



Burris Community Cookbook

Created with recipes from the Burris Laboratory School Community
December 2023

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Thank you to each member of our Burris Community who shared not only recipes, but also lovely memories, to make this cookbook possible.



Soups, Appetizers, and Bread



Aunt Liz's Veggie Dip

Submitted by David Canada, Burris Sophomore

Ingredients: 1pt. Hellman's Mayo, 1pt. sour cream, 1 1/2 tsp. Worcestershire sauce, 6 drops tabasco sauce, 1 Tbsp. each of dried minced onion, dill weed, season salt, and parsley.

Directions: Mix ingredients together, chill and enjoy with all your favorite veggies or chips!

"We make this for every holiday for our family to share. It makes a lot and people always ask, 'Who is making Aunt Liz's Veggie Dip?'"



Butler's Hummus

Submitted by Paul Butler, parent of Amelia and Adeline Butler

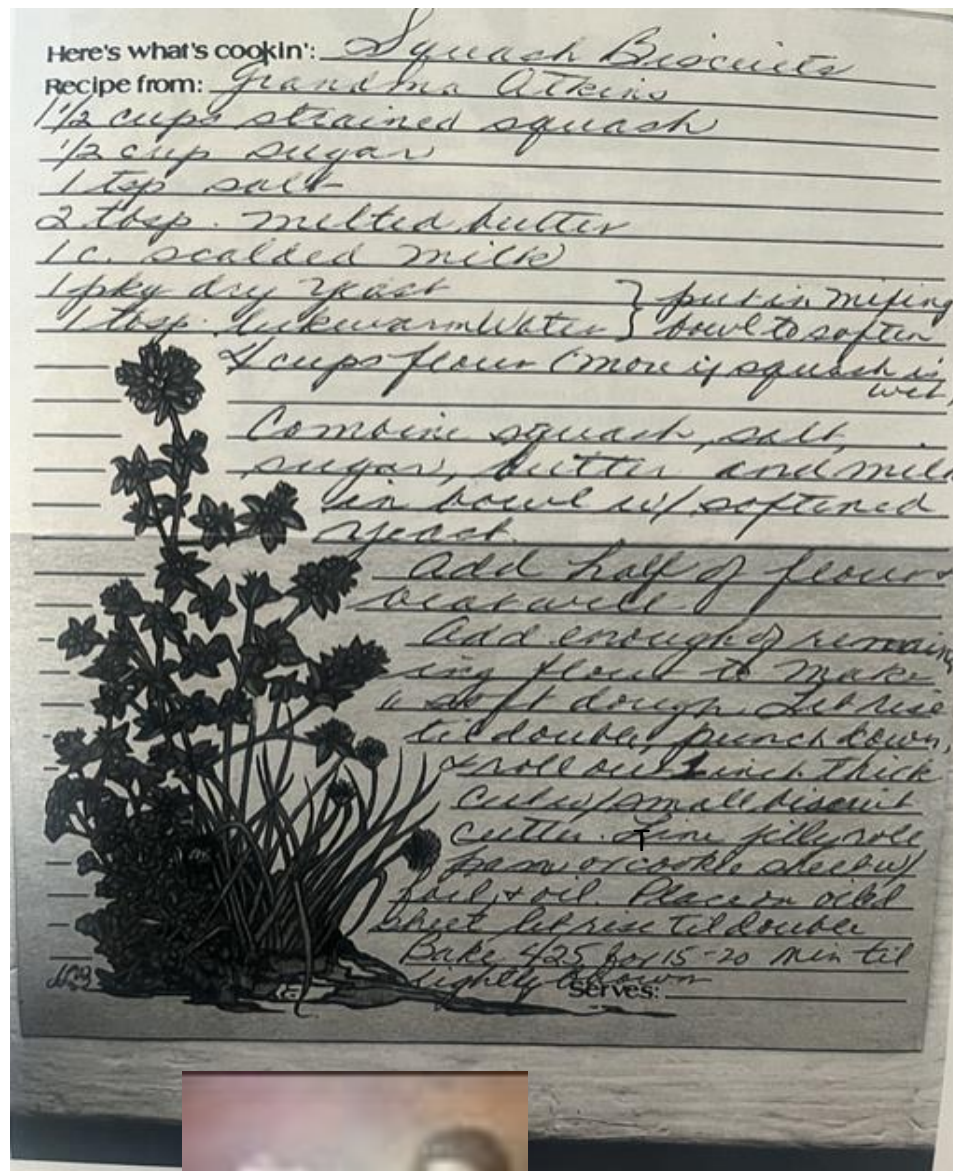
This is something I have been making for decades and we eat often. We eat it as a dip with raw veggies and pretzels, or added to a sandwich, pita, or wrap. Full of veggies and flavor, it is a versatile recipe to experiment with and make your own.

