

RHET 3317

Project #3 Self-Assessment

1. How did your piece respond to *your proposal* for this project (What is the topic and how does it fit the writing assignment?)

I proposed a cookbook of family favorite recipes that have memories associated to those recipes. The topic of this project was “custodians of memory”. Thinking about my family’s favorite foods and learning about my husband’s family’s favorite foods provided me a chance to learn more about my family, the memories my family share, as well as gave me a the chance to learn more about my husband’s family.

2. Who is the intended audience for this project? Why did you select this particular audience?

The intended audience for this project is my family (current and future generations). I chose my family because these are their stories and recipes that they were willing to share. Combining them into one cookbook will allow my family to learn more about each other—specifically my family and my husband’s family.

3. What do you hope readers gain from reading your piece? What is your reason/purpose to write this particular piece?

My goals and purposes for this assignment were to show how food connects as a family. I also wanted to preserve memories and recipes that many of my family members know by heart. This was a way for me document those recipes and memories so that future generations will be able to enjoy them, too.

4. What genre (format/type of text) and medium (print, electronic, or sound) did you select for this piece? How does your genre and medium meet the needs of your audience and purpose?

The genre I chose was a cookbook. It will be printed and given to the “cook” in each household of my family. Everyone in my family has at least five cookbooks and I know each of them uses one at least once a week. Giving them a cookbook lets them grow

their “collection”, but it also is a nice way to preserve our favorite recipes and memories.

5. What are your lessons learned as a writer from this piece?

For this project, I learned how to conduct interviews properly by asking detailed questions about each memory. My family tends to ramble and one memory sparks another, so I had to keep them focused on track for what I needed.

I also learned how to “rephrase” what my family stated for their memories without changing the meaning of their memory.

One lesson I learned not pertaining to writing is that I need to practice my cooking skills so that I can successfully cook some of these amazing dishes! 😊

6. Discuss how you met *any of the following* learning outcomes:

- Explore strategies and stages within writing processes as they apply to nonfiction genres.

In doing this project, I followed the typical process for writing a cookbook. I gathered recipes, conducted interviews, and compiled it all into an aesthetically pleasing cookbook for my family to read.

- Study how ethics informs the process and product of nonfiction writing.
 - Practice techniques of creative nonfiction.
 - Conduct research and incorporate research into their nonfiction writing.
- In doing this project, I learned so much about interviewing and “writing up” memories. Some memories may not have been very interesting and not necessarily what I wanted to include, but I made sure to include the key elements of what my family member said during their interview.

- Compose in multiple genres of nonfiction.
 - Provide (and receive) constructive peer feedback and apply to writing.
- I provided my peers constructive feedback on their projects to help guide them as they continued writing. Their drafts were wonderful and I am sure their final products are great.
- My peers provided a lot of great feedback to me regarding my introduction and conclusion. I played around with the idea of a conclusion, but I am happy I decided to do one. I believe it really brought my project together.

- Explore how to market and publish nonfiction.
 - Reflect on intentional decisions made as a writer.
- I used a lot of the skills I have learned in Document Design to help make this project organized and appealing to my audience. I believe the pictures on the section pages helped add more of a personal touch to the cookbook.

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I hereby give Mr Kenzie H. (insert student interviewer's name) the right to record this interview, to edit the material that I provide in this interview, and to create a composition (audio, video, alphabetic) that uses this material for educational purposes.

I understand that this composition will not be sold. I understand it may be distributed for educational purposes within classes and among teachers who could use this material for their classes.

I also do not give permission to use my first and last name in connection with the publication of the composition.

I give do not give permission for my interview material to be posted online as part of this composition.

Note: Individuals under 18 years of age must have the permission of a parent.

Signature: Caleb Hansen

Print name: Caleb Hansen

Date: 11/27/18

INTERVIEW RELEASE/INFORMED CONSENT FORM

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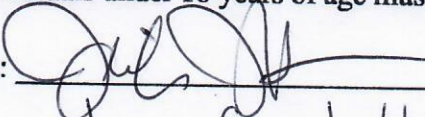
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Jennifer J. Hausen

11-26-2018

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Signature: Royaleen Vogelpohl

Print name: Royaleen Vogelpohl

Date: 11-21-18

INTERVIEW RELEASE/INFORMED CONSENT FORM

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Signature: _____

Print name: _____

Date: _____

Jenna M. Self
Jenna M. Self (McKlay)
11/21/10

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Signature: Jeannie Burkworth

Print name: Jeannie Burkworth

Date: 11-22-18

INTERVIEW RELEASE/INFORMED CONSENT FORM

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Signature: 

Print name: Jason Seuf

Date: 11/23/10

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Signature: Benjamin Hansen

Print name: Benjamin Hansen (B.J.)

Date: 11/25/18

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I give /do not give permission for my interview material to be posted online as part of this composition.

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Signature: Tricia Vogelpohl

Print name: Tricia Vogelpohl

Date: 12-3-18

INTERVIEW RELEASE/INFORMED CONSENT FORM

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Note: Individuals under 18 years of age must have the permission of a parent.

Signature: Jill Sanders

Print name: Jill Sanders

Date: 11/30/18



meals and memories

A collection of family favorite
recipes and stories.

Meals and Memories Cookbook

This cookbook is a compilation of recipes from all sides of mine and BJ's family. Each recipe is a family favorite and has a memory or story attached to it showing how most of our memories and traditions as a family center around food.

Many of the recipes we cook are ones we know by heart. However, documenting these recipes will ensure that future generations in our family will be able to enjoy these wonderful dishes in the years to come.

