

MOM JUDY'S FAVORITES

VOLUME TWO



CAMP SHETEK'S COOKBOOK RECIPES

Camp Shetek Web Cook Book Index

Mom Judy's Favorites - Vol. 2

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

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GF Dinner Rolls

Submitted by Judy Harms

Breads Vol. 2

Ingredients:

3 1/3 c. gluten free flour blend
2 t. xanthan gum (in addition to the xanthan gum in the mix)
4 t. baking powder
1 t. salt
1/4 c. honey
2 T. active dry yeast
2 c. warm, but not hot milk (or nondairy milk, or water)
2 t. vinegar
2 large eggs
1/4 c. olive oil or a neutral vegetable oil

* brush tops of rolls with oil or melted butter

Preparation:

- whisk the first 4 ingredients in a standing mixer
- put the warm milk, yeast, and honey in a bowl and cover for 15 min. or when it gets bubbly on top
- whisk the vinegar, eggs, and oil together and add into the other wet ingredients
- beat the wet ingredients slowly into the dry ingredients for 3 min.
- using a rubber spatula, gather the wet dough together
- using the largest cookie scoop, place the batter next to each other so each roll touches in a 9" circle pan
- brush with oil or butter, bake at 350 for 25 min. or until golden (the brushing helps make the rolls smooth)

GF/DF Naan Bread

Submitted by Judy Harms

Breads Vol. 2

Ingredients:

1 t. honey

1/2 c. warm water

1/4 t. yeast

2 1/4 c. gf flour mix

1 t. salt

1/2 c. plain yogurt or coconut milk with 1/2 t. vinegar

1 T. oil

a pinch or 2 of Italian seasoning (optional) gives flavor

Preparation:

- mix together the water, yeast, and sugar and let set for 10 min., cover
- add the next four ingredients and mix until it is just together, cover and let rise 20 min. more
- makes 6-8 balls from the dough and flatten out with your hands until desired size. Flatten on a floured surface. Dust with flour.
- use a cast iron skillet on med. heat and cook them on each side briefly until golden and a little black
- use as a flat bread or pizza crust

GF Cinnamon Waffles

Submitted by Graham Harms

Breakfasts Vol. 2

Ingredients:

2 eggs
1 c. almond milk
1/4 c. oil
1 T. honey or maple syrup, optional
3/4 c. almond flour
3/4 c. flax meal
1/2 t. baking powder
1/2 t. salt
1 t. cinnamon
1/2 t. ginger
1/8 t. cloves

Preparation:

- whisk the dry ingredients together in a small bowl
- whisk the wet ingredients in a medium size bowl
- whisk the 2 together and let set for 5-10 min.
- use a measuring 1 cupper to make 4 waffles
- serve with maple syrup and fresh fruit like blueberries, raspberries, or strawberries

Rhubarb Muffins

Submitted by Judy Harms

Breakfasts Vol. 2

Ingredients:

1 c. sour cream
8 T. butter, melted and slightly cooled
3/4 c. sugar
2 eggs
1 t. vanilla
2 c. flour
2 1/2 t. baking powder
1/2 t. baking soda
1 t. cinnamon
1/2 t. salt
1 1/2 c. diced rhubarb
1/2 c. chopped walnuts

Topping-

6 T. sugar
1 t. cinnamon

Preparation:

- mix the first 5 ingredients together
- whisk the dry ingredients and gently mix into the wet, do not over mix, batter will be thick
- fold the rhubarb and walnuts into the batter
- scoop into muffin tins and sprinkle on a teaspoon of topping
- makes 12 muffins, fill and mound the batter full
- bake at 400 for 25 min. or till done in the middle by testing with a toothpick

Snickerdoodle Muffins

Submitted by Judy Harms

Breakfasts Vol. 2

Ingredients:

1 c. softened butter (or oil for dairy free)
3/4 c. sugar
1/4 c. honey
2 t. vanilla
2 eggs
* 1 1/4 c. yogurt (or sour cream or coconut cream with 1 t. of apple cider vinegar mixed in)
2 1/4 c. flour (or a gluten free flour blend)
1 t. cinnamon
1 t. baking soda
1 t. baking powder
3/4 t. salt
1/2 t. cream of tartar
1/2 c. mini cinnamon baking chips (optional)
Topping- 1/2 c. raw sugar and 1 T. cinnamon

Preparation:

- cream together the wet ingredients, * but reserve the yogurt for later
- whisk the dry ingredients together and fold into the wet alternating with the yogurt
- fold in the cinnamon chips
- fill the muffin liners 3/4 full and top with 1 t. of the sugar and cinnamon mixture (makes 16 muffins)
- bake at 350 for 20-25 min or till done in the center

GF Lemon Curd Tart Cookies

Submitted by Judy Harms

Cookies Vol. 2

Ingredients:

2 c. almond flour
1/4 t. baking soda
1/2 t. salt
1 c. finely shredded unsweetened coconut
1/3 c. maple syrup
1/4 c. coconut oil, melted
2 T. lemon zest
2 T. lemon juice

Cheesecake Filling- 4 oz. cream cheese, 1 egg, 2 T. sugar,
1/2 t. vanilla, pinch of salt

Topping- 1 jar of your favorite lemon curd

Preparation:

- whisk the first 4 dry ingredients together
- then mix in the 4 wet ingredients
- combine well and refrigerate for 30 min.
- scoop into med. size cookie balls and flatten in the middle leaving a ridge around the edge
- put 1 T. of the cheesecake mixture in the middle of the cookie and bake at 350 for 12- 15 min. or slightly golden
- cool for 5 min. and spread 1 T. of the lemon curd on top

Mexican Chocolate Snickerdoodles

Submitted by Judy Harms

Cookies Vol. 2

Ingredients:

1/2 c. butter, softened
3/4 c. sugar
3/4 c. brown sugar
1 t. cream of tartar
1/2 t. baking soda
1/2 t. salt
1/4 t. cayenne pepper
2 eggs, room temperature
1 T. vanilla
1/2 c. cocoa powder
2 1/4 c. flour
* 1/4 c. raw sugar and 2 t. cinnamon for coating

Preparation:

- beat the butter and sugars together till fluffy
- add the cream of tartar, soda, salt, and cayenne
- blend in the eggs one at a time and add the vanilla
- stir in cocoa and flour until just combined
- form into balls and dip in the *cinnamon sugar mixture
- gently flatten the balls
- bake at 350 for 10-12 min.

Almond Joy Bars

Submitted by Judy Harms

Desserts Vol. 2

Ingredients:

Crust-

1 1/2 c. almond flour
1/4 c. + 1 T. coconut flour
1/4 c. + 1 T. tapioca flour
1/2 t. baking soda
1/4 c. melted coconut oil
1/4 c. maple syrup
pinch of salt

Filling-

2 c. shredded unsweetened coconut
1 c. sliced almonds
1/3 c. melted coconut oil
1/3 c. honey
1/2 t. vanilla
1/4 t. almond flavoring (optional)

Topping-

1/2 bag of mini dark chocolate chips + 2 T. coconut oil
1/4 c. whole almonds for garnish, arranging them in rows

Preparation:

- line an 8x8 pan with parchment (double recipe for a 9x13 pan)
- pulse the crust ingredients in a food processor until it forms a slight ball, pat in a pan tightly and bake at 325 for 20 min. until it is a light golden brown- let cool
- pulse the filling ingredients until it forms a ball and spread on top of the crust and refrigerate for an hour or so
- melt the chocolate chips and oil and hand whip it, pour over filling and garnish with the whole almonds- keep in frig

Blackberry Oreo Cheesecake Brownies

Submitted by Judy Harms

Desserts Vol. 2

Ingredients:

1 family size brownie mix (use eggs & oil according to box)

