
Effin Cookbook

Release 0.1

Christopher P Yarger, <cpyarger@gmail.com>

Feb 17, 2022

CONTENTS

1	Appetizers	3
1.1	Rye Beef Boat	3
2	Drinks	5
2.1	Brandy Splash	5
3	Breakfasts	7
3.1	Granola	7
3.2	Apple sauce	7
3.3	Banana Nut Bread	7
3.4	Blueberry Muffins	8
3.5	Cinnamon rolls	8
3.6	Sugar Loaf Coffee Cake	9
4	Dinners	11
4.1	Green Chili Chicken Enchiladas	11
4.2	Spaghetti Sauce	11
4.3	Corn Casserole	12
5	Deserts	13
5.1	3 Minute Fudge	13
5.2	Apple Crisp	13
5.3	Blueberry Buckle	13
5.4	Molasses Cookies	14
5.5	Thumbprint Cookies	14
5.6	Easy Peanut Butter Fudge	15
5.7	GingerBread People	15
5.8	Lemon Meringue Cookies	16
5.9	Peanut Butter Fudge	16
5.10	Sopapillas	16
5.11	Zucchini Brownies	17
6	Conversion Tables	19

This is a collection of recipes compiled by me from the many families that I am a part of.

These include the following families;

- Yarger
- Wright
- Walkley
- McNinch
- Beach

APPETIZERS

1.1 Rye Beef Boat

Table 1: Ingredients

16 oz sour cream	16 oz mayo
1 tsp garlic	1 tsp dill weed
1 tbsp parsley	1 package dried beef

1. Mix ingredients.
2. Put in gutted rye loaf

DRINKS

2.1 Brandy Splash

Table 1: Ingredients

9 Cups Water	4 Teabags
1 large frozen can of lemonade concentrate	1 large frozen can of orange juice concentrate
2 Cups Brandy	

1. Boil 2 cups water w teabags
2. Boil 1.4 cup sugar with 1 cup water
3. Let cool
4. Mix with other ingredients
5. Freeze

BREAKFASTS

3.1 Granola

Table 1: Ingredients

1/4 to 1/2 cup olive oil	1 cup Honey
1/2 cup brown sugar	walnuts
oatmeal & oat bran	flax seeds
wheat bran	dried cherries
chex mix	sundflour seeds
raisins	

1. Bake at 300F until golden brown

3.2 Apple sauce

1. Clean and cut apples
2. In large pot add apples and then water until you can just see it/
3. Cook down until apples are mushy
4. Put through fooley food mill, or pour into blender and blend until smooth.
5. Add cinnamon, Nutmeg and sugar to taste.

3.3 Banana Nut Bread

Ruth Beach

Table 2: Ingredients

1/3 Cup Shortening	1/2 Cup Sugar
2 Eggs	1 3/4 Cups sifted flour
1 tsp Baking powder	1/2 tsp baking soda
1/2 tsp salt	1 Cup Ripe Bananas
1/2 Cup Nuts	

1. Cream Shortening and sugar
2. Add Eggs

3. Beat well
4. Sift together dry ingredients
5. Add to creamed mixture, alternating with Banana
6. Blend well after each addition
7. Stir in Nuts
8. Pour into well greased loaf pan
9. Bake at 350F for 40-45 minutes, or till done
10. Remove from pan and cool on rack

3.4 Blueberry Muffins

Table 3: Ingredients

6 Tbsp Shortening	3/4 cup Sugar
1/4 tsp vinegar	1 egg
3/4 cup milk	1/2 tsp vanilla
2 cups flour	3/4 tsp baking soda
1 1/2 tsp cream of tartar	

1. Cream together Shortening, sugar, and vinegar.
2. Add egg vanilla and milk
3. Mix together flour soda and cream of tartar
4. Add Together both mixes.
5. Pour into paper lined cupcake pan, filling only halfway
6. bake at 400F for 16 minutes.

3.5 Cinnamon rolls

Margaret Kay

Table 4: Ingredients

2 packages dry yeast	1/2 cup warm water
2 cups lukewarm milk (scalded then cooled)	1/3 cup sugar
1/3 cup veg. oil	3 tsp baking powder
2 tsp salt	1 egg
5-6 cups Flour	

1. Dissolve yeast in warm water
2. stir in milk, sugar, oil, baking powder, salt, egg, and flour
3. beat until smooth
4. turn dough onto Floured board and knead until smooth
5. place greased bowl over and let rise in warm place until double, about 1 1/2 hours

6. grease 2 oblong pans 13x9x2
7. punch down dough
8. divide into halves and roll out into 1/2 inch thick 12x10 rectangle

