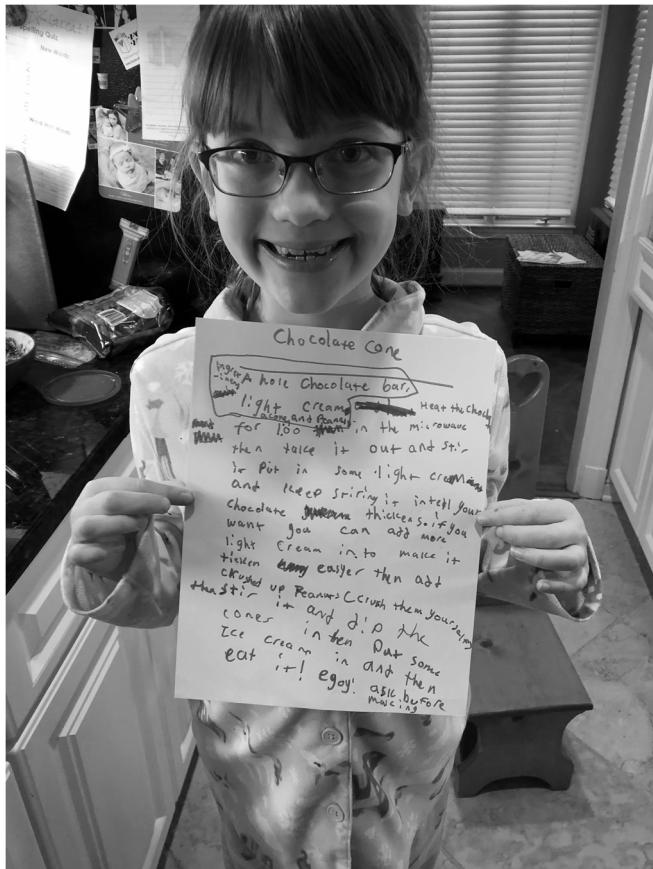


Neugeberry Cookbook



*Recipes enjoyed and collected by
Neugebauer Friends and Family*

2018

The Neugebauer Family Wishes you Peace and Joy



Jonah Alison Blake Schon



Zachary Amy Matt Caroline



Roger Bonnie



Adam Riddhi



Radha Aaron

Azores Split Pea Soup

From Iris Ponte, Exchange Leadership Initiative: Given that the World Forum will take place in Macau, I would like to share an old Portuguese recipe from the Azores. My grandmother would make this dish during family gatherings and it is one of my favorites. There's nothing like a warm hearty soup on a cold day.

1. Take meat that is around the house, pieces of chicken with the bone, beef on the bone or pork. Trim off most of the skin and fat and wash in water.
2. Dump a bag of dried peas into a bowl of water and wash. Then fill up large cooking pot with water and add washed peas.

NOTE: To make this soup take less time, soak the dried peas in water overnight.

3. Boil on stove on high heat.
4. Peel and cut large onion and put into the pot.
5. Sprinkle garlic powder and cayenne powder over pot to taste.
6. Add tomato paste (about 1 spoon full).
7. Stir all ingredients in the pot.
8. Add meat and bring to a boil.
9. Prepare 6 potatoes and cut (leave in a bowl of water to keep it fresh).

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10. Check peas to see if soft; if soft, add as much liquid as you feel needed.
11. Bring to a boil again (taste liquid and add salt, if needed).
12. Add potatoes and one bag of frozen peas and carrots.
13. Bring to boil again and taste (add more tomato paste or salt if needed).
14. Add in orzo pasta and stir.
15. Bring to a boil again.
16. Serve and enjoy.



This is my Vavo cooking the dish.

The Best Clam Chowder

Last December we had an impromptu dinner party with new neighbor Julie Holmes and beach friends Mike Bates and Leslie France. Leslie and Mike brought wine and homemade peppermint bark, and Julie shared our connection with the Lewis and Clark Expedition. 2005 nickels commemorate Clark's exclamation: "Ocean in View, Oh the Joy." The beach on this coin is Arcadia Beach, "our" beach! This recipe from Sam Sifton really is the best.