I learned a lot while compiling this cookbook, and I feel honored to have interviewed all of you. Because of your help creating this cookbook, we will be able to treasure these family recipes and memories forever.

With love,
McKenzie (Self) Hansen
December 2018

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breadS and appetizERS



Yeast Bread

Recipe from Lena Vogelpohl (McKenzie's NaNa)

Story / memory provided by Lena Vogelpohl

Ingredients:

- 1 inch by 1 inch square bakers yeast
- ½ cup warm water (105 to 115 degrees)
- 1 ½ cup lukewarm milk (scalded then cooled)
- ¼ cup sugar
- 1 tsp salt
- 3 eggs
- ¼ cup shortening, softened
- 7 ½ cups of all-purpose flour

Steps:

Dissolve yeast in warm water. Stir in milk, sugar, salt, eggs, shortening, and 4 cups of flour. Beat until smooth.

Mix in enough remaining flour to make dough easy to handle.

Turn dough onto lightly floured board. Knead until smooth and elastic.

Place in greased bowl, turn greased side up.

Cover, let rise in warm place until double, 1 and a half to 2 hours.

Punch down dough and divide in half. Roll each half into a rectangle. Roll up, beginning at the short side.

With side of hand, press each end to seal. Fold ends under loaf.

Place seam side down in greased loaf pan, 9x5x3 inches.

Cover let rise until double, about 1 hour.

Heat oven to 425 degrees. Bake 25 to 30 minutes.

This recipe makes two loaves. If you are using self rising flour, omit salt.

Memory:

“One time while I was making this bread, the mailman stopped by my door with some packages, so I stopped in the middle of making the bread. When I got back to the kitchen my oldest son, Jay, who was three at the time decided he was going to help Mommy make the bread. He had all the ingredients together, even egg shells mixed in! I thanked him for his help, but he couldn't understand why we had to start all over.”

Break-Apart Bread

Recipe from Jeannie Burlsworth (BJ's aunt)

Story / memory provided by Jeannie Burlsworth

Ingredients:

- 2 packages of yeast
- $\frac{3}{4}$ cup sugar
- 2 cup water
- 1 cup Crisco
- 6 cups flour
- 2 eggs
- 1 stick of oleo

Steps:

Mix 2 packages yeast, 1 cup warm water and $\frac{3}{4}$ cup sugar. Set aside and let it begin to rise in mixing bowl.

Pour 1 cup water over 1 cup Crisco and let Crisco melt, add 2 tablespoons salt. Mix well.

Add 3 cups flour and mix well. Add 2 eggs, well beaten.

Add yeast mixture. Stir well, then add 3 more cups of flour. Beat well.

Set in refrigerator for at least 1 hour.

Melt 1 stick of oleo.

Roll dough about $\frac{1}{4}$ inch thick. Cut with biscuit cutter. Dip each biscuit completely in oleo.

Grease Bundt pan. Place rolls in bottom real close together. Then place another layer on top of these, starting to lay them in between each roll. Let rise 2.5 hours.

Bake at 250 degrees for 30 minutes or until brown.

Memory:

“Oh, the funny story is this bread is so easy to make and is another good recipe that always turns out perfect. Ladies have said that it

must take a lot of kneading... not so! Make the night before and let it rise for 2 1/2 hours before your dinner the next day."

Guacamole

Recipe from Jennifer Hansen (BJ's mom)

Story / memory provided by Caleb Hansen (BJ's brother)

Ingredients:

- 4-5 ripe avocados
- 2 jalapeños, diced; pith & seeds removed
- 1/3 cup chopped cilantro
- 1/2 cup onion
- Juice of 1/2 lemon and 1/2 lime
- 1/2 cup sour cream (optional)
- Salt & pepper to taste
- 2 Roma tomatoes, chopped

Steps:

Cut avocados in half around the pit and separate the two sides by twisting each in opposite directions. Score each inner half with a knife, scoop out the insides with a large spoon, and place diced avocado into a medium-sized bowl.

Add other ingredients (except tomatoes) and mix lightly.

Top with tomatoes and serve with tortilla chips and/or sliced veggies (zucchini, celery, carrot).

Memory:

“My mom got this recipe from a Hispanic lady in Northwest Arkansas at one of her work accounts several years ago, and she's made it many times. At some point, she was going to make it for a holiday appetizer but was busy making other dishes, so she asked me to help her and make it for her... and I've been making it. Ever. Since. But I don't like to make it. But my family loves it so, I continue to make it.”

Sauces and Gravy



Czech Dill Gravy

Recipe from Jennifer Hansen (BJ's mom)

Story / memory provided by Jennifer Hansen

Ingredients:

- 2 Tbsp each butter and minced onion
- 3 Tbsp flour
- 1 cup beef soup or broth
- 1 cup milk
- 1/2 cup finely chopped fresh dill
- 1/4 cup (or slightly less) vinegar
- 1/4 tsp salt
- 1/4 tsp pepper

Steps:

Melt butter in saucepan on medium heat. Add onion and sauté until tender but not brown. Stir in flour and whisk. Quickly add milk and whisk, stirring constantly. Cook for about 10 mins. until gravy is thickened. Stir in dill and vinegar and continue cooking 5-8 mins longer. Add salt and pepper.

This delicious gravy is served in Czechoslovakia with boiled beef and bread dumplings.

