



S H E L T E R

# *In Peace*

Comforting recipes to try out while we're staying safer at home,  
courtesy of Lord of Light Lutheran Church  
and the Lutheran Campus Ministry at the University of Michigan

## ***Finnish Oven Pancakes*** (AKA: pannakakku/kropsua)

### Ingredients:

- 3 eggs
- 1/4 cup sugar or Splenda
- 2 Tbs melted butter
- 2 cups milk
- 1 1/4 cups flour
- 1/2 tsp of salt

Beat eggs well with sugar, butter and salt. Add milk and flour alternately. Pour into a lightly sprayed or oiled glass 9 x 13 pan. Bake in a 400 degree oven for 20-25 minutes, until lightly golden brown. It will fall when taken out of the oven. Serve with butter, sprinkled sugar, jam/jelly, or syrup on top.

*Submitted by Ruth Kallio, from "We're Cookin' at First", put together by the many fine cooks at First Lutheran Church in Iron River, MI (2004)*

## ***Lemon Pancakes***

- Zest and juice from one lemon (about 1 Tablespoon zest, ¼ Cup juice)
- 3 Tablespoons granulated sugar
- 1 Cup all-purpose flour
- 1 teaspoon baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- 1 large egg
- 1 Cup buttermilk
- 1 teaspoon pure vanilla extract
- 2 Tablespoons butter, melted
- Canola oil/cooking spray, for coating the pan

Heat up cast iron/stainless pan over medium heat until water bounces and sizzles if dropped on top; then coat with oil. (Do not preheat a nonstick pan.) Ladle batter for pancake of desired size. Wait until bubbles come through on top to flip it.

*Submitted by Elizabeth Friedman. Source: <https://prettysimplesweet.com/lemon-pancakes/>*

## *Spiced Cranberry Muffins*

- ½ cup unsalted butter, room temperature
- ½ cup white sugar
- ½ cup brown sugar
- 2 large eggs
- 2 teaspoons pure vanilla extract
- ½ cup milk
- 2 cups all-purpose flour, plus more for pan
- 1 ½ teaspoons baking powder
- ½ teaspoon salt
- ¼ teaspoon nutmeg
- ¼ teaspoon clove
- 1 teaspoon cinnamon
- 10 ounces cranberries

Preheat oven to 375 degrees. Generously butter or grease a standard 12-cup muffin pan and dust with flour, tapping out excess; set aside. In a medium bowl, whisk together flour, baking powder, and salt. In another bowl, toss cranberries with about 1 1/2 teaspoons flour mixture to lightly coat; set aside the flour mixture and the cranberries.

In the bowl of an electric mixer fitted with the paddle attachment, or using a handheld mixer, beat butter and sugar on medium-high speed until light and fluffy, about 3 minutes. Add the 2 eggs, one at a time, beating until combined. Add cinnamon, cloves, and nutmeg.

With the mixer on low speed, add reserved flour mixture, beating until just combined. Add milk and vanilla, beating until just combined. Do not overmix. Using a rubber spatula, fold in the cranberries. Divide batter evenly among the prepared muffin cups

Mix together about a tablespoon of sugar and cinnamon. Sprinkle sugar mixture on top of muffin batter.

Bake, rotating pan halfway through, until muffins are golden brown and a cake tester inserted in the center of one muffin comes out clean, about 25-30 minutes. Transfer pan to a wire rack to cool 10 minutes. Serve warm or at room temperature.

*Submitted by Elizabeth Friedman*

## ***Swedish Meatballs***

*Steven writes: Every Christmas Eve, my aunt makes Swedish meatballs. Here's the recipe:*

### **For the meatballs:**

- 2 T. butter
- 1/2 C. onion, chopped
- 1/2 C. milk
- 1 beaten egg
- 1/2 C. fresh bread crumbs
- 1 1/4 tsp. salt
- 1/2 tsp. allspice
- 1 lb. hamburger
- 2 tsp. sugar
- 1/4 tsp. nutmeg
- 1/4 lb. ground pork
- 2 T. butter, for browning (she uses oil)

### **For the gravy:**

- 3 T. flour
- 1 tsp. sugar
- 1 1/4 tsp. salt
- 1/8 tsp. pepper
- 1 C. cold water
- 3/4 C. cream

Sauté onions in 2 T. butter. Add milk, egg, and bread crumbs. Let stand 5 minutes. Add salt, allspice, hamburger, sugar, nutmeg, and pork. Mix and form into balls. Brown in the addition 2 T. butter (oil). Put meatballs in casserole. To the drippings, add the 6 gravy ingredients and heat until thick. Pour over meatballs. Bake, covered for 1 hour in moderate oven (350 F).