*24 medium-size quahog clams, usually rated "top neck" or
"cherrystone," rinsed*

*OR use 3 pound can of chopped sea clams
1 tbsp. unsalted butter*

1/4 pound slab bacon or salt pork, diced

*2 leeks, tops removed, halved and cleaned, then sliced into half
moons*

3 large Yukon Gold potatoes, cubed

1/2 cup dry white wine

3 sprigs thyme

1 bay leaf

2 cups cream

Freshly ground black pepper to taste

1/4 cup chopped parsley

1. Put the clams in a large, heavy Dutch oven, add about 4 cups water, then set over medium-high heat. Cover, and cook until clams have opened, approximately 10 to 15 minutes. (Clams that fail to open after 15 to 20 minutes should be discarded.) Strain clam broth through a sieve lined with cheesecloth or doubled-up paper towels, and set aside. Remove clams from shells and set aside as well.

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2. Rinse out the pot and return it to the stove. Add butter and turn heat to medium-low. Add bacon or salt pork, and cook, stirring occasionally, until the fat has rendered and the pork has started to brown, approximately 5 to 7 minutes. Use a slotted spoon to remove pork from fat and set aside.
3. Add the leeks to the fat, and cook, stirring frequently, until they are soft but not brown, about 10 minutes. Stir in potatoes and wine and continue cooking until wine has evaporated and the potatoes have just started to soften, approximately 5 minutes. Add enough clam broth to just cover the potatoes, approximately 3 cups, reserving the rest for another use. Add the thyme and the bay leaf.
4. Partly cover the pot, and simmer gently until potatoes are tender, approximately 10 to 15 minutes.
5. Meanwhile, chop the clams into bits about the size of the bacon dice.
6. When potatoes are tender, add cream and stir in chopped clams and reserved bacon. Add black pepper to taste. Let come to a simmer, then remove from heat. (Do not let chowder come to a full boil.) Fish out the thyme and the bay leaf, and discard.
7. The chowder should be allowed to sit for a while to cure. Reheat it to a bare simmer before serving, then garnish with chopped parsley. Serve with oyster crackers.

Polish Stuffed Cabbage Gołąbki

Julie Pierce brought Hania Lisowska to Quilt Camp in Lake Chelan this summer to practice her English and make traditional Polish specialties for us to enjoy. Hania also created her first ever quilt with fine craft and art. Gołąbki (gaw-WOHMP-kee), which literally means "little pigeons," are the epitome of comfort food and considered a national dish.

*1 whole head cabbage (about 4 pounds)
1 large onion, chopped
2 tbsp. butter
1 pound ground beef
1/2 pound ground pork
1-1/2 cups rice, cooked
1 tsp. garlic, finely chopped
1 tsp. salt
1/4 tsp. black pepper
1 cup beef stock
sour cream, for garnish (optional)*

Prepare the Cabbage:

1. Remove core from cabbage.
2. Place whole head in a large pot filled with boiling salted water (For more information: www.thespruceeats.com/how-much-salt-is-in-boiling-salted-water-3057784)
3. Cover and cook 3 minutes, or until softened enough to pull off individual leaves. You will need 18 leaves.
4. When leaves are cool enough to handle, use a paring knife to cut away the thick center stem from each leaf, without cutting all the way through.
5. Chop the remaining cabbage and place it in the bottom of a lidded casserole dish or Dutch oven.

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Make the Filling:

1. Sauté the chopped onion in butter in a large skillet until tender. Let it cool.
2. Mix cooled onions with beef, pork, rice, garlic, salt, and black pepper until well combined. Don't overmix or the meat will become tough.
3. Place about 1/2 cup of meat on each cabbage leaf.
4. Flip the right side of the leaf to the middle, then flip the left side.
5. Flip the bottom of the leaf and you will have something that looks like an envelope.
6. Roll away from you to encase the meat and make a neat little roll.

