

breakfast



Apple French Toast

Billy-Boy and I made this together many times in Scouts. Any day that starts with french toast is a good day.

BY: BILL WILLIAMSON JR.

INGREDIENTS

2 tablespoon syrup
1/2 cup butter (one stick)
1 cup brown sugar
1-2 large cooking apples, sliced
1 loaf unsliced French bread
6 eggs
2 cups whole milk
2 t vanilla
1/4 teaspoon salt
1 teaspoon cinnamon

INSTRUCTIONS

Place syrup, butter, and brown sugar in a saucepan. Simmer until syrup-like consistency. Pour syrup mixture into the bottom of a 9x13 deep pan.

Peel and thinly slice the apple and put slices on the syrup mixture in the bottom of the pan. Trim crust off bread loaf (optional) and cut remaining loaf into thick slices (about 2 inch). Lay the bread on top of the apples.

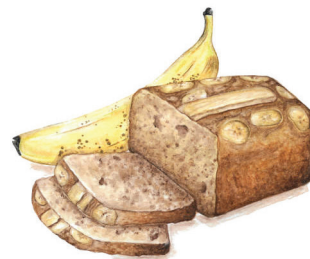
Mix eggs, milk, vanilla, salt, and cinnamon in a mixing bowl. Pour the egg mixture over the slices, cover and refrigerate overnight. I sprinkled a little more cinnamon on top.

Bake at 350 degrees for 1 hour. Cut into squares and invert to serve.

To serve, place french toast on a plate and top with the apple mixture, spooning over the syrup.



Tishy's Best-Evah Banana Bread



This Best-Evah Banana Bread recipe the only banana bread recipe you will ever need. It is perfectly tender, buttery, and bursting with banana flavor.

BY: PATRICIA WILLIAMSON-GRACE

INGREDIENTS

1 cup unsalted butter
1 1/2 cups granulated sugar
1/2 cup brown sugar
4 eggs
3 cups flour
2 teaspoons baking soda
3/4 teaspoon salt
1 teaspoon cinnamon
1/2 teaspoon nutmeg
3/4 cups sour cream
2 1/2 teaspoons vanilla
6 mashed bananas

INSTRUCTIONS

Cream together butter & sugars. Beat the eggs with a fork and stir into the butter/sugar mix along with the mashed bananas, sour cream & vanilla.

Sift together: Flour, cinnamon, nutmeg, baking soda & salt. Stir into wet ingredients until just combined.

Pour into 2 greased loaf pans (or 6 mini loaf pans). Bake at 350 degrees for 1 hour or until toothpick inserted in the middle comes out clean.



Custard-y Egg Bites

If you like egg bites from Starbucks, you'll love these creamy and rich eggs with endless flavor variations.

BY: AMY WILLIAMSON MILLER

INGREDIENTS

4 eggs
½ cup cottage cheese
¼ teaspoon salt + pepper
½ teaspoon hot sauce

FLAVOR VARIATIONS

RRP + Monterey Jack + Spinach
Diced Green Chilis + Pepper jack
Broccoli + Cheddar
Bacon + Gruyere Cheese
Sausage + Mushroom + Swiss
Sun Dried Tomato + Basil + Feta

INSTRUCTIONS

Preheat oven to 350 degrees.

Grease six 4-oz mason jars, standard ramkins or silicone muffin cups. Place them into a 13 x 9" pan. Add about an inch of warm water.

In a blender, combine the eggs, cottage cheese, salt, pepper, and hot sauce. Blend until completely smooth.

Pour the egg mixture evenly into the prepared cups, filling each about three-quarters full. Divide any fillings evenly over the egg bites.

Carefully place in the center rack of the oven. Bake for 32-35 minutes or until center is mostly solid. Let cool before removing.



Sourdough Cinnamon Bread

I make this for neighbors and friends for the holidays. The recipe makes sweet rolls or bread. Delivering the treats kept the boys busy while Jim was flying at Christmas.

BY ELLEN WILLIAMSON SCHNEIDER

SOURDOUGH STARTER

3/4 cup sugar

3 tbsp potato flakes

1 cup warm water (between 105 and 110°F)

1 package yeast



INSTRUCTIONS

In my first batch I add a packet of yeast for punch. Allow to activate for 8 hours and cover loosely.

Repeat top 3 ingredients on day 2 to add to the starter. One cup is used for the bread recipe and the other will remain as the starter. Mix well with a nonmetal utensil.