3.5.1 Filling

Table 5: Ingredients

4 Tbsp butter	1/2 cup sugar
1 Tbsp + 1 tsp Cinnamon	

1. Spread 1/2 over each rectangle.
2. roll up
3. pinch edge of dough to seal
4. cut into 12 slices
5. let rise in warm place
6. bake at 350 for about 30 minutes (until golden)

3.5.2 Frosting

Table 6: Ingredients

1 Cup powdered sugar	1 Tbsp milk
1/2 tsp vanilla	

1. Mix together
2. use to frost rolls

Frosts 1 pan of rolls

3.6 Sugar Loaf Coffee Cake

Table 7: Ingredients

2 1/2 Cups flour	1 1/4 Cups Sugar
3 /2 tsp baking Powder	1 tsp salt
1 tsp nutmeg	1 tsp cinnamon
1/2 tsp cloves	1/2 tsp allspice
3/4 cup Shortening	1 cup raisins
1 cup milk or buttermilk	1 egg beaten

1. Heat oven to 375F.
2. Grease a square 9x9in pan.
3. Mix dry ingredients well in bowl.
4. Cut shortening till it looks like oatmeal.
5. Set aside 1 cup for top.

6. Add raisins.
7. Mix milk and egg
8. Stir in dry ingredients until just a little moist.
9. Pour into pan.
10. Sprinkle reserved mixture over top.
11. Bake 40-45 minutes.
12. Serve warm.

DINNERS

4.1 Green Chili Chicken Enchiladas

Elizabeth Walkley

Table 1: Ingredients

2 Whole chickens	Water
Flour	5 Green Chili
2 tubes Sour Cream	Corn Tortillas
Cheddar Cheese	Monteray Jack Cheese
Lettuce	Tomatoes, Diced

1. Boil Chickens (save broth)
2. Shred chicken meat
3. To broth add water and flour until you get a gravy
4. Spray pan
5. Place a Layer of Tortillas
6. Place a layer of chicken, green chili, sour cream, cheesem and gravy (don't add too much)
7. Keep alternating layers between tortillas and filling until pan is 1/4 inch from the top
8. Bake until brown at 375F.
9. After it comes out of the oven top with tomatoes and lettuce.

4.2 Spaghetti Sauce

Table 2: Ingredients

Large Bushell of tomatoes	Green and Red bell peppers
Carrots	Celery
Red Chilli peppers	Onions
1 tsp Garlic	Salt & Pepper to taste
Sugar (up to 1 Tbsp)	

Foley food mill instructions

1. Quarter tomatoes

2. Dice all other Veggies
3. Cook all veggies until tender
4. Put through foley food mill
5. Season to taste
6. Cook down until desired thickness

Non foley food mill instructions

1. Blanch tomatoes
2. Let tomatoes cool a bit
3. Peel tomatoes
4. Dice all veggies
5. Sautee veggies in a pan until tender
6. Put peeled tomatoes in large pot, cook on low heat
7. Simmer tomatoes until they are soft and water is released
8. Add sauteed veggies to tomatoes
9. Add seasonings to taste (including sugar)
10. Slow cook on low until desired thickness

4.3 Corn Casserole

Louise Yarger

Table 3: Ingredients

1 box “Jiffy” corn muffin Mix	1 stick of butter
1 can (17 oz) cream corn	1 can (17 oz) whole kernel corn

1. Melt butter and mix with muffin mix.
2. Add cans of corn (with liquid)
3. Mix well
4. Bake 1 hour at 350F, until top is golden brown

DESERTS

5.1 3 Minute Fudge

Table 1: Ingredients

2 cups chocolate chips	14 oz can condensed milk
2 tsp vanilla	1/4 cups raisins

1. Add chips and condensed milk to bowl.
2. Microwave 3 minutes on high.
3. Add vanilla and raisins.
4. Pour into 8x8 in foil lined pan.

5.2 Apple Crisp

Great Grandma Walkley

Table 2: Ingredients

1 Cup Sugar	3/4 Cup flour
1/2 Cup butter	4 cups apples

1. Mix and Sprinkle on top of apples
2. Bake for 30 minuts at 350F

5.3 Blueberry Buckle

Blueberry Hill

Table 3: Ingredients

3/4 Cup Sugar	1/4 Cup Shortening
1 Egg	1/2 Cup milk
2 cups blueberries, well drained	2 cups floue
2 tsp. baking powder	1/2 tsp. salt

1. Mix thouroughly together sugar, shortening and egg.

2. Stir in milk
3. Sift together flour, baking powder and salt.
4. Stir in dry Mix
5. Carefully blend in blueberries.
6. Spread batter in greased and floured 9 inch pan
7. Sprinkle *Crumb Mixture* over top
8. Bake at 375 F for 45 to 50 minutes (until wooden pick comes out clean)

