for 1 hr. and 15 min.
- stir every 20 min. (may need an extra 10-15 min.)
- it needs to be golden brown and feel dry
- store in an airtight container when completely cooled
- makes about 8 cups
- add raisins, or any dried fruit when you eat it
- it is good on ice cream, yogurt, pudding, waffles, etc.



# Chocolate Chip Pretzel Caramel Cookie

Submitted by Judy Harms

Cookies Vol. 1

## Ingredients:

1 c. softened butter  
1/2 c. sugar  
1 c. brown sugar  
2 eggs  
2 t. vanilla  
3 c. flour  
1 1/2 t. baking powder  
1 t. soda  
1 t. salt  
1 1/2 c. chocolate chips  
1 c. crushed mini pretzels  
1 1 oz. bag of caramel bits  
40 whole mini pretzel twists

## Preparation:

- cream the wet ingredients together including the sugars
- sift together the dry ingredients and add to the wet
- fold in the chocolate chips, caramel bits, & crushed pretzels
- form into balls and place 2 inches apart on a cookie sheet
- press down gently with a whole mini pretzel on top
- bake at 350 for 10-12 min.
- makes about 3 1/2 dozen cookies

# S'mores Cookies

Submitted by Deb Moe

Cookies Vol. 1

## Ingredients:

1 c. butter  
1 c. brown sugar  
3/4 c. sugar  
2 eggs  
1 T. vanilla  
3 c. flour  
1 t. salt  
1 t. baking soda  
1 c. graham cracker crumbs, divided in half  
18 big marshmallows, cut in half  
36 unwrapped Hershey Kisses

## Preparation:

- mix the first 3 ingredients
- add the eggs and vanilla
- slowly mix in the dry ingredients (only 1/2 c. of crumbs)
- chill the dough for 20 min.
- make the dough into balls and roll in the other half of the crumbs
- bake at 350 for 8-10 min.
- remove from oven and place the marshmallow halves in the middle of the cookie and bake 2 more min.
- remove from the oven and place a kiss in the middle and press it down

# Snickerdoodles

Submitted by Judy Harms

Cookies Vol. 1

## Ingredients:

1 c. butter  
1 1/2 c. sugar  
1 t. vanilla  
2 eggs  
2 3/4 c. flour  
2 t. cream of tartar  
1 t. baking soda  
1/4 t. salt

2 T. sugar  
2 t. cinnamon

## Preparation:

- cream butter, sugar, and vanilla
- add eggs and combine
- sift all the dry ingredients and then add to the wet ingredients
- chill dough for 30 min.
- roll into 1 in. balls and then in the sugar and cinnamon mixture
- bake at 375 for 12-15 min.
- makes 5 dozen cookies

# Blueberry Cobbler Pie Bar

Submitted by Heidi Harms Cooper

Desserts Vol. 1

## Ingredients:

### **Crust & Topping-**

3 c. flour  
1 1/2 c. sugar  
1/4 t. salt  
1 1/2 c. cold, diced butter  
zest of 2 lemons

### **Berry Filling-**

4 large eggs  
1 1/2 c. sugar  
1 c. sour cream  
3/4 c. flour  
1/4 t. salt  
2 T. lemon zest  
4 cups of frozen blueberries or fresh

## Preparation:

- cut the butter into the crust ingredients
- pat in a jellyroll size pan
- bake 12 min. in a 350 oven
- mix the berry filling ingredients
- pour over crust
- bake at 350 for 30 min. or until set

# Cranberry Bliss Bars

Submitted by Judy Harms

Desserts Vol. 1

## Ingredients:

1 1/2 sticks of butter, softened  
3 eggs  
1 c. brown sugar  
1 1/2 t. vanilla  
1 1/2 c. flour  
1/2 t. baking powder  
1/2 t. salt  
3/4 t. ginger  
1 c. raisins  
1 c. white chocolate chips  
1 c. macadamia nuts  
\* 1/2 c. chopped raisins for garnish on top of frosting  
FROSTING-  
4 oz. cream cheese, 1 t. vanilla, 2-3 c. powdered sugar, 2 t.  
lemon juice- beat together, frost and garnish with raisins

## Preparation:

- mix together the wet ingredients
- add the dry (like a cookie dough)
- fold in the raisins and macadamia nuts
- spread in a jelly roll size pan lined with parchment so you can pull it out of the pan to cut it later
- bake at 350 for 20 min or done in the middle, do not over bake and let it cool before frosted and cut
- frost, cut in big squares, then cut each square diagonally