Keep 2 cups to begin your bread. Cover loosely, place on counter. Watch for bubbles to indicate it is active. Refrigerate if not ready to use.

Reactivate by allowing to come to room temperature and bubbles should be forming. If bubbles do not form, you have to reactivate the starter and start again.

DOUGH OR ROLLS

6 cups bread flour
(I use King Arthur brand)

1/2 cup sugar

1 tablespoon salt

1/2 cup vegetable oil

1 cup active starter

1 1/2 cups of water +/-

Cinnamon sugar
(1/2 cup sugar + 1 tsp cinnamon)

1/2 cup nuts (optional)

INSTRUCTIONS

Combine all 6 ingredients by kneading gently by hand until the batter is MOIST and airy. Cover with paper towel and allow to rise overnight on counter.

After 6 to 8 hours or whenever dough forms a rounded top, punch dough down.

Spray bundt cake pans with coconut spray or if making rolls use parchment paper on jelly roll pans.

Split your dough into two parts. Take first dough and spread into a rectangle on counter using your hands until it is 12 x 9 inches. Sprinkle with cinnamon, sugar, and nuts. I apply thickly.



Now roll lengthwise and wrap it around a bundt pan center, sealing the ends. OR for rolls that melt in your mouth, cut into pinwheel circles then place each on the parchment paper.

For bread or rolls, repeat steps for the 2nd bundt pan OR rolls using a jelly roll pan. Sprinkle raw pinwheel rolls OR raw loaf generously with cinnamon/ sugar mixture and allow to rise overnight lightly covered.

Cinnamon/Sugar mixture is just that, cinnamon, and sugar combo. May add nuts to combo. Can increase the amounts to taste.

Bake at 350 degrees for 25-30 min until golden brown for the bread loaves, or for the rolls bake for 15-20 minutes.

I frost the rolls with cream cheese frosting while warm, so it drips down the sides. Yummm!

CREAM CHEESE FROSTING

½ cup softened butter

8 ounces of cream cheese

4 cups confectioners' sugar

1 tablespoon vanilla

INSTRUCTIONS

Mix thoroughly with a mixer, first on low then on high speed until smooth. Refrigerate remainder of cream cheese frosting until needed for the second bundt cake pan or set of rolls.





Easy Oat Waffles

When your daughter wants waffles and your are out of GF flour. These light, crispy-on-the-outside, fluffy-on-the-inside, are Lydia's favorite waffles!

AUTHOR: COOKIE AND KATE

INGREDIENTS

1 ½ cups oat flour (ground from rolled oats)
2 teaspoons baking powder
½ teaspoon salt
Pinch of cinnamon, optional
¾ cup non-milk
5 tablespoon coconut oil (or butter), melted
2 large eggs
2 tablespoons maple syrup
1 teaspoon vanilla extract

INSTRUCTIONS

In a mixing bowl, whisk together the dry ingredients: oat flour, baking powder, salt and cinnamon.

In another bowl, whisk together the wet ingredients: milk, melted coconut oil (or butter), eggs, maple syrup and vanilla extract.

Pour the wet ingredients into the dry ingredients. Stir with a big spoon until just combined (the batter will be a little lumpy). Let the batter rest for 10 minutes so the oat flour has time to soak up some of the moisture.

Plug in your waffle iron to preheat now. Pour batter onto the heated waffle iron, enough to cover the center and most of the central surface area, and close the lid. Once the waffle is deeply golden and crisp, transfer it to a cooling rack.

Don't stack your waffles on top of each other, or they'll lose crispness. Serve waffles with maple syrup and nut butter.





Sweet Potato Muffins

Incredibly fluffy, wholesome sweet potato muffins that are naturally sweetened, gluten-free, and delicious.

AUTHOR: MINIMALIST BAKER

INGREDIENTS

1 cup sweet potato purée*
1/3 cup maple syrup
1/4 cup creamy almond butter
1 large egg
2/3 cup non-milk, unsweetened
1 ½ tsp baking powder
2 tsp pumpkin pie spice
1/2 cup gluten-free flour blend
2/3 cup almond flour
1/4 cup oat flour (ground from rolled oats)

* Adding more than 1 cup purée will create dense, mushy muffins

INSTRUCTIONS

PREPARE THE SWEET POTATO

Halve sweet potato and brush the cut-sides with oil (optional). Place on parchment-lined baking sheet and bake at 375 F for ~25-30 minutes or until fork tender. Let cool for 5 minutes. Then peel away skin and mash in a mixing bowl (or food processor). Set aside.