Cook and Serve the Stuffed Cabbage:

1. Heat oven to 350°F. Place the cabbage rolls on top of the chopped cabbage in the casserole dish or Dutch oven, seasoning each layer with salt and pepper.
2. Pour beef stock over rolls, cover, and place in heated oven.
3. Bake for 1 hour or until cabbage is tender and meat is cooked.
4. Serve with pan juices and an optional drizzle of sour cream, or mix the pan juices with sour cream and ladle it over the cabbage rolls.

(Source: Spruce Eats)

Tangerine-Vanilla Bean Marmalade

Jonah chose this recipe when we had some time together. It was so delicious that he shared a jar of his marmalade with the manager at Pig 'n Pancake, along with the recipe so they could serve it.

*2 pounds tangerines or similar citrus
1 lemon
1 qrt. water, room temperature
1 vanilla bean
4 cups sugar*

Put whole citrus in large non-reactive saucepan. Add water to just cover fruit. Bring to boil over medium-high heat. Turn to medium-low and simmer, partially covered until skin of fruit is easily pierced with fork, about 45 minutes. Transfer fruit to cutting board. Reserve cooking liquid in saucepan.

Peel skin from fruit, then cut into 1 inch-wide strips. Stack 4 strips together, then cross cut into 1/8 inch-wide slivers. Add peel slivers to saucepan. Remove seeds from fruit, tie into tight cheesecloth bundle and add to pan. Cut pulp into small chunks, removing any membrane, then add to pan.

Split vanilla bean and scrape seeds. Cut bean into 4 pieces. Add bean pieces and seeds to cooking liquid. Stir. Cover. Let sit at room temperature for 8 to 24 hours.

Remove lid and bring contents to boil over medium heat. Turn heat to medium-low and simmer. Stir continuously while you add sugar in slow steady stream. Simmer, stir occasionally for about 30 minutes (until thermometer reads 220°F or until gel is setting).

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Allow to cool in pan 10 minutes. Remove cheesecloth and squeeze out and discard juice. Spoon into jars. Keeps 1 month in refrigerator.

(Source: Adapted from Muffins and Biscuits by Heidi Gibson)

Frosé

Celebrating the Christmas holidays with Aaron and Radha, Ash and Anju last December, Ash, who loves to create delicious experiences for others, was excited to create this frozen rosé drink for us. “Frozen Rosé! Yah summer!”

*1 bottle dry rosé
1 punnet (small basket) fresh strawberries
100 mL (7 tbsp.) simple sugar syrup
30 mL (2 tbsp.) fresh lemon juice
250 mL (1 cup) coconut water
1/2 tsp. salt
mint to garnish*

In a large jug, mix the rosé, sugar syrup and coconut water. Pour the mixture into ice cube trays and freeze overnight. Add the frozen rosé cubes along with the remaining ingredients to a blender. Blend until smooth. Pour into glasses of your choice and garnish with fresh mint.

Ninaava — Traditional Maharashtrian Dish

From Vishakha Despande, World Forum Friend from India: Bonnie saw the photographs and read my story on Facebook and asked me to contribute the recipe and the story in the Neugebauer cookery book. It is indeed my pleasure to present it. 'Ninaava' (which means 'without name') is a typically traditional sweet item prepared and popular in the CKP community of Maharashtra. Though it is savoured anytime, it is particularly prepared in the end of the auspicious Hindu calendar month 'Shravan'. I had participated in a local cooking competition, organized to welcome and celebrate the spring season which comes in the beginning of the Hindu calendar year and is called the 'Vasant Ritu' in India. I prepared 'Ninaava'. Pouncing hands on it, made it evident that it turned out excellent. There were so many delicious and interesting dishes and drinks in this competition. Along with a wonderful music program it was a typical traditional gathering of loving and intimate friends. It was a great beginning of the spring season 'Vasant Ritu' and the auspicious Hindu calendar month 'Chaitra'.