# Creamy Banana Pie

Submitted by Angie Witte

Desserts Vol. 1

## Ingredients:

1 envelope unflavored gelatin  
1/4 c. cold water  
3/4 c. sugar  
1/4 c. cornstarch  
1/2 t. salt  
2 3/4 c. milk  
4 egg yolks, beaten  
2 T. butter  
1 T. vanilla  
4 medium bananas  
1 c. heavy cream, whipped  
1 10" pastry shelled, baked

## Preparation:

- soften gelatin in cold water, set aside
- in a sauce pan combine sugar, cornstarch, and salt
- blend in the milk and egg yolks and cook over low heat stirring constantly until thickened and bubbly (20-25 min.)
- remove from heat and stir in softened butter till dissolved
- stir in butter and vanilla
- cover the surface with plastic wrap and chill
- whip the cream and fold into the custard
- slice bananas and fold into the custard
- pour into pie shell and chill until set
- top with extra whip cream if you like

# GF Black Bottom Cake

Submitted by Judy Harms

Desserts Vol.1

## Ingredients:

1 8oz. pkg. cream cheese  
1 large egg  
1/3 c. honey  
1/4 t. salt  
1 c. mini chocolate chips

1 c. rice flour (or combine these flours with a gf mix)  
1/4 c. coconut flour  
1/4 c. tapioca flour  
1/4 c. cocoa powder  
1 t. baking soda  
1/2 t. salt  
1 t. vinegar  
1 c. water  
1/2 c. oil  
3/4 c. honey  
1 t. vanilla

## Preparation:

- in small bowl cream the egg, cream cheese, honey, and 1/4 t. salt
- fold in the mini chips and set aside
- in another bowl whisk the dry ingredients together
- add in the wet ingredients to the dry
- pour the chocolate batter into a prepared pan or cupcake liners
- put spoonfuls of the cream cheese mixture on top of the batter
- bake at 350 for 30-40 min. or until done in the middle
- \* the chocolate chips sink to the bottom, hence black bottom cake

# GF Fruit Cobbler

Submitted by Judy Harms

Desserts Vol. 1

## Ingredients:

### **Filling-**

3 T. tapioca flour or cornstarch  
2/3 c. sugar (1/3 c. honey or all honey)  
6 c. fruit  
1/4 c. water  
2 T. butter or coconut oil  
2 T. lemon juice

### **Topping-**

1 c. rice fl, 1/2 c. coconut fl, & 1/2 c. tapioca fl  
1 c. sugar (coconut sugar & honey combo)  
2 t. baking powder  
1/2 t. salt  
4 T. soft butter or coconut oil  
2 eggs  
6 T. milk or coconut milk

## Preparation:

- mix the filling ingredients in a sauce pan and simmer till thickened
- pour into a 9x13 pan
- mix the topping ingredients together and put spoonfuls over the fruit until covered evenly
- bake at 350 for 30-35 min. and top is slightly golden and bottom is bubbly



# GF/DF Lemon Olive Oil Cakes

Submitted by Judy Harms

Desserts Vol. 1

## Ingredients:

1 1/2 c. gf flour mix  
1 t. baking soda  
1 t. baking powder  
1/2 t. salt  
1 c. coconut sugar or honey or a combination  
3 eggs  
1/2 c. olive oil  
2 T. lemon juice (2 lemons)  
2 T. lemon zest (2 lemons)  
1/4 c. coconut milk

## Preparation:

- mix all the dry ingredients together
- whisk all the wet and combine with the dry
- put in cupcake pans and fill 3/4 full
- bake at 350 for 15-20 min or until set in the middle
- makes 1 dozen

# Juicy Orange Vanilla Cake

Submitted by Summer Harms

Desserts Vol. 1

## Ingredients:

3 large eggs  
1/4 c. coconut oil (or butter)  
1/4 c. coconut milk  
6 T. honey  
2 t. vanilla  
zest and juice of 2 oranges, divided  
1/2 c. + 1 T. gluten free flour mixture (or reg. flour)  
1/2 t. soda  
1/4 t. salt