- --Butler's Hummus--
-
- 2-3 cloves garlic, peeled (more/less to taste)
- 2 cans chickpeas (aka garbanzo beans), drained and rinsed
- 1 heaping tablespoon ground cumin
- 6-7 tablespoons lemon juice (more to taste)
- 6-7 tablespoons tahini (aka sesame seed paste), this is hard to measure out, so just eyeball it.
- A good amount of olive oil (add until desired consistency, maybe 3-4 tablespoons, I never measure it out and usually just eyeball this as well)
- 1-2 teaspoons salt (more/less to taste, but start light and add more as needed)
- 2-3 tablespoons ice cold water
- Several pinches of za'atar (optional)
-
- Add the garlic to food processor. Pulse until finely minced. Add the chickpeas, cumin, lemon juice, za'atar, and tahini to processor and start processing. While it is running drizzle in the olive oil. While still running start adding ice cold water to it 1 tbs at a time until you get a smooth consistency. I let the food processor run for a good amount of time, like 3-4 minutes in all to get it super smooth and creamy. When ready to serve drizzle top with even more olive oil and/or sprinkle on more za'atar. Best served at room temp.
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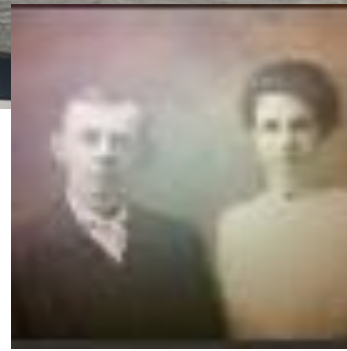


Squash Biscuits

Submitted by
Melanie Hanser,
Burris Parent of
Shadow, Fifth Grade



"My great-grandma, Seraph Atkins, and my great-grandpa owned a bakery together in McGraw, New York and developed this recipe. We have it every year at Thanksgiving."



To the left are my great-grandparents, Charles and Seraph Atkins.

Molasses Bran Muffins

Submitted by Teagan and Liam Ferguson,
Burris Students

"Liam and Teagan's great grandmother Mae Ferguson from Nova Scotia, Canada always made these, and she shared her recipe with us years before she died. You can add anything you want to them, and they are healthy and yummy."

Don't skip the molasses! Their signature taste comes from that ingredient.

Ingredients

- 2 cups flour
- 1 1/2 cup bran
- 2 eggs
- 3/4 cup brown sugar
- 1 Tbsp. Molasses
- 1/4 cup oil
- 1 tsp. baking soda
- 3/4 cup raisins/craisins/dried cherries/pecans
- 1 1/2 cup milk.

Directions

Beat eggs into the oil. Add sugar & molasses, milk, and then dry ingredients. Bake in oven 375 degrees for 20-23 min.





Main Dishes



Chicken and Dumplings

Submitted by Janice McGalliard, Burris Director of Special Services and Burris Parent to Gracieann and Georgia, 7th Graders

Ingredients:

1 chicken cut into pieces

1 onion

3 large carrots cut into thirds

3 stalks celery cut into thirds

8 cups low sodium chicken broth

salt & pepper to taste

bay leaf or a pinch of poultry seasoning

1 $\frac{3}{4}$ cups flour plus extra for dusting

$\frac{1}{3}$ cup shortening

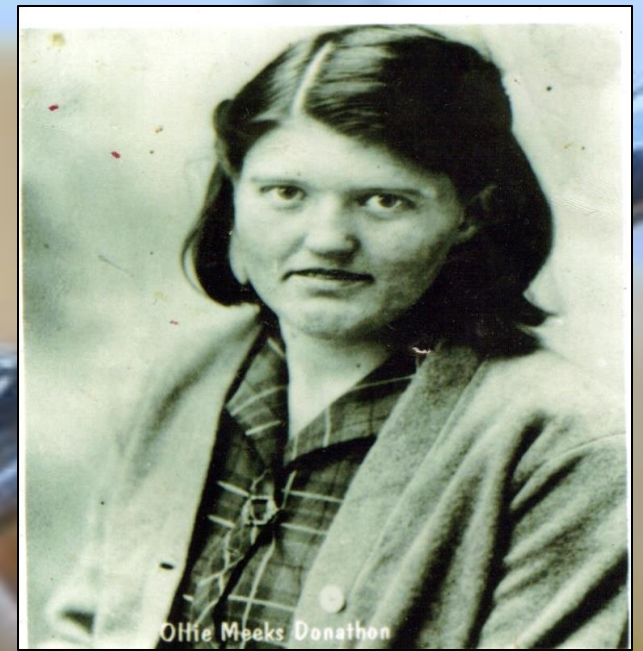
$\frac{1}{2}$ teaspoon baking powder

$\frac{3}{4}$ cup milk

$\frac{1}{2}$ teaspoon salt

Directions:

- Combine chicken, onion, carrots and celery in a large pot. Season to taste.
- Add chicken broth. Bring to a boil, reduce heat, and simmer covered 45-60 minutes or until chicken is tender. While broth is simmering, prepare dumplings. (Note: I just use canned biscuits cut into quarters for the dumplings).
- Remove chicken and vegetables from broth. Discard skin and bones and chop remaining chicken, set aside.
- Gently add dumplings to broth. Simmer 15-20 minutes or until tender.
- Stir chicken (and vegetables if desired) into broth and cook about 2-3 minutes or until heated through.
- Combine flour, baking powder, salt and shortening with a fork until shortening is mixed in.
- Add milk a little at a time and mix until combined (you may not need all of it, you want a soft but not sticky dough).
- Knead a few times on a floured surface until dough is smooth.
- To make your own dumplings: Generously flour your surface and roll the dough out to $\frac{1}{8}$ " thick. Cut dough into 1" x 2" strips. Flour generously to avoid sticking.
- Cook in broth as directed above.



"My mamaw, Ollie Mae (Meeks) Donathan, was a sweet woman who lived through poverty and faced schizophrenia. I guess you could say she had a hard life, but she loved her family, especially babies, and was always kind. She and my Papaw were sharecroppers in Mt. Sterling, Kentucky before moving to Dunkirk where my Papaw worked at the glass factory. She kept an immaculate house and made the best chicken and dumplings. She used to send a Christmas card each year with a five-dollar bill inside and signed it, 'Ollie.' I miss receiving those now that I am older, and I wish I had appreciated her more and taken the time to get her recipe for this dish. This one sounds a lot like the one Mamaw used to make."

