

# ROCKIN' CRAB DIP

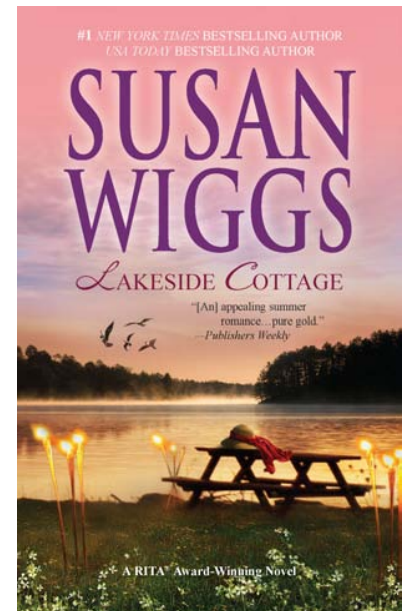
courtesy of [www.AmericanFireFighter.com](http://www.AmericanFireFighter.com)

Serve this with crackers—preferably on a Saturday, since that's apparatus cleaning day and the cook can help clean.

1/2 pound Maryland crabmeat, picked clean  
1 8-ounce package cream cheese  
1/2 cup sour cream  
2 Tablespoons mayonnaise  
1 Tablespoon lemon juice  
1 teaspoon Worcestershire sauce  
1/2 teaspoon dry mustard  
1 Tablespoon milk  
1/4 cup grated cheddar cheese  
pinch garlic salt  
a sprinkle of paprika, for garnish

- Mix cream cheese, sour cream, mayo, lemon juice, Worcestershire sauce, mustard and garlic salt.
- Add enough milk to make a creamy consistency, then stir in half the grated cheese and all of the crabmeat.
- Pour into greased 1-quart casserole.
- Top with remaining cheese.
- Bake for about 30 minutes at 325 F until mixture is bubbly and browned on top.

## NOTES:



*Susan Wiggs*   
LAUGH . CRY . DREAM . READ

# PORCH SWING FRENCH TOAST

This recipe won First Place in the State of Wyoming Bed & Breakfast Recipe Contest. The award was presented by Wyoming's First Lady, Sheri Geringer.

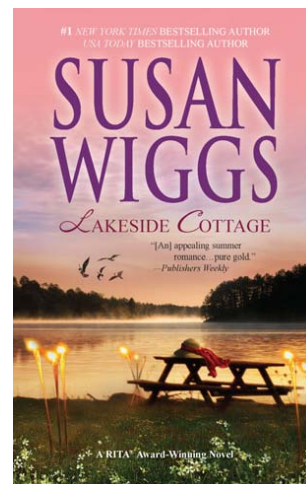
2 Tablespoons butter  
4 eggs  
½ cup orange juice  
½ cup cream  
1 8-oz. can crushed pineapple  
1/4 cup sugar  
1 Tablespoon grated orange zest  
½ teaspoon vanilla  
1/4 teaspoon nutmeg  
1 loaf French bread, cut into 1-inch slices  
½ cup chopped pecans

#### Topping:

1/4 cup butter, softened  
½ cup firmly packed brown sugar  
1 Tablespoon light corn syrup  
½ cup chopped pecans

- The night before, melt butter in a 9 x 13-inch pan and place bread in pan.
- Combine all ingredients and pour over bread.
- Combine topping ingredients, except for nuts.
- Spread topping over bread and sprinkle with nuts.
- Cover and refrigerate.
- The next morning, preheat oven to 350 F and bake 40 minutes or until golden.

## NOTES:



*Susan Wiggs*   
LAUGH . CRY . DREAM . READ

# CAMPFIRE TROUT

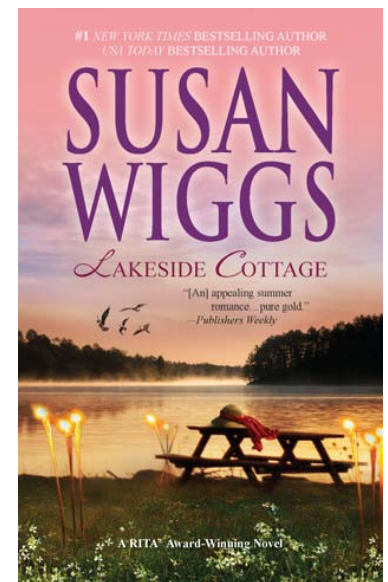
This seems like a lot of work, especially if you have to catch and clean the fish. Turn it into pure fun by getting a child to help.

