For this special food-themed issue of The Bookshelf, we asked OLLI members to submit a favorite recipe. Here are the tasty results!

Game Day Dip
Cheryl Weber
My husband and I are Illinois football season ticket holders for over 30 years. Attached is the recipe for a favorite dip that I serve at every home Illinois football game tailgate. It always disappears fast and everyone always wants the recipe. It's not limited to just tailgates—it makes a great party dip for any occasion.

Ingredients
1 lb. HOT Pork Sausage, such as Jimmy Dean, or any spicy pork sausage variety from the Meat Sales Room
1 green pepper
1 small yellow onion
2-3 cups fresh spinach
1 8 oz. package cream cheese
1 15.5 oz. can pinto beans, rinsed
1 small jar pimento (optional)
1 ½ tsp. cumin
1 tsp. smoked paprika
1 tsp. black pepper
1 or two shakes of hot sauce, if desired
1 cup cheddar cheese, shredded

Directions
Dice green pepper and yellow onion into nice size pieces. In a sauté pan over medium heat, cook pork sausage, green pepper, onion, until pork sausage is thoroughly cooked and no longer pink and the green pepper and onions have softened. Drain sausage and vegetable mixture and return to low heat. Add cream cheese, cumin, paprika, black pepper, hot sauce and small jar of pimento (if using). Mix until thoroughly combined and cream cheese is melted. When cream cheese/pork/vegetable mixture is heated through, add handfuls of spinach, letting spinach wilt after each addition. Stir until well combined. In the bottom of an 8 x 8 pan or ceramic casserole dish, layer the can of rinsed pinto beans. Next, layer the cream cheese/sausage/vegetable mixture on top of the beans. Top with a layer of shredded cheddar cheese. Bake in oven at 350 degrees until dip mixture is bubbling and cheddar cheese is melted. Serve hot with your favorite brand of tortilla chips.
For tailgating: use aluminum 8 x 8 disposable pan. Bake ahead of time and bring in insulated travel tote. Can be reheated on grill or camper stove. For extra Game Day Illini Spirit-serve with orange and blue tortilla chips sold at several local grocery stores.

Caramelized winter squash and onion pizza
Casey Sutherland
This is my adaptation of an old Vegetarian Times recipe for an autumn-ingredient pizza. I have brought it to several Thanksgiving dinners with carnivores, and there were never any leftovers. Serves 4

Ingredients
1 lb. butternut or some other winter squash (about ½ of a medium butternut), peeled and sliced very thin
1 medium sweet onion or red onion, sliced very thin
2 tsp. minced fresh rosemary, or 1 tsp. dried crumbled rosemary
1 tsp. dried crumbled sage
1 Tbs. chopped fresh parsley (optional)
heaping 1/4 tsp. salt
¼ tsp. white pepper
2 Tbs. olive oil
1 Tbs. minced garlic
1 premade pizza crust (e.g., Boboli Thin)
6 slices of Provolone cheese
1/2 cup crumbled or thinly diced feta cheese

Directions
Preheat oven to 325 degrees F
In a large bowl, combine sliced squash and onion and toss with all of the herbs, salt, pepper and oil. Pour into a very lightly greased baking dish and cover with a tight-fitting lid.

Bake about 1 hour, stirring the squash mix once about halfway through the cooking time. After baking time has passed, remove from oven and increase oven temperature to 425 degrees. Mash the squash until it has an even consistency (the onions can remain in small chunks/slices). Place premade crust on pizza pan. Sprinkle on the minced garlic, then add a layer of the Provolone cheese. Add the cooked squash and top with the feta cheese.