Brazilian prawn coconut stew (moqueca de camarao)

Submitted by Mikayla Trenhaile-Medeiros, Burris Music Teacher

Ingredients

400 g (14 oz) prawns
Juice of 2 limes, divided
2 garlic cloves, minced
1 tbs coconut oil
1 medium red onion, diced
1 medium red pepper, diced
2 large garlic cloves, finely chopped
1 green chilli, deseeded, finely chopped
1/2 tsp red chilli flakes
1 tbs paprika
8 cherry tomatoes, diced
400 ml (13.5 fl oz) coconut milk
Fresh coriander, to serve



"My husband and I traveled to Brazil this summer to visit family for the first time since before the COVID19 pandemic. While we were in Brazil, we traveled to a local historic fish market where they had many different restaurants and many different types of food. We were able to sample this very traditional Brazilian dish called "Moqueca" which had many different types of seafood (scallops, squid, fish, etc.). and traditionally cooked and served in a pumpkin and dished over rice. Of course, when we came back to the United States, we really wanted to make it at home, so I found this recipe. This recipe is a bit simplified (and only featuring one type of seafood), but you can add as little or as many different types of seafood as you'd like! The amount of spice is entirely up to each person's taste and can be left out entirely if desired. Serve this dish with some fresh white rice or steak fries (a common side dish in Brazil) and enjoy!"

Instructions

1. Put the prawns in a bowl and stir in half of the lime juice and the minced garlic. Season with salt and pepper and chill for 30 minutes.
2. In a large pan, heat the coconut oil and fry the red onion and red pepper for 5 minutes until slightly softened. Stir in the garlic and green chilli and continue to cook for another minute.
3. Add the red chilli flakes and paprika, stir to combine and cook for another 30 seconds. Add the prawns and simmer for 3-4 minutes until the prawns are almost cooked.
4. Stir in the cherry tomatoes and cook for 2-3 more minutes, stirring often and breaking down the tomatoes with your spoon as they cook.
5. Add the coconut milk, bring to a simmer, then allow to reduce and thicken for 1-2 minutes. Stir in the lime juice and season to taste. Serve with rice and topped with fresh coriander and extra lime wedges.

Cheeseburger Pie

Submitted by Max Canada, Burris 5th Grader

Ingredients: 1lb ground beef or turkey, 1 1/2 c. chopped onion, salt and pepper to taste, 1 c. (or more...always more) shredded cheddar, 1 1/2 c. milk, 3/4 c. buttermilk baking mix, 3 eggs.

Directions: Preheat oven to 400 degrees. Grease baking dish. Combine meat and onions, cook and drain. Spread in the bottom of the baking dish. Sprinkle with cheese. Beat remaining ingredients and pour over meat and cheese. Bake for 30 minutes.

"It has been one of the favorite things my mom makes."



California Rice (Family Recipe) Submitted by Sala Tyler, Burris Senior

Ingredients:

- 1 to 1 ½ lbs. Ground beef(or preferred substitute)
- 1 small chopped onion
- 1 chopped bell pepper
- 1 chopped tomato
- 1 cup of uncooked rice
- 2 cups of water
- 3 beef bouillon cubes
- ½ teaspoon of dry mustard or a little prepared mustard
- Grated cheese of choice



Brown ground beef and onions in skillet and drain. Add rice, water, bouillon cubes, mustard and season to taste. Bring to mixture to boil then reduce heat and cover, simmer for 10 minutes. Add bell pepper and tomato and simmer for about 7 to 10 minutes. When the casserole is done turn off heat and sprinkle grated cheese over the top and cover with top.

"A cousin shared this recipe a few years ago and everyone loved it, so we started making it often."



Deep Fried Salmon Patties

Submitted by Truth Godwin, Burris Sophomore

Ingredients

15 oz canned salmon in brine

2 eggs

1/2 cup of breadcrumbs

2 tbsp. of mayonnaise

2 tbsp. of chopped onions

Salt and pepper to taste

vegetable oil for frying

Instructions

Drain salmon, de bone and transfer to a mixing bowl.

Flake meat with fork. Flaking salmon meat with fork

Add the rest of the ingredients, excluding vegetable oil, and mix well. preparing mixture for mackerel patties

Using 1/4 cup as a measure, shape into patties.

Fry in small amount of vegetable oil, on medium heat until golden brown (about 3

"This is a recipe my grandmother used to make us. It's been in the family for years, and we all enjoy these deep-fried salmon patties"

Overnight Caramel French Toast Recipe

Submitted by Shon Byrum, Burris Teacher

Prep: 15 min. Plus chilling

Bake: 30 min.

Ingredients:

- 1 c. packed brown sugar
- ½ c. butter
- 2 T. light corn syrup
- 12 slices white or whole wheat bread
- ¼ c. sugar
- 1 t. ground cinnamon, divided
- 6 eggs
- 1 – 1 ½ c. milk
- 1 t. vanilla extract

Directions:

- 1) In a small saucepan, bring the brown sugar and corn syrup to a boil over medium heat, stirring constantly. Remove from heat.
- 2) Pour into a greased 13-in. X 9-in x 2-in. Baking dish. Top with six slices of bread. Combine sugar and ½ t. cinnamon; sprinkle half over the bread. Place remaining bread on top. Sprinkle with remaining cinnamon-sugar; set aside.
- 3) In a large bowl, beat the eggs, milk, vanilla and remaining cinnamon. Pour over bread. Cover and refrigerate for 8 hours or overnight.
- 4) Remove from the refrigerator 30 minutes before baking. Bake, uncovered, at 350 degrees for 30-35 minutes.