Memory:

"I grew up in Illinois eating ethnic food (German, Czech, Polish, Italian, Mexican, Chinese) as a kid, but I didn't really like German or Czech food, especially sauerkraut. (Actually, I couldn't stand to eat it!) However, when I grew up and decades had passed, I started having a taste for it again, so - thanks to the amazing internet - I was able to find this recipe as well as one for boiled bread dumplings. My extended family members enjoy this gravy, and I often cook it when we have "German Potluck Day" and we all fix different ethnic foods. My two boys enjoy the bread dumplings but not really the dill gravy.

They prefer brown or turkey gravy on dumplings. I'm hoping their tastes will change!

The first time I made this, I used a different recipe that didn't have vinegar, so the taste was totally different and was not right!"

BJ's (Better Than Olive Garden's) Alfredo Sauce

Recipe from BJ Hansen

Story / memory provided by BJ Hansen

Ingredients:

- 3 tablespoons butter
- 2 tablespoons oil, olive or vegetable
- 2 cups heavy whipping cream
- 1 tsp minced garlic
- 1/4 teaspoon ground pepper
- 1/2 cup grated Parmesan cheese
- 1 cup shredded mozzarella cheese

Steps:

Melt butter and oil in a saucepan over medium-low heat. Add cream, garlic, and pepper; bring to just under a boil.

Reduce heat and simmer, stirring often, until mixture is slightly reduced.

Stir Parmesan cheese into cream mixture and simmer until sauce is thickened and smooth, 8 to 10 minutes.

Add mozzarella cheese to sauce; cook and stir until cheese is melted.

Spoon sauce over pasta of your choice.

McKenzie and I usually make penne pasta and add chicken to it.

Memory:

“When I first moved out, I realized that cooking at home is a lot cheaper than eating out every night; so, one night I decided to make Chicken Alfredo for McKenzie and I. Well, it was horrible! I used a jar Alfredo sauce that was DISGUSTING! I ended up driving us to Wendy's because it was late and we refused to eat the nasty Chicken Alfredo that I just made. After that night I realized that I

would have to make my own Alfredo sauce, so I looked up a few recipes online, and now my Alfredo sauce is better than Olive Garden's!"

ENTREES AND CASSEROLES



Tuna Fish Casserole

Recipe from Lena Vogelpohl (McKenzie's NaNa)

Story / memory provided by Tricia Vogelpohl (McKenzie's mom)

Ingredients:

- 3 cans of tuna
- 1 can cream of mushroom soup
- 1 can cream of chicken soup
- 1 box bow tie pasta
- 1 can green peas
- 1 package of Cheese Puffs

Steps:

In a large pot, cook pasta according to package instructions.

In a large bowl, combine tuna, soup, pasta, and peas. Mix well.

Pour mixture into a casserole dish.

Crush Cheese Puffs and sprinkle on top of the casserole.

Bake casserole at 350 degrees for 30 minutes.

Memory:

“My mom made this casserole a lot for my brothers and I as we were growing up. I never really liked it, but my kids do. Every so often I made it for them, but most of the time they only ate it when NaNa was watching them.”

Meatloaf

*Recipe from Lena Vogelpohl (McKenzie's NaNa), modified by BJ Hansen
Story / memory provided by McKenzie Hansen*

Ingredients:

- Ground beef, as much as you need
- Onion soup mix
- Ketchup
- Ritz Crackers
- 1 egg

Steps:

Preheat oven to 350 degrees.

In a large mixing bowl, add your ground beef, onion soup mix, egg, ketchup, and crushed Ritz Crackers. Mix until thoroughly combined.

Place the mixed meat in a baking dish or meatloaf pan.

Add ketchup and more crushed Ritz Crackers to the top of the meat.

Bake at 350 degrees for 1 hour, or until the meat is cooked all the way through.

Best served with mashed potatoes, green beans, and Pillsbury Crescent rolls.

Memory:

“Meatloaf was one of my favorite dishes when I was growing up. My NaNa makes her meatloaf different than other people's--even my Grandma-- so her's was the only one I liked. Even now that I am older, I still like her meatloaf recipe more than other meatloaf recipes. BJ told me that he didn't like meatloaf at all, but I made him this recipe and now he loves it! He did change one thing from NaNa's recipe, though. He added an egg to the mixture and it helps keep the meatloaf from drying out.”

Sausage Gravy and Biscuits

Recipe from Virginia Self (McKenzie's grandmother)

Story / memory provided by McKlay Self (McKenzie's sister)

Ingredients:

- 1 package of sausage
- 1 can of jumbo biscuits
- 2 ½ cups of milk
- ¼ cup of flour
- Salt
- Pepper

Steps:

Bake biscuits according to package instructions.

Meanwhile, cook sausage in large skillet over medium heat 5-6 minutes or until thoroughly heated, stirring frequently.

Stir in flour. Gradually add milk; cook until mixture comes to a boil and thickens, stirring constantly.

Reduce heat to medium-low; simmer 2 minutes, stirring constantly. Season to taste with salt and pepper.

To serve: Split biscuits in half. Place 2 halves on each of 8 plates; top with about 1/3 cup gravy.

Memory:

"I watched my grandma make biscuits and gravy multiple times growing up. One day I was hungry and I knew we had the biscuits that grandma would use, and I think we had made some sausage, so we already had the grease. I put the flour in the pan and began to make the gravy. It turned out just like hers! I was so happy that I called her and told her that I made her gravy. I was very excited and she was very proud of me and thought that it was neat that I followed her recipe from memory."