*1 cup gram flour (chick pea flour)
1 cup jaggery, finely cut or grated (alternatively, brown sugar)
1/2 cup ghee (clarified butter)
2 cups coconut milk
1/2 tsp. salt
1 tsp. cardamom powder
1/2 tsp. nutmeg powder
sticks of saffron (optional)*

[continued]

Heat a nonstick pan. Roast the gram flour on a low flame of your gas burner until it slightly changes colour. Add ghee, saving a little to grease the baking vessel. Roast until it changes colour a little more. Then add the jaggery. Keep roasting on a low flame until it acquires the golden colour of the jaggery. Then mix the coconut milk and cook this mixture stirring constantly until it reaches a consistency of a cake batter. Add salt, cardamom powder and nutmeg powder. Take a cake pan or a vessel and grease it with ghee. Now transfer the batter to this vessel. You may sprinkle saffron sticks on top of the batter if desired, to add flavor. If you are baking in an oven, place this vessel in a pre-heated oven and bake for 15 to 20 minutes on 180°C (about 355°F). For those who do not have an oven, place an iron roasting pan (commonly called a 'tava' in India) on a very low flame gas burner and place the vessel covered on the roasting pan. If available, you may place embers on the lid, so as to give the baked texture and flavor. Bake for 25 to 30 minutes. Keep checking if you are baking on the gas burner, to avoid burning at the bottom. Once done, allow it to cool for a sufficiently long time. Cut it into cake pieces and serve.



Crab Dip with Cream Cheese

For my birthday celebration in Portland, Alison, Blake, Schon, Jonah, Adam and Roger prepared many delights. Blake adapted this recipe by Diana Rattray. He presented a huge quantity that we never thought we'd finish—but we did!

*1 (8-oz.) package cream cheese (softened)
1/3 cup mayonnaise
3 tbsp. milk
1/4 tsp. salt
1/8 tsp. garlic powder
Dash cayenne pepper (or Tabasco sauce, to taste)
1 (6-oz.) can crabmeat (drained, cartilage removed, finely chopped) or fresh crabmeat*

In a small bowl, combine cream cheese, mayonnaise, milk, salt, garlic powder, and cayenne pepper or Tabasco sauce, to taste. Blend well. Gently fold in the chopped crabmeat. Cover and refrigerate the crab dip until it is thoroughly chilled. Serve this creamy crab dip with chips, crackers, or raw vegetable dippers.

Variations:

- Add 1 or 2 tablespoons of finely chopped green onions.
- Add a dash of Old Bay seasoning to the dip mixture.
- Add a few tablespoons of parsley or fresh chopped cilantro or chives.
- Double the amount of crab in the dip.
- Add 1 teaspoon of fresh chopped dill or about 1/2 teaspoon of dried dill weed.
- Sprinkle paprika over the top of the dip.

Roasted Termites

Over dinner in Nairobi, David Maholo Rupiah, Henry Manani's brother-in-law, said that the month of December is very festive in Kenya and invited us to join the family gathering on his ranch. He was watching for our reaction when he talked about all the great food, especially roasted termites. Our first question was, "Where do you collect the termites?" "It's so easy!," he replied. "When it rains the termites come out."

1. Gather termites in a basket and then put them in a pan.
2. Add salt and a very little cooking oil.
3. Heat at a moderate temperature.
4. Turn them over with a spoon until they are crispy.
5. They will start turning light brown – when they are dark brown, they are ready.
6. Let cool before eating.

Very nutritious and delicious. Locusts work, too!

Caroline's Broccoli Tots

Caroline Theis (Blake's niece) and Roger enjoyed making these.

*10 to 12 oz broccoli, cut into small florets
2/3 cup shredded cheese (cheddar recommended)
1 egg
hot sauce
2/3 cup panko or oatmeal
salt and pepper*

1. Preheat oven to 400°F.
2. Fill a saucepan (medium to large) with water and bring it to boil. Add a generous amount of salt to make it boil quickly.
3. Dump your broccoli into the boiling water. Cover pot with a lid and wait 2 minutes.
4. Strain broccoli and let it cool for 3 minutes. Then chop it up into very fine pieces and pour into a mixing bowl.
5. Add a beaten egg, cheese, panko/oatmeal, hot sauce, salt and pepper to the bowl and stir to combine. Then refrigerate the mixture for 20 to 30 minutes.
6. Spray a baking sheet with non-stick spray. Then with your hands shape the mix into tots of ball-like shapes. Bake for 9 minutes.
7. After 9 minutes, flip the tots and bake the other side for 9 minutes. Serve with your favorite dipping sauces!