1 package of Oreo Double Stuff cookies

2 8oz. packages of cream cheese, softened

1/2 c. sugar

2 T. vanilla

2 eggs

1/4 t. salt

1/2 c. blackberries (or raspberries)

1 T. sugar

Preparation:

- prepare a 9X13 pan and preheat oven to 350
- follow the directions on the brownie box and spread into pan
- blend the cream cheese and add the sugar, vanilla, salt, and then add 1 egg at a time
- layer the Oreos in rows on top of the brownie batter
- spread the cream cheese mixture on top of the cookies
- put the blackberries and sugar in a blender and drizzle on top of the cheese cake, use a toothpick to swirl the fruit
- bake at 350 for about 45 min. or till set in the middle

Edible Cookie Dough

Submitted by Judy Harms

Desserts Vol. 2

Ingredients:

GF/DF Edible Cookie Dough-

1 c. blanched almond flour
1 1/2 T. coconut flour
3 T. coconut oil, melted
3 T. maple syrup
1 t. vanilla
3 T. almond milk
1/4 t. salt
1/2 c. mini dairy free chocolate chips

Regular Edible Cookie Dough-

1/2 c. butter, softened
1/2 c. brown sugar
1 1/2 T. milk
1/2 t. vanilla
1 c. flour (heat in microwave for 50 sec.)
1/4 t. salt
1/2 c. mini chocolate chips

Variations for the regular recipe-

FOR CHOCOLATE COOKIE DOUGH: replace 1/3 cup of the all-purpose flour with 1/3 cup cocoa powder. FOR FUNFETTI SUGAR COOKIE DOUGH: add 1/4 tsp almond extract in with the vanilla extract. Replace chocolate chips with white chocolate chips then fold in 2 T. rainbow jimmies sprinkles.

Preparation:

- mix all the ingredients together and do the chocolate chips last
- chill for an hour before serving, makes 8-10 servings
- keeps for 4 days, can be frozen

German Apple Cake

Submitted by Louisa Harms

Desserts Vol. 2

Ingredients:

3 eggs
1 c. oil
2 c. sugar
1 t. vanilla
2 c. flour
2 t. cinnamon
1 t. baking soda
1/2 t. salt
1 c. chopped walnuts
4 c. apples thinly sliced

frosting-

8 oz. cream cheese, 1 T. soft butter, 2 t. vanilla, 1 T. lemon juice, and 2 c. powdered sugar (combine all ingredients well)

Preparation:

- beat the eggs and oil until thick
- then add the sugar and vanilla
- whisk the dry ingredients together and add to the wet
- fold in the walnuts
- in a prepared 9X13 cake pan, layer the sliced apples
- drop the batter on top of the apple layer and spread
- bake at 350 for 45 min. or done in the middle
- after cake is cooled frost with the cream cheese frosting

Healthy Power Bars

Submitted by Judy Harms

Desserts Vol. 2

Ingredients:

2 c. sliced almonds
1/4 c. flax, milled
3/4 c. dates
1/2 c. unsweetened coconut
1/2 c. peanut butter or almond butter or cashew butter

1/2 c. coconut oil, melted
1/2 t. salt
1/4 c. honey
2 t. vanilla

1/2 bag of (non dairy) chocolate chips and 1 T. of coconut oil

Preparation:

- put the first 5 ingredients into a food processor and process until mixed well together
- melt the coconut oil and add the next 3 ingredients
- pour into the food processor and process until it forms a ball
- spread out on a parchment lined 9X13 pan and refrigerate for an hour
- melt the chocolate chips and coconut oil and spread on top
- refrigerate first, then cut into bars and keep in the frig
- * you can adjust the ingredients if not sticky enough by adding a few more dates and/or peanut butter

Chicken on the Ritz

Submitted by Judy Harms

Main Dishes Vol. 2

Ingredients:

1 can of cream of chicken soup
1 c. sour cream
1/2 c. chopped green onion
3 c. cubed or shredded chicken, cooked