Chicken Tortilla Soup

Recipe from McKlay Self (McKenzie's sister)

Story / memory provided by McKlay Self

Ingredients:

- Crock pot
- 1/2 cup white onion diced
- 1/2 cup red bell pepper diced
- 1 cup frozen corn
- 1 15 ounce can black beans rinsed and drained
- 1 1/4 lbs boneless skinless chicken breasts
- 1 4 ounce can mild green chilies
- 1 8 ounce can tomato sauce
- 1 14.5 ounce can diced tomatoes do not drain
- 2 teaspoons chili powder
- 1 teaspoon cumin
- 1/2 teaspoon garlic powder
- 6 cups chicken broth
- 1 teaspoon kosher salt
- 2 tablespoons cilantro leaves chopped
- 1 cup tortilla strips or more if desired
- Toppings such as sour cream, avocado, olives and shredded cheese

Steps:

Place the onion, bell pepper, corn, black beans, chicken, chilies, tomato sauce, tomatoes, chili powder, cumin, garlic powder, chicken broth and salt into a slow cooker. Stir to combine.

Cover and cook on LOW for 6-8 hours or HIGH for 3-4 hours.

Remove the chicken breasts from the pot and shred with two forks.

Return the chicken to the pot.

Stir in the chopped cilantro and ladle into bowls. Top with tortilla strips and any other toppings you desire. Serve immediately.

Memory:

"I recently moved out and realized that I am not a very good cook; however, I decided to look up a recipe for chicken tortilla soup online. I went and got all the ingredients--some I have never used before like bell pepper and cilantro. I put all the ingredients in the Crock Pot. Later that night, my dad brought me coffee because I work night shifts and he tried some of it. He said that it was really good! I was very excited, so I decided to call NaNa and tell her about it. She said that she was proud of me! I wish that my grandma was alive because I would have called her to tell her the recipe, too."

Chicken Fajitas

Recipe from Jennifer Hansen (BJ's mom)

Story / memory provided by Caleb Hansen (BJ's brother)

Ingredients:

- 15 frozen raw chicken breast tenderloins
- 1/4 cup *Fiesta brand* Fajita Seasoning
- 1 gallon sized baggie
- Water
- Sliced green bell pepper and onion
- Shredded cheese
- Sour cream
- Corn or flour tortillas

Steps:

Place chicken tenderloins in baggie and add enough water to completely cover them. Add fajita seasoning, close the baggie, and mix well. Place baggie into a stock pot on the kitchen counter and allow to marinate for at least 5 hours, shaking or mixing contents about once per hour to distribute seasoning.

Drain chicken in a colander in the sink. Preheat large skillet to medium high heat. Add butter, melt, and add 7 tenderloins. Sauté on one side for about 4-5 mins, flip onto their other sides, and continue cooking until done and no longer pink. Transfer to a warmed platter. Cover or keep in oven to keep warm. Cook the other tenderloins the same way.

Allow to cool, and then chop them into bite-sized pieces.

At the same time, sauté bell pepper and onion in butter in a medium skillet on medium-low heat until soft.

To assemble the fajitas:

Place a tortilla on a plate, spread sour cream on it, and top with shredded cheese, chicken, bell pepper, and onion. Enjoy!

May be served with beans & rice and/or guacamole.

More or less chicken may be used, depending on # of servings needed.

Memory:

“My mom made these many times over the years. Around 2004, my Aunt Amy (my mom’s sister) and her husband Butch came from Hawaii to visit, and my mom made fajitas for dinner. Butch ate them one at a time and liked them so much, he would keep asking her to make him another. I think by the time he was finally full, he ended up eating over 10 fajitas!!!”

Chicken Surprise

Recipe from Jennifer Hansen (BJ's mom)

Story / memory provided by Jennifer Hansen

Ingredients:

- 3 cups diced cooked chicken
- 1 can cream of chicken soup
- 1/2 cup mayonnaise
- 1/2 cup diced celery
- 2 cups cooked rice
- 1/2 onion diced
- 2 Tbsp fresh lemon juice
- 1 cup crushed corn flakes or potato chips
- Butter

Steps:

Preheat oven to 375 degrees. Grease 9x13 baking dish.

Mix mayo and soup with large spoon. Add other ingredients.

Top with corn flakes or chips.

Place slivers of butter on top.

Bake for 30 mins.

This meal goes great with salad or a green veggie!

Memory:

“BJ was never crazy about this recipe because it was made with mayo and celery (NOT his favorite ingredients). However, once I made it at his request with Miracle Whip and some hot sauce (and left out the mayo and celery), he really liked it! It's a fairly quick and easy recipe when you use a rotisserie chicken from the grocery store.”

Sherried Chicken

Recipe from Jeannie Burlsworth (BJ's aunt)

Story / memory provided by McKenzie Hansen

Ingredients:

- 1 can cream of chicken soup
- 1 can cream of mushroom soup
- 1 block of cream cheese
- 1/4 cup of cream sherry
- Paprika
- 2 lbs fresh chicken tenders
- White rice (cook the amount desired for your meal)

Steps:

Unwrap the block of cream cheese and place on a microwave safe plate. Defrost the cream cheese in the microwave for 60 seconds at 50% power.

While the cream cheese is defrosting, combine the cream of chicken soup, the cream of mushroom soup, and cream sherry in a large mixing bowl. Whisk until thoroughly combined.

Add the cream cheese to the soup/sherry mixture and whisk until combined. A few cream cheese lumps are ok.

Place the chicken tenders 1 layer thick in a 13x9 baking dish. Pour the soup/cream cheese/sherry mixture over the chicken and smooth evenly with a spatula/scrapper.

Lightly sprinkle paprika over the top.

Bake at 350 for 45-50 minutes

Once the chicken is in the oven, start cooking your white rice. Follow the instructions provided with the rice.

