

2024 TEAM COOK BOOK



ICC Flying Aces - 2024 Team Cook Book

There's nothing quite like the comradery that comes from breaking bread together. And while the modern virtual work environment precludes us from sharing a meal in person, your teammates across the country offer you these recipes as part of a virtual pot luck. I appreciate all that you do every day for those we care for and am glad to have you all as part of the team.

- Jaison Lower
ICC PCA Supervisor

Thank you all who contributed to this year's cook book.

Contributors & their dishes:

- ❖ **Bonishia Loggins** – Bourbon Balls
- ❖ **Alma Baxter-Richards** – Pineapple heaven Cake, Turkey Wings, Virgin Islands Butter Bread
- ❖ **Sarah Bragdon** – Dirt Cake
- ❖ **Kimberly Jones** – Empanadas de Camote, Kool-Aid Pie
- ❖ **Regina Maguire** – Mashed Sweet Potatoes, My Mother's Potato Filling
- ❖ **Rebecca Zahradnik** – Homemade Primanti Bros Sandwiches, Old Fashioned Chicken & Dumplings
- ❖ **Cortney Crawford** -Christmas Grits
- ❖ **Jaison Lower** – Sara's Starburst Jell-o Casserole

Recipes inspired by entries in the Thanksgiving food contest:

Based on unique entries submitted in our thanksgiving food contest, I selected random recipes from the internet that seemed to match the food suggested.

- **Krystina Riley** – Toriel's Butterscotch-Cinnamon pie
- **Brandi Smith** - Broccoli Casserole
- **David Kaminsky** – Candied Yams
- **Erin Karcheski** – Cauliflower and Cheese Sauce



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Bourbon Balls

Ingredients:

1 1/4 crumbled vanilla wafers
3/4 cup pecans, very finely chopped
1/2 cup confectioners' sugar plus extra for coating
1 1/2 tbsp unsweetened cocoa
2 tbsp light corn syrup
4 tbsp bourbon

1. Put the wafers into a food processor and process until very fine crumbs form, almost like a powder
2. Tip the crumbs into a bowl and stir in the pecans. Sift over the sugar and cocoa, then stir together. Stir the corn syrup and bourbon together in separate small bowl. and continue stirring until the syrup dissolves, then add to the dry ingredients and stir together.
3. Shape the mixture into 1-inch /2.5-cm balls and roll in sugar to coat all over. Store in an airtight container for at least 3-4 days before serving, but these can be left for up to 1 month for a more pronounced bourbon flavor.
4. Just before serving, roll the bourbon balls in sugar again, ENJOY!!! Its and irresistible XMAS treats.♥

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Pineapple Heaven Cake

Ingredients:

1 ½ cups all-purpose flour
1 tsp baking powder
½ tsp salt
½ cup unsalted butter, softened
1 cup granulated sugar
2 large eggs
1 tsp vanilla extract
½ cup sour cream
1 cup crushed pineapple, drained
½ cup powdered sugar
2 tsp pineapple juice

Preheat oven to 350 degrees F (175 degrees C). Grease and flour a loaf pan.

In a medium bowl, whisk together flour, baking powder, and salt.

In a large bowl, beat butter and granulated sugar until light and fluffy.

Add eggs one at a time, beating after each addition. Stir in vanilla extract.

Gradually add flour mixture to the butter mixture in three additions, alternating with sour cream.

Begin and end with the flour mixture. Mix until just combined.

Fold in crushed pineapple gently (to avoid over mixing)

Pour the batter into the prepared loaf pan and smooth the top.

Bake for 50-60 minutes or until a toothpick inserted in the center comes out clean.

Let the cake cool for 10 minutes before transferring to a wire rack.

In a small bowl, whisk together powdered sugar and pineapple juice to make the glaze. Drizzle over the cake once cooled.

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Turkey Wings

Ingredients:

4lbs Turkey Wings
2 tbsp Canola Oil
2 tsp Smoked Paprika
2 tsp Dried Thyme
2 tsp Salt
2 tsp Cajun Seasoning
2 tsp Garlic Powder
2 tsp Cayenne Pepper
½ Sweet Onion
1 cup Bell Peppers
½ cup Chicken Stock
1 tbsp Flour
4 tbsp Butter

Bake at 400 degrees F (200 degrees C) for 1 hour covered

Bake at 400 degrees F (200 degrees C) for 40 minutes uncovered

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Virgin Islands Butter Bread

Ingredients:

8 cups all-purpose flour
1 tbsp salt
2 tbsp vegetable shortening
4 tbsp granulated sugar
2 ½ tbsp instant yeast
½ cup vegetable shortening
1 cup whole milk, warm
1 cup of water, warm
4 tbsp melted butter

In a large bowl mix together flour, yeast, salt, sugar, shortening (both sets), milk and water.

Mix into a soft, smooth ball.

Leave the mixture in the large bowl and cover with plastic wrap. Leave to yield for 1 hour.

After the hour, punch the mixture down and then divide the mixture into two equal parts (Usually stretched to 4).

Preheat oven to 350 degrees F (180 C)

Roll each part into a circle then brush 1tbsp of butter on each roll

Roll each part into a tight loaf (do this slowly, the butter is going to gather at the end as you roll)

Place rolls on a baking sheet covered with parchment paper

Let rise for 20 minutes

Brush remaining melted butter on loaves before placing them in the oven

Bake for 25-30 minutes

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Dirt Cake Recipe:

Ingredients:

2% milk or whole milk.

Jello Instant French Vanilla Pudding & Pie Filling

1 – 15 oz package of Double Stuff Oreos

Butter. salted or unsalted butter works perfectly in this recipe. I use salted.

Cool Whip

Step 1: Combine the Pudding & Milk

The French vanilla pudding needs to be mixed with the milk and then put in the fridge to set. Which is why I recommend doing this step first so that it can set while you're mixing the rest of the pudding ingredients together and chopping the Oreos!