"I'll make this dish on special occasions: Christmas morning, first day of school, when a long day turns into a long night, slumber parties, when several calories are needed to fuel a day of frolicking, when all-I-have-left-in-the-cupboard makes sense to do, and so on and so forth." - Shon Byrum



Peking Duck, An Easy Home Version (北京烤鸭)

Submitted by Angela Han, parent of a Burris 4th Grader

Ingredients

- 1 duck about 2.5kg/5.5lb
- 2 tbsp fine salt
- **For the syrup**
 - 2 tbsp maltose see note 1
 - 120 ml hot water about ½ cup
 - 1 tsp vinegar see note 2
- **For the stuffing**
 - 2 stalks scallions
 - 1 head garlic
 - 2 apples quartered
 - 4 star anise
 - 4 bay leaves
 - 2 pieces cassia cinnamon
- **For the sauce**
 - 3 tbsp sweet bean sauce (Tian Mian Jiang/甜面酱) see note 3
 - 1 tsp sugar
- **You also need**
 - Peking duck pancakes homemade or shop-bought
 - Scallions julienned
 - Cucumber peeled and seeds removed, cut into sticks

See the next slide for
directions and notes about
this recipe.



Peking Duck, An Easy Home Version (北京烤鸭)

Continued from Previous Slide

Submitted by Angela Han (Parent of a Burris 4th Grader)

A legendary dish made easy, this Peking duck recipe doesn't require any special equipment or advanced skill. But it still tastes so satisfying!

Instructions

Prepare the duck

- Pat dry the duck with kitchen paper then rub the salt over the skin and the cavity. Put the duck over a wire rack with a tray underneath to collect any drips. Leave to rest on the counter for 1 hour.
- Bring about 1½ liters of water (about 6 cups) to a boil, then gently pour it over the entire duck skin (remember to flip over and do the other side). You can use a deep tray to collect the water or do it inside a sink. If there are feather ends on the skin, remove them with a tweezer.
- In a bowl, mix maltose with hot water and vinegar until completely dissolved. Brush a layer of the mixture over the duck skin. Leave to rest in the fridge for 1 hour then brush another layer.
- Keep the duck refrigerated uncovered (over the rack and inside a tray) for 24 to 48 hours.

Roast the duck

- One hour before roasting, take the duck out of the fridge to bring it back to room temperature. Put all the stuffing ingredients (scallions, garlic, apples, star anise, cassia cinnamon and bay leaves) into the cavity. Use toothpicks or skewers to seal the openings of the cavity.
- Preheat a fan-assisted oven, aka convection oven, at 200°C/390°F (or 220°C/425°F if using a conventional oven). Put the duck over the middle rack of the oven with the breast side facing up. Place a roasting tray at the bottom of the oven to collect any dripping fat during roasting. Leave to cook for 15 minutes.
- Then lower the temperature to 180°C/350°F (or 200°C/390°F if using a conventional oven). Use aluminum foil to cover the tip of the wings and the end of the legs. Continue cooking for a further 60 minutes or so (see note 4)
- Check the doneness by inserting an instant-read thermometer into the thickest part of the duck (the inner thigh area near the breast). The temperature should be no lower than 74°C/165°F.

Serve the duck

- Take the duck out of the oven and leave it to rest on the counter for 15 minutes.
- While waiting, prepare the sauce. Add ½ tablespoon of duck fat collected during roasting to a pan. Add sweet bean sauce and sugar. Mix and simmer over low heat until tiny bubbles appear. Transfer to a small serving dish. Whisk to fully incorporate the sauce and oil.
- Steam the pancakes for 3 minutes to warm up if they're cold. Slice the duck into pieces.
- When eating, spread a little sauce over a pancake, put the duck, scallions and cucumber in the middle. Wrap up into a cylinder and enjoy.

Cook a soup (optional)

- After most of the meat has been removed from the duck, boil the carcass in water to make a soup with Napa cabbage or winter melon. Simply add salt and white pepper to season.

Notes

1. It's best to use maltose (Mai Ya Tang, 麦芽糖) but if unavailable you may replace it with honey. In this case, mix 2 parts of honey with 1 part of hot water.
2. You can use any type of vinegar available. Or use fresh lemon juice to substitute.
3. Sweet bean sauce (aka sweet flour sauce, sweet wheat sauce) is the classic choice. Possible substitutes include hoisin sauce, yellow soybean sauce, or plum sauce.
4. The roasting time may vary depending on the size of your duck and the performance of your oven. Please observe and check often. Adjust if necessary.

"I traveled to China in Fall 2023. My first stop was Beijing, and one of my favorite food is Peking Duck. We had this dish in almost every official dinner with friends and had a lot of good memories with it. I wanted to share it with Burris Community." - Angela Hand

Polish Cabbage Roll

Submitted by Michelle Zlowacki-Dudka, mother of Zina Glowacki, Burris Sophomore

"This is an old Polish recipe and one of the first dishes that Zina learned to cook on her own. It represents food that we can harvest from the garden and cook into delicious and fulfilling meals for family and friends." - Michelle Zlowacki-Dudka

Ingredients: One head of cabbage to wrap. Boil one large head of cabbage in water to cover it. Cut away leaves with a sharp knife and remove from boiling water as they soften. Drain each leaf. Keep cutting around the core, using a long fork to stabilize the top of the core, turning the cabbage often so it cooks evenly. When all leaves are cooked, take them out of the water and let them cool.