*Submitted by Steven Kurtz*

## ***Pico de Gallo/Guacamole***

- ½ medium onion, diced
- Salt to taste
- 2 limes, juiced
- 1-2 large tomatoes, diced
- 1 avocado, diced
- Cilantro, chopped

Soak onion in lime juice and salt for about 10 minutes (or more). Add tomato, avocado, and cilantro last. You can also add cucumber and a boiled chopped egg, if you like.

*Submitted by Elizabeth Friedman*

# *The Best-Ever Vegetarian Fajita Recipe*

## **Vegetables**

- 2 green bell peppers, sliced
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 medium-sized yellow or red onion, sliced

## **Fajita Seasoning**

- 2 tsp chili powder
- 1 tsp paprika
- 1/2 tsp (each) garlic powder, onion powder, salt, black pepper
- pinch of cayenne (can adjust for more or less spice)

## **Black Beans**

- 1 can black beans
- 1 small onion, chopped
- 1 garlic clove, diced
- Oil (canola, olive, etc.)
- Chili powder to taste
- Salt to taste
- ½ tsp honey

## **Toppings**

- 6 small tortillas
- guacamole (see notes for our simple go-to recipe)
- 1 lime
- 2 tbsp cilantro, chopped

## **Instructions**

1. Preheat oven to 400F. Mix all of fajita seasoning in small bowl. Toss sliced peppers & onions in 2-3 tbsp olive oil and all of fajita seasoning until well coated. Lay evenly on a sheet pan. Bake for 15 minutes until vegetables are nicely roasted - flip veggies at 8 minutes to evenly roast.
2. Heat stainless/cast iron frying pan on medium heat until beads of water bounce and sizzle (do not pre-heat nonstick pans). Sauté onions with chili powder and salt until onions are softened. Add garlic and black beans and sauté. Drizzle honey over the top.
3. Warm tortillas in the microwave for 15 seconds or wrap tortillas in foil and pop in oven for 5 minutes.
4. Remove peppers & onions from oven. Assemble fajitas: Tortilla, black beans, peppers & onions, guacamole, splash of lime juice, cilantro. Enjoy!

*Submitted by Elizabeth Friedman, with modified black bean recipe.*

*Source: <https://asimplepalate.com/blog/vegetarian-fajita-recipe>*

## *Hot Artichoke Dip*

- 1 Cup mayonnaise
- 1 Cup Parmesan cheese
- 1 can artichokes, chopped
- 1 Cup mozzarella cheese
- ½ teaspoon red pepper
- 1 teaspoon garlic powder

Mix above contents and place in a shallow dish or pie plate. Bake at 300 degrees for approximately 20 min., or until golden brown.

*Submitted by Elizabeth Friedman, courtesy of Anne Bakalyar*

## *Five-Minute Artisan Bread*

- 3 Cups lukewarm water
- 2 Tablespoons granulated yeast
- 1 ½ Tablespoons kosher salt
- 6 ½ Cups unbleached all-purpose flour

Warm the water slightly. It should feel just a little warmer than body temperature. Warm water will rise the dough to the right point for storage in about 2 hours. With cold water, it will need 3-4 hours. Add the yeast to the water in a large bowl. Let it sit until the yeast starts to bloom. Mix in the flour and salt – kneading is unnecessary. Add all the flour at once, measuring with dry-ingredient cups. Mix with a wooden spoon and, if necessary, finish off with clean hands. When you're finished, the dough should be moist. Cover with a moist tea towel or saran wrap and let rise for about 2 hours.

Preheat oven to 450, and put an empty metal (not glass!!) pan in the oven. Break off however much you want to bake and form into a loaf on a surface sprinkled with flour. Let rise again until oven is fully preheated. Score with a knife. Place on a baking sheet, preferably lined with a silicone mat. When you put the loaf in the oven, pour cold water into the metal pan and close the oven door quickly. The steam will make the crust crackle. Bake 25 minutes, until golden brown.

*Submitted by Elizabeth Friedman. Source: [www.food.com/recipe/5-minute-artisan-bread-325571](http://www.food.com/recipe/5-minute-artisan-bread-325571)*

## ***Snowball Cookies***

- 1 Cup butter (soft )
- 2 ½ Cups flour
- 1 Cup finely chopped nuts
- ½ Cup sifted powdered sugar
- 1 teaspoon vanilla
- 1/2 Cup Powdered sugar ( for rolling)

Cream butter and add all ingredients. Roll dough between hands into one-inch balls. Bake at 375 degrees for 10-15 minutes. Cool and roll in remaining powdered sugar. Cool an additional 10 minutes and roll in powdered sugar again.