Step 2: Chop Some Oreos

Remove eight Oreos (or more if you bought a family-sized bag) from the package and chop them into $\frac{1}{4}$ " to $\frac{1}{2}$ " pieces. This simple step makes this dirt cake recipe extra special.

My absolute *favorite* bites of this dirt pudding are the ones that contain big chunks of soft Oreos. They have the best texture after they're pudding-infused from chilling overnight! Trust me, don't skip this step!

Step 3: Crush the Rest of the Oreos

After you've chopped a few Oreos, crush the rest. It's very easy to do this in a food processor fitted with an "S" blade. Just be aware that you may have to pause, release any Oreos that get stuck to the blades, and process some more!

If you don't have a food processor you can use a rolling pin. Just be sure to crush them into a fine powder so they look like dirt!!

Step 4: Make the Pudding Layer

Begin the pudding layer by creaming together the butter and cream cheese. The key to this step is to make sure the butter and cream cheese are softened and at room temperature so they're easy to combine!

I recommend using a standing mixer, but I used a hand mixer (for shooting purposes) with great success!

Next, beat in the powdered sugar until the mixture is smooth.

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Then, beat in the chilled and thickened pudding mixture until the mixture is smooth and there are no lumps.

Finally, fold in the cool whip. This is the only ingredient in the pudding mixture that doesn't get beaten. Simply fold it into the pudding mixture with a spatula until it's fully incorporated and the pudding is homogenous (uniform throughout).

Step 5: Assemble the Dirt Cake

Now that you have made the pudding and prepared the "dirt" (Oreos) it's time to layer them together to make this Oreo Dirt Cake! Each layer consists of the following:

2 cups of pudding mixture

½ cup crushed Oreos

¼ cup chopped Oreos

Then repeat until all the ingredients have been used. Just be sure to end with a layer of Oreos!

Step 6: Add Gummy Worms (optionally can serve on the side.)

Step 7: Chill Overnight

Chilling this Oreo Dirt Cake recipe overnight is critical to achieve the best flavor and texture. The pudding and Oreos meld together and become an out-of-this-world delicious dessert! Simply cover the trifle dish with plastic wrap and place it in the refrigerator overnight.

Store/Freeze:

Store leftovers in an airtight container in the refrigerator for 3-5 days, or you can wrap the top of the serving dish with plastic wrap to keep in the refrigerator too.

Store it in the freezer in an airtight container for up to 1 month. Thaw slowly in the refrigerator (do not microwave).

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Empanadas de Camote (Sweet Potato Empanadas)

These beautiful freshly baked empanadas de camote are filled with sweet potato, slowly simmered in cinnamon and anise.

Prep Time 2

Cook Time 40

Total Time 2 40 hours

Servings

16 empanadas

Calories 321kcal

Ingredients:

Sweet Potato Syrup:

2 ½ cups Water

2 Ceylon cinnamon sticks,

1 ½ tsp. Anise seed

1 ½ cups Sugar,

1.6 lb. Sweet potato,

Empanada Dough:

17.6 oz. All-Purpose flour

2 ½ tsp. Baking powder

¾ cup Melted refined coconut oil

¼ cup Sugar

1 tbsp. Ground cinnamon

1 ⅓ cup Sweet Potato Syrup

2 tbsp. Almond milk

1 tbsp. Maple Syrup

Instructions

To make the syrup:

Combine the water, cinnamon sticks, anise seed, and sugar in a small pot.

Bring to a simmer over low heat and simmer softly for 30 min. Strain.

Reserve 1 1/3 cups of the syrup and set aside.

Pour the rest of the sweet potato syrup in a small pot and add the sweet potato. Bring to a very low simmer, cover, and let cook for 45 min. (It's going

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to seem like it's not enough liquid to cook the sweet potatoes, but we're basically going to steam them in the syrup. As they cook they will release liquid as well.) Drain and mash with a fork.

While the sweet potatoes are cooking, in a large bowl mix the flour, baking powder, sugar, and cinnamon. Add the melted coconut oil and mix well.

Add half of the reserved sweet potato syrup to the bowl while mixing with your hands. The dough will begin to come together. Add the rest of the syrup gradually if needed so your dough is moist but not overly sticky or wet.

Transfer dough to a floured surface and knead for about 10 minutes or until the dough becomes elastic and smooth, but not sticky. Let it rest for 45 min.

Preheat oven to 350F.

Divide the dough into 16 equal portions and roll them into balls (2 oz. each). On a lightly floured surface roll out the dough 1/4 inch thick.

Place 1 tbsp. of the filling in the middle of the dough round. Fold the dough over to enclose the filling, and crimp the edges with a fork to seal or seal them decoratively as the Argentinians do. Pierce each empanada three times with a fork near the crimped edge.

In a small bowl combine the almond milk and maple syrup. Use this to brush the empanadas and bake for 35 – 40 min. or until the empanadas are golden brown on the bottom.

Notes: The original recipe called for vegetable shortening, but I have substituted it for coconut oil, but you could also use melted vegan butter. I also reduced the amount of sugar (believe it or not!), but you can sub with piloncillo, sugar in the raw or muscovado sugar.

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Mashed Sweet Potatoes with Marshmallows

Ingredients:

6 medium sweet potatoes, peeled and cut into cubes

½ cup brown sugar

¼ teaspoon ground allspice

¼ teaspoon ground cinnamon

½ (10.5 ounce) package miniature marshmallows

Directions:

Preheat the oven to 350 degrees F (175 degrees C).

Place sweet potatoes into a large pot and cover with water; bring to a boil.

Reduce the heat to medium-low and simmer until tender, about 20 minutes. Drain potatoes and transfer to a baking sheet.

Bake sweet potatoes in the preheated oven until dried, 3 to 4 minutes; transfer to a mixing bowl. Keep the oven on.

Mash sweet potatoes with a potato masher until no large lumps remain.

Add brown sugar, allspice, and cinnamon; continue mashing until potatoes are evenly seasoned. Spoon mixture into a casserole dish and spread marshmallows in an even layer over top.

Bake in the oven until marshmallows just begin to brown, 10 to 15 minutes.