Stuffing:

2 lbs. Ground beef

1 lb. Ground pork (Meat can be substituted for ground chicken or turkey)

2 large onion, chopped

2 T. butter or oil

1 c. white rice, uncooked

3 t. salt

$\frac{3}{4}$ t. black pepper

2 c. warm water

1 46 oz can sauerkraut, rinsed well and drained

1 46 oz can tomato or vegetable juice OR 2 quarts stewed tomatoes

COOKING INSTRUCTIONS FOR FILLING: Sauté the onion in butter/oil. * put meat, rice, salt, and pepper in a large bowl and use hands to mix together adding onions and mixing thoroughly. * Add 2 c. warm water and mix it into the rest

INSTRUCTIONS TO FILL CABBAGE LEAVES: Using a sharp knife cut down the large veins of the cabbage leaves so they are about even in thickness with the rest of the leaf. **SAVE** the scraps. Try not to make holes in the leaves. Spread out each leaf. Place filling in the middle of the leaves and roll them up like a burrito. Tuck in the ends using a finger or thumb.

Instructions for baking: in a large roasting pan or two Dutch ovens lay on the bottom, the cabbage scraps, leftover cabbage leaves, and a third of the sauerkraut. Place the cabbage rolls seam side down onto the scraps and sauerkraut. Fill the pan to make one full layer. Top the rolls with a third of the sauerkraut, then add a second layer of cabbage rolls. When filled, add the last third of sauerkraut and any remaining cabbage leaves. Pour the tomatoes or juice over all the rolls. Cover tightly and bake on 350 degrees or simmer on the stove for at least two hours until the rice is fully cooked. Once rice is cooked, the meat will be also.

Enjoy.

If you have too many, the cabbage rolls can be frozen for up to a month.



"Everyone in the family loves it. It is healthy, easy, and made with pantry ingredients that we always have."

Ingredients:

1 T. olive oil
2 large garlic cloves, minced
1 red onion, diced
1 celery stick, diced
1 green pepper, diced
2 cans kidney beans, drained and rinsed
1 t. onion powder
1 t. salt
¼ t. pepper
2 ½ c white rice
1 T butter
1 T cilantro, minced

Method:

- 1) Sauté in oil: garlic, onion, celery, bell pepper until tender.
- 2) Add rinsed beans, onion powder, salt and pepper; simmer on low.
- 3) Bring chicken stock to a boil and add rice and butter. Cover and simmer for twenty minutes. Remove and let stand 5 minutes.
- 4) Fold together the beans and rice mixture, garnish with cilantro.



Red Beans and Rice

Submitted by Simon Berland,

Burris Second Grader

Kai Dao (Thai Fried Egg over Rice)

Submitted by Choei Kubek and Laiken Kubek, Burris Parent and Kindergarten Student



Ingredients

Thai Jasmine Rice - 1 cup yields 1-2 servings, depending on your serving size.

Vegetable Oil –3 to 4 tbsp per egg; be generous. You will need it.

Eggs –1 egg for small serving, 2 for medium, and 3 for large

Soy Sauce

Steps

Cook rice in a rice cooker or pot.

Heat the vegetable oil in a wok or a shallow frying pan over medium-high heat.

Use a spatula to baste or a large spoon to scoop the oil over the egg. Do this for 1-2 minutes or until the egg forms a crispy golden edge (or until the yolk is cooked to your preferred liking). I prefer it over easy because when the yolk is mixed with the soy sauce, it creates a more complex flavor.

Remove the egg from the wok/pan and place on individual rice servings.

Drizzle a generous amount of soy sauce over the eggs and rice. Using your fork or spoon, break the yolk and cut the eggs into bite size pieces and mix with rice. Enjoy!

Side note: I think of this dish as the no-fry fried rice!

"This is not much of a recipe, per se. However, it is a staple dish in Thai cuisine and the number one no muss, no fuss dish or meal.

"This recipe is important to me because it reminds me of growing up in Thailand and of my grandmother. The dish is a staple in Thai life due to not only its ease and great taste, but also its low cost. Like many people in Thailand at that time, we lacked financial resources and meat was a luxury. So, egg dishes were often enjoyed at our house.

"We didn't even have appliances like stoves and ovens, and my grandmother did all of her cooking on a wood burning traditional Thai clay stone that was located in front of our 'house.' Today, I often make this dish when I am short on time, and it fills both my stomach and my heart."

A collection of bamboo steamers containing various Chinese dumplings (dumplings, buns, and small dumplings) and a red ceramic teapot with a floral pattern.

Side Dishes

Great Grandma Sherburn's Mac and Cheese

Submitted by Burris Students Skylar and Zoey Durall,
Burris Kindergarten and 8th Grade Students

This recipe is from Great Grandma Sherburn, who turned 87 in 2023. She made it for family events a long time ago, and now her grandkids make it for their children (which includes Zoey and Skylar). It's our family's go-to, easy mac 'n cheese recipe.

Ingredients:

- 2 cups macaroni - uncooked
- 2.5 cups boiling water
- 1 lb. cottage cheese
- 1/2 stick margarine
- 2 cups shredded cheese

Directions:

Mix - Bake 375 degrees -- 45 minutes -- uncovered





"Mom would make a large and deep tray of it when we had work parties at our house with about 60 to 100 at our home in New York state. We heated by wood and had a garage full of wood for the winter.

"We had logging parties to get all of the logs in, and this was her signature dish. We also had it when we snow parties and for New Years."