5.3.1 Crumb Mixture

Table 4: Ingredients

1/2 cup Sugar	1/2 tsp. cinnamon
1/3 cup flour	1/4 cup soft butter

1. Mix all ingredients together
2. Sprinkle on top of batter

5.4 Molasses Cookies

Aunt Saties

Table 5: Ingredients

1 Cup Shortening	1 Cup Brown Sugar
1 Cup Molasses	2 Eggs
2 Tbsp Vinegar	4 1/2 tsp soda
ginger to taste (3 tsp)	3 tsp cinnamon
1 pinch cloves	

1. Mix together.
2. Refrigerate overnight
3. Roll out flat
4. Cut out Cookies
5. Bake at 350F for 10 minutes

5.5 Thumbprint Cookies

Table 6: Ingredients

1/4 cup brown Sugar	1/4 cup shortening
1/4 cup butter	1/2 tsp vanilla
1 egg seperated	1 cup flour
1/4 tsp salt	3/4 cup copped nuts
jelly	

1. Heat oven to 350F
2. Mix sugar, shortening, butter, vanilla, and egg yolk.
3. Stir in flour and salt until dough holds together
4. Shape into balls
5. Lightly mix egg whites
6. Dip each ball into egg whites
7. Press thumb into balls
8. Place on pan
9. Bake until light brown (about 5 mins)
10. Remove from cookie sheet and fill Thumbprint with jelly
11. (makes about 3 dozen)

5.6 Easy Peanut Butter Fudge

Table 7: Ingredients

1 Can Vanilla Frosting	1 jar Peanut butter
------------------------	---------------------

1. Microwave both for 1 minute each.
2. Pour both into bowl and mix thouroughly
3. Pour into buttered pan
4. Cool completely before you cut

5.7 GingerBread People

Table 8: Ingredients

1 Cup Packed Brown Sugar	1/3 Cup Shortening
1 1/2 Cup Dark Molasses	2/3 cup Cold Water
7 Cups flour	2 tsp baking soda
2 tsp ground ginger	1 tsp salt
1 tsp ground allspice	1 tsp ground cloves
1 tsp ground cinnamon	

Mix Brown Sugar, Shortening, Molasses and Water Stir in remaning ingredients Cover for at least 2 hours Heat oven to 350F Roll dough 1/2 inch thick on floured board Cut with floured cookie cutters Place 2 inches apart on lightly greased cookie sheets Bake untul no indentations remain when touched (about 10-12 minutes) Decorate as desired. (makes ~ 2 1/2 dozen)

5.8 Lemon Meringue Cookies

Table 9: Ingredients

4 room temperature egg whites	1/2 tsp cream of tartar
1/4 tsp salt	1 cup fine sugar
1/2 - 1 tsp lemon extract	

1. Preheat oven to 225F
2. In a large mixing bowl put egg whites in and beat until frothy
3. Add cream of tartar and salt and continue to whisk until mixture forms soft peaks.
4. Add sugar 1 Tbsp at a time letting it completely dissolve in the mixture each time.
5. When the mixture starts to get glossy and the peaks are stiff, turn off the mixer and fold in the lemon extract.
6. Drop / place on parchment paper covered cookie sheet
7. Bake for 45 Minutes, then turn oven off.
8. DO NOT OPEN THE OVEN for at least 2 hours after.

5.9 Peanut Butter Fudge

Table 10: Ingredients

3/4 Cup milk	1 Cup Sugar
1 cup brown sugar, packed	3 rounded Tbsp peanut butter

1. Cook in sauce pan stir constantly till mixture foams soft
2. Remove from stove and stir in vanilla and peanut butter
3. Stir while cooling when stiff and light color pack into greased 8x8 pan

5.10 Sopapillas

Table 11: Ingredients

2 Cups flour	1 Tbsp baking soda
1/2 tsp salt	1 Tbsp Shortening
2/3 cup lukewarm water	

1. Stir together flour, baking soda, and salt
2. Cut in Shortening
3. Gradually add water while stirring with fork
4. Knead into a ball
5. Cut dough in 2
6. Let stand 10 minutes
7. Roll out dough onto floured surface to make a 12 1/2" by 10" rectangle

- 8. Cut into 2 1/2” sqiares
- 9. Drop into 425F deep fryer
- 10. Turn frequently until golden brown

5.11 Zucchini Brownies

Kim Smith

Table 12: Ingredients

2 cups grated Zucchini	1 1/2 cup sugar
1/2 cup oil	2 cups flour
1 tsp salt	1 1/2 tsp baking soda
1/3 cup cocoa	2 tsp vanilla
(optional) 1 egg for more moist Brownies	

- 1. Mix all Ingredients in bowl
- 2. Pour into oven safe pan
- 3. Bake at 350F for 30 minutes

Deserts yum

CONVERSION TABLES

—