Turn on the broiler and broil for 1 minute.

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My Mothers Potato Filling

Sorry I do not know the exact amounts of everything as my mom used to just throw this together and now I do the same thing. This is however my favorite thing to eat during the holidays.

Ingredients:

5lb bag of potatoes (I like to use white or yellow)

Sour Cream (If you want)

Butter (1 1/2 cup should be good)

Celery

Onion

Salt for mashed potatoes, if you prefer

Bread Cubes (you can either cube a loaf of white bread or two bags of the Martins potato bread works)

Preheat oven to 350:

Super easy! Mix up a batch of mashed potatoes the way you prefer, the reason I have sour cream on the ingredient list is because I throw about a half cup to a cup in with my mashed potatoes, makes them a little creamier.

Chop up about a half cup or so of both celery and the onion. I usually end up with more celery than onions. I don't like when it tastes super oniony.

In a frying pan melt a stick of butter to a stick and a half of butter, you want enough to coat the breadcrumbs in. Throw in the onions and celery till they are nice and soft, don't let the butter burn.

With you breadcrumbs in a large bowl, slowly pour the butter, with the onions and celery, over the breadcrumbs and stir around while pouring to give a nice even coat.

Take your mashed potatoes and softly mix them in with the breadcrumbs, or vice versa, whichever is easier.

Lastly everything goes into a casserole dish, I like to smooth over the top and coat with a bit more butter so it gets a little crispy, cover and place in oven for about an hour.

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Homemade Primanti's Sandwich

Primanti Brothers is a Pittsburgh based restaurant chain known for extremely large sandwiches piled high with French fries and a vinegar-based slaw.

Makes 4 sandwiches.

Ingredients:

1 lb. Sirloin Steak or meat of your choosing

2 Whole Potatoes

4 Eggs

8 slices Bacon

4 Slices Provolone Cheese

1 head Green Cabbage

1 Tomato

Salt and Pepper to taste

6 Tablespoons Vegetable/Canola Oil

6 Tablespoons White Sugar

¼ Cup Apple Cider Vinegar, I've also used White distilled and didn't notice a difference

1 loaf of Italian Bread

Start with making the coleslaw: Shred the head of cabbage, in large bowl add in the cabbage, oil, sugar and vinegar. Stir well then cover, give it a good shake to make sure all ingredients are mixed well and put in the refrigerator. I like to make mine the day before or a few hours before I make dinner to get the best coleslaw.

Cut up your potatoes into fries, soak in water until ready to fry them.

Season steak with salt and pepper and cook to your preference, I slice mine into strips to make it easier to eat.

While steak is cooking, fry up your eggs so you have 4 fried eggs and cook up your bacon till crispy.

Put fries in fryer until light golden brown.

Slice Tomato

Slice your bread into ½ in slices at a slight angle.

When everything is cooked and ready, assemble your sandwich!

STACK:

Bread, steak, egg, cheese, bacon, fries, coleslaw, tomato, bread

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Old Fashioned Chicken and Dumplings

Ingredients:

2-3 Chicken Breasts
2 Tablespoons Olive Oil
Salt and Pepper to taste
2 Quarts Chicken Broth
2 Cups All-purpose Flour
½ Teaspoon baking powder
2 Tablespoons cold salted Butter, cubed.
1 Cup Milk
All-purpose flour for dusting counter for rolling out dumplings.

Instructions

1. Preheat oven to 350F degrees. Spray a baking sheet with nonstick cooking spray.
2. Place 2-3 chicken breasts on the baking sheet. Drizzle 2 Tablespoons olive oil on the chicken and season with salt and pepper
3. Bake chicken for about 45 minutes. Chicken will reach an internal temperature of 165F degrees when fully cooked. Once the chicken is cooked, shred it with two forks.
4. Pour 2 quarts chicken broth into a large pot and start warming it up on the stove top while you make the dumplings.
5. In a medium bowl, combine 2 cups all-purpose flour and 1/2 teaspoon baking powder. Then add in 2 Tablespoons cold salted butter, cubed.
6. Combine using your fingers, fork or pastry cutter. The butter should resemble tiny pebbles when combined well.
7. Pour in 1 cup milk. Mix it all together.
8. Dust your counter with a generous amount of all-purpose flour. Place dumpling dough on the counter and dust it with more flour.
9. With a rolling pin, roll the dough out to about 1/4" thickness. Be sure to add more flour as necessary to keep it from sticking underneath or to your rolling pin.
10. Using a knife or a pizza cutter, start cutting out your dumplings into squares.

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11. Dust dumplings with a bit more flour. The extra flour is gonna help keep them from sticking but will also thicken your chicken broth some as well when you add them to the pot.
12. Bring chicken broth up to a boil. Add in shredded chicken and stir.
13. Begin adding dumplings one at a time so they don't all stick together. Stir frequently while adding them.
14. Allow dumplings to cook for about 15-20 minutes. You should notice your broth starting to thicken (from the extra flour) and your dumplings may start to sink a little to the bottom because they are soaking up the broth.
15. Take one out and taste test it. It shouldn't have a doughy taste anymore. Then serve!

When I make this, I do it a little different but to give to others I thought I should use the full recipe. For me, I boil my chicken in a pot with water and chicken broth instead of baking it, I then take the chicken out and put in a bowl and use my handheld mixer to shred it, it's so much easier than doing it with forks! I just add more water or chicken broth to the pot after it is done simmering before adding in the dumplings. Use the Pizza cutter to cut up the dumplings! Such a time saver and so easy. You could also use a precooked rotisserie chicken from the store instead of chicken breasts. Just skip the part of cooking the chicken, shred it up and put in on step 12. Super quick and easy recipe if you decide to use the rotisserie chicken!