My Mom's Macaroni & Cheese

Submitted by Melanie Hanser, Parent of Shadow,
Burris Fifth Grader

Ingredients:

- 1 pound (not 12 oz) package of fine egg noodles, cooked and drained**
- 2 pounds extra sharp cheddar, sliced**
- 1 quart half and half**
- Salt and pepper to taste**

Directions:

- Layer half of noodles in large flat pan**
- Top with half of the cheese slices**
- Repeat**
- Pour half and half**
- Sprinkle with salt and pepper**
- Bake in a preheated oven at 350 until top is golden and bubbly – about 45 minutes.**



My mom, Esther Maybury.

Yorkshire Pudding

Submitted by the Comber Family: Izzy, Burris Junior; Eddie, Burris Sixth Grader; and Dr. Comber, Burris Principal

Ingredients:

- 1 $\frac{3}{4}$ c flour
- 1 t Kosher salt
- 4 eggs, beaten (room temperature)
- 10 oz whole milk (room temperature)
- 1 $\frac{1}{2}$ T beef drippings or Canola oil
- Oil for greasing

Directions:

- Mix flour and salt in a large bowl. Make a well and slowly stir in eggs. Add half of milk and stir until incorporated. Add remaining milk and beef drippings; stir until smooth.
- Let sit for at least 30 minutes.
- Preheat oven to 450.
- While the mixture is resting, add oil to the bottom of each mold of a muffin or popover pan and heat the oil to just smoking. (It works to let the oil / pan heat along with the oven.)
- When the oven is to temperature and the oil / pan are hot, use a ladle to fill each mold $\frac{3}{4}$ of the way. Return immediately to the oven.
- Bake for 10 – 15 minutes.

"In our family, we have Yorkshire Pudding twice a year, Easter dinner and Christmas dinner. My husband and I both have centuries of English ancestry supporting our trees and we each came to the marriage with our family's own version of the recipe. The recipe we use now, and that I have included in the cookbook, is not true to either of those we grew up with, but it is the one that we call ours."





Sweets and Desserts



Mama's Banana Pudding

Submitted by Frances Donathan, Burris Instructional Assistant

Ingredients:

4 Bananas
3/4 cup sugar
4 Tablespoon flour
1/8 teaspoon salt
1 whole egg
3 cups milk
4 egg yolks (save the whites for meringue)
1 teaspoon vanilla extract
45-50 vanilla wafers
4 egg whites
1/4 cup sugar



Instructions

Heat oven to 400-degrees. Grease 13" x 9" casserole dish.

Pudding

- Combine sugar, flour, salt, one whole egg, and milk in a saucepan. Mix together well.
- Add the four egg yolks and mix well.
- Cook over medium-low heat until thickened, stirring frequently. The sauce takes about 10-15 minutes to thicken.
- Once the sauce is done cooking, add the vanilla and stir.

The Crust

- Line bottom and side of the casserole dish with vanilla wafers.
- Slice two bananas over the vanilla wafers, just before the pudding is done, so they do not brown.
- Pour half of the pudding over the wafers and bananas.
- Slice two more bananas over the pudding.
- Pour the remainder of the pudding over the bananas.

Meringue

- In a large bowl, whip the egg whites until stiff peaks form.
- Add the sugar and mix until blended.
- Spread on top of pudding mixture and bake for 8-10 minutes or until meringue is golden brown.
- Let cool in the refrigerator for at least an hour before serving.

Notes

You can eat the banana pudding right out of the oven, but it will not be as thick. It will thicken in the refrigerator. Just be careful because it will be hot.



Left to right: Me, Bobby, Gene, Daddy, Ray, and Mam, holding Terry. This photo was taken on the backwaters of Savannah, Georgia where we went to have family picnics. We would also fish, and Mama loved to fish more than anyone I know. Now, I and my children and grandchildren all enjoy fishing.

"My mama, Jenny Frances Denard, was born in Georgia and grew up during the Depression. She never wasted a thing, even saving bread bags and small pieces of aluminum foil to reuse. She was a wonderful cook, and this dish is one of the things she taught me to make. It has become a family staple at get-togethers and always reminds me of her each time I make it and share with my family."



Cherry Delight

Submitted by Alex Canada, Burris Senior

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- Ingredients: 2 cans of cherries, 1 c. quick oats, 1 c. flour, 1 c. brown sugar, 1 tsp. cinnamon, 1/2 tsp. baking powder, 1/2 tsp. salt, 1 stick of butter (melted).
 - Preheat oven to 350 degrees. Grease large pan. Bake 30-45 minutes or until bubbly.

"It's one of my favorite things my mom makes."

Chess Pie

1/2 cup butter or margarine, softened
1 1/2 cups sugar
3 eggs, beaten
1 tsp. lemon juice
1 Tbsp. vanilla
1/4 tsp. salt
unbaked pie crust

Pre-heat oven to 300 degrees. Combine butter and sugar in a saucepan over medium heat. Cook, stirring constantly, until very smooth. Remove from heat. Add eggs and mix thoroughly. Stir in lemon juice, vanilla and salt. Beat to blend ingredients. Pour into pie crust. Bake about 50 minutes.



Chess Pie

Submitted by Sage Phelps-Ward, Burris First Grader

"In our Black southern family with relatives from Georgia, Kentucky, Florida, Ohio, and Oklahoma, chess pie is a staple dessert because it's easy to make with ingredients most people already have at home (i.e., eggs, sugar, butter, and flour). It's a sweet and gooey dessert that is typically topped with whipped cream and never lasts long alongside our other favorite like pineapple upside down cake and sweet potato casserole. It's the perfect dish for the holidays!"