Bake at 425 degrees 12 to 15 minutes, until feta starts to brown. Remove from oven, slice into 8 pieces, and serve immediately.
Pork Chops with Apples and Pancetta from Food Network
Carol Colburn
Recipe courtesy of Giada De Laurentiis

Ingredients
5 teaspoons extra-virgin olive oil
3 ounces thinly sliced pancetta, coarsely chopped
1 tablespoon butter
2 large Golden Delicious apples, peeled, cored, cut into 1/2-inch-thick slices (about 3 cups)
1/2 teaspoon sugar
Four 8-ounce bone-in center-cut pork chops (each about 3/4-inch thick)
1 1/4 teaspoons kosher salt
1 teaspoon freshly ground black pepper
1/2 cup heavy whipping cream
1/4 cup brandy
1/4 cup unsweetened apple juice
2 teaspoons chopped fresh thyme
1 medium onion, finely diced

Directions
1. In a large nonstick skillet, heat 2 teaspoons of the oil over medium-high heat. Add the pancetta and cook until crisp and light golden, about 3 minutes. Using a slotted spoon, remove the pancetta and drain on paper towels.
2. Melt the butter in the same skillet. Add the apples and sprinkle with the sugar and cook until tender and deep golden brown, stirring frequently, about 5 minutes. Transfer the apples and any juices from skillet to a small bowl.
3. Sprinkle the pork chops with 1 teaspoon of the salt and 3/4 teaspoon of the pepper. Add the pork chops and 2 teaspoons of the oil into the same skillet and brown for 2 minutes per side. Transfer the chops to a plate and cover to keep warm.
4. Add the remaining teaspoon of oil, cream, brandy, apple juice, thyme and onions to the same skillet and bring to a simmer. Return the apples and pork chops back into the pan and simmer until cooked through, 10 to 12 minutes. Season the sauce with the remaining salt and pepper.
5. Garnish with the reserved pancetta bits.

Bulgogi, or Korean Beef
Isabel Cole
My "Go to" recipe for dinner parties, a sure thing. I make this so often I don't need a recipe anymore and just throw everything together.

Ingredients
1 lb. Sirloin steak
1/4 cup soy sauce
3 Tbs. Brown Sugar
2 Tbs. sesame oil, (this is critical, do not substitute)
3 green onions chopped
2 cloves garlic chopped.
Salt and Pepper

**Directions**
Cut up meat into pieces or slices and place in bowl with above ingredients.
Marinate for several hours, then stir fry and serve with sauce over rice.
Don't overcook meat.

**Potatoes Lyonnaise**
**Frank Chadwick**
As I was preparing this for friends one time, one of them talked to me in the kitchen while I was cooking. Later as we were all eating, she announced to everyone, “Frank added butter every three sentences.” Yes! The two indispensable ingredients of a fine dining experience are butter and conversation.

**Ingredients**
2 large potatoes (I prefer Yukon Gold)
1 large white or Vidalia onion
4 (or more) tablespoons butter
4 tablespoons olive oil
2 cloves garlic, minced
About a half cup to a cup of finely diced fresh parsley
Salt and pepper

**Directions**
1. Boil the potatoes for 4-6 minutes, then peel and slice into rounds about ¼ inch thick
2. Slice onion into thin strips
3. In one skillet melt 2 tablespoons butter over low-medium heat and combine with two tablespoons olive oil. Fry potatoes in butter, seasoning with salt and pepper, turning frequently until lightly browned (about 5-10 minutes). Add additional butter and olive oil as needed. (Don't be shy with the butter.)
4. In second skillet melt 1 tablespoon butter over low heat and combine with one tablespoon olive oil. Add onions and season with salt and pepper. Sweat onions until translucent, but do *not* brown. Add additional butter and olive oil as needed.
5. When onions are done, add garlic and stir with onions to warm the garlic. (*Do not cook the garlic,* just warm it.)
6. Combine potatoes and onions in one skillet, heat together briefly while stirring in the chopped parsley.
7. Serve and enjoy.

**Easy Banana Pancakes**
**Susan Feuille**
Here is a very quick and nutritious breakfast.
Beat two eggs with a large mashed banana, a bit of vanilla, nutmeg and cinnamon as you wish and then use the mix to make pancakes as usual on a 350 degree griddle. I top the pancakes with applesauce or pure maple syrup. You can also use coconut extract instead of the vanilla and top the pancakes with shredded coconut.