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CHRISTMAS GRITS – Cortney Crawford

*(Got this recipe from my mom. However, my family likes it so much it's a regular meal at this point and is no longer just made for Christmas. **and I should note, I DO NOT like grits. **)*

Ingredients:

Container of Instant Grits (I usually do 6 servings) Whole Milk

1/2 stick of Butter

Shredded Cheese (I use extra sharp cheddar or just sharp, and mozzarella)

1 jar pimentos

1 green & red bell pepper

1/2 yellow onion

1 Breakfast sausage roll

Black pepper/ Salt

Cook sausage, break it apart. Chop up onion and bell peppers and mix in with sausage to cook. Put black pepper in it (use as much or as little as you like). I also add a little bit of crushed red pepper (optional). Cook until done. Set aside.

Follow the directions on the Grits container to get them started. Instead of using all water, I use 1 cup of water and then milk for the remainder of cups. Once they are cooked, add 1/2 stick of butter, pour in jar of pimentos, and stir in 3 cups of shredded cheese (2 cups sharp & 1 mozzarella)

Pour your sausage mixture in with the grits. Stir and SERVE.

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Kool-Aid Pie

This is one of my favorite desserts to make! I originally got it from my brother, not sure where he got it from.

Ingredients:

- 1 graham cracker crust
- 1 can of condensed milk
- 1 tub of cool whip
- 1 packet of kool aid any flavor of your choice.

Mix the condensed milk, cool whip (let cool whip get warm to a creamy consistency) and kool aid packet in a bowl. Mixture should be smooth. Spoon mixture into graham cracker crust and refrigerate for a minimum of 2 hours then enjoy!

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Toriel's Butterscotch-Cinnamon pie

Ingredients:

For the crust:

1 1/4 cups All-Purpose Flour
1/2 cup Butter
1/4 cup Ice Water
1/4 tsp Salt

For the filling:

1 1/2 cups Whole Milk
1/2 cup Heavy Cream
2/3 cup Light Brown Sugar
2 Egg Yolks, whisked
4 tbs. Corn Starch
1 tbs. Unsalted Butter
1 tsp. Vanilla Extract
1/2 tsp Kosher Salt
1/2 tsp. Cinnamon

For the topping

1 cup Heavy Whipping Cream
2 tbs Granulated Sugar
Cinnamon (for sprinkling)

Directions

- 1) Preheat oven to 375 F. In a mixing bowl, combine flour and salt. [Cut in](#) butter until the mixture resembles coarse crumbs.
- 2) Stir in the iced water a little bit at a time, until the dough comes together, and you are able to form a ball. Wrap the ball of dough in plastic wrap and chill for at least 4 hours.
- 3) Using a pastry roller, roll out the dough to fit a 9-inch pie tin and press the dough evenly into the bottom and sides of the tin. Cut off excess. Add pie weights or dry beans to keep the crust from warping.
- 4) Bake the crust by itself at 375 degrees F for 7 minutes. Remove from oven, remove the pie weights, and set aside.

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5) Time to start on the filling. Bring a double boiler on medium heat until the water is simmering. In the top bowl, combine the milk, cream, brown sugar, cornstarch, salt and cinnamon. Stir the mixture using a whisk and keep stirring until the mixture thickens, about 4-5 minutes. If you don't have double boiler, use [this method](#) for a makeshift one.

6) Whisk in the egg yolks, pouring them in slowly. Continue to whisk constantly until the mixture thickens to almost the consistency of pudding, about 2-3 minutes.

7) Remove from heat, then add the butter and vanilla and stir some more, until both are completely incorporated.

8) Pour the mixture into the pie crust.

9) Bake pie at 375 F for another 7 minutes, then remove from oven.

10) Let the pie cool in the fridge for at least 2 hours until set. When it's almost done cooling, prepare the whipped cream: Add the cream and sugar into a mixing bowl and whip with hand mixer until you are able to form peaks. Be careful not to over- whip.

11) Spread whipped cream on top of the chilled pie and finish with sprinkled cinnamon.



Candied Yams

Ingredients:

1 (29 ounce) can sweet potatoes, drained

¼ cup butter, cut into pieces

½ cup brown sugar

1 ½ cups miniature marshmallows

Directions

Gather all ingredients. Preheat the oven to 400 degrees F (200 degrees C).

Place drained sweet potatoes in a medium baking dish. Distribute butter pieces evenly over the sweet potatoes.

Sprinkle with brown sugar. Layer with miniature marshmallows.

Bake in the preheated oven until sweet potatoes are tender and marshmallows have melted, about 20 to 25 minutes.

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Broccoli Casserole

Ingredients:

6 cups Fresh Broccoli Florets (chopped)
1 (10 3/4-ounce) can Condensed Cream of Mushroom Soup
1 cup Mayonnaise
½ stick Butter (melted)
2 Large Eggs (lightly beaten)
½ Medium Onion (finely diced)
½ teaspoon Salt
¼ teaspoon Black Pepper (freshly ground)
1 ½ cups Extra-Sharp Cheddar Cheese (grated)
1 Ritz Crackers (full sleeve, finely crushed)

Directions

1. Place broccoli in a steamer basket over simmering water. Cover and steam for approximately 5 minutes. Chop into bite-sized pieces.
2. Preheat oven to 350 degrees.
3. In a large bowl, combine broccoli, soup, mayonnaise, butter, eggs, onion, salt, and pepper. ...

Cauliflower in Cheese Sauce

Ingredients:

4 ounces cheese, grated.
1 head cauliflower
2 tablespoons butter
2 tablespoons flour
1 cup milk
1 pinch salt
1 pinch black pepper
1 pinch nutmeg, fresh grated if possible

1. Remove the leaves from the cauliflower, rinse it well and then cut out the core. Cut the rest into four pieces.

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2. Bring a large pot of salted water to a boil and then add the cauliflower. Cook for 5-6 minutes, or until tender. Drain and put it into an ovenproof casserole dish.
3. Meanwhile, melt the butter in a saucepan, over low heat.
4. Add the flour and stir with a wooden spoon to make a smooth paste.
5. Cook the mixture gently for a minute, then take the pan off the heat.
6. Stir in the milk, a little at a time.
7. Return the pan to the heat and let it cook on low for 5-10 minutes, stirring occasionally.
8. Stir most of the grated cheese into the saucepan to melt. Season it with pinches of the salt, pepper and nutmeg.
9. When the sauce has melted, pour over the cauliflower and sprinkle the reserved cheese on top.
10. Place under the broiler for a few minutes and until the top starts to bubble and brown.