2 sleeves Ritz crackers, crushed
1/2 c. melted butter

* may add 1 c. of shredded cheddar cheese to the mixture

Preparation:

- bake at 350 in a 9x9 pan or double recipe for a 9x13
- in a big bowl mix together the soup, sour cream, and onion
- add in the chicken and spread in a prepared pan
- use the same bowl and combine the butter and crackers
- spread the crackers over the top of the chicken mixture
- bake for 30 min. or until crackers are golden and the chicken is bubbly

Chili Lime Chicken

Submitted by Judy Harms

Main Dishes Vol. 2

Ingredients:

2-2.5 lbs skin on chicken thighs

Marinade:

1/2 cup lime juice

1T. lime zest

1/4 cup olive oil

a pinch or two of red pepper flakes

4 chopped garlic cloves

1 tablespoon honey

1 teaspoon sea salt

1/2 t. pepper

1 teaspoon chili powder

* for garnish- 1 sliced green onion /1/4 c. chopped cilantro

Preparation:

- mix the marinade well and save 1/4 c. for later
- marinate the chicken for 2 hours, then grill
- grill till golden on both sides, brush the remaining marinade on after the chicken has been turned once

- option for crock pot- brown the chicken (may use cubed chicken breasts) in oil and put in a crock, then pour the marinade over the chicken and cook for 3-4 hours on high
- serve over rice (I put 1/2 cup of canned coconut milk in the water for cooking the rice and fold in the cilantro at the last min. with a little salt) and garnish with the green onion

Creamy Coconut Lime Chicken

Submitted by Judy Harms

Main Dishes Vol. 2

Ingredients:

4-6 boneless chicken breasts, cubed
salt and pepper
4 T. olive oil, divided
1/2 c. each of chopped onion, celery, and red pepper
2 garlic cloves, minced
1 c. chicken stock
2 T. rice flour or cornstarch or tapioca starch
1/4 t. red pepper flakes
1/2 t. turmeric
1 can of coconut milk
1-2 T. lime juice
1/2 c. cream or nondairy milk
2 T. chopped fresh cilantro & sliced green onion for garnish

Preparation:

- season chicken with salt and pepper and cook in 2 T. of oil
- set aside the chicken & sauté in the same skillet the 3 vegetables and garlic in 2 T. oil
- in a small bowl whisk the rice flour and chicken stock and add to the skillet
- then add the red chili flakes & turmeric bringing it to a simmer, stirring occasionally, until the sauce thickens
- stir in the coconut milk and simmer for 3 min. and add the cream and lime juice
- season with more salt and pepper to taste, add the chicken and simmer for 5-10 more min., serve over rice, noodles or pastry shells

Maple Mustard Chicken

Submitted by Judy Harms

Main Dishes Vol. 2

Ingredients:

6 chicken thighs or breasts (skinless is best, but skin works)
salt and pepper for preparing the chicken

Marinade-

1/4 c. real maple syrup
1/2 c. Dijon or spicy brown mustard
1 T. rice vinegar or apple cider
3/4 t. salt
1/2 t. pepper
pinch or two of red pepper flakes (optional)

* garnish with fresh rosemary or sliced green onions, or
fresh chopped parsley

Preparation:

- prepare the marinade
- lightly salt and pepper the chicken
- spray an 8X8 baking dish and place the chicken in it
- pour the marinade over the chicken, dredging it a bit so it is covered well
- bake at 475 for 50-60 min., uncovered
- internal temperature should be 165 and the color will look caramelized and dark brown in spots
- garnish with the suggestions above
- good with other roasted vegetables

Mongolian Beef and Broccoli

Submitted by Judy Harms

Main Dishes Vol. 2

Ingredients:

- 1/2 c. gluten-free tamari, soy, or coconut amino
- 1/2 c. beef or chicken stock or water
- 2 T. fresh ginger, minced
- 2 garlic cloves, minced
- 1/8 t. red pepper flakes
- 1/8 c. maple syrup
- 1/4 c. tapioca starch, divided
- salt and pepper to taste
- 2 pounds flank steak, thinly sliced against the grain
- 1/4 c. coconut, olive, or grape seed oil, divided
- 1 head of broccoli, cut into small florets
- 3 green onions, thinly sliced on the bias, divided