Jeane's World-Famous Chocolate Chip Cookies


Submitted by Cooper Lee, Burris First Grader

"This recipe was shared with us by a family friend, who said it was her 'secret recipe' for the best chocolate chip cookies ever. They are really good cookies, as they are perfectly gooey when they're hot.

"Coop has been making them with his family since he was very little. He has always liked to help the mixing part and is now getting pretty good at breaking the eggs by himself."

Jeane' World Famous Chocolate Chip Cookies

2/3 Cup Shortening
1/2 Cup Granulated Sugar
1/2 Cup (packed) Brown Sugar
1 Egg
1 tsp. Vanilla
1 1/2 Cups All- Purpose Flour (For a softer Rounded cookie, Add 1/4 Cup more Flour.)
Secret
1/2 tsp. Soda
1/2 tsp. Salt
1/2 Cup Chopped Nuts (optional)
1 Pkg. (6 oz.) Semi- Sweet Chocolate Chips- (1 Cup)
Heat oven to 375
Mix Shortening, sugars, egg, and vanilla thoroughly.
Stir dry ingredients together; blend in.
Mix in nuts and cho, chips.
Drop rounded teaspoons of dough about 2" apart on ungreased baking sheet.
Bake 8 to 10 min., or until delicately browned. (Cookies should still be soft.) Cool slightly removing from baking sheet.
Makes 4 to 5 doz. 2" cookies



Nonna's Amaretto Cookies

Submitted by Evelyn Mocherman, Burris Teacher

Ingredients:

- 4 cups ground unsalted almonds (about 18 oz)
- 1/4 cup flour or Almond flour
- 1 1/4 cups sugar
- 4 large egg whites
- 2 Tbsp. almond extract
- Extra sugar for rolling cookies (about 1/3 cup)

Directions:

1. Grind almonds in a food processor until you have smaller pieces, not to a powder.
2. Beat egg whites until peaks form then add sugar and almond extract and mix well.
3. In a separate bowl, mix ground almond with flour. Add dry ingredients to wet. Mix well. If mixture still looks wet add flour/almond flour one tablespoon at a time.
4. Refrigerate for at least 2 hours or overnight.
5. Preheat oven to 350 degrees and position rack higher in oven. Place parchment on baking sheet.
6. Use small melon ball scooper (or small teaspoon) to form cookies. Dampen hands and roll the cookie in hands. Cover with sugar and roll to cover with sugar. Place on baking sheet.
7. Bake 15 minutes or when top cracks and bottom is slightly brown. Cookie will be soft when it comes out of the oven so cool cookies on the baking sheet for 6-8 minutes. Cool on cookie rack.



Peanut Butter Cream Pie

Peanut Butter Cream Pie

From the Recipes of Mamaw Royse

Submitted by Jenny Gibson, Burris Teacher and Parent

$\frac{1}{3}$ c smooth peanut butter

$\frac{1}{4}$ c powdered sugar

3 c milk

$\frac{1}{4}$ c cornstarch

$\frac{1}{2}$ c sugar

$\frac{1}{4}$ tsp salt

3 egg yolks

2 T butter

1 tsp vanilla

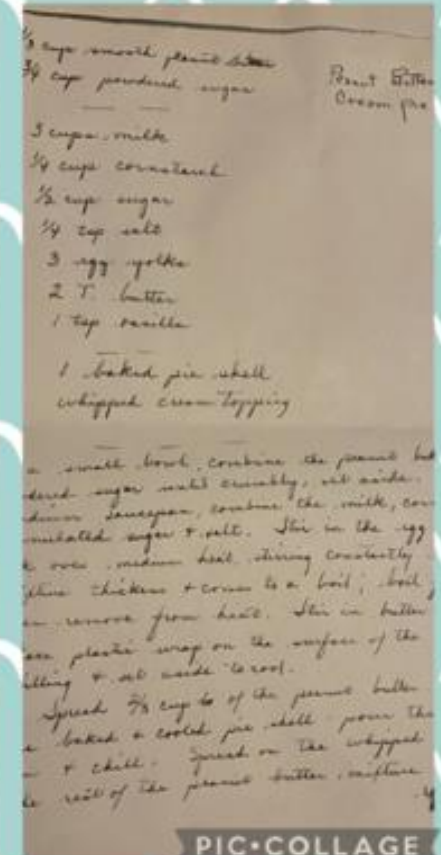
1 bake pie shell

Whipped cream

In a small bowl, combine the peanut butter and powdered sugar until crumbly. Set aside. In a medium saucepan, combine the milk, cornstarch, granulated sugar, and salt. Stir in the egg yolk. Cook over medium heat, stirring constantly until mixture thickens and comes to a boil. Boil for one minute, then remove from heat. Stir in the butter and vanilla. Place plastic wrap on the surface of the cream filling and set aside to cool.

Spread $\frac{1}{3}$ c of the peanut butter mixture in the baked and cooled pie shell. Pour the filling in and chill in the fridge. Spread on the whipped cream and the rest of the peanut butter mixture. Keep refrigerated.

Mamaw Royse, my mom's mom, was the best at cooking in the kitchen. She made yummy chicken and noodles, yeast rolls, mashed potatoes and macaroni and cheese. While she could make a feast, she always topped off meals with a delicious dessert. From apple pie to cherry delight, she always made cooking seem so effortless. Her pie crust tasted amazing, but she never wrote down the recipe for the crust. She always just knew the amount of ingredients to add. Luckily, she did write down her recipe for peanut butter pie. I'm happy to share this with our Burris family. Enjoy!



Persimmon Pudding

Submitted by Courtney Jarrett, mom of Alex (8th) and Abel (4th) Jarrett.