Sara's Starburst Jell-o Casserole.

This dessert dish that my wife makes is sweet and tart and reminds people of a pink starburst candy.

Ingredients:

- 1 Family Size pack of cherry Jell-o.
- 1 can of jelled cranberry sauce
- 1 8 oz container of sour cream.

Instructions:

Take the cranberry sauce out of the can, mash it up and set aside.
Make the Jell-o as per the box instructions but DO NOT add the cup of cold water. Pour the warm Jell-o into a 9 x 13 pan.
Add the mashed cranberry sauce to the Jell-o.
Add the entire 8 oz of sour cream to the Jell-o.
Use a fork to mix everything so that the cranberry sauce and the sour cream are evenly distributed through the Jell-o.
Let sit in the refrigerator overnight.

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Blast from the past – Recipes from the 2022 team cook book.

Contributors:

Lisette Nazareno (Korean Fried Chicken, Honey Mustard BBQ Chicken, Japchae, Kielbasa Stir Fry, Strawberry Yogurt Pie)

Michael Forkuo (Homemade “universal” pie crust)

Shailyn Williams (Thanksgiving Cornbread Dressing)

Dan Champion (Easy Stuffed Pepper Soup)

Bonishia Loggins (My Baked Macaroni)

Sherry Dagar (Tabbouleh, Pumpkin Pie Cake)

Jillian Barger (“All Rotten” potatoes)

Alicia Peightal (Pulled Pork Southern Recipe, Italian Beef in Crock Pot)

Regina Maguire (Mashed Sweet Potatoes with Marshmallows) – *See recipe on pg. 11.*

Janice Graham (Chicken Casserole, Chicken pot pie)

Morgan King (Mammaw Bryson’s Buttermilk Chess Pie)

Jaison Lower (Martha’s famous butter nut bars, Hunky Soup, Next Day Chili)

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EASY STUFFED PEPPER SOUP

2-3lbs Ground Beef

4+ Green Peppers

2 large jars Prego Traditional Sauce.

2 Bags steamable rice.

Additional Seasonings and cheese to taste

Directions:

Brown meat in skillet, then drain grease.

Deseed and chop green peppers.

Add the chopped peppers, meat, and sauce to crockpot. Stir. Turn to low heat for 4 hours to allow peppers to soften. Once soft add the cooked rice to crockpot. Mix well. Serve and enjoy!

*When serving I add a couple pinches of shredded cheddar cheese to each bowl.

NEXT DAY CHILI:

Ingredients:

3 lbs. ground beef (*or 1 lb. ground beef, 1 lb. ground turkey, 1 lb. ground mild sausage*)

2 cans white navy beans

2 cans red kidney beans

2 cans pinto beans with jalapeno peppers

2 cans crushed tomatoes with green chilies.

1 large white onion, chopped.

1 can tomato sauce.

1 full can of lager or a beer of your choosing – 12 oz.

1 cup of shredded Mexican blend cheese

1 packet mild chili seasoning

A couple splashes of Frank's Red Hot

Toppings:

Frank's Red Hot

Sour Cream or Cottage Cheese

Shredded Mexican blend cheese.

Sliced Jalapenos

Cook off ground meat and drain the fat. Do not drain off any of the canned. items. Combine everything in a large soup pot except the cheese and Red Hot. Allow to simmer on medium heat, stirring frequently. Once bubbling, stir in the cheese and allow to melt into the mixture. Add Franks Red Hot to taste. If not sure how hot your guests like their chili, omit. Cook a minimum of 45 minutes but can put on a low simmer for a couple hours. Allow to cool then put in the refrigerator. Allow to sit overnight and reheat and serve the following day. (I suggest pouring it into a crock pot and reheating it on "high" heat.) When serving, have hot sauce for those who like more spice, and then top with shredded cheese, sour cream, and jalapenos.

Can also be served over cooked egg noodles!

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“HUNKY” SOUP:

A beef soup with big hunks of meat and veggie in it. Serve with egg noodles.

1 lb. – ground beef

2 Beef Bouillon cubes

1 can stewed tomatoes

1 can diced tomatoes

1 – 2 stalks of celery – sliced thin

1 onion – chopped

3 -4 good size carrots cut into chunks

Approximately 4 – 5 cups of water

¼ tsp Salt

¼ tsp Pepper

1 tbsp. Parsley Flakes

1 tsp Garlic powder

1 tbsp. Italian Seasoning

2 tbsp. Ketchup

Pinch of Sugar

1 bay leaf

½ to 1 bag of egg noodles, to your liking, cooked, drained, and set aside.

Break up raw ground meat into small chunks and put into water in a large pot along the rest of the ingredients except for the egg noodles and bring to a boil until

ground meat is cooked and carrots are soft but not mushy. Bring to a low simmer.

The sugar helps break down the acidity of the tomatoes. The broth should end up with a similar taste to Campbell’s condensed vegetable soup. Add a ladle of egg

noodles in a bowl. Scoop out a portion of the meat, tomatoes and veggies, then fill the bowl with broth.