Small lake or rainbow trout; larger brookies work, too  
Corn on the cob  
Onion  
Tomato  
Lemon  
Butter  
Herbs  
Salt and pepper

- Husk corn carefully, keeping the husks intact while removing the silk.
- Sauté the onion in butter.
- Add the chopped tomatoes.
- Toss in herbs and seasonings.
- Stuff the fish with this and layer slices of lemon on the sides.
- Wrap individual fish in the corn husks, using twine or kitchen string to fasten the husks around the fish.
- Lay the bundles on the grill or the coals and cook about ten minutes per side, until the fish flakes with a fork.
- Brush the corn with seasoned butter and grill alongside the fish.

---

## NOTES:



*Susan Wiggs*   
LAUGH . CRY . DREAM . READ

# CROWN OF ARTICHOKE HEART SALAD WITH GOAT CHEESE

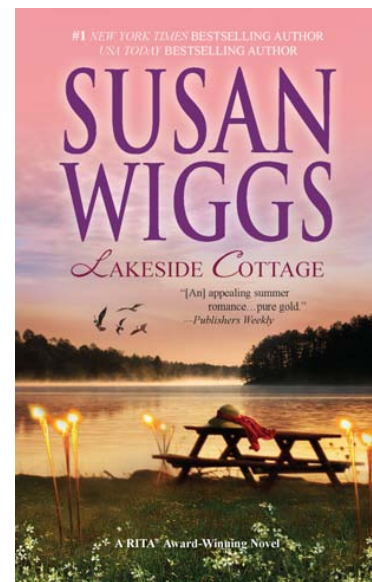
courtesy of C'est Si Bon restaurant, Port Angeles, Washington ([www.cestsibon-frenchcuisine.com](http://www.cestsibon-frenchcuisine.com))

2 large artichokes  
1/3 pound goat cheese  
1/2 teaspoon Worcestershire sauce  
salt, pepper, green peppercorn to taste  
parsley, chives  
1 can whole tomatoes  
1-2 Tablespoons balsamic vinegar  
1 mint leaf

- Boil the artichokes and remove and save the leaves.
- Cut off the fuzzy part of the artichoke heart.
- Cut the artichoke heart into six wedges.
- In a food processor, add goat cheese, pinch of cayenne pepper, Worcestershire sauce, salt, pepper and green peppercorn.
- Grind it up, then place the mixture in the middle of a salad plate.
- Surround the cheese with artichoke pieces, place chopped parsley and chives on top of the cheese.
- In a blender, mix tomato with mint, pepper, salt, vinegar, then strain, dribble it over the cheese and artichoke bottoms.
- Use the rest to dip the artichoke leaves.

---

## NOTES:



*Susan Wiggs*   
LAUGH . CRY . DREAM . READ

# ALL-SHOOK-UP ICE CREAM

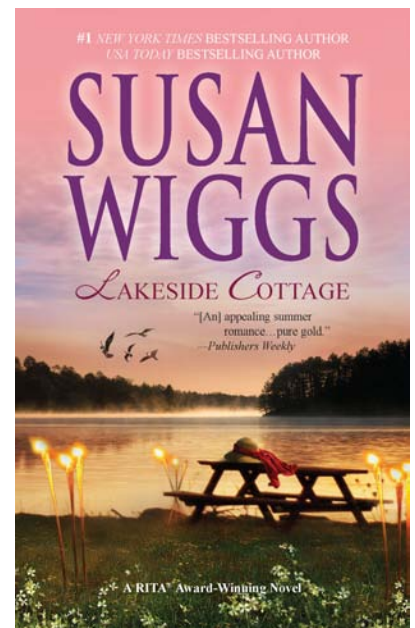
Designed to keep restless children busy.

1 Tablespoon sugar or equivalent sugar substitute  
1/2 cup half & half or cream  
1/4 teaspoon vanilla  
6 Tablespoon rock salt  
1 pint-size Ziploc plastic bag  
1 gallon-size Ziploc plastic bag  
ice cubes

- Fill the gallon size plastic bag half full of ice and add rock salt.
- Put cream, vanilla and sugar into the small bag and seal it completely.
- Place the small bag inside the large one and seal it, too.
- Shake until mixture has turned into ice cream, about 6--8 minutes.
- Rinse off the small bag, then open carefully and enjoy.
- Optional: Add fresh fruit or nuts.

---

NOTES:



*Susan Wiggs*   
LAUGH . CRY . DREAM . READ