Adjust oven temperature to 350 degrees F and line a standard muffin tin with paper liners.

MAKE THE MUFFINS

Add sweet potato purée, maple syrup, almond butter, and egg to a large mixing bowl and whisk to combine. Then add non-milk and whisk again.

Add baking powder and pumpkin pie spice and whisk once more. Then add gluten-free flour, almond flour, and oat flour and stir to combine.

The batter should be slightly thick and scoopable, not easily pourable. Scoop batter into muffin tins until filled almost to the top. Bake for 26-30 minutes or until golden brown and a toothpick in the center comes out clean. Remove from oven and let rest in tins for 10 minutes. Then transfer to a cooling rack to let cool completely.



Homemade Granola Bars

One of Elise's favorite snacks! A simple baked granola bar made with oats, honey, and your mix-ins of choice.

BY KRIS WILLIAMSON

INGREDIENTS

2 cups old-fashioned oats
1 cup sliced or slivered almonds
1 cup shredded coconut, loosely packed
½ cup toasted wheat germ
3 tablespoons unsalted butter
2/3 cup honey
¼ cup light brown sugar, lightly packed
1 ½ teaspoon vanilla
¼ teaspoon kosher salt
½ cup chopped pitted dates
½ cup chopped dried apricots
½ cup dried cranberries

INSTRUCTIONS

Preheat the oven to 350 degrees. Butter an 8 by 12 inch baking dish and line it with parchment paper.

Toss the oats, almonds and coconut together on a sheet pan and bake for 10- 12 minutes, stirring occasionally until lightly browned. Transfer the mixture to a large mixing bowl and stir in the wheat germ.

Reduce the oven temperature to 300 degrees.

Place the butter, honey, brown sugar, vanilla and salt in a small saucepan and bring to a boil over medium heat. Cook and stir for one minute, then pour over the toasted oat mixture. Add the dates, apricots and cranberries and stir well.

Pour the mixture into the prepared pan. Wet your fingers and lightly press the mixture evenly into the pan. Bake for 25 to 30 minutes until light golden brown. Cool for at least 2 to 3 hours before cutting into squares. Serve at room temperature.



Ham & Broccoli Quiche

This ham and broccoli quiche with cheddar and onion features a milk and egg custard baked in a tender crust for a delicious meal any time of day.

BY CAROL BONCZEK

INGREDIENTS

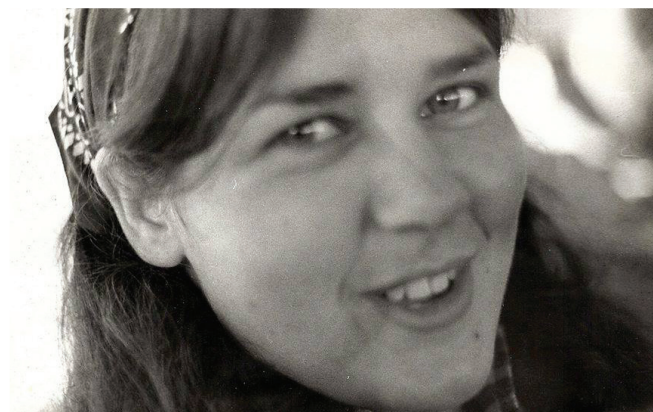
9" pie crust
7 eggs
1 cup cheddar cheese, shredded
½ cup ham, diced
1 ½ cups broccoli, cooked
2 teaspoons onion flakes
½ teaspoon ground pepper
¾ cup milk

INSTRUCTIONS

Heat oven to 375 degrees. Place pie crust in 9-inch glass pie pan. Layer ham, cheese and broccoli in crust-lined pan. In medium bowl, beat eggs and milk with fork. Stir in remaining ingredients. Pour over broccoli. Bake 35 to 45 minutes or until knife inserted in center comes out clean. Let stand 5 to 10 minutes before serving.

RECIPE VARIATIONS:

Substitute heavy cream for whole milk. Do not use Skim or 1% milk here, you need the fat in the milk to create the best texture in the egg custard. Substitute with any cheese, Swiss, Gouda, or mozzarella for the cheddar. Substitute with an equal amount of cooked sausage or bacon for ham.



soups, stews & chilis

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Lemon Chicken Soup

I had this in a diner for lunch for years. They finally gave me the recipe! The lemon juice gives this easy soup enough zip to make it interesting.