Korean Fried Chicken

Ingredients:

-chicken legs, wings, or drumsticks

-flour

-cooking oil

-eggs

-salt, pepper

-milk

For the sauce:

-Gochujang (Korean red pepper paste, usually find at Asian markets) can use Sriracha if you can’t find gochujang

-sesame oil

-Ketchup

-Honey or sugar

-Minced garlic

-Soy sauce

-Rice vinegar (can use white vinegar or apple cider vinegar if you don’t have)

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1. Wash and marinate chicken with salt, pepper, and a little bit of milk (milk makes the chicken tender and juicy) for at least 1 hour if possible
 2. Heat a large pan of cooking oil until hot
 3. Set up your coating section by putting a bowl of flour in a separate bowl/container and add some seasonings to the flour
 4. Crack some eggs into another bowl/container and whisk together
 5. Once oil is heated up (I drop in a piece of bread or flour and if it rises to the top, it's ready) or you can use a thermometer and check the temperature
 6. Dip the chicken into the egg mixture and then the flour and then set aside
 7. Once oil is hot enough, add in 5 or 6 pieces of chicken into the pot (depending on the size you can add more or less) don't overcrowd the chicken
 8. Cook for 3-5 minutes until golden brown and cooked in the middle
 9. Place on a tray after it's done cooking (I like to use my air fryer rack to let the oil drip off the chicken) or you can place on a plate with a paper towel underneath
 10. Meanwhile, heat up in a sauce pan the gochujang paste, soy sauce, ketchup, honey or sugar, minced garlic and rice vinegar
 11. Bring to a boil, then simmer for 5 minutes until thickened.
 12. Pour over the chicken and carefully toss it together. You can add sesame seeds before serving to make it look pretty.
- You can adjust the spiciness of the sauce by adding or taking away the amount of red pepper paste used!

HONEY MUSTARD BBQ CHICKEN

Ingredients:

-Chicken drumsticks, thighs, etc.

-BBQ sauce

-Honey

-Mustard

-Mayonnaise

-Butter

-Salt, pepper, any seasonings you like

1. Soak chicken with some olive oil, a little bit of salt and pepper, and let marinate for at least 30 minutes (can skip if low on time)
2. Preheat oven to 425 degrees
3. Brush the chicken with olive oil, salt, black pepper, and garlic powder.
4. Cut up a stick of butter and place on top of each piece of chicken to melt over
5. Once ready, add the chicken to the oven and cook for 20 minutes.
6. Remove from oven and brush on both sides with BBQ sauce.
7. Return to the oven for another 15 minutes.
8. Meanwhile, combine mayonnaise, honey, mustard into a sauce. Add more mustard and honey to get desired taste.
9. Remove chicken again and brush on top the honey mustard sauce.
10. Return to oven and broil until chicken is done and stop if it is sticky and crispy, maybe 10 minutes or less.
11. Take out and add more honey mustard sauce if you would like and done

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JAPCHAE (KOREAN GLASS NOODLES STIR FRY)

Ingredients:

- Sweet potato noodles (clear and I usually find at Asian markets)
- Any meat (I like ground beef but you can use any or have it meatless)
- Bell peppers (different colors make it looks pretty)
- White onions
- Spinach
- Carrots
- Soy Sauce
- Sugar
- Sesame Oil
- sesame seeds
- Green onions

1. Soak the noodles in water for at least 2 hours (helps it cook faster without it becoming too soggy)
 2. Cook the meat and season with salt, pepper, any seasonings you would like and set aside
 3. Cut vegetables into thin strips (Julian style) and cook with oil separately and then set aside
 4. Boil some water and put spinach in for 30 seconds, just to blanch it and set aside
 5. Put the noodles in a pot with water filled up half ways and add some sesame oil so they don't stick together and for flavor and cook until the noodles are soft, but don't overcook
 6. Mix together the meat, vegetables, and noodles and then add soy sauce and sugar until desired sweet/salty taste.
 7. Add a little bit of sesame oil for flavor but don't overdo it since it's strong
 8. Cut green onions and garnish on top with some sesame seeds as well
- You can use any vegetables you like!

KIELBASA SAUSAGE STIR FRY

Ingredients:

- Kielbasa Sausage
- Potatoes
- Onions
- Bell peppers,
- Corn
- Carrots
- BBQ sauce
- Ketchup
- Salt, pepper, garlic, onion powder, any seasonings you like

1. Slice the sausage into pieces
2. Cut up the vegetables
3. Peel and diced potatoes
4. Stir fry the sausage first and brown
5. Add potatoes in and stir fry until half way done

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6. Add the vegetables and stir fry together until done and potatoes

7. Once everything is cooked, add the BBQ sauce, ketchup and any other seasonings you like.

I usually eat this over white rice but you can eat it just by itself! Super easy and great way to use up random left over vegetables/ingredients you have in the refrigerator.

PULLED PORK SOUTHERN RECIPE

Crock Pot

Crock Pot Liner

1 large Pork Butt

1 can chipotle peppers in Adobo Sauce (I add 3-4 of the peppers- depending on how much heat you like you can +/-)

1 20 oz. bottle Dr. Pepper

1 bottle BBQ sauce (we like Sweet Baby Ray's Sweet and Spicy)

Place all items in Crock Pot (I use a liner to avoid any sticky messes) I put the Pork Butt in, then add the can of peppers in Adobo sauce and pour Dr. Pepper in the can and swirl to get all the sauce out and place 3-4 pepper in the liquid. Low in Crockpot for 10-12 hours. Pull Pork Butt out and shred. I keep some of the liquid to avoid any drying out when reheating. Add BBQ sauce as you like, I don't add it to the shredded meat, I add it when ready to eat. Just a personal preference. Enjoy as a sandwich, salad topper, mac n cheese topper, baked potato topper, etc.

ITALIAN BEEF IN CROCK POT

Crock Pot

Crock Pot Liner

1 large Chuck Roast

1 large box beef stock

1 jar whole Pepperoncini Peppers (including the juice)

1TBS Italian Seasoning (optional)

Provolone Cheese slices

Ciabatta Rolls

Place all items in Crock Pot (I use a liner to avoid any sticky messes). Low in Crock Pot for 10 hours then shred beef. Preheat oven to 350, place halved Ciabatta rolls on baking sheet, add shredded beef and slice of Provolone and bake until cheese is melted.