Preparation:

- in a small bowl, combine the tamari, stock, ginger, garlic, red pepper flakes, maple syrup and 2 tablespoons tapioca starch
- in another bowl, season the sliced steak with salt and pepper and toss with the remaining arrowroot starch until lightly coated
- place a large heavy-bottomed skillet or wok over a high temp and add 2 tablespoons of oil
- when hot, add the steak in even layers and cook until nicely browned on both sides, about 2 minutes, then remove to a plate
- add the remaining oil and the broccoli and sauté until vibrant green and tender, 3 minutes, then take out of the pan
- pour the tamari mixture into the pan and scrape up any brown bits that may have formed, bring to a boil and simmer over medium heat until thickened, about 3 minutes
- return the steak and broccoli to the pan and toss to coat, then garnish with the green onions and serve over rice or noodles

Spinach Chicken Bake

Submitted by Judy Harms

Main Dishes Vol. 2

Ingredients:

4-6 skinless chicken breasts, depending on size
6 oz. cream cheese, softened
1 c. washed fresh spinach
1 T. olive oil
4 oz. shredded mozzarella cheese
salt & pepper

marinade-

3 cloves of minced garlic
3 T. olive oil
1/2 t. red pepper flakes
1/2 t. Italian seasoning

Preparation:

- place the chicken breast in a baking dish
- salt and pepper each piece
- cut thin portions of cream cheese and place on the chicken
- place 3-4 spinach leaves on top of the cream cheese
- drizzle the olive oil over all the chicken pieces
- mix the marinade together and spoon over each chicken piece
- top with some mozzarella cheese
- bake uncovered at 350 for 30-45 min. till chicken is done
- be careful not to over bake so the chicken doesn't get dry

Honey Glazed Popcorn

Submitted by Judy Harms

Snacks Vol. 2

Ingredients:

1/2 c. popcorn
3 T. coconut oil
1/8 t. coarse salt

1/2 c. honey
1/2 c. coconut oil

coarse salt for shaking on top to taste

Preparation:

- make one batch of popcorn using the first 3 ingredients
- melt the honey and coconut oil in a small pan and stir well and pour over the first batch of popcorn on a large cookie sheet, mix it up a little
- bake at 300 for 10-12 min.
- while baking, make another batch of popcorn and put in a large bowl
- when the oven batch is done, let set for 5 min. and then mix it into the other batch of popcorn and lightly salt the whole batch
- this keeps well in a covered container for a week

Meat Dry Rubs

Submitted by Judy Harms

Misc. Vol. 2

Ingredients:

Blackened Seasoning-

1 1/2 T. paprika
 1 T. garlic powder
 1 T. onion powder
 1 T. thyme
 1 T. pepper
 1 t. coarse salt
 1 t. basil
 1 t. oregano
 1/2 t. nutmeg (optional)
 1/4 t. cayenne pepper
 * 4 X makes 1 cup

BBQ Dry Rub-

2 T. paprika
 1 T. coarse pepper
 1 t. coarse salt
 2 T. raw sugar or coconut sugar
 1/2 t. cumin
 1/2 t. red pepper flakes
 1 T. dry mustard
 * 3 X makes 3/4 cup

Preparation:

- shake ingredients well in an 8 or 12 ounce jar with lid, keeps well, shake well before using, sprinkle on both sides of your choice of meat and be careful not to contaminate the rubs with raw meat hands

Beef Rub-

1/4 c. paprika
 1/4 c. coarse pepper
 1/4 c. coarse salt
 1/8 c. sugar (optional)
 2 T. celery seed
 2 T. onion powder
 1 T. garlic powder
 1/4 t. red pepper*flakes
 1 T. dry mustard
 2 T. dried lemon zest (or use lemon pepper and use less of the former pepper)
 * makes 1 cup