Serve the chicken and sauce over a bed of white rice.

This meal goes great with steamed veggies or asparagus!

Memory:

“Sherried chicken was the first meal that BJ made me when we started dating; however, it did not turn out right when he made it--he added way too much sherry and salt. After we got married, we decided to try it again and he made it the way it was supposed to be made! Now it is one of our favorite *home cooked meals*.”

Pork Chops and Rice

Recipe from Tricia Vogelpohl (McKenzie's mom)

Story / memory provided by McKenzie Hansen

Ingredients:

- 4 to 8 pork chops (thin or thick)
- Flour
- Salt
- Pepper
- 3 to 4 boxes of wild grain rice
- 2 cans of cream of mushroom soup
- Milk

Steps:

Salt and pepper the pork chops and then add a thin layer of flour to each side of the pork chops. Fry them in a pan. Meanwhile, cook the rice according to the package instructions.

When the pork chops are done, cut them into smaller pieces and scatter them at the bottom of a 13x9 pan.

In a large bowl add the cream of mushroom soup, rice, and milk (use the empty can of cream of mushroom soup as a way to measure).

Mix well until you reach the consistency you want. Add the soup and rice mixture to the 13x9 pan on top of the pork chops.

Bake at 350 degrees for 30 minutes.

Memory:

“My mom would make this meal quite a bit when me and my siblings were growing up--it is the dish I think of when I think of a ‘home cooked meal’. My best friend, Caitlen, even got hooked on this delicious meal. One time my mom made a bunch of pork chops and rice for a potluck and there was still plenty left over after the potluck was over. However, rather than taking the leftovers, she left it in case

anyone wanted to take some with them. It took us years to *forgive* her for leaving it!"

Chicken and Dumplings

Recipe from Michelle Self (McKenzie's bonus mom)

Story / memory provided by Jason Self (McKenzie's dad)

Ingredients:

For the soup

- 2 tablespoons olive oil
- 1 (3-pound) chicken, cut into pieces
- 1/4 cup flour, seasoned with salt and pepper to taste
- 1 medium yellow onion, peeled and cut into large chunks
- 2 carrots, peeled and cut into large chunks
- 2 stalks celery, cut into large chunks
- 1 bay leaf
- 1 sprig thyme
- 1/4 teaspoon turmeric
- Kosher salt and freshly ground black pepper to taste
- 4 cups low-sodium chicken broth
- Fresh parsley

For the dumplings

- 1 1/2 cups flour
- 2 teaspoons baking powder
- 1/2 cup coarsely ground cornmeal
- 1 tablespoon sugar
- 1 teaspoon kosher salt
- 1 3/4 cups heavy cream

Steps:

In a wide, heavy pot, with a tight-fitting lid, heat the olive oil. Dredge the chicken pieces in the seasoned flour, then brown them in the oil over medium heat, about 2 minutes a side. Remove and set aside. Add the onion to the pot and cook for 2 minutes. Add the carrots, celery, bay leaf, thyme, turmeric, salt, and pepper and cook for 1

minute more. Stir in the broth. Return the chicken to the pot, cover, and simmer for 15 minutes.

Meanwhile, in a large bowl, combine the first five dumpling ingredients. Add the cream and mix until just combined. Drop about 12 heaping tablespoons of the dumpling mixture into the pot. Cover and simmer for 12 minutes more.

To serve, scoop the dumplings and chicken into bowls, then cover with broth. Garnish with the parsley.

Memory:

“My wife Michelle is a wonderful cook, and her chicken and dumplings are the best! It was the first meal she made me when we were dating. The smell of the meal was just as amazing as the taste.”

Chicken and Dressing

Recipe from Virginia Self (McKenzie's grandmother)

Story / memory provided by Jill Sanders (McKenzie's aunt)

Ingredients:

- 6 to 8 chicken legs
- Chicken bouillon cubes
- 3 eggs
- 1 box of cornbread
- 1 onion
- Celery stalks
- 3 cups of chicken broth
- 2 teaspoons of sage
- Salt

Steps:

Cook chicken legs in a pot of water. Add 2 chicken bouillon cubes and salt. Bake a 13x9 pan of cornbread. Boil three eggs. After your chicken, cornbread, and eggs are done you are ready to mix the ingredients.

In another baking dish crumble up cornbread and add the onion, celery, chopped eggs, and pour in the chicken broth. Mix all the ingredients together, making sure your mixture is not too thick.

Add your chicken legs to the dressing mix. Bake at 350 degrees for 45 minutes to 1 hour, or until your dressing starts to turn golden-brown.

Memory:

“My mama would make her chicken and dressing every year around the holidays. It was a family favorite, especially for my daddy. Mama never taught me how to make it, but over the years I would watch her as she would make it and ask her questions. She passed away in 2015 and now I make it for my daddy around the holidays because I am the only one who can make it like her.”

Side dishes



Easy Hashbrown Casserole

Recipe from Jeannie Burlsworth (BJ's aunt)

Story / memory provided by Jeannie Burlsworth

Ingredients:

- 30 oz of shredded hash browns
- 8 oz of sour cream
- 8 oz of french onion dip
- 2 cups of cheddar cheese
- 1 can of cream of chicken
- 2 cups of corn flakes (or enough to cover the top)
- 3 tablespoons of butter

Steps:

Preheat the oven to 375 degrees.

Mix potatoes, sour cream, cheese, soup, and french onion dip together so that all the potatoes are covered.

Spoon into greased 13x9 baking dish.