Mac & Cheese OR Cheesy Potatoes

1 lb. Medium size elbow macaroni noodles, cooked and drained

OR

1 lb. Frozen Southern Style Diced Potatoes

1 can cream of chicken soup (small can)

1 stick of butter

1 small sweet onion, finely chopped (optional)

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2 cups sour cream

2 cups Velveeta cheese, cubed

8 oz. cheddar cheese, shredded

Preheat oven to 350. Lightly spray bottom of 9 x 13 casserole and set aside. In saucepan over medium heat melt butter. Add onions and sauté until crisp-tender. Next add soup and sour cream and stir until blended. Add in cheese cubes and stir until cheese is melted. Add in cooked elbow macaroni OR potatoes, stirring to thoroughly mix. Top with shredded cheese. Cover with foil and bake 350 about 45 minutes for potatoes

Chicken Casserole

I stew a whole chicken but you can stew 3-4 breasts or all dark meat (4-6 thighs). Once it is done, shred it and reserve some broth. When you stew the chicken, make sure to season it with celery, onion, garlic powder, salt (2 tsp), pepper

(2 tsp) and poultry seasoning (2 tsp).

2 bags of frozen broccoli/cauliflower mix. (You can sub frozen broccoli, carrots, cauliflower

mix or just broccoli)

1 can cream of chicken soup

1 can cream of potato soup

3 cups shredded cheddar (I shred my own cheese bc it tastes better but you can use pre-shred)

1/2 - 3/4 cup of chicken broth from your stewed chicken (you don't want it too soupy), the broth will help season casserole.

1-2 cans of Pillsbury Crescent Rolls unrolled flat (usually one will cover the casserole

but I sometimes need 2)

While your chicken is stewing, precook the frozen veggies in the microwave for 5 minutes and preheat oven to 375. Add veggies, chicken, cream of chicken, cream of potato, 1/2 tsp salt & pepper, and 2 cups of cheese in a bowl and stir together, then add the broth and stir well. Put mixture in a 9x13 casserole dish and cook in 375 degree oven for 50 minutes. Take out of oven and open the Crescent Rolls, then unroll them flat on top of the chicken casserole. Put back in oven and bake for 15-17 min or until Crescents are not doughy on the bottom and are golden brown. Then add cup of cheese to top and put back in oven to let cheese melt for approximately 5 minutes. Once cheese melts, remove from oven and let sit for 5-10 min then enjoy.

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Chicken Pot Pie (Also called Moravian Chicken Pie)

Stew whole chicken (season it with celery, onion, garlic powder and 2 chicken bouillon cubes, salt (2 tsp), pepper (2 tsp) and poultry seasoning (2 tsp). Reserve broth for use in pie.

1 bag of frozen mixed veg (optional)

2 frozen pie crusts

1 box Pillsbury pie crust (it has 2 crusts in it) this is the for top of the pie

½ cup butter (1 stick) and I use real butter but you can sub margarine

6 TBSP all-purpose flour

Gravy for topping is optional

Preheat oven to 400. In a large mixing bowl, add shredded chicken, mixed veg and 6 TBSP of flour, add salt and lots of pepper and stir together well. Divide mixture evenly into 2 frozen pie crusts and pour 1 cup of broth into each pie. Slice 4 TBSP of butter (4 slices) and dot onto top of mixture. Put top crust on and cut off edges and crimp together with the bottom crust. Cut slits in top of pies for venting. Bake pies for 45-55 minutes (until they are bubbly). Towards the end of baking, you can make gravy for the top.

Gravy:

2/3 cup all-purpose flour

1 stick butter (or margarine)

½ cup whole milk

6 cups of reserved chicken broth

Heat butter until melted in a pan over medium heat. Add flour and stir with whisk and cook until golden about 2-3 minutes. Slowly whisk in milk and incorporate fully then stir in chicken broth 1 cup at a time until gravy is at desired thickness when brought to a boil. Make sure to whisk gravy constantly. Add salt and lots and lots of pepper. Reduce heat to low and simmer gravy, stirring frequently, until pie is ready.

Thanksgiving Cornbread Dressing

Ingredients

1 box Cornbread mix

1 box Stove Top stuffing mix

Milk

4 Eggs (2 for cornbread mix and 2 to hold dish together)

Rotisserie Chicken

Poultry Seasoning

Sage

Thyme

Onion Powder

Black Pepper

Garlic Salt

Garlic Powder

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Cajun Seasoning

Lawry's Season Salt

Chopped Bell Pepper

Chicken Stock

Chopped Onion

Chopped Celery

Cream of Chicken

Cream of Celery

Cook Cornbread and follow directions on box (Cook for about an hour)

Chop and Sauté the Onions, Celery, and Bell Peppers (Set aside and let cool)

Crumble the Cornbread into a bowl. Do not leave the pieces too chunky.

Add the box of Stove Top Stuffing mix (This will give it more flavor)

Mix and add your Onions, Celery and Peppers mix,

Add the Rotisserie Chicken and mix thoroughly

Season with all seasoning listed above

Add Chicken Stock and mix (Not too much to avoid making watery)

Add Cream of Chicken and Cream of Celery

Mix well and Bake for 45 minutes on 375

MY BAKED MACARONI

1 bag or box of elbow macaroni or penne.

1 cup of smoked Gouda cheese

1 cup of cheddar cheese

1 cup of gruyere and Swiss cheese

2 tablespoon of flour all purpose

2 tablespoon of unsalted butter

2 cups of half and half or heavy whipping cream

Boil the elbow or penne as instructed

While the noodles are boiling

Make the cheese sauce.

Melt the butter and then add the flour until its dissolve make sure the heat is medium to medium high

Then add half and half or heavy whipping cream and stir until its thick and smooth once it starts to bubble turn down to low

Add the first 2 cheeses which ever one you want and stir until smooth and then add any kind of seasoning you want I use a little garlic and onion powder.

When the noodles are done I usual put them in cold water to stop the cooking and then put just a pinch of olive oil to stop them from sticking to each other just a tip.

I take the cheese sauce and add to the noodles and stir really well and then I add the

third cheese and stir it in very well.

Now this is the time to taste test to make sure it's seasoned at your liking. This is the time to add more seasoning if you like.

Then I transfer to a casserole dish or pan and I add a little more cheese on the top (optional).