Pork Rub-

2 T. chili powder
 1 T. onion powder
 1 t. coarse pepper
 2 t. coarse salt
 1 1/2 t. garlic powder
 1/8 t. cayenne pepper
 1/8 t. red pepper flakes
 * 4 X makes 1 cup

Thin Pizza Crust and Sauce

Submitted by Heidi Harms Cooper

Misc. Vol. 2

Ingredients:

Crust- (refrigerate or freeze extra dough)

2 t. yeast

2 c. warm water

1 t. sugar

2 T. olive oil

5 1/4 c. flour

1 T. salt

Sauce-

6 oz. tomato paste

1 c. water

3 T. oil

2 garlic cloves, minced

1/2 T. each of oregano and basil

3/4 t. salt and 1/2 t. pepper

Preparation:

- dissolve the yeast and sugar in the warm water (use your finger to test the water, it should feel warm, not hot)
- cover this and let set for 15 min. (it should be bubbly)
- add the oil to this liquid and pour over the flour
- kneed into a ball and cover to rise till double in size
- when you roll it out, roll it thin
- prebake the crust for 5-10 min. on lowest rack at 425
- mix all the sauce ingredients together and spread onto the crust the amount you like and place your pizza ingredients

Vinaigrette Dressings

Submitted by Judy Harms

Misc Vol. 2

Ingredients:

Simple Balsamic Vinaigrette

1/4 c. red wine vinegar
1/4 c. balsamic vinegar
1/2 c. grape seed oil
1/2 c. olive oil or safflower oil
2 t. maple syrup
1/2 t. salt
1/4 t. pepper
2 cloves of minced garlic

Basic Vinaigrette

1 c. oil (olive oil, grape seed, safflower, or canola)
2/3 c. red wine vinegar
2 t. salt
1 t. pepper
2 T. honey or maple syrup
1 t. mustard, optional

Lemon Vinaigrette

*use either of these recipes but substitute fresh lemon juice for the vinegar

Preparation:

- mix all the ingredients together in a jar
- stir vigorously
- store in the frig
- keeps well for a month

Frito Salad

Submitted by Judy Harms

Salads Vol. 2

Ingredients:

6 c. chopped romaine lettuce
3 c. cooked, chopped or shredded chicken
3 c. fresh corn, cooked or grilled and cooled
2/3 c. diced red pepper
2/3 c. diced green pepper
1/2 c. diced red onion
4 oz. can of jalapenos, drained
4 oz. of shredded cheddar cheese
salt and pepper to taste

6 oz. bag of Fritos

Dressing-

2/3 c. mayo
1/2 t. cumin
1/2 t. chili powder
1 t. hot sauce
1 T. fresh lime juice
1/2 t. salt
1/4 t. pepper

Preparation:

- mix all the top ingredients together in a bowl
- blend the dressing ingredients and mix into the salad
- just before serving toss the Fritos in or serve on the side

Quinoa/Rice Cilantro Salad

Submitted by Judy Harms

Salads Vol. 2

Ingredients:

2 c. quinoa or rice (choose one)
1 c. diced celery
1 c. diced red peppers
1 c. diced orange or yellow peppers
1/2 c. diced red onion
1/4 c. red wine vinegar
1/4 c. olive oil or grape seed oil
1/2 t. coarse salt
1/4 t. black coarse pepper
1/2 c. cilantro, chopped

Dressing-

1/4 c. olive or grape seed oil
1/4 c. fresh lemon juice
1 garlic clove, minced
salt & pepper to taste

Preparation:

- cook the rice or quinoa in 4 c. of water
- cool for 15 min. and fork it to separate the grains
- dice the 4 vegetables to add later
- work into the rice or quinoa the vinegar, oil, salt & pepper
- fork the rice or quinoa and work in the chopped vegetables
- mix the dressing ingredients and pour over the salad
- combine everything and add the cilantro, refrigerate



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