**Easy Sweet Cornbread**  
**Chris Whippo**  
It is a super easy, no-fail recipe and a go-to comfort food for me. Found in a Twin City Bible Church (Urbana) cookbook.

1 package Jiffy Golden Yellow cake mix plus ingredients  
1 package Jiffy corn muffin mix plus ingredients

Combine ingredients as listed on both boxes of mix in 1 bowl. Mix until blended. Pour into a pan based on on how high you want it (8x8, 9x9, 9x13 all work). Bake at 350 degrees for about 20-25 minutes until it is lightly brown or cake springs back. I have made many variations: 2 corn muffin mixes with 1 cake mix, add corn of any kind, add cheese, peppers, etc.

**Keenie’s Cranberry Bread**  
**Jane Smith**  
This is my Grandmother's Cranberry Bread recipe. Her name was Josephine Boone Costigan and we called her Keenie. Thanksgiving and Christmas would not be the same without this.

**Ingredients**  
2 cups flour  
1 egg  
1 cup sugar  
2 Tbs. melted margarine  
½ tsp. Salt  
2 Tbs. hot water  
½ tsp. Baking powder ½ cup orange juice  
½ tsp. Baking soda  
½ cup walnuts  
1 cup fresh cranberries, halved

**Directions**  
1. Sift dry ingredients together.  
2. Mix 1 egg, well beaten, 2 Tbs. melted margarine, and 2 Tbs. hot water.  
3. Add ½ cup OJ  
4. Add to dry ingredients and mix well.  
5. Fold in ½ cup walnuts and 1 cup halved fresh cranberries.  
6. Put in glass bread loaf pan.  
7. Bake in 325-degree oven for 1 hour and 10 minutes. Test with toothpick.  
8. Remove from oven and butter top crust.  
9. Wrap immediately in wax paper and place in refrigerator or cold place for 3 hours.
10. Remove and rewrap in new wax paper.
11. Store in refrigerator. May be served with cream cheese. Can be frozen.

**Blueberry “Cobbler”**  
**Paula Kaufman**
I came across this recipe about 25 years ago but no longer remember its source. The cobbler is low fat, easy to make, and really delicious. Enjoy.

**Ingredients**
- 2/3 cup flour
- Scant 1/2 cup sugar
- 1 1/2 tsp. baking powder
- 1/4 tsp. salt
- 2/3 cup no fat milk or soy milk
- A couple of drops of vanilla or almond extract
- 2 cups blueberries

**Directions**
1. Preheat oven to 350.
2. Lightly spray or oil casserole dish (I use a round dish that’s 7” across and about 4” high).
3. Combine dry ingredients
4. Add milk and vanilla or almond extract and whisk until smooth
5. Pour batter into baking dish
6. Sprinkle berries on top.
7. Bake for 40 minutes or until lightly browned.

**Carrot Cake**  
**Eileen Kohen**
I’ve baked this cake for over 30 years and receive more requests for this dessert than any other. It’s my granddaughter’s favorite birthday cake.

**Cake Ingredients**
- 4 eggs
- 2 cups sugar
- 1/2 cup oil
- 2 cups flour
- 2 tsp. cinnamon
- 2 tsp. baking soda
- 1 tsp. salt
- 2 tsp. baking powder
- 3 full cups of grated carrots
- 1 cup chopped nuts
1.) Beat together with mixer: eggs, sugar, and oil.
2.) Add to mixture: flour, cinnamon, baking soda, salt, and baking powder.
3.) Mix well together and add carrots and nuts.
4.) To make a three-layer cake, grease three 8-inch round layer pans, and line the bottom of each pan with a round of waxed paper. Or, to better serve a crowd at a party, grease a 9 x 13 inch pan and line with waxed paper.
5.) Pour mixture evenly into pans and bake 350 degrees for 30-45 minutes.