Halibut with Chardonnay Sauce

An old recipe from Caren Brown resurfaces to rave reviews sharing dinner with new Cannon Beach friends.

Chardonnay Sauce:

*1 cup chardonnay
2 tbsp. shallots, minced
1/3 cup cream
1/4 cup butter
1 tsp. lemon zest
freshly ground pepper*

Place shallots and chardonnay in a saucepan and bring to a boil; reduce heat and simmer until the wine has reduced to 1/8 cup, almost syrup-like and slightly golden in color. Add the cream or milk and reduce again to 1/8 cup. Remove from heat and slowly incorporate the butter. Add the zest and pepper; hold warm.

Halibut:

*4 servings halibut
1/2 cup chardonnay
salt and pepper*

Marinate halibut in chardonnay (wine, not the sauce) for 30 minutes. Remove from the wine; salt and pepper. Roast for 23 to 28 minutes in a preheated 375°F oven. Serve with the sauce.

Goi Cuon with Nuoc Cham Southern Salad Rolls

We learned how to make these salad rolls in a North Coast Food Web Cooking Class presented by Pat Milliman from Pat's Pantry in Astoria. Grandchildren Schon and Jonah, Zachary and Caroline enjoyed making and eating them during Kids Camp this summer.

Yield: 16 rolls

Nuoc Cham Dipping Sauce:

*1/3 cup fresh lime juice
1 tbsp. unseasoned rice vinegar
3 tbsp. sugar
2/3 cup lukewarm water
5 to 6 tbsp. fish sauce
2 to 3 serrano chilies, thinly sliced
2 cloves garlic, minced (optional)*

Goi Cuon Salad Rolls:

*1 tsp. salt
24 small shrimp, peeled
1/3 pound small dried round rice noodles, cooked in boiling water 3 to 5 minutes, drained and rinsed
1 head butter lettuce, leaves separated
12 to 16 sprigs cilantro
12 to 16 sprigs mint
16 rice paper rounds*

Optional Additions:

*thin carrot sticks
peanuts
cucumber sticks*

[continued]

In a small bowl, combine lime juice, vinegar, sugar and water. Stir to dissolve sugar. Taste and adjust to balance sweet and sour. Add the fish sauce, starting with 5 tbsp., then adding more as needed to balance sweet, sour and salty. Add chilies and garlic. Set aside.

Bowl or pan of water for dipping rice papers. Dip rice paper in water for short time, until pliable and tacky. On lower third of paper, add lettuce leaf half, noodles, cilantro and mint. Add any other veggies. Fold paper up just to cover herbs. Add shrimp halves and fold again. Fold in sides of paper, then roll up so shrimp are on top. Create tight cylindrical package. Cut in half. Serve with Nuoc Cham dipping sauce.

Smoked Salmon Cheesecake

I finally rejoined my quilting friends for an afternoon of sharing wonderful food and our lasting friendship. Margaret Rothchild, who once ran an inn in Vermont, created and prepared this most delicious savory cheesecake. The texture is light and the taste is divine. I served this at the Nehelem Bay Garden Club meeting to celebrate their 60th birthday in the hope that delicious food builds new friendships.

Yield: Serves 12

For preparing pan:

*1-1/2 tbsp. butter
1/2 cup fine French breadcrumbs, lightly toasted
1/4 cup Gruyère cheese, finely grated
1 tsp. fresh dill, minced (or 1/4 to 1/2 tsp. dried dill)*

[continued]

For filling:

*3 tbsp. butter
1 medium onion, minced
1-3/4 pounds cream cheese, room temperature
4 eggs
1/2 cup Gruyère cheese, grated
1/3 cup half and half
1/2 tsp. salt
1/2 pound smoked salmon, coarsely chopped*

Preheat oven to 325°F. Butter 9-inch springform pan with butter (be sure it has a tight seal). Mix breadcrumbs, ¼ cup Gruyère and dill. Sprinkle into pan, turning to coat. Refrigerate.

