

# **Back to the Table with My Country Kitchen**

*Sharing Food and Our Lives with Family and Friends*

*Betty Lynch*

**Back to the Table with My Country Kitchen**  
by Betty Lynch

Copyright © 2006 Betty Lynch. All rights reserved.  
Printed in The United States of America.

**Editor:** Kim Mutch Emerson, WritingPro.biz

**Assistant Editor:** Ginger Marks

**Cover Designer:** Ginger Marks, DocUmeant.net

**Interior Design & Layout:** Ginger Marks

**Photography:** Brenda Emerson, Philip Marks, & Sanda Page  
Cover Stove image courtesy of Heritage Village; Largo, Florida

Published by Lulu.com

First publishing date: 01/2007

ISBN 978-0-9788831-2-6 15.95

## DEDICATION AND APPRECIATION

*I dedicate this cookbook to my dearly beloved husband, Doyle. Without his loving support this book would not have been possible. I love you more than words can express. Thank you for being my partner in life. I love you Doyle.*

*To my dear mother, Dellmishie Reed, who took the time to teach me to cook when I was a young girl. Thank you for all your love, support and encouragement my entire life. I love you very much.*

*To Kim Mutch Emerson who supported and encouraged me to step out of my comfort zone and work toward my life-long dream of being a cookbook author, you are a wonderful mentor and friend. Thank you for believing in me and your eagle eye in editing this cookbook. Your marketing plan will make this cookbook dream a reality.*

*To Ginger Marks for the cover, graphics, editing, layout, marketing plan, etc. for this book. Your work is absolutely remarkable. I've enjoyed every minute of working with you and all the laughs. I appreciate you taking the time out of your busy schedule to work on this cookbook. I value your friendship more than you will ever know. Thank you so much for believing in me.*

*To Angie Page and Sherry Frewerd, <http://grandmarosieshouse.com>, who proofed the recipes. I could not have completed this book with out you. You are my angels sent from Heaven. Thank you so much for your friendship.*

*To Lisa Braithwaite who won the "name the cookbook" contest. Thank you so much for participating! I appreciate your submissions and your willingness to help provide the best name for this cookbook. As the winner, I would like to feature Lisa's business. Lisa creates Elle B. handmade, one-of-a-kind, nontraditional jewelry that complements a woman's personal style with playful color and sparkle. Elle B. provides an alternative to trendy, mass-produced jewelry and accessories, and invites women to stand out from the crowd. Elle B. jewelry features vintage glass in modern designs: adornment for uninhibited women! Please visit Lisa's website at: <http://www.ellebstyle.com>*

*To Brenda, Tim and Corbin Emerson, and Phillip Marks for all your help. Thank you for taking your precious time and a gazillion pictures. You perfectly captured my vision. Phillip, thank you for your research on antique stoves.*

*To every person who purchases this cookbook, Thank YOU! It is my hope that the recipes and comments help bring your family back to the dinner table at meal time. May the recipes be quick and easy to help ease the stress of meal time in your hectic world.*

## TABLE OF CONTENTS

COOKING CHARTS AND INFORMATION.....	13
Apple Chart.....	13
Herb and Spice Chart.....	14
Steaming Times for Common Vegetables.....	16
Seasonal Fruits & Vegetables.....	17
Approximate Beef Cooking Times.....	19
Meat-Cooking Temperature Chart.....	20
Cooking Dictionary.....	23
APPETIZERS.....	31
Deviled Eggs.....	32
Jalapeno Cheese Ball.....	32
Best Ever Bean Dip.....	32
Texas Size Dip.....	33
BEVERAGES.....	35
Cafe Cappuccino.....	36
Holiday Wassail.....	36
Homemade Chai Tea.....	37
Maple Hot Chocolate.....	37
Spice Tea.....	38
Spicy Mint Tea.....	38
Best Ever Limeade.....	38
Strawberry Lemonade.....	39
BREADS.....	41
Beer Bread.....	42
Corn Bread.....	42
Grandma Ellis' Whole Wheat Rolls.....	42
Lemon Bread.....	43
Lemon Bread Topping.....	43
Monkey Bread.....	44
Pierce's Biscuits From Scratch.....	44
Strawberry Bread.....	45

# BACK TO THE TABLE WITH MY COUNTRY KITCHEN

Remember the June Cleaver days when mom stayed home, dad went to work and the kids skipped off to school. The house was always spotless with dinner on the table at the exact same time every day. The family sat down to dinner every night and talked about their day. After the meal the kids went to their room to do their homework while mom and dad cleaned up the dishes. I have to laugh every time I see a “Leave it to Beaver” re-run. Who in the world would cook and clean in a dress and pearls!