Makes 3 dozen

*Submitted by Victoria Clark; it's her Grandma's recipe*

## ***7-Layer Bars***

### **Ingredients**

- 4 Tablespoons butter
- 1 Cup graham cracker crumbs (you can simply crush graham crackers using a rolling pin)
- 1 Cup butterscotch chips
- 1 Cup semisweet chocolate chips
- 1 Cup chopped pecans
- 1 Cup shredded coconut
- 1 14-oz. can of sweetened condensed milk

### **Steps**

1. Preheat oven to 350 degrees F.
2. Melt the butter and spread evenly in a 9x13" baking pan. Sprinkle the graham cracker crumbs evenly over the melted butter.
3. Make even layers of
  - Butterscotch chips
  - Chocolate chips
  - Chopped pecans
  - Shredded coconut
4. Drizzle the sweetened condensed milk over the top.
5. Bake until slightly golden brown, 20-25 minutes. Remove from the oven and when the pan is very cool, cut into pieces and place on a plate. (I suggest you first cut along the edges first to loosen everything before cutting the pieces.)
6. Store in a sealed container; put waxed paper between the layers of bars. The bars can also be frozen. Makes 3 dozen. Enjoy!

*Submitted by: Judith Moldenhauer*

## *Nanny's Cherry Bars*

- 1 Cup flour
- 2 Tablespoons powdered sugar
- ½ Cup butter, softened

**Set oven to 375.** Mix together above three ingredients & press into an 8" x 8" baking pan. Bake slightly to set, approx.. 10-15 minutes.

### **Reset Oven to 350.**

- 1 Cup sugar
- ¼ Cup flour
- ½ teaspoon salt
- 1 teaspoon vanilla
- 2 eggs, beaten
- 1 Cup walnuts, chopped
- ½ Cup coconut
- 10 oz., maraschino cherries, slightly cut

Mix together and spread over baked base crust. Bake 35-45 minutes to brown and no jiggle.

*by Louise Spencer, circa 1945; Submitted by Mert Spencer*

## *Peanut Butter Blossoms*

- 8 oz Brach's chocolate stars
- ½ Cup butter or margarine
- ¾ Cup peanut butter
- 1/3 Cup sugar
- 1/3 Cup brown sugar
- 1 egg
- 2 Tbsp milk
- 1 tsp vanilla
- ¼ Cup flour
- 1 tsp baking soda
- ½ tsp salt
- ¼ Cup sugar

**Preheat oven to 375.** Beat shortening and peanut butter. Add sugar, brown sugar, egg, milk, vanilla, flour, baking soda, and then salt.

Shape into 1" balls and roll in sugar.

Bake 8-10 mins, remove, and press a star into each. **Continue to bake 1 more min.**

*Submitted by Hunter Gandee*

## *The Most Wonderful Gingerbread Cookies*

- 3 Cups all-purpose flour
- 1 ½ teaspoons baking powder
- ¾ teaspoon baking soda
- ¼ teaspoon salt
- 1 Tablespoon ground ginger
- 1/3 teaspoon ground cloves
- 6 tablespoons unsalted butter
- ¾ Cup dark brown sugar
- 1 large egg
- ½ Cup molasses
- 2 teaspoons vanilla
- 1 teaspoon finely grated lemon zest (optional)

In a large bowl, beat butter, brown sugar, and egg on medium speed until well blended. Add molasses, vanilla, and lemon zest and continue to mix until well blended.

Gradually stir in dry ingredients until blended and smooth.

Let dough stand, covered, at room temperature for 2 hours or up to 8 hours.

Preheat oven to 375 degrees. Grease baking sheets, line with parchment paper, or use a silicone baking mat.

Roll out dough to desired thickness (quarter to eighth-inch). Use additional flour to avoid sticking. Cut out with desired shapes.

This recipe works well with 'seconds' (re-rolling the scraps from the firsts), and 'thirds' are just very thick.

I like to sprinkle these with sugar before baking, but you can decorate them any way you like.

*Submitted by Elizabeth Friedman, slightly modified. Source: [www.food.com/recipe/the-most-wonderful-gingerbread-cookies](http://www.food.com/recipe/the-most-wonderful-gingerbread-cookies)*

## *Peppermint Meltaways*

### **Dough:**

- 1 Cup butter, softened
- ½ Cup powdered sugar
- ½ teaspoon peppermint extract
- 1 ¼ Cups flour
- ½ Cup corn starch
- 1 ½ Cups powdered sugar

### **Glaze:**

- 2 Tablespoons butter, softened
- ¼ teaspoon peppermint extract
- 1-2 Tablespoons milk as needed
- 2-3 drops of red food coloring
- crushed candy canes

Beat 1 cup butter, ½ cup powdered sugar, ½ tsp peppermint at medium speed until creamy. Reduce to low and add flour and corn starch. Cover and refrigerate 30-60 mins.