Mix corn flakes in butter and top the potato mixture.

Bake at 375 degrees for 1 hour.

You can add sausage to this recipe to make a breakfast casserole.

Memory:

“This is an emergency potato recipe that turns out perfect every time.

The funny story is that people have commented that I must have been labored intensely grating fresh potatoes!”

Baked Beans & Bacon

Recipe from Jan Vogelpohl (McKenzie's great-aunt)

Story / memory provided by McKenzie Hansen

Ingredients:

- 4 slices of bacon, diced
- ½ cup chopped onions
- 2 cans pork and beans
- ¼ cup BBQ sauce
- ½ cup brown sugar
- 1 tbsp prepared mustard

Steps:

In a skillet, saute bacon and onion. Drain grease.

Add remaining ingredients.

Simmer at least 15 minutes, stirring occasionally to prevent sticking.

Memory:

“NaNa got this recipe from Aunt Jan 37 years ago at a 4th of July celebration. She gave the recipe to my mom so she could make them. Her and NaNa would make it for family gatherings, and occasionally for dinner for me and my siblings. These are the only baked beans I like and will eat.”

desserts



Pecan Pie with Karo Syrup

Recipe from Virginia Self (McKenzie's grandmother)

Story / memory provided by Jason Self (McKenzie's dad)

Ingredients:

- 1 cup Karo light or dark corn syrup
- 3 eggs
- 1 cup sugar
- 2 tablespoons butter, melted
- 1 teaspoon Vanilla Extract
- 1 1/2 cups pecans
- 1 (9-inch) unbaked or frozen deep-dish pie crust

Steps:

Preheat oven to 350°F.

In a mixing bowl, mix corn syrup, eggs, sugar, butter, and vanilla using a spoon. Stir in pecans. Pour filling into pie crust.

Bake on center rack of oven until center reaches 200°F and springs back when tapped lightly, about 55 to 70 minutes.

Memory:

"My mom would make 4-6 pecan pies at Thanksgiving and Christmas. I can still remember the smell of them when they would come out of the oven and my mom's voice as she would say, 'stay out of that' because she knew I was going to get into them as soon as possible."

Nut Cups (Pecan Tassies)

Recipe from Rochelle "Bunny" Buck (Jennifer's mom)

Story / memory provided by Jennifer Hansen (BJ's mom)

Ingredients:

- 1 cup all purpose flour
- 1/2 cup butter, softened
- 3 oz (1/3 cup) cream cheese, softened
- 3/4 cup packed brown sugar
- 3/4 cup chopped pecans
- 2 eggs, beaten
- Powdered sugar

Steps:

Cream together butter and cream cheese. Add flour, mix, and refrigerate (covered) for 1 hour. Roll dough into 1" balls; press each ball into the wells of mini muffin tins and form up each side to make mini cups.

Whisk eggs in a small bowl and add brown sugar. Mix. Add pecans and spoon about 1-2 tsp mixture into each muffin cup, filling it about 2/3 of the way up to allow for rising when baking.

Bake at 400 degrees for 12-15 mins.

Allow to cool on cooking rack about 5 mins. Remove using a butter knife. When cool, dust with powdered sugar. (optional)

Memory:

"My mom made these when I was a kid in the 1980s, and she actually won a blue ribbon in a newspaper contest for them, so she re-named them *Blue Ribbon Nut Cups*.

I make them often during the holidays, and they're a hit with family members because they're like mini pecan pies: perfect, bite-sized little morsels of yummy pecan goodness!"

Homemade Pumpkin Pie

Recipe from McKenzie and BJ Hansen

Story / memory provided by McKenzie Hansen

Ingredients:

- 2 cups pumpkin puree
- 1 (12 ounce) can evaporated milk
- 3 eggs
- 3/4 cup sugar
- 1/2 teaspoon salt
- 1 1/2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- 1/2 teaspoon nutmeg, if desired
- 1/2 teaspoon ground cloves, if desired
- Pie shell(s)

Steps:

Combine sugar, salt, spices and eggs in a large bowl.

Add puree and milk, then combine thoroughly.

Pour into pie shell. If you buy the premade graham cracker shells, you will want to buy two of them.

Place foil around the edges of the crust.

Place pie on foil-lined, cookie sheet.

Bake 350°F for 50-60 minutes.

Give knife clean test. If not clean, bake a bit longer.

Memory:

“BJ and I had a wonderful time making our first pumpkin pie together... actually, THREE pumpkin pies! The first time we made this we had enough of the pie mixture to make three whole pies because we didn't have a 9 inch deep dish pie pan.

For Thanksgiving 2018, we made our *mistake* again and were able to make three pies for all three Thanksgivings!”

Homemade Pumpkin Puree

Recipe from McKenzie and BJ Hansen

Story / memory provided by McKenzie Hansen

Ingredients:

- 4 pie pumpkins

Steps:

Cut the tops of the pumpkins using a sharp knife.

Cut the pumpkins into quarters.

Scrape out the seeds. If you want to use the seeds for another dish, make sure you set them aside.

Place the pumpkin pieces on a couple of cookie sheets.

Bake at 350 degrees for 45 minutes.

Once the pumpkins have cooled off, separate the skin from the flesh.

Place the pumpkin flesh in a food processor and puree until the pumpkin is smooth. You may have to add water to get the consistency you want for you pie.

Memory:

"BJ and I love doing stuff together and trying new things. During the fall of 2018 I had just learned how to make a homemade apple pie from Jennifer, so I was feeling adventurous and wanted to make a homemade pumpkin pie FROM SCRATCH! I did some research online and BJ and I spent a Saturday morning preparing our pumpkin puree for our pumpkin pies."