BY BILL WILLIAMSON JR.

INGREDIENTS

2 cans of chicken broth
1 can cream of chicken soup
2 soup cans of water
1 cup Rosa Marina pasta (orzo)
5 eggs
1/4 cup fresh lemon juice
Shredded cooked chicken,
optional
1 lemon, thinly sliced
chopped fresh chives or parsley

INSTRUCTIONS

Bring first 3 ingredients to a boil in a saucepan. Cover and simmer until rice is tender, about 15 minutes.

Remove from heat. In a bowl, beat the eggs until fluffy, then beat in lemon juice.

Slowly stir about 2 cups hot broth into the egg mixture and whisk vigorously. Pour back into rest of soup. Whisk until slightly thick.

Add shredded cooked chicken if desired. Serve hot. Garnish with lemon slice and chives or parsley.



Pumpkin Soup

This creamy fall-inspired soup comes together fast and is always a hit with my kids. Pairs well with grilled cheese.

BY AMY WILLIAMSON MILLER

INGREDIENTS

3 tablespoons unsalted butter
1 small white onion, chopped
1 clove garlic, minced
1 tbsp maple syrup
1/2 teaspoon cinnamon
1/4 teaspoon pepper
1/4 teaspoon nutmeg
1/4 teaspoon ginger
pinch cayenne pepper
1 (15-ounce) can pumpkin puree
3 cups vegetable broth
1/2 cup canned coconut milk
Salt + pepper to taste

INSTRUCTIONS

In a large pot, melt the butter over medium heat. Add the onion and sauté until translucent. Add the garlic, sugar, cinnamon, pepper, nutmeg, ginger and cayenne pepper and cook to release the aromas.

Add the pumpkin puree and broth, stir to incorporate, season with salt and bring to a boil. Reduce the heat to low and simmer for 20 minutes. Stir in the coconut milk and let cool for 10 minutes.

Use an immersion blender, or stick blender, to puree the soup directly in the pot. Puree until smooth. Adjust seasoning to taste.



Louisiana Shrimp Bisque

Created by Mark “Mock” Toomey. He brought it to one of Uncle Alan Williamson’s famous family reunions. I now make it for Christmas Eve and it is loved by most everyone!

BY MARK TOOMEY & KRIS WILLIAMSON

INGREDIENTS

3 tablespoons butter
2 medium onions, chopped
2 medium carrots, finely chopped
2 cloves garlic, minced
3 tablespoons flour
2 teaspoons paprika
½ teaspoon dry mustard
½ teaspoon cayenne pepper
2-14 ounce cans chicken broth
¼ cup tomato paste
8 ounces raw shrimp, peeled, deveined and cut into pieces
1 cup heavy cream
1 ½ cups shredded sharp cheddar

INSTRUCTIONS

Melt butter in large pan over medium heat. Add onions, carrots and garlic. Cover and cook 10 minutes stirring occasionally.

Stir in flour, paprika, mustard and cayenne pepper. Cook one minute stirring constantly. Add broth and tomato paste. Heat to boil, reduce heat, cover and simmer 10 minutes.

Puree soup in two batches; return to pan. Add shrimp. Heat to a boil over medium-high heat; reduce heat and simmer uncovered for 5 minutes or until shrimp are opaque stirring occasionally.

Add cream, heat through. Add cheddar cheese stirring until cheese melts. Garnish with chives or green onions if desired.

COOK’S TIP

This can be made gluten free. I just substitute corn starch for the flour (cut the amount in half). Feel free to add or substitute lobster or crab.



Moroccan Stew

This is a great meal that gets better as it sits. The mix of salty and sweet and the spices make it different and satisfying.

BY: JUDE WILLIAMSON

INGREDIENTS

1 (24 ounce) can chopped tomatoes, not drained
1-2 chicken breasts, cooked, cut into cubes
 $\frac{3}{4}$ jar (6 ounce jar) pitted green olives or to taste
 $\frac{1}{2}$ cup prunes, chopped
1 teaspoon ground cumin
1 teaspoon ground cinnamon
2 lb butternut squash, peeled and cut in $\frac{1}{2}$ to $\frac{3}{4}$ inch cubes

INSTRUCTