

**Northgate UMC Heritage Potluck
July 23, 2017**

Macaroni Pie – Brenda Williams

A South Carolina dish that was served at every Sunday dinner in my family and most others. It consists of macaroni, cheese, eggs, milk, salt and pepper, layered and baked.

Beef and Mushroom (Zimbabwe) – George Mukubvu

Country's staple diet. Most people rear cattle, hence beef is readily available and mushroom is collected freely from the forest.

Ingredients: Beef, mushrooms, mixed vegetables, tomatoes & onions.

Chinese Sticky Rice – Fred Chen

I grew up eating it.

Ingredients: Sticky rice, Chinese sausage, mushrooms.

Scalloped Corn – Eileen Kensinger

Corn from Iowa – the Corn State.

2 ½ cups whole kernel or cream corn (#2 can)
3 Tbsp Chopped Green Pepper
1 Cup Dry Bread or Cracker Crumbs
½ - ¾ cup milk
2 Tbsp. Butter
½ small onion, chopped
Salt & Pepper

Combine whole kernel corn and ¾ cup milk or creamed corn and ½ cup milk. Add crumbs, onion, green pepper, and salt and pepper. Pour into greased casserole; dot with butter. Bake in 350 degree oven for 30 minutes.

Beigne – Joell Bakatukanda

My mother showed me how to do this.

Ingredients: Flour, Sugar, Baking Soda, Vanilla, Oil

Sauerkraut & Sausage – Connie & Mary Smith

German ancestry.

Chicken Wings Adobo – Terry Laguardia

Chicken Adobo is an authentic Filipino dish and is one of the most widely recognized Filipino foods. This Chicken Adobo recipe is the simplest that you can get. Not to be mistaken with Mexican adobo, this dish is uniquely prepared by stewing chicken in vinegar and soy sauce.

Black Eyed Peas – San Morritz

I grew up eating it!

Ingredients: Dried blackeyed peas (reconstituted); bacon; onions (yellow); salt & pepper

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Corn Salad – Monica Chapman

Grew corn as a child.

Sour Cream & Noodles – Joanne Walden

My brother is allergic to chicken, turkey, and fish, so we had a lot of ground beef dishes when I was growing up. This is my mother's recipe. It was a favorite of mine – and one of the recipes both Brenna and Phoebe wanted to take with them when they left home.

1 Chopped Onion
1 Pound Ground Beef
1 ½ cups noodles (wide)
1 8 oz can tomato sauce (plus 2 cans water)
1 can mushrooms (optional)
½ teaspoon salt
1 ½ teaspoons celery salt
Dash pepper
2 teaspoons Worcestershire sauce
½ - 1 cup sour cream

Brown beef and saute onion. Place noodles in layer over meat. Combine other ingredients except sour cream; pour over noodles to moisten all. Bring to boiling. Cover and simmer over low heat 30 minutes or until noodles are tender. Stir in sour cream and heat to just boiling.

Pork Chops in a Crock Pot – Shirley Oldham

4-6 butterfly pork chops
1 can chicken & rice soup
4 T. flour
1 tsp. dry mustard
½ tsp. black pepper
¼ tsp. garlic powder
Mix dry ingredients in a zip lock bag. Put one pork chop at a time in bag & shake. Brown chops in 1 T. oil. Pour soup into crock pot and add pork chops. Be sure that the pork chops are covered completely with the soup. (The soup will cook down and make wonderful gravy.) Cook 6-8 hours on low. Serve over rice.

Jambalaya – Deborah Mccray

New Orleans is well known for Jambalaya. This was one of our favorite meals on Sunday. My mom would make potato salad, fry fish or chicken, and green beans.

Chicken Enchilada Casserole – Alisa Chen

My mom made it in 2005 for my other stepdad, Bill, & I, while he was still in stable condition & he was still able to eat & stay up before he went downhill. It was one of the happiest moments when we had a great meal together.

Ingredients: Corn tortillas, chicken, corn, onions, stewed tomatoes, Rotel, cheese

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Beef Stew – James Ford – Susan Schmidel’s Dad

Pressure Pan:

2 lbs. beef cut into 2 inch cubes

2 tablespoon fat

1 ½ teaspoon salt

¼ teaspoon pepper

Paprika (sprinkle)

1 onion – cut fine

6 carrots (cut)

6 potatoes (cut)

2 cups beef stock

45-60 minutes

Red Beans and Rice – Denise Alexander

Authentic New Orleans style food

Cook onion, bell pepper, garlic, and celery in olive oil for 3 to 4 minutes. Rinse beans and transfer to a large pot with 6 cups water. Stir cooked vegetables into beans. Season with bay leaves, cayenne pepper, thyme, sage, parsley, and Cajun seasoning. Meat: smoke sausage or smoke ham. Cook for 3 hours.

Meatloaf – Cecil Alumbaugh

Grew up eating it.

Ingredients: Ground beef.

Filipino Pancit – Adelaida Apduhan

Praline Candy – Denise Alexander

Family recipe

Fried Plantains – Emmanuel & Christina Mends

Baked Fish – Nangui Noe

Spinach and Melon Seeds with White Rice – Emmanuel & Christina Mends