Snowman Oreo Balls

Recipe from McKenzie Hansen

Story / memory provided by McKenzie Hansen

Ingredients:

- 1 pkg. (8 oz.) brick cream cheese, softened
- 36 OREO Cookies (regular size), finely crushed
- 16 oz . vanilla candy coating , melted (like Candiquick or almond bark)
- 48 Mini OREO Bite Size Cookies
- Decorations: decorating icing or gel; multi-colored sprinkles

Steps:

Mix cream cheese and cookie crumbs until well blended. You can use a food processor or your hands.

Shape into little balls; place in single layer in shallow pan. If you would like to stick toothpicks in them to make it easy for coating, stick them in before freezing.

Freeze for at least 20 minutes, they can be frozen for longer.

Dip balls in melted coating using a fork (if you didn't want to use toothpicks).

Place in shallow waxed paper-lined pan, allowing excess coating to pool at bottom of each ball.

Chill balls until coating is set.

Decorate the snowmen using icing. I put icing on top of the balls to keep the hat in place.

Refrigerate 1 hour or until firm.

Memory:

“When I first made this recipe, it was the second Christmas that BJ and I celebrated together, and I was making them to take to his family's Christmas gathering. This particular year he had A LOT of family coming in from Kansas City, as well as guests who came to

speaking during Church. We had so many delicious homemade desserts that night, but as we were leaving I noticed that my Oreo balls were all gone! It was a great feeling to know that everyone enjoyed them! Plus they were SO CUTE!"

Peanut Butter Criss-cross Cookies

Recipe from Lena Vogelpohl (McKenzie's NaNa)

Story / memory provided by Lena Vogelpohl

Ingredients:

- 1 cup shortening
- 1 cup granulated sugar
- 1 cup brown sugar
- 2 eggs
- 1 cup peanut butter
- 2 cup sifted all purpose flour
- 2 tsp baking soda
- 1 tsp vanilla
- ½ tsp salt

Steps:

Thoroughly cream shortening, sugar, eggs, and vanilla. Stir in peanut butter.

Sift dry ingredients and stir into creamed mixture.

Drop by rounded teaspoon on ungreased cookie sheet.

Press with back of floured fork to make criss-crosses.

Bake at 350 degrees for 10 minutes.

This recipe makes 5 dozen cookies.

Memory:

"I enjoyed making this recipe with my children when they were little and later with my grandchildren. They thought that they were so big helping me out. I can still see the smiles on their faces when they made the criss-crosses for me."

Sugar Cookies

Recipe from Lena Vogelpohl (McKenzie's NaNa)

Story / memory provided by Lena Vogelpohl

Ingredients:

- 2 3/4 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1 cup butter, softened
- 1 1/2 cups white sugar
- 1 egg
- 1 teaspoon vanilla extract

Steps:

Preheat oven to 375 degrees.

In a small bowl, stir together flour, baking soda, and baking powder. Set aside.

In a large bowl, cream together the butter and sugar until smooth. Beat in egg and vanilla. Gradually blend in the dry ingredients. Roll rounded teaspoonfuls of dough into balls, and place onto ungreased cookie sheets.

Bake 8 to 10 minutes in the preheated oven, or until golden.

Let stand on cookie sheet two minutes before removing to cool on wire racks.

Memory:

“One year I was making Santa Claus sugar cookies with my granddaughter, McKenzie, and she was trying to help by putting what she called belly-buttons on our Santa cookies. I tried to tell her that we were going to be putting icing on the cookies and they don't need belly-buttons. She pulled up her little top and showed me her belly-button to convince me that Santa needed one too!”

1000 Dollar Pie

Recipe from Lena Vogelpohl (McKenzie's NaNa)

Story / memory provided by Lena Vogelpohl

Ingredients:

- 2 pie crusts
- 1 can eagle brand milk
- 1 small can crushed pineapple
- 1 cup crushed nuts
- 2 tbsp lemon juice
- 1 9 oz tub of Cool Whip

Steps:

In large bowl beat eagle brand milk and lemon juice until firm. Add pineapple, nuts, and Cool Whip. Mix until blended well.

Refrigerate for 3 hours or until firm.

Memory:

“A friend of mine gave me this recipe about 40 years ago. I make it periodically for my family, but mostly for my youngest son, Michael. However, he doesn't like pie, so I make him 1000 dollar filling!”

Peanut Butter Fudge

Recipe from Lena Vogelpohl (McKenzie's NaNa)

Story / memory provided by Lena Vogelpohl

Ingredients:

- Butter
- 2 cup granulated sugar
- $\frac{2}{3}$ cup evaporated milk
- $\frac{1}{2}$ pint marshmallow cream
- 1 cup chunky peanut butter
- 1 cup semi-sweet chocolate chips
- 1 tsp vanilla

Steps:

Butter sides of heavy 2-quarts saucepan. In it combine 2 cups granulated sugar and $\frac{2}{3}$ cup evaporated milk. Stir over medium heat until sugar dissolves and mixture boils.

Cook to softball stage (234 degrees). Remove from heat.

Quickly add $\frac{1}{2}$ pint of jar marshmallow cream, 1 cup chunky peanut butter, 1 cup of semi-sweet chocolate chips, and 1 teaspoon of vanilla. Mix.

Pour into buttered 9x9x2 inch pan. Score. Cut when firm.

Memory:

“My aunt used to fix this fudge around the holidays. Now my family expects me to fix it every Christmas, and I have for 37 years. I am proud to have taken over my aunt's tradition.”