Melt butter in heavy medium skillet over low heat. Add onion, cover and cook until translucent, about 10 minutes, stirring occasionally. Mix cream cheese in blender or processor until smooth. Add eggs, remaining Gruyère, half and half and salt and mix until smooth. Blend in onion and salmon; filling should retain some texture.

Pour into prepared pan. Set pan in roasting pan. Add enough hot water to come halfway up sides of springform. (If pan is not tight, don't set it in water bath; it will still be delicious.) Bake 1 hour and 20 minutes. Turn over off and cool cheesecake about 1 hour with door ajar. Transfer to rack. Cool to room temperature before removing from pan and serving.

Cheesecake can be prepared up to 2 days in advance and refrigerated. Margaret has had success with freezing for a short time.

Toasted Coconut and Berry Grain-Free Granola

Alison gifted us this delicious nut mix. Beautiful, healthy, and as she says, "Great!" I've made this many times and usually triple the nut quantities for this amount of syrup.

*1 cup larger size whole mixed nuts (brazil nuts, hazelnuts, walnuts, pecans)
1 cup raw almonds
1/2 cup pumpkin seeds
1/4 cup coconut oil
1/4 cup maple syrup
1 tsp. vanilla
1 tsp. cinnamon
1/2 tsp. ground ginger
dash of sea salt
2/3 cup unsweetened coconut flakes
2 to 3 tbsp. chia seeds (optional)
1 cup dried berries (blueberry, cranberry, etc.)*

Preheat oven to 325°F and line a baking sheet with parchment paper. Transfer nuts to large bowl. In another bowl, combine oil, vanilla and syrup. Pour this over the nuts and mix. Then add spices and mix again until evenly coated. Spread nut mixture evenly onto the baking sheet and sprinkle a little sea salt on top.

(Source: Adapted from Cotter Crunch)

Caroline's Chocolate Cone

Caroline's Chocolate Cone

Ingr.^{er} A hole Chocolate bar.
Heat the Chocly
~~Cream~~ ~~cone, and Peanuts~~ in the microwave
for 1:00 ~~then~~
then take it out and stir
it put in some light cream
and keep stirring it until your
chocolate ~~get~~ thickens so if you
want you can add more
light cream in to make it
thicker ~~easy~~ easier then add
crushed up Peanuts (crush them yourself)
then stir it and dip the
cone in then Put some
Ice cream in eat it then
eat it! enjoy! ~~as~~ before
making

Pearled Couscous Salad

Riddhi and Adam: Our good friend and amazing home chef, Marc, cooked this for us recently and we immediately knew it was going in the cookbook. We hope you enjoy it, too!

Couscous:

*2 cups pearled or Israeli couscous
1 tbsp. olive oil
2-1/2 cups water
1/2 tsp. salt*

Pickled Shallots:

*2 shallots, thinly sliced
1/3 cup red wine vinegar
pinch of salt
1/2 tsp. sugar*

Dressing:

*3 tbsp. olive oil
3 tbsp. lemon juice
1 tsp. Dijon mustard
1/8 tsp. salt
red pepper flakes*

Salad:

*4 cups arugula, chopped
1 cup mint leaves, torn
1/2 cup frozen peas, thawed
8 tbsp. pistachios, toasted and chopped
3/4 cup feta cheese
orange, tangelo or other fruit, chopped
salt and pepper*

[continued]

Toast couscous in pan with olive oil, 5 to 6 minutes, until about half of it is golden brown. Add water and salt, bring to boil. Cover, on medium/low heat, 9 to 12 minutes until water is absorbed. Take off heat, let stand covered for 3 minutes. Spread out onto cookie sheet to let cool.

For the shallots, bring red wine vinegar, salt and sugar to simmer. Stir until sugar dissolves. Remove from heat, add sliced shallots, stir. Cover and let cool 30 minutes, then drain and discard liquid.

For the dressing, whisk olive oil, lemon juice, mustard, red pepper flakes and salt in large bowl.

Toss together couscous, pickled shallots and remaining salad ingredients. Top with dressing.

(Source: America's Test Kitchen)

Swedish Semla Buns

I received a message on February 13th from Swedish Inspirations announcing: "Today is Swedish Semla Bun Day! What is a *semla* you ask? It is a sweet roll filled with almond paste and topped with whipped cream. It has been around for centuries and has transformed into what we make it today. Traditionally it was served in warm milk. They are super delicious and not too sweet." So, of course, I tried this recipe and they are indeed delicious.

Semla Buns:

*3-1/2 cups strong white bread flour
1/4 cup sugar
1/2 tsp. salt
1 tsp. ground cardamom
3 tsp. dried yeast
1 cup whole milk
1/2 cup unsalted butter, softened
1 medium egg, lightly beaten
1 medium egg, lightly beaten (for glazing)*

Filling:

*1/2 cup mandelmassa (almond paste)
1/2 cup whole milk
1 cup heavy whipping cream
2 tbsp. powder sugar*

Add the flour, sugar, salt, yeast and cardamom into a large bowl and combine. Heat butter and milk gently in a saucepan and add along with the beaten egg, stirring with a large spoon or using a dough hook attachment until you get a sticky dough. Either knead by hand or with your dough hook for 5 minutes until the dough feels smooth and elastic. Then place in an oiled bowl, cover and leave to rise for 1 hour or until doubled in size.

[continued]

Line two baking sheets with baking parchment. Tip the dough onto a lightly floured surface and knock the mixture back. Divide into 12 pieces of roughly equal size, work into evenly shaped balls and place on the baking sheets. Leave to rise again, covered with a damp kitchen towel, for 20 to 30 minutes. Meanwhile heat the oven to 400°F. Cover buns with egg glaze and bake for 25 minutes. Allow to cool completely.

Once cool, slice the very top off of each bun and set aside. Using a fork, tease out a small layer of crumbs from each bun and place them in a bowl. Grate the almond paste and combine it with the reserved crumbs and the milk. Blend everything thoroughly until it forms a thick paste. Whip the cream until stiff.

Add a spoonful of almond mixture to each hollowed out bun and finish with a generous helping of whipped cream. Finally dust with icing sugar and enjoy right away.

Kay's Mom's Muffins

Kay Albrecht: "I have always promised you my Mom's muffin recipe that we had for breakfast in Tomball, Texas when you and Nancy visited. So, here it is! I think I made blueberry muffins. It is easy to make and can include available fruit."

2 cups all-purpose flour

3/4 cup sugar

2-1/2 tsp. baking powder

1/2 tsp. salt

4 tbsp. unsalted butter, very soft or melted

Up to 1 cup of milk

1 egg, well beaten

1/2 to 3/4 cup of fruit (blueberries, strawberries, peaches, apricots)

1. Grease a 12-muffin tin with butter or non-stick spray.
2. Add dry ingredients into a mixing bowl.
3. Cut in butter (you can use a mixer for this recipe, but it really isn't worth getting it dirty).
4. Combine egg and milk.
5. Add liquid ingredients slowly, folding gently with a spatula to combine. Do not over-mix. There should a bit of visible dry ingredients hanging around.
6. Fold in fruit.
7. Spoon into a well-greased muffin tin.
8. Bake at 400°F for 15 to 20 minutes.

“The silver rain, the shining sun
The fields where scarlet poppies run
And all the rustling of the wheat
Is in the bread that we now eat.”

So it is with grateful heart we feel
When we sit down to every meal
That we are eating rain and sun and
Fields where scarlet poppies run.”

—Alice C. Henderson

*Neugeberry Publishing
PO Box 244
Cannon Beach, OR 97110*

Cover artwork features Caroline working on her chocolate cones.