## Preparation:

- heat oven to 350
- melt the coconut oil
- then stir in the coconut milk and honey
- set aside and whisk in a bowl the eggs, vanilla, & zest
- blend in the warm ingredients
- add the sifted dry ingredients just till combined
- pour in a greased 8x8 pan or make cupcakes
- bake 25-30 min. or until done in the middle
- when still warm, poke holes in the cake and drizzle the juice of the 2 oranges over the cake- cool and refrigerate

# Pumpkin Ginger Cheesecake

## Ingredients

Submitted by Graham Harms

Desserts Vol 1

1½ c. gingersnap cookie crumbs (or half graham crackers and gingersnaps)

¼ c. sugar

6 T. butter or margarine, melted

3 8 oz. pkgs. cream cheese, room temperature

¾ c. sugar

¼ c. brown sugar

2 lg. eggs

1 15 oz. can Libby's 100% Pure Pumpkin

⅔ c. half & half

2 T. cornstarch

¾ t. ground ginger

¼ t. ground cloves

1 16 oz. container sour cream, room temperature

⅓ c. sugar

1 t. vanilla extract

## Preparation

- preheat oven to 350
- lightly grease inside of 9 in. spring form pan or can use parchment paper
- for crust: combine cookie crumbs, ¼ c. sugar and 6 T. butter in med. bowl
- press into bottom and 1 in. up side of pan
- bake 10 min.; cool at least 10 min.
- for cheesecake: beat cream cheese, ¾ c. sugar and ¼ c. brown sugar in lg. mixer bowl until fluffy
- beat in eggs, pumpkin, and half and half
- add cornstarch, ginger, and cloves; beat well
- pour into crust
- bake for 65-75 min. or until set in the middle
- for topping: combine sour cream, ⅓ c. sugar and vanilla extract in small bowl; mix well
- spread sour cream mixture evenly over surface of warm cheesecake
- return cake to oven and bake for 8-10 min. longer
- remove cake to wire rack; run knife around edge of cake (helps release)
- cool completely; refrigerate, top with whip cream and drizzle with caramel

# Chinese Orange Chicken

Submitted by Judy Harms

Main Dishes Vol. 1

## Ingredients:

6 chicken breasts cut into 1 inch chunks dusted in this flour mix- 1/2 c. flour, salt & pepper, 1/8 t. cayenne pepper  
2 T. oil for frying  
1 c. chicken broth  
juice and zest from 1 orange  
8 oz. of Smucker's low sugar orange marmalade  
1/3 c. white vinegar  
3 T. cornstarch  
1/4 c. soy sauce  
2 cloves garlic, minced  
1 pinch of red pepper flakes  
1/2 t. ground ginger  
1/4 t. pepper  
1/2 t. salt  
\* 1-2 sliced green onions for garnish, serve over rice

## Preparation:

- cover the chicken chunks in the flour mixture
- brown them in the oil until done and keep warm
- in a sauce pan heat together all the rest of the ingredients
- bring to a slow boil and simmer until thick, stirring often
- serve the chicken over a bed of rice, pour the sauce on top and garnish with the green onion

# Shepherds Pie

Submitted by Judy Harms

Main Dishes Vol. 1

## Ingredients:

2 lbs. of hamburger

½ c. chopped onion

salt and pepper to taste

1 can of cream of celery soup (chicken or mushroom works)

¾ c. milk

a batch of mash potatoes (10-12 potatoes boiled and mashed)

4 oz. cream cheese

½ c. sour cream

2 T. butter

salt to taste

\* Garnish with 1 c. shredded cheddar cheese, bacon, & green onion

\* May substitute a bag of hash browns for the mashed potatoes and add a 1/2 c. of milk with the cream cheese and sour cream

## Preparation:

- brown the hamburger and onion together
- add salt and pepper to taste
- use a 9x13 pan and spray it lightly
- mix the soup and milk together and stir into the hamburger
- spread this flat in the bottom of the pan
- with the batch of mashed potatoes add the cream cheese, sour cream, butter, and salt
- whip these together so they are smooth
- spread the potatoes on top of the hamburger
- cover and bake at 350 for 50 min.
- garnish with the shredded cheese and put back in the oven uncovered for 10 more min.
- you may also garnish with bacon and green onion with the cheese

# Stuffed Grape Leaves

Submitted by Debbie Belmont

Main Dishes Vol. 1

## Ingredients:

1 1/2 lbs of raw hamburger  
1 c. of cooked rice  
1/2 c. chopped onion  
1 t. salt  
1/2 t. pepper  
1 can of tomato sauce or crushed tomatoes  
1 jar of grape leaves, drained  
1 t. parsley  
1 t. tumeric  
1 t. garlic powder  
1/2 t. cinnamon  
1 t. tarragon  
a pinch of saffron, optional  
juice of 1 lemon