No matter how we wish for the stress-free days of June Cleaver the reality is life happens; kids have activities, both mom and dad often work outside of the home. After a full day’s work mom and dad come home exhausted and it is dinner time again. Everyone is hungry. Take out food is so easy and convenient that we often stop on the way home to pick up dinner so we can get home to our second job – our family and home. However, take out food is expensive. In fact, in many books on gaining financial stability and abundance one piece of advice is to eat at home more often. Fast-food is also sadly lacking in nutritional value.

Imagine sitting around the table without the TV on, while talking, sharing, learning, and laughing. Create memories that will last a life time. When you are old and your children are grown you will not regret the time spent together around the dinner table. **Back to the Table** is dedicated to help you save money, prepare easy meals, help your family slow down, and spend at least thirty quality minutes together every day.

Statistics show that the families who eat together just once a day have children who have better communication skills, receive better grades in school, and teenagers who experience fewer eating disorders and are involved in less sexual activity and drug use. Consider the benefits of teaching your children to cook. Meal time can be a family affair, one that is enjoyable and satisfying for all. Many young adults leave home today without knowing how to cook or plan a meal. Allow your children to experience for themselves how wonderful it feels to prepare a meal and watch their guests enjoy it. It’s always gratifying when you pass family recipes and traditions to the next generation.

The **Back to the Table** series will help you re-discover the joy of implementing these traditions. These cookbooks will help you teach your family to plan meals, cook, and enjoy the process. Keep an eye out; the next cookbook will be available before you know it!

I would love to hear from you! Please DO email me at [CMCLynch@prodigy.net](mailto:CMCLynch@prodigy.net) with your comments. I would love to hear what your favorite recipes are and how **Back to the Table** has impacted your life. From my kitchen table to yours, may God bless you and fill you with happiness, love, and joy!

Happy Cooking,  
Betty Lynch

## COOKING CHARTS AND INFORMATION

<b>Apple Chart</b> Wonder which variety is best for eating, baking, etc.? Here are the answers to those questions.								
<b>Name</b>	<b>Ripening Date</b>	<b>Eating</b>	<b>Cooking</b>	<b>Sauce</b>	<b>Pie</b>	<b>Frying</b>	<b>Juice</b>	<b>Apple Butter</b>
Gala	Early Sept.	X	X	X	X	X	X	X
McIntosh	Mid Sept.	X		X			X	X
Honey Crisp	Mid Sept.	X	X	X	X	X	X	X
Jonathan	Late Sept.	X	X		X	X	X	X
Golden Delicious	Late Sept.	X	X	X	X	X	X	X
Ultra Gold	Late Sept.	X	X	X	X	X	X	X
Cortland	Late Sept.	X		X	X		X	X
Red Delicious	Late Sept.	X						X
Jonagold	Late Sept.	X					X	
Jubilee Fuji	Early Oct.	X	X		X	X		
Keepsake	Early Oct.	X	X		X			
Shizuka	Early Oct.	X	X	X	X	X	X	X
Rome	Mid Oct.		X		X	X		
Sundance	Mid Oct.	X	X			X	X	X
Blushing Gold	Mid Oct.	X	X		X	X	X	X
Enterprise	Mid Oct.	X	X					
Melrose	Mid Oct.	X	X		X	X	X	X
Granny Smith	Late Oct.	X	X	X			X	
Suncrisp	Late Oct.	X	X		X	X	X	X
Fuji	Late Oct.	X	X		X	X		

# Seasonal Fruits & Vegetables

In order to eat fresh fruits and vegetables, it's good to know when each one is harvested. Here is a seasonality chart that will help you in purchasing high quality, and reasonably priced produce. This chart could be slightly different depending on what part of the world you live.

## WINTER - JANUARY, FEBRUARY

Avocados, broccoli, brussels, sprouts, cabbage, Chinese, cabbage, cauliflower, celery, root chicory, fennel, grapefruit, greens, wild mushrooms, mandarin oranges, sweet oranges, pears, spinach, and sweet potatoes

## SPRING - MARCH, APRIL, MAY

Asparagus, avocados, basil, beans, beets, berries, broccoli, cabbage, Chinese cabbage, cucumbers, radish, Head or Iceberg lettuce, mangoes, okra, sweet oranges, papayas, peas, Chile peppers, sweet peppers, rhubarb, shallots, spinach, summer squash, and turnips

## SUMMER - JUNE, JULY, AUGUST

Apricots, basil, beans, beets, berries, cherries, corn, cucumbers, dates, figs, grapes, mangoes, melons, okra, peaches, Chile peppers, sweet peppers, plums, summer squash, tomatoes, and watermelon

## FALL - SEPTEMBER, OCTOBER, NOVEMBER

Apples, broccoli, brussel sprouts, cabbage, Chinese cabbage, cauliflower, celery, root chicory, cranberries, cucumbers, dates, fennel, grapes, greens, Head or Iceberg lettuce, leaf lettuce, mushrooms, nuts, okra, mandarin oranges, pears, Chile peppers, sweet peppers, persimmons, pomegranates, quince, shallots, spinach, winter squash, star fruit, and sweet potatoes

## Cooking Today's Beef

<i>Beef Cut</i>		<i>Pan Broil</i>	<i>Pan Fry</i>	<i>Broil</i>	<i>Stir Fry</i>	<i>Roast</i>	<i>Grill</i>	<i>Cook in Liquid</i>	<i>Braise</i>
Chuck	Chuck Top Blade Steak, Chuck Eye Steak, boneless	X	X	X	X		X	X	X
	Chuck Shoulder Steak, boneless	M	M	M			M	X	X
	Chuck Arm Steak							X	X
	Chuck 7 bone Steak			M			M	X	X
	Chuck Pot Roast - Arm, Blade, Shoulder							X	X
Rib	Rib Steak, Ribeye Steak	X	X	X	X		X		
	Rib Roast, Ribeye Roast					X	X		
Short Loin	Porterhouse T-Bone Steak	X	X	X			X		
	Tenderloin Steak, Top Lion Steak	X	X	X	X		X		
	Tenderloin Roast, Top Loin Roast					X	X		
Sirloin	Sirloin Steak, Tri-Tip Steak, Top Sirloin Steak, boneless	X	X	X	X		X		
Round	Round Tip Steak, thin cut	X	X		X				
	Round Steak aka Minute Steak							X	X
	Top Round Steak	M	M	M	X		M	X	X
	Eye Round Steak	M					M	X	X
	Eye Round Roast, Round Tip Roast, Top Round Roast					X		X	X
Other Cuts	Brisket, Fresh or Corned							X	X
	Skirt Steak	M	M	M			M		X
	Flank Steak			M	X		M		X

M - Requires Marinating

## Approximate Beef Cooking Times

TYPE OF BEEF	SIZE	COOKING METHOD		COOKING TIME	INTERNAL TEMPERATURE		
					F	C	
Rib Roast, bone in	4 to 6 lbs.	Roast	325°F 162°C	23-25 min./lb. 27-30 min./lb. 32-34 min./lb.	Medium rare Medium Well done	145° 160° 170°	63° 70° 76°
Rib Roast, boneless rolled	4 to 6 lbs.	Roast	325°F 162°C	Add 5-8 min./lb. to times above	Same as above		
Chuck Roast, Brisket	3 to 4 lbs.	Braise	325°F 162°C	2 to 3 hours	Medium	160°	70°
Round or Rump Roast	2½ to 4 lbs.	Roast	325°F 162°C	30-35 min./lb. 35-40 min./lb.	Medium rare Medium	145° 160°	63° 70°
Tenderloin, whole half	4 to 6 lbs. 2 to 3 lbs.	Roast	425°F 218°C	45-60 min. total 35-45 min. total	Medium rare Medium	145° 160°	63° 70°
Steaks	¾" thick	Broil/Grill		4-5 min. per side 6-7 min. per side	Medium rare Medium	145° 160°	63° 70°
Stew or Shank Cross Cuts	1 to 1½" thick	Cover with liquid; simmer		2 to 3 hours	Medium	160°	70°
Short Ribs	4" long and 2" thick	Braise	325°F 162°C	1 1/2 to 2 ½ hours	Medium	160°	70°

