



GOOD *and* PLENTY

GOOD AND PLENTY

THIS IS DEDICATED TO THE ONES WE LOVE

June 27, 2008
On the eve of their wedding day



ACKNOWLEDGEMENTS

First I want to thank my Mom and Grandmother who taught me so much about cooking and passed on to me my lifelong love for food. I want to thank my husband for being the best “taste tester” anyone could have and sharing so many of his specialties taught to him by his lovely mother. And our children Heather, David, and Jane for bringing to us their own ideas and food creations and for finishing their meals. And Lucas for being such a good baker and Rose who is getting ready to carry on the tradition.

I also want to thank Phil and Natalie Yates for letting us know that they look at the dessert menu first, when sitting down to a meal in a restaurant, and for gathering together all the family photos involving food-- not quite realizing what I had in mind. They carefully mailed the photos to me only to discover them lost and then recovered in the mail. And thanks to Jean Yates for her wonderful family recipes, so lovingly transcribed and accompanied by beautiful stories that made us laugh out loud when we read them. Thanks to John Yates for his very good recipe “Christmas Pancakes” included in this book. And many thanks to all other family members, Eppleys and Yates, who contributed to “Good and Plenty”.

Bread

Be gentle when you touch bread
Let it not lie uncared for, unwanted.
There is such beauty in bread.
Beauty of sun and soil,
Beauty of patient toil.
Wind and rain have caressed it;
Christ often blessed it.
Be gentle when you touch bread.

A Scottish verse

Carole C. Eppley
New York, NY 2008



Vinyl Installation, 2008, Town School
David Eppley

INTRODUCTION

We are so grateful to have the oak table in our dining room, which has been the dining table to generations of Hayes and Eppleys. We are blessed to have eaten countless meals with our children, family, and friends at that table, not to mention the uses it has served as a preparation table for various culinary adventures. In particular, I am thinking about the time my mother and I made so many pierogis they covered the table, while sauerkraut and sausage slowly cooked for five hours in the kitchen. I can still recall the laughter and conversation, the aromas wafting through the house, and most of all the precious time I spent with my mother. When finished, we cleaned the table and set it for dinner. What a great time our family had sharing that meal with so much love and laughter.

There are just so many stories I could tell about being around that oak table. One comes to mind that is related to David and Liz. Liz had an appendicitis attack, and we assisted her in getting to the hospital and waited there until her parents arrived. It was the first time we met them. After a recovery period, we invited Liz's Mom and Dad to dinner. It was around Halloween so we cooked our annual fall meal - Pumpkin Soup baked and served in the pumpkin. That night our dinner was finished off with a special treat, a thousand layer cake the Yates had thoughtfully brought for dessert from a neighborhood bakery, *Lady M Confections*. It was at that dinner we learned we had something in common: our great fascination and love for good food and tasty desserts.

Thus, this book of recipes comes from both families selected from some of David and Liz's favorites. Each one brings to mind times that are so precious to each of us and as a good recipe should I hope they will inspire each of you to give them a try.

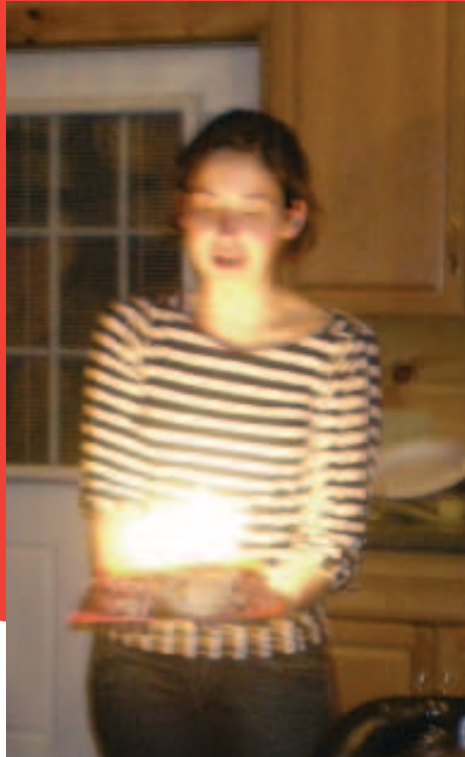
I end with one of David's early proclamations as we sat down for a meal at our table. In his own words,

WHO HAS THEIR NAKIMS ON THEIR LAPS ???