**Preheat oven to 350.** Shape dough into 1" balls and place on ungreased cookie sheets. Bake 12-15 minutes, let stand 1 min and then remove from cookie sheet to completely cool.

To make glaze, combine 1.5 cups of powdered sugar, 2 TBS softened butter, ¼ tsp peppermint and milk to desired consistency. Add in coloring. Drizzle on cooled cookies and sprinkle with crushed candy canes. Store separately from other cookies

*Submitted by Hunter Gandee*

## *Sour Cream Poundcake*

- 2 sticks (1 Cup) butter
- 3 Cups white sugar
- 3 Cups flour
- 5 large eggs
- 1 Cup sour cream
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- 2 teaspoons almond extract
- 1 teaspoon vanilla

Cream sugar and shortening. Add eggs one at a time. Add dry ingredients. Add sour cream. Bake in a greased angelfood pan or two bread pans at 350 degrees for an hour, or until a toothpick comes out clean.

*Submitted by Elizabeth Friedman, courtesy of Anne Bakalyar*

## *Rolled-Out Sugar Cookies*

### **Sift together:**

- 3 Cups flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda

### **Add:**

- 1 Cup butter
- 1 Cup sugar
- 2 eggs
- 4 Tablespoons milk
- 1 teaspoon vanilla

Mix dry ingredients. Cream butter and sugar. Add eggs, milk, vanilla, then add second mixture to first mixture. Roll out (try to roll thinly and evenly), cut with cookie cutters and sprinkle with sugar. **Bake at 375 degrees for 2-3 minutes.**

*Submitted by Elizabeth Friedman, from (I think) the Granite Falls Lutheran cookbook. Anyway, it's the recipe I grew up with.*

## *Anne's Award-Winning Pie Crust*

- 1 ½ Cups flour
- ½ Cup lard (use water displacement method to measure: fill 2-cup measuring cup with water, then add lard until water line reaches 1 ½ cups)
- ½ tsp salt
- 1 Tablespoon butter
- 4 or 5 Tablespoons milk

Cut shortening with flour and salt with pastry cutter or food processor until consistency of peas. Add liquid a little at a time and toss lightly. Knead until smooth, but don't knead too much. Roll out on a well-floured surface. Makes 2 halves of a crust, which you can use for sweet or savory pie fillings.

**For a really good apple pie**, use 4-5 kinds of apples (make sure Granny Smith is one of the kinds), peeled and sliced. For a 9-inch pie pan, this will be about 6-8 apples. Mix with about ¾ Cup sugar, a liberal amount of cinnamon, a sprinkle of nutmeg, and the juice of half a lemon. Turn mixture into bottom pie crust and cover with top crust; cut a hole in the top to vent. Sprinkle with cinnamon and sugar. Bake at 450 degrees for first 15 minutes and 350 for 45 minutes.

*Submitted by Elizabeth Friedman, courtesy of Anne Bakalyar*

## *Molasses Cookies*

- ¾ cup butter
- 1 cup white sugar
- 1 egg
- ¼ cup molasses
- 2 cups flour
- 2 tsp baking soda
- 1 tsp ginger
- ½ tsp ground cloves
- 1 ¼ tsp ground cinnamon

Preheat oven to 350 degrees. Cream butter and sugar until light and fluffy. Add egg and molasses. Sift together dry ingredients and add to the mixture. Form balls about the size of walnuts and dip in sugar. Place balls about 2 inches apart on a cookie sheet and bake for 12 minutes.

*Submitted by Anne Bakalyar, courtesy of Ruth Wacker.*

## *Tips and Tricks*

*Hot pan, cold oil, food won't stick! In stainless and cast-iron pans, let the pan heat until drops of cold water bounce and sizzle. Then put in the oil/butter and let it heat up. Then put in whatever you're cooking.*

*Don't pre-heat nonstick pans.*

*If you're using a glass baking pan, remember: these pans are designed to go from cold to hot, but NOT the other direction. Pouring a cold liquid into a hot glass pan, or setting a hot glass pan on a cold metal trivet or stovetop, can result in an explosion!*

*When baking, always level the flour in the cup measure using your finger or a knife. Do the same with baking soda.*

*Baking powder and baking soda are very different. Too much baking soda will give you a salty taste, so make sure you've got the exact amount the recipe calls for.*

*When baking, it's standard to cream the butter and sugar first. Often, you'll also mix the dry ingredients and wet ingredients separately, then combine. Over-mixing leads to tough dough/batter.*

*You can make almost any vegetable taste awesome by roasting it at about 400 degrees for 40 minutes or so in olive oil, salt, and pepper.*

***Happy cooking, happy baking! You've got this!***