## Preparation:

- mix the raw hamburger, onion, rice, and all the spices together
- lay out the leaves and pat dry
- stuff each leaf with 2 T. of meat mixture
- oil a pan and put a thin layer of tomato sauce in the pan
- layer the stuffed grape leaves side by side in a 9X13 pan
- cover the top with the rest of the tomato sauce
- drizzle fresh lemon juice over the top
- bake covered at 350 for 45 min., then uncovered for 15 more min.

# Stuffing Layered Chicken

Submitted by Judy Harms

Main Dishes Vol. 1

## Ingredients:

6 chicken breasts to fill a 9X13 pan  
6 slices of Swiss American cheese  
1 can of cream of chicken soup  
1/2 c. milk  
salt and pepper to taste  
3 c. stuffing  
1/2 c. melted butter  
1/2 c. chopped onion  
1/2 c. chopped celery

## Preparation:

- bake at 350 for 45-55 min.
- spray a 9X13 pan and put a thin layer of the soup/milk mixture (1/2 c.)
- salt and pepper each breast
- put one piece of cheese on top of each breast
- pour the rest of the soup/milk mixture over the chicken
- sauté the celery and onion in the butter
- pour this over the stuffing and mix together
- layer over the chicken breasts
- bake with parchment over for the first 30 min.
- remove the parchment and finish baking until the stuffing is brown and crusty and chicken is done

# 1,000 Island Dressing

Submitted by Judy Harms

Misc. Vol 1

## Ingredients:

3/4 t. salt  
1/2 t. pepper  
2 t. mustard (dry or wet)  
2 cloves garlic (or 3/4 garlic powder)  
1 hardboiled egg chopped (fold in at the end & optional)  
1 c. mayo  
1/4 c. green olives  
1 T. green pepper  
1/2 c. chopped onion  
4 shakes of Tabasco sauce  
1/2 c. salsa  
1/4 c. ketchup or tomato sauce  
1/2 c. celery  
1 t. Worcestershire or juice of 1/2 lemon

## Preparation:

- put all ingredients in a blender or food processor
- pulse until no red streaks from the ketchup and salsa
- fold in chopped eggs or use sliced eggs on your salad, then the dressing will last longer than 2 weeks



# Best Western Dressing

Submitted by Judy Harms

Misc. Vol 1

## Ingredients:

1 c. oil (combination of olive, grape seed, or favorite oil)  
1/4 c. apple cider vinegar or red wine vinegar  
1/4 c. honey or pure maple syrup  
1 t. mustard  
1 t. salt  
1/2 t. pepper  
2 garlic cloves or 1 t. garlic powder  
2 T. minced onion  
1/2 c. ketchup or tomato sauce  
2 t. paprika (smoked paprika can be used but is stronger)  
1/2 t. celery seed  
juice of a half of lemon

## Preparation:

- put all ingredients in a blender
- pulse until mixed
- adjust ingredients to your liking
- store in a pint jar and refrigerate
- keeps well for a month or more

# Blackened Seasoning

Submitted by Judy Harms

Misc. Vol. 1

## Ingredients:

1 1/2 T. paprika  
1 T. garlic powder  
1 T. onion powder  
1 T. dried thyme  
1 t. black pepper  
1 t. salt  
1 t. basil  
1 t. oregano  
1/2 t. nutmeg  
1/2 t. cayenne pepper

## Preparation:

- mix all the ingredients in a small jar and shake it up
- store in cupboard and give a good shake before using
- 4X makes about a cupful

# Red Onion Dill Dressing

Submitted by Judy Harms

Misc. Vol. 1

## Ingredients:

1/2 c chopped red onion, finely  
4 cloves of garlic, minced  
4 t. coconut sugar  
1 T. dried dill  
1 c. oil (grape seed, canola, olive oil combination)  
1/2 c. red wine vinegar, apple, or white  
1 t. salt  
1/2 t. pepper

## Preparation:

- mix all the ingredients in a jar and shake it up
- store in refrigerator and give a good shake before using
- this makes about a cupful



**MOM JUDY'S  
FAVORITES  
VOLUME ONE**

For more great recipes visit [campshetek.com/cookbook](http://campshetek.com/cookbook)