# Cooking Dictionary

**Al dente** — An Italian expression applied in all western kitchens to pasta cooked just until enough resistance is left in it to be felt “by the tooth.” Fresh pasta can never be cooked al dente as it is too soft. The expression is also applied to vegetables that have been cooked crisp by steaming, boiling, or stir-frying.

**Arrowroot** — A fine starch extracted from the rhizomes of plants of the genus Marana.

**Bake** — To cook in the oven. The terms baking and roasting are often used interchangeably, but roasting usually implies cooking at a higher temperature—at least at the beginning to get the surface of the foods to brown.

**Barbecue** — A cooking method that involves grilling food over a wood, charcoal or gas fire. Usually some sort of rub, marinade, or sauce is brushed on the item before or during cooking.

**Baste**— To moisten food during cooking with pan drippings, sauce, or other liquid. Basting prevents foods from drying out.

**Batter** — A mixture of flour and liquid with the addition of flour, eggs, and sometimes fat, used to prepare cakes, muffins, pancakes, crepes, and quick breads. Also applies to frying batters.

**Beat** — To agitate a mixture with the goal of making it smooth and introducing as much air as possible.

**Bisque** — A soup based on purees of vegetables and/or crustaceans. It is classically thickened with rice and usually finished with cream.

**Blanch** — A method of cooking in which foods are plunged into boiling water for a few seconds, removed from the water and refreshed under cold water, which stops the cooking process. Blanching is used to heighten color and flavor, to firm flesh and to loosen skins. This method is commonly used to make removal of tomato skin a simple task.

**Boil** — To cook in water or other liquid until bubbling vigorously. Few techniques cause as much confusion as boiling, simmering, and poaching. Boiling is, in fact, often a technique to be avoided. Most foods—meat and seafood, for example—are poached instead (cooked in liquid held just below the boil so it just shimmers slightly on the surface). The reason for this is boiling turns them dry or stringy, and it can cause the liquid to become murky or greasy.

Some foods are best cooked at a rolling boil. Rice and pasta cook more quickly and evenly in boiling water. Green vegetables are often cooked uncovered in a large amount of boiling salted water. The large quantity of water prevents the vegetables from lowering the temperature of the water which would slow their cooking and cause them to lose their bright color. The salt also helps the vegetables retain their green color. As soon as the vegetables are done, drain them immediately in a colander and plunge them into ice water or quickly rinse them under cold tap water until completely cool. This technique of immediately chilling the drained vegetables is called refreshing, or “shocking”.

## *My Journey from Cook to Author*

*I chose the recipes from my personal collection with hopes that they will become your favorites as well. I especially loved sharing my thoughts about the recipes and have given you a lot of cooking information with the charts that will help you prepare quick and easy meals.*

*Learning new things has been the highlight of my life and it's a good thing. Boy oh boy have I learned a thing or two about writing and publishing. I mean I was completely clueless just a few short months ago.*

*One of the tasks was to pick an editor for my cookbook once I had completed the writing process. I asked my dear friends Angie Page and Sherry Frewerd to review the cookbook and make sure I had all the ingredients in the book and it made sense. Both of these ladies are great cooks and I knew I could count on them to review the recipes.*

Continued...

## APPETIZERS

*My Notes and Favorite Recipes:*

*TIP: Live, laugh and love every day of your life. Always live today as if there is no tomorrow. I live my life by this saying. Our life on earth is very short, and at the end of my journey I do not want any regrets. Think about it!*

## APPETIZERS

### DEVILED EGGS

*My husband loves deviled eggs, so this recipe is used a lot around our home. This recipe can be doubled or tripled to meet your needs.*

7 large hard boiled eggs  
3/4 teaspoon mustard  
3 tablespoons mayonnaise  
1 teaspoon cider vinegar  
Salt and ground black pepper  
Paprika  
1 tablespoon dill relish  
1 teaspoon sweet relish

Peel eggs and slice each in half lengthwise. Remove yolks to small bowl. Arrange whites on serving platter. Mash yolks with fork until no large lumps remain. Add mustard, mayonnaise, vinegar, relishes, salt and pepper to taste; mix well. Fill egg whites with yolk mixture, using a pastry bag or spoon. Sprinkle with paprika. Serve immediately or refrigerate.

### JALAPENO CHEESE BALL

*I take this recipe to pot luck dinners. Make sure you have enough crackers because you will not have any left over. You can also spread on turkey or ham sandwiches for a delightful twist to the ole sandwich.*

8 ounce Cheddar cheese  
8 ounce cream cheese, softened  
3 teaspoons jalapeno juice  
Chopped pickled jalapeno  
Garlic to taste  
Salt to taste

Shred cheddar cheese. Mix all ingredients. Place plastic wrap on counter. Place cheese mixture on plastic wrap. Fold plastic wrap around cheese and form into a ball. Chill. Serve with your favorite crackers.

### BEST EVER BEAN DIP

*Sprinkle fresh chopped cilantro on top for an extra kick.*

1 (16 ounce) can refried beans  
1 (1.25 ounce) package taco seasoning mix  
1 cup guacamole  
1 cup sour cream, room temperature  
1 cup sharp Cheddar cheese, shredded  
1 large tomato, seeded and chopped  
1/2 cup green onions, chopped  
1/4 cup chopped black olives

When you purchase fresh carrots with tops, remove the tops and store unwashed in a plastic bag in the refrigerator for up to 2 weeks.

Refrigerate covered, unwashed celery for up to 2 weeks. Leave the ribs attached to the stalk until ready for use.

Refrigerate raw cauliflower, tightly wrapped, for 3 to 5 days; cooked cauliflower can be stored refrigerated for 1 to 3 days.

Refrigerate in crisper unwashed for up to seven days.

Tomatoes are best left unrefrigerated until they are cut. Cold temperatures make the flesh pulpy and kill the flavor. Tomatoes do continue to ripen after harvest. To encourage ripening, keep in a pierced paper bag with an apple for 24 hours. You can also leave tomatoes on the counter top away from direct light.

Summer squash can be stored refrigerated for 3 to 5 days. Winter squash can be stored whole in a cool (50 to 60 degrees F) dry area for several months.



## ORDERING INFORMATION

Imagine the smiles on the faces of your loved ones when you serve them these yummy meals! Be the first to receive new recipes, new cookbooks, and even tips that will help you make mealtime a treat for all delivered to you via email. What could be easier than to simply hit SAVE and file these fabulous recipes and tips for easy access whenever you need them. All this and more can be yours when you visit [www.mycountrykitchen.com](http://www.mycountrykitchen.com) and sign up for your very own copy of our newsletter.

As our **BONUS** to you, just for signing up, you will have access to our **HOT OFF THE PRESSES** eBook, “**COOKIES**”. No strings attached! Enjoy every single delectable recipe from this cookbook with our compliments to the chef in you.

Recipes like Mocha Chocolate Chip Cookies and Holiday Honey Spice Cookies are sure to become some of your family’s favorites. Sign up now at [www.mycountrykitchen.com](http://www.mycountrykitchen.com), and don’t miss even one of these sinfully delicious recipes. Your family will thank you.

Do you know someone that would enjoy this cookbook or newsletter? Why not invite them to share in this unique and special cookbook offer? Imagine how appreciative your college age and newly married children and friends will be when they try their very first recipe. Even the experienced cook will enjoy the **tips and tidbits scattered throughout**. For as little as \$15.95 plus shipping you can have **time tested family favorites** that you can **whip up in just a few minutes**. Get yours now before this special offer disappears by visiting [www.lulu.com/BettyLynch](http://www.lulu.com/BettyLynch).