Then put in the oven at 350 degrees for 20-30 minutes or until the cheese has

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browned on top

Then let it cool for about 5-10 minutes please try to wait you don't want to burn your lips but just try I know it's hard...LOL

Tabbouleh – SYRIAN DISH – (SALAD BUT WITH WHEAT INSTEAD OF LETTUCE!)

2 ½ cups bulgar wheat #2 (there are different sizes-it will say #2 on the pkg)

3 large cucumbers – seeds removed and diced

4 cups chopped/diced Roma tomatoes

2 bunches green onions-finely chopped

1 bunch of curly parsley-finely chopped

2 Tablespoons salt

1 Tablespoon ground black pepper

½ c lemon juice

¾ c olive oil

1 Tablespoon chopped fresh mint

12 oz. feta cheese

Put the wheat in a large bowl and cover the wheat with boiling water and let the wheat absorb the water and cool. While that is cooling peel and remove seeds of 3 large cukes and finely dice. Dice Roma tomatoes to get 4 cups (I remove the pulp from the tomatoes but that's just me!). Finely chop the green onions, parsley, and mint. Once the wheat has cooled add all of these ingredients to the wheat. Mix thoroughly. Add salt and pepper (you can use my measurements or add to your taste). Add the lemon juice, olive oil, feta cheese. Mix thoroughly and enjoy!

“ALL ROTTEN” POTATOES

Ingredients:

- Small bag of red potatoes
- 1 cup of mayo
- 1 cup of milk
- 1 pack of hidden valley ranch dip mix
- 1 package of shredded sharp cheddar cheese (or whichever you prefer)
- 1 package of bacon bits

Directions:

1. Preheat oven at 350
2. Boil potatoes in water until tender
3. Cube potatoes and place in casserole dish
4. Mix together mayo, milk, ranch mix dip to smooth consistency
5. Pour mixture over potatoes
6. Bake in oven at 350 for 20 minutes
7. Take out of oven, top with cheese & bacon bits
8. Place back into oven to melt cheese
9. YUMMMMM , ENJOY

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MARTHA'S FAMOUS BUTTERNUT BARS:

Ingredients:

2 Eggs - Beaten

1 Cup Sugar

1 Cup Brown Sugar

1 ½ stick Margarine

1 TSP Vanilla

1TSP Salt

1 ½ Cup Flour

1 c chopped walnuts

Mix Egg and sugars. Stir in rest of ingredients in the order listed.

Grease a 9 x 13 baking dish. Bake at 350 for 20 – 35 minutes if baking in a metal container, 325 for a glass container.

Frosting:

Mix ½ stick of margarine (softened) with 3 TBSP sugar, 3 TBSP milk, 1 Cup Powdered sugar.

Frost butternut bars while warm, allow to cool before cutting and serving.

PUMPKIN PIE CAKE

CRUST:

1 BOX YELLOW CAKE MIX – (RESERVE

ONE CUP FOR TOPPING)

½ CUP MELTED BUTTER

1 EGG

MIX TOGETHER – THIS SHOULD HAVE
THE CONSISTENCY OF PIE CRUST. USE A

13X9 PAN – PAT THE CRUST INTO THE
BOTTOM OF THE PAN AND A LITTLE UP

THE SIDES OF THE PAN. REFRIGERATE WHILE MAKING THE FILLING
FILLING:

1 LARGE CAN LIBBY PUMPKIN PIE FILLING

3 EGGS

½ CUP BROWN SUGAR

½ CUP CANNED EVAPORATED MILK

MIX THOROUGHLY AND POUR OVER PRESSED CAKE MIXTURE.

TOPPING:

1 CUP RESERVED DRY CAKE MIX

1/3 CUP WHITE SUGAR

¼ CUP SOFTENED BUTTER

¼ TSP CINNAMON

1 ½ CUP CHOPPED NUTS

MIX THOROUGHLY

SPRINKLE OVER THE FILLING. BAKE AT 350 FOR 1 HOUR

HOMEMADE "UNIVERSAL" PIE CRUST

Ingredients:

2 1/2 cups all-purpose flour

1/2 tbsp. sugar

1/2 tsp salt

1/2 pound unsalted cold butter (diced into squares)

6 tbsp. of ice cold water

Instructions:

Combine dry ingredients (flour, sugar, salt). Once you've mixed them together well pulse in butter until coarse crumbs form. Should be "dry and powdery"

Add water and pulse until moist clumps or small balls form.

Roll out onto a clean surface and pull together. You don't need to knead the dough.

Separate into 2 equal portions.

Shape into disks and cover with plastic wrap and chill for 1 hr.

Then shape to you desired size

**** IF YOURE MAKING AN APPLE PIE YOU CAN SEASON THE FLOUR WITH ½ TSP CINNAMON AND ½ NUTMEG

Strawberry Yogurt Pie

Ingredients:

-Strawberry flavored yogurt, 8 oz. (x2)

-Fresh Strawberries

-Frozen Whipped topping, thawed, 12 oz. (x1)

-Prepared graham crust, 9 in (x1)

-Or you can make homemade crust by crushing graham cookies and adding melted butter/sugar mixture on top

1. Mix the yogurt and whipped topping together in a bowl. Add in fresh berries, if desired.

2. Transfer the filling to the graham cracker crust and spread evenly.

3. You can chill for at least an hour or put in the freezer to make it a frozen yogurt pie!

Once you thaw it out, you can add more whipped topping on top and add some fresh strawberries as well!

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Mammaw Bryson's Buttermilk Chess Pie

8 Servings

20 min Prep time

45 min Cook time

Ingredients:

5 eggs, lightly beaten

2 cups sugar

2/3 cup buttermilk

½ cup butter, melted

2 tablespoons flour

1 teaspoon vanilla

1 unbaked 9" pie shell

Directions:

1. Combine first 6 ingredients, stir well.
2. Pour into pie shell.
3. Bake 350 degrees at 45 minutes or until set. Cool on wire rack.
4. Serve and enjoy!