ALL AGLOW

“A good cook is like a sorceress
who dispenses happiness”

Elisa Schiaparelli



RED VELVET CAKE

At Thanksgiving, the Eppley family retreated to a cabin in the Catskills for the weekend. Dinner on Wednesday evening was in honor of David's birthday. Liz brought all the ingredients to bake this cake including a heart shaped pan from her mother's Aunt Mary. After blowing out 33 candles, we all enjoyed this very red and very delicious cake. You will not be able to eat just one piece!

Ingredients - Cake

2 1/4 cups sifted cake flour (sifted, then measured)
2 tablespoons unsweetened cocoa powder
1 teaspoon baking powder
1 teaspoon baking soda
1/2 teaspoon salt
1 cup buttermilk
1 tablespoon red food coloring
1 teaspoon distilled white vinegar
1 teaspoon vanilla extract
1 1/2 cups sugar
1/2 cup (1 stick) unsalted butter, room temperature
2 large eggs

Ingredients – Frosting

2 8-ounce packages cream cheese, room temperature
1/2 cup (1 stick) unsalted butter, room temperature
1 tablespoon vanilla extract
2 1/2 cups powdered sugar

For cake:

Preheat oven to 350°F. Butter and flour two 9-inch-diameter cake pans

with 1 1/2-inch-high sides. Sift the sifted flour, cocoa powder, baking powder, baking soda, and salt into medium bowl. Whisk buttermilk, food coloring, vinegar, and vanilla in small bowl to blend. Using electric mixer, beat sugar and butter in large bowl until well blended. Add eggs 1 at a time, beating until well blended after each addition. Beat in dry ingredients in 4 additions alternately with buttermilk mixture in 3 additions.

For frosting:

Beat cream cheese and butter in large bowl until smooth. Beat in vanilla. Add powdered sugar and beat until smooth.

Place 1 cake layer, flat side up, on platter. Spread 1 cup frosting over top of cake, pressing lightly to adhere. Top with second cake layer, flat side down. (Can be made 1 day ahead. Cover and refrigerate. Let stand at room temperature 1 hour before serving.)

HOT STUFF



“I like a cook who smiles out loud
when he tastes his own work. . .
I want to see enthusiasm.”

Robert Parker Capon

BUFFALO CHICKEN WINGS

Most of us think of chicken wings as an appetizer. Not David!! More often than you might imagine, he orders them as his entrée! He has hunted down numerous “wing places” and is probably the best critic of the places to eat chicken wings in the Northeast USA. His all-time critic’s choice is *Bufs*, in Watertown, Massachusetts. *Bufs* quickly became Dave’s favorite place for wings while in graduate school. We’ve tasted them, and we have to agree. But, we would have to rank Dave’s own homemade wings as a close runner up to *Bufs*. He often prepared his version for himself and his Dad while they watched their favorite sports events: the Ohio-Michigan football game, the Superbowl, and numerous Yankee playoff games.

Ingredients

2 1/2 lbs chicken wing pieces.

1/2 cup Frank’s REDHOT Sauce

1/3 cup melted butter or margarine

Bake wings 1 hour at 425 degrees or deep-fry 12 minutes at 400 degrees

Combine Frank’s REDHOT Sauce and butter

Dip Wings in sauce to coat

Serve with celery and bleu cheese dressing

HONOR THY



DOUGHNUT

DAVID'S DOUGHNUTS

Over the years, we have placed a couple of doughnut shops into the honorary category: they are *Dreesens*, in East Hampton, NY and *The Downy-flake*, in Nantucket, but David's own hand-made doughnuts are by far our very favorite and are to be honored in this book. The following recipe is in his own words and hand at the tender age of 11 or 12 years. He learned how to make these doughnuts at The Town School and surprised all of us by making them one morning. We all knew this recipe was a keeper. You can use any refrigerated biscuits. In addition to frosting the doughnuts, we added a variation by putting them in a paper bag with cinnamon and sugar or powdered sugar and shook them. Soooo good when warm.