In the photo on the left is Sara Sturgeon (Gigi), grandma to Alex & Abel Jarrett, and on the right is Sharon Cooksey (Grandma Great), great grandma to Alex & Abel Jarrett. Both women have been born and raised in south central Indiana where persimmon trees grow in abundance. Making this pudding is a symbol of fall starting for our family and is often found at our family gatherings. As Grandma Great is no longer with us, it is up to Gigi to currently carry on the tradition. Alex and Abel are also able to make the pudding and share with friends and family. Eating the pudding gives us a chance to remember Grandma Great and other family members that have left us but know that their legacies remain.

Ingredients:

2 c. persimmon pulp
2 c sugar
3 eggs
1 ½ c buttermilk
1 tsp baking soda
¼ c cream, half and half, or milk
½ stick melted margarine or butter
¼ tsp vanilla
1 ½ c flour
1 t baking powder
¼ tsp salt
¼ tsp cinnamon.

Directions:

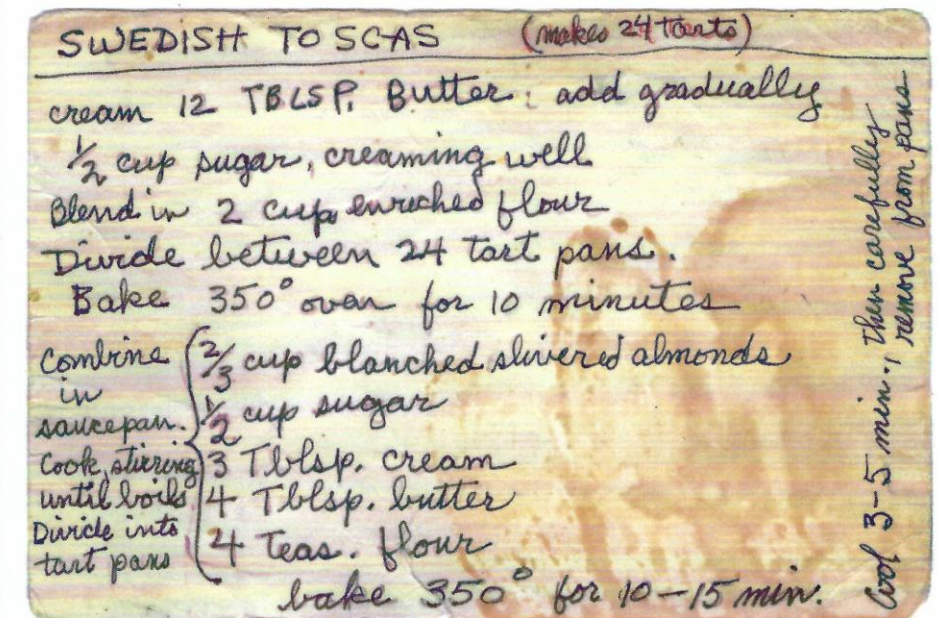
Combine pulp, eggs, and sugar.
Combine buttermilk and soda. Mix until it foams a little.
Add to the pulp mixture.
Sift dry ingredients and add alternately with the milk.
Add butter and vanilla.
Coat 9 x 13 baking dish or two 8 x 8 dishes with grease or butter into greased dish (es). Bake at 325 degrees for 45 minutes to one hour.

Swedish Almond Toscas (Tarts)

Submitted by Sagan Murray, Burris Second Grader

"My great grandma Elsa Reichle (also Jake Reichle's great grandma) was half Swedish and was known in the community for her Swedish Toscas "Almond Tarts". She would make them for special events, fundraisers and as gifts. They were a staple at her Christmas Eve Swedish Smorgusborg."

Elsa taught art at Burris in the 1970s. Her three children and five of her grandchildren graduated from Burris. Now two of her great grandchildren are attending our special school.





Ingredients

2 C Flour
1 C Sugar
1 ½ tsp Baking powder
½ tsp Baking soda
1 tsp Salt
¼ C Butter
1 Egg, *beaten*
1 tsp Orange peel, *grated*
¾ C Orange juice
1 ½ C Light raisins
1 ½ C Cranberries, *chopped*
(or you can use all cranberries and no raisins)

Directions

1. Sift flour, sugar, salt, baking powder, and baking soda into a large bowl.
2. Cut in the butter until the mixture is crumbly.
3. Add the egg, orange peel, & orange juice all at once; stir until the mixture is evenly moist.
4. Fold in the raisins and cranberries.
5. Pour into a greased loaf pan.
6. Bake at 350 for 1 hour and 10 min, or an inserted toothpick comes out clean.

Thanksgiving Cranberry Bread

Submitted by Angie Campbell,
Burris Financial Coordinator

"My Grandma and Grandpa Little lived out in the country in Hartford City in a very tiny house and I loved visiting them when I was a little girl. Grandma Little made delicious food and welcomed my sister and I into the kitchen to be her helpers. We had our own special aprons and would stand on chairs at the counter mixing and measuring. We felt important and loved.

"Grandma Little also had the best books. We spent hours reading together and this instilled a love of reading in me at an early age. One of my favorite books at her house was Cranberry Thanksgiving by Wende and Harry Devlin. I poured over the illustrations and imagined myself visiting Maggie and Grandmother in New England. I loved the message: don't judge a book by its cover.

"When my Grandma Little passed away, I inherited her book and began to read it to my children and discovered a recipe for Cranberry Bread in the back. I started making the Cranberry Bread recipe each Thanksgiving in her memory. Like the story, people may look at the bread and decide by its looks that it might not be good – but don't judge it until you try it. Enjoy!"