Watergate Salad

Recipe from Anna Vogelpohl (McKenzie's great-grandmother)

Story / memory provided by Lena Vogelpohl

Ingredients:

- 1 9 oz tub of Cool Whip
- 1 box pistachio pudding (small)
- ½ cup chopped nuts, optional
- 1 20 oz can crushed pineapple
- 1 cup mini marshmallows

Steps:

In a large bowl, mix Cool Whip and pudding. Add can of pineapple with the juice. Mix well.

Fold in marshmallow and nuts.

Chill before serving.

This recipe could be prepared as a dessert or side dish.

Memory:

"I got this recipe from my mother-in-law. I taught it to my daughter, Tricia, and now we make sure to have it at all family gatherings."

Pumpkin Bread

Recipe from Lena Vogelpohl (McKenzie's NaNa)

Story / memory provided by Lena Vogelpohl

Ingredients:

- $\frac{2}{3}$ cup Crisco
- 2 $\frac{2}{3}$ cup sugar
- 4 eggs
- 1 can pumpkin (2 cups)
- $\frac{2}{3}$ cup water
- 3 cup flour
- 2 tsp baking soda
- $\frac{1}{2}$ tsp salt
- $\frac{1}{2}$ tsp baking powder
- 1 tsp cinnamon
- 1 tsp cloves
- $\frac{2}{3}$ cup walnuts

Steps:

Heat oven to 350 degrees. Grease 3 loaf pans.

In a large bowl mix sugar and oil until fluffy.

Stir in eggs, pumpkin, and water. Blend in salt, flour, soda, baking powder, cinnamon, and cloves. Stir in nuts.

Pour into pans. Bake for 70 minutes at 350 degrees.

Give clean knife test, if the knife is clean your bread is done.

If using self rising flour, omit soda, salt, and baking powder.

Memory:

"When I worked at RCA 47 years ago, we had a Christmas potluck. I tried this pumpkin bread and had to have the recipe. I asked my coworker, Marsha, for the recipe and I have been making it for my family ever since (46 years and counting)."

Reese's Peanut Butter Cookies

Recipe from Lena Vogelpohl (McKenzie's NaNa)

Story / memory provided by Lena Vogelpohl

Ingredients:

- Sugar cookie dough, store bought or homemade
- Mini Reese's Peanut Butter Cups
- Mini cupcake pan

Steps:

Cut dough every two inches, then proceed to cut into fourths.

Put dough into each mini cupcake tin.

Put in the oven and bake at 350 degrees for 8 to 10 minutes.

Place Reese's Peanut Butter Cups in each cookie IMMEDIATELY after taking out of the oven.

Let cool before serving.

Memory:

"I got this recipe 37 years ago at my oldest son, Jay's, school Christmas party. Another one of the room mothers, Margaret, found the recipe on tube of Pillsbury Sugar Cookie dough and passed the recipe on to me. This has become another family favorite around the holidays."

Pumpkin Crunch Cake

Recipe from Jennifer Hansen (BJ's mom)

Story / memory provided by McKenzie Hansen

Ingredients:

For the cake

- 1 can pumpkin
- 1 can evaporated milk
- 3 eggs
- 1 cup sugar
- 1 tbsp cinnamon
- 1 box yellow cake mix
- 1 cup chopped nuts
- 2 blocks unsalted butter

For the frosting

- 8 oz cream cheese
- ½ cup powdered sugar
- 8 oz Cool Whip

Steps:

Preheat oven to 350 degrees.

Mix pumpkin, milk, eggs, sugar, and cinnamon in a large bowl.

Line the bottom of a 9x13 pan with wax paper. Pour mixture into pan.

Sprinkle cake mix over the mixture--do not mix it in.

Sprinkle nuts over the cake mix.

Melt butter and pour by spoonfuls over the nuts and cake mix.

Bake at 350 degrees for 50 to 60 minutes.

After cake is completely cooled, take the wax paper and flip the cake onto a serving platter (nuts and cake mix are now on the bottom).

Ice the top with the cream cheese frosting.

Keep refrigerator until ready to serve.

To make the frosting:

Make sure your cream cheese is at room temperature.

Combine cream cheese and sugar. Mix well.

Add Cool Whip. Mix well.

Ice the cake with a knife or piping tools.

Memory:

“Around Thanksgiving time, the first year that BJ and I were together (2015), Jennifer came to my dorm on UALR’s campus and taught me how to make this yummy dessert. She also taught me how to ice it with some piping tools. For Christmas that year, she bought me my first set of piping tools!”

A Letter to Future Generations

Dear future generations of the Self-Hansen family,

I hope you are able to enjoy the delicious recipes in this cookbook and learn more about those who came before you.

I hope you were able to learn lessons and appreciate our family's history and traditions. Food is an important part of our family because it usually means a time of fellowship. Spending time together is crucial in a family, especially in one who loves and respects each other as much as we do. I hope this tradition is carried on and that you, too, are researching recipes and documenting memories to add to this collection.

Our family history is important because it's what makes each of us who we are. Hearing stories from your parents and grandparents are great, but over time we tend to forget. While I was creating this cookbook, I learned so much and remembered a lot, too! I encourage you to add to this book. Make updates to recipes and add new memories to the recipes already in here.

Carry on the legacy of those wonderful chefs and bakers in our family. Add your spouse's family recipes to this book. Add their memories. Watch as our family continues to grow and new memories are made.

No matter where life takes you, remember; food, family, and fellowship are your roots.

- McKenzie Hansen