David's Doughnuts

Ingredients

Vegetable or Corn Oil
20 or 15 Hungry Jack Biscuits

Procedure

Heat oil until hot, place Doughnut holes in oil
Then place Doughnuts in for about 25 seconds. Decorate
as you wish

“How do they taste? They taste like more” *H. L. Mencken*



HOME SWEET HOMEMADE

The crepes John made became
breakfast for Christmas morning,
that became a tradition, and a story
Liz's Grandparents never forgot.

POP-POP YATES' CHRISTMAS PANCAKES

The Yates' family enjoys these pancakes every Christmas morning. David had the opportunity to share this wonderful family tradition this past Christmas and he confirmed this is a very special treat and looks forward to enjoying this tradition in years to come. Here's the story Liz's grandparents will never forget as told by her grandmother, Jean:

"We were taking care of Liz and her brother Andy while their parents had a weekend away. We set out to give them a memorable time, but THEY gave US a memorable time! At the end of a harrowing day, we finally got them to bed and we went, too, because we were totally exhausted. The next morning, John did his famous pancakes, and he said in a jocular way to Liz 'here...here's one with your name on it!'

"When their parents returned later that day, Liz said to them. 'I'm not going home with you. I'm going to stay here. Grandma and Pop-Pop are more fun than you, and besides the food is better... they have pancakes with my name on them'."

Ingredients

2 cups flour
1 teaspoon sugar
1-teaspoon salt
1 teaspoon baking powder
1 egg – lightly beaten
3 cups milk

- Mix the dry ingredients together, then add lightly beaten egg and milk and stir together.
- Grease and preheat a griddle (Pop-Pop uses a cast iron griddle). Put approximately a ½ cup of batter in, swirl around until batter covers the whole griddle. Then brown and turn over to brown the other side

- Put the pancake on a dinner plate and hand it to a waiting, hungry enthusiast. Then the fun part: butter it, then put fruit syrup or maple syrup or whatever you fancy (maybe a favorite jam or preserve) in a line down the middle, roll it up, the shake powdered sugar on it. You'll find yourself looking for unusual flavors for the pancakes when you travel. Liz's mom told me they are fantastic with fresh strawberries or peaches too.
- Serve with bacon or sausage.

Because of our interest in history, we took many trips to visit historic restoration sites near New York City. Most of the visits included a view of the kitchen with explanations about early methods of cooking and the foods eaten at the time. When embarking on one of our trips David said, "Oh, no, not another restoration, I am not visiting any kitchens to hear a lady talk about baking gingerbread in a beehive oven!" Ironically, the two recipes below are among his favorites; Apples and Bacon came from a visit to *Washington Crossing State Park* in Titusville, New Jersey. The Indian Pudding came from *The Sleepy Hollow Restoration* in Tarrytown, New York. Just reading these recipes will bring the sweet aromas to mind.

APPLES AND BACON

Ingredients

1/2 pound bacon

6-8 Macintosh apples

Cut bacon strips into four pieces each. Cut apples into small pieces. Fry bacon in a large skillet. As bacon begins to render it's fat, add apples and continue to fry until bacon is crisp and apples are softened. Serve as a side dish with eggs at breakfast.

INDIAN PUDDING

Ingredients

4 cups milk

1/2 teaspoon ginger

1/3 cup corn meal

1/2 teaspoon cinnamon

1/4 cup dark molasses

3 tablespoons sugar

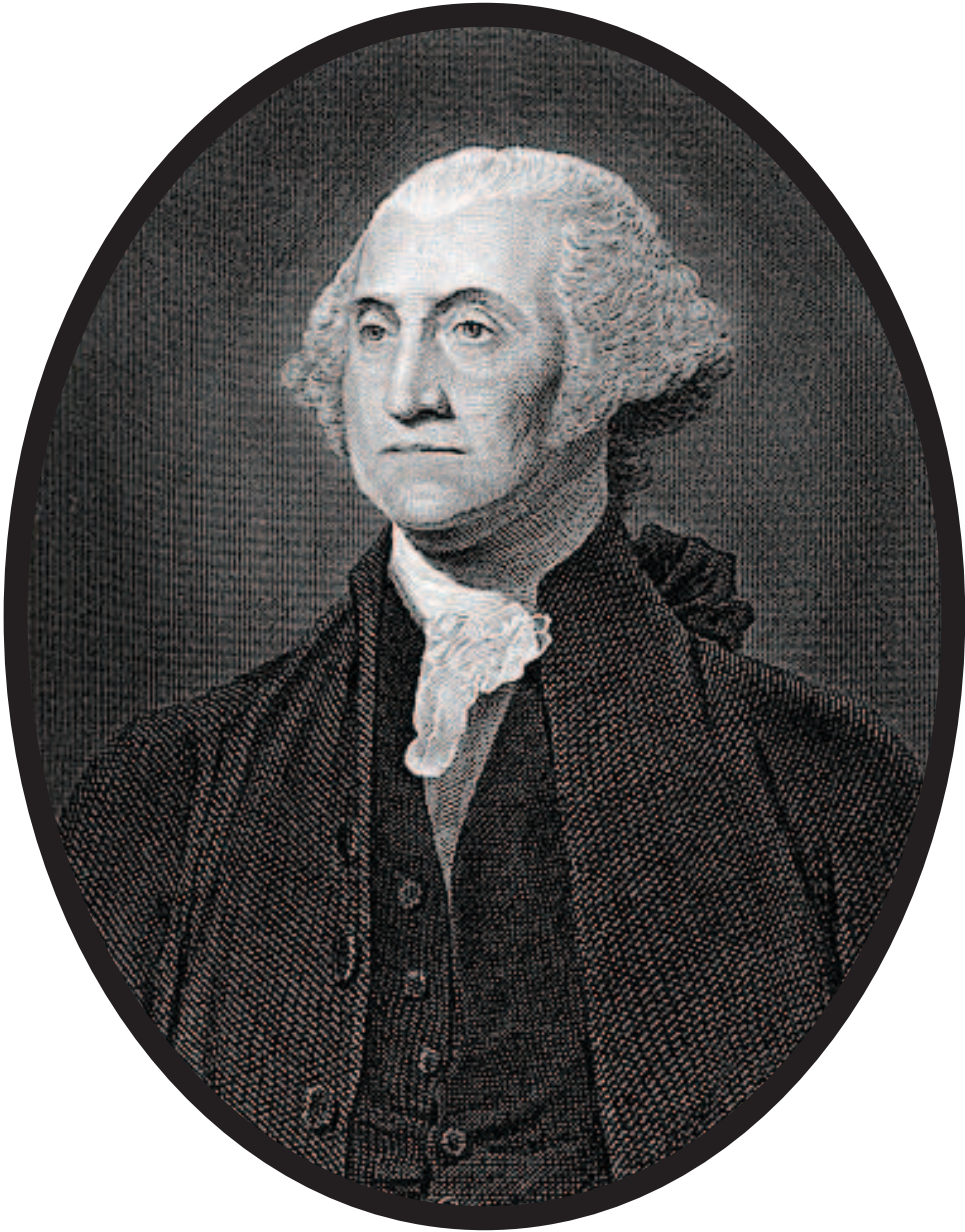
1/4 cup butter

1 well-beaten egg

3/4 teaspoon salt

Scald milk over direct heat in top part of double boiler. Stir in corn meal. Place over boiling water. Cook for 15 minutes. Stir in molasses and cook for 5 minutes. Remove from heat. Stir in butter, salt, ginger, cinnamon, sugar, and beaten egg. Pour the batter into a well-greased baking dish. Bake the pudding in a slow oven (350 degrees) from 1 1/2 hours to 2 hours. Serve the pudding warm with a small scoop of vanilla ice cream.

MAKING HISTORY



GRANDMOTHER YATES' RAISIN SCONES

Natalie told this story about Liz 's often requested food when she is home. "It is a Scottish recipe, loaded with butter, which of course makes them taste wonderful." Liz's Grandmother Jean Yates tells this story: "This recipe is from your Great Grandmother Florence Yates and is a favorite of our whole family, so I thought you should have it. You can cut these in large triangles for a hearty breakfast, or make them tiny for a tea party and serve them with clotted cream and special preserves."

Ingredients

2 cups flour

3 teaspoons baking powder

1/2 teaspoon salt

2 tablespoons sugar

1/2 teaspoon cinnamon

6 tablespoons shortening, butter or margarine

milk to add accordingly*

Mix dry ingredients together. Work in shortening with pastry cutter. Add raisins. Add enough milk* to make a stiff dough—stiff enough to handle. Roll on floured board to 1/2 to 3/4 inches thick in a rectangular shape. Cut into triangles (or with cookie cutters). Place on a greased baking sheet, bake at 400 degrees until lightly browned. Freezes well.

Double or triple the recipe—this is not enough for a family!!

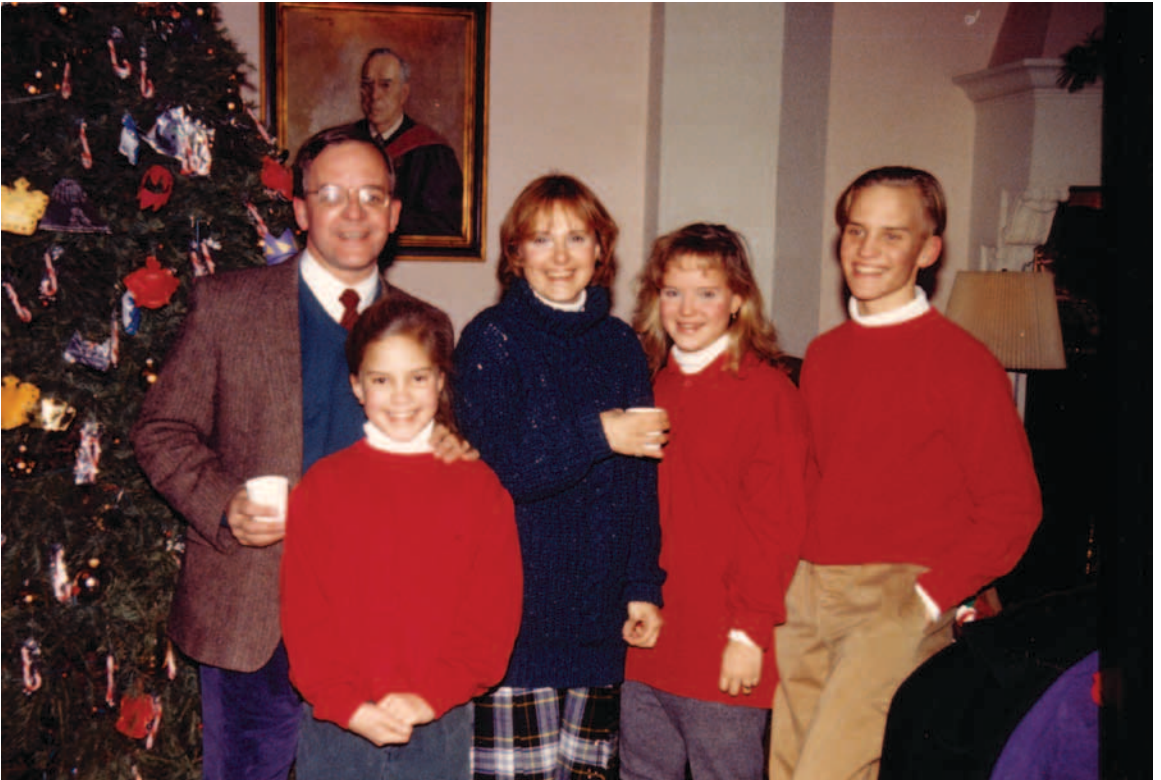
ALL IN THE FAMILY



“Sit down and feed, and
welcome to our table ”

William Shakespeare

SAY CHEESE



“He that hath a merry heart has a continual feast”

Proverbs

CHRISTMAS EVE CHEESE FONDUE

After Christmas Eve worship service, we come home and light the many candles placed around our house during Advent. We turn out all the lights except for those in the kitchen and Richard prepares cheese fondue, as he has for the past 40 years. The soft glow of the candles and the bubbling fondue pot in the middle of our table, mixed with the peaceful feel of Christmas Eve have grown over the years to be one of our most cherished family traditions. Of course you can prepare this meal anytime, but it is particularly good on a cold wintry night. In 2006, we had some very special guests - Liz, Natalie and Phil.

Ingredients

1 pound Switzerland Swiss cheese: half Emmentaler and half Gruyere	1 tablespoon lemon juice
3 tablespoons flour	3 tablespoons Kirsch or brandy
1 garlic clove	Couple of pinches of nutmeg
2 cups dry white wine such as Neuchatel or any light dry wine of the Rhine (Riesling).	Pepper (if desired)
	2 loaves Italian or French bread, cut in cubes with some crust on each side

Dredge the cheese lightly with the flour. Rub the cooking pot with garlic; pour in the wine; set over moderate heat. When air bubbles rise to surface, add lemon juice. Then add the cheese by handfuls, stirring constantly with a wooden spoon until the cheese is melting. Add the Kirsch and spices, stirring until blended. Serve and keep bubbling hot over burner. Spear the bread cubes through the soft side into the crust, dunk and swirl in the fondue. Serves 4

BRIGHT PROSPECTS



“In the childhood memories of every good cook, there’s a large kitchen, a warm stove, a simmering pot and a mom”

Barbara Costikyan

BRIGHT PROSPECTS CHOCOLATE CAKE

“Bright Prospects” was the name of Jean Yates business—a kitchen shop/gift shop where she gave cooking lessons and did her TV cooking show. Each of her grandchildren assisted her at various times on the Show. Jean suggests doubling the chocolate frosting for this cake.

Ingredients for the cake

Measure in a large bowl:

2 cups flour
2 cups sugar
1 teaspoon salt

Heat in a saucepan:

½ cup butter
1 cup water
4+ tablespoons cocoa powder
½ cup Crisco

Cook until shortening is melted, the bring to a boil and pour over dry ingredients.

Mix and add to above:

½ cup buttermilk
1 teaspoon vanilla
2 beaten eggs
1 teaspoon baking soda
1 teaspoon cinnamon

Heat oven to 400 degrees. Pour into greased 17 x 11 in jellyroll pan. Bake 15-20 minutes.

DO NOT OVERBAKE (15 minutes is probably enough)

Ingredients for the Frosting

Bring to a boil:

1 box confectioner's sugar
1 cup walnuts, chopped
1 teaspoon vanilla

Add and mix until smooth

½ cup butter
6 tablespoon milk
4+ teaspoons cocoa powder

HOLIDAY DELIGHT

No Thanksgiving meal can begin until the “Holiday Delight” is on the table. This recipe has been in my family for generations. Don’t exactly know where it came from but we think of it as *Grandma’s Jello*. Sometimes, this would be the only dish David would eat at Thanksgiving.

Ingredients

- 1 package lemon jello
- 1 small can crushed pineapple (thoroughly drained)
- ½ cup chopped walnuts
- 4 ounces cream cheese
- 1 banana cut into small pieces
- 1 cup half and half

Dissolve jello with one cup of boiling water. Let cool. Add one cup of half and half to jello and mix in softened cream cheese until smooth. Add all other ingredients.

Pour into jello mold.

FAMILY STYLE



“On days when warmth is the most important need of the human heart, the kitchen is the place you can find it.”

E.B. White

“Good and Plenty” is an *ad hoc* publication of The Eppley Times, 2008