**Frosting ingredients**
- 1 8 oz. package cream cheese
- 1/2 stick butter
- 1 1/2 tsp. vanilla
- 3/4 box powdered sugar

Mix everything until well blended. Frost between layers, top, and sides. Sprinkle nuts on sides and top. Refrigerate. Remove from refrigerator and let warm for ten minutes before serving.

**Apple Dapple Cake**
**Donna Downen**
This recipe is from my Mother and is great to make ahead, refrigerate or freeze. My grandsons love it in their school lunches. Hope you enjoy it.

**Cake Ingredients**
- 1-1/2 cups cooking oil (I substitute applesauce for half of the oil to make it healthier!)
- 2 cups granulated sugar
- 3 eggs
- 2 teaspoons vanilla
- 3 cups sifted flour
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1 cup chopped pecans (optional)
- 3 cups finely chopped apples

Mix oil/applesauce, sugar, eggs and vanilla together. Sift dry ingredients and blend well with first mixture. Stir in apples and pecans (optional). Bake in 9” x 13” pan for 1 hour at 350 degrees. When cake is almost done, make the topping in a saucepan on the stove top.

**Topping**
- 1 cup brown sugar, ½ cup butter and ¼ cup milk. Bring to boil and cook 3 minutes. Be careful as it boils over really easy – you have to stir it constantly. Also, to make it healthier, I make only ½ of this topping and it’s enough to drizzle over the cake.
Take cake from oven and immediately poke holes all over the top with a meat fork. Drizzle the topping slowly over the cake allowing it to run down in the holes and along the edges. Cake is delicious either cooled or warm.

**Chocolate/Butterscotch Bars**  
**Carol Froeschl**
Delicious and cannot stop eating these bars. This recipe was given to me by a friend back in the early 1960s. Easy and quick to make.

1/4 lb. butter melted in 9x13 pan  
1 cup of graham cracker crumb sprinkled over butter  
3/4 cup flake coconut sprinkled over graham crackers  
1 small bag of Chocolate Chips  
1 small bag of Butterscotch Chips  
1/2 cup nuts sprinkles over Butterscotch chips  
1 can of Eagle Brand milk drizzled of contents  
Bake at 350 degrees for 25 minutes

**Bittersweet Chocolate Ganache**  
**Joan Zernich**
Recipe from one of the 13 cookbooks my daughter Sari has written with and for Charlie Trotter.  
Prep time: 3 minutes, plus 3 hours refrigeration  
Cooking time: 5 minutes  
Yield: about 3 cups

**Ingredients**
12 ounces bittersweet chocolate, chopped  
3 tablespoons butter  
1 & 3/4 cups heavy cream

**Directions**
1. Place chocolate and butter in medium bowl.  
2. Place heavy cream in small saucepan and bring to boil over medium heat.  
3. Pour the boiling cream over the chocolate and butter and let sit for 3 minutes. Whisk together until smooth.  
4. Pour into container and refrigerate for 3 hours or until firm.  
5. You can melt this down as a chocolate sauce, or scoop it into balls to make truffles and top in nuts or dust with cocoa.

**Peach Custard Pie with Streusel Topping**  
**Jean Paley**
Recipe shared with me by my daughter Liz. Divinely delicious, and very easy to make.
Ingredients
Store-bought (refrigerator section) pie crust
Filling
4 medium size ripe peaches
1 cup plain Greek yoghurt
3 – 4 egg yolks (depends on size of eggs)
¾ cup sugar
¼ cup flour
1 tsp. vanilla
1 Tbs. finely chopped crystalized ginger

Streusel Topping
4 Tbs butter
½ cup flour
¼ cup sugar

Directions
Preheat oven to 425°F.
1. Place crust into pie plate and arrange as you wish.
2. Peel and slice peaches ¼ inch thick and line the crust in a circle, slightly overlapping pieces.
3. Whisk together yoghurt, egg yolks, sugar, flour and vanilla until just blended and pour over top of the peaches.
4. Sprinkle chopped crystalized ginger over all.
5. Bake for 30 minutes until custard in mostly set.

Streusel Topping
6. Combine butter, flour, and sugar with your fingers until crumbly.
7. Sprinkle evenly over top of pie and bake for an additional 15 minutes until custard is set.
8. Note: If crust browns too quickly cover it with foil.
9. Let pie cool and serve cold or at room temperature.
10. Enjoy!

Note: If using frozen peaches, defrost fruit. Use up to ¼ c. of the liquid from the peaches to substitute for the same amount of the yoghurt.

Sugared Spiced Nuts
Chris Catanzarite
There are many variations on this recipe, but this one – from Gourmet magazine, many years ago – is my favorite. It’s easy, and it produces delicious results. It’s my go-to recipe for any gathering, especially at the holidays.

Ingredients
1 large egg white
1 tablespoon water
4 cups roasted salted nuts (can be one variety, or a mix of cashews, almonds, pecans, peanuts, etc.)
1 cup sugar
1 ½ tablespoons cinnamon

Preheat oven to 250 degrees.

Whisk together egg white and water in large bowl until frothy. Stir in the nuts, and mix to coat them.
Stir together sugar and cinnamon, and pour over nuts. Mix until all of the nuts are coated with the cinnamon-sugar mixture.

Spread nuts in a lightly greased shallow pan and bake in the middle of the oven for about 50 minutes or until dry, stirring every 15 minutes.

Cool completely. Store in an airtight container, where they will keep for about a week.

Variations: you can vary the flavors by using different combinations of nuts – and by adding different spices to the sugar mixture. Nutmeg, pumpkin pie spice, ginger, and even cayenne are all possibilities, depending on your personal preference.

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**Wine & Berry Compote**  
**Linda Jordan**

Prep time: 15-20 minutes  
Makes 6-8 servings

**Ingredients**
- 1 to 1 and 1/2 pounds (4-6 cups) mixed berries
- 1 cup each dry red wine and water
- 3/4 cup sugar
- 6 Tbs. lemon juice
- 1 vanilla bean (6-7 inches long), split lengthwise (or 1 tsp. vanilla extract)
- 1-1/2 to 2 pints vanilla ice cream
- Fresh mint sprigs

**Directions**
1. Hull, remove blossom ends, or stem berries as necessary. Rinse and drain.
2. In a 4- to 5-quart pan, combine wine, water, sugar, lemon juice, and vanilla bean. Bring to a boil over high heat, stirring until sugar is dissolved; boil, uncovered, until reduced to 1-1/4 cups (if using vanilla extract, add at this point).
3. Remove vanilla bean and scrape seeds into syrup. (Rinse bean, let dry, and save to re-use.) If syrup is made ahead, let cool, then cover and refrigerate for up to 3 weeks. To continue, reheat to a simmer.
4. Gently stir berries into hot syrup; set aside to cool slightly.
5. For each serving, place 1 large scoop ice cream in dessert bowl or rimmed plate. Spoon fruit and syrup around ice cream. Garnish with mint.

Yams and Cranberries
Dianna Armstrong

Ingredients
4 large yams
1 Cup each soy sauce, water, and sugar
1 Cup cranberries
½ cup light brown sugar
½ Cup orange juice (with pulp)

Topping
½ Cup chopped walnuts
1 T. light brown sugar
2 T. melted butter
1 t. cinnamon

Directions
1. Boil 4 large yams in soy sauce, water, and sugar for 30-40 minutes, until yams are tender
2. Drain and cool. Peel and slice the yams into ¼-inch slices
3. Layer in 1 ½ quart casserole: yams, cranberries, light brown sugar
4. Pour orange juice over all
5. Bake covered at 350 degrees for 45 minutes
6. Mix topping ingredients
7. Uncover casserole, sprinkle on topping, and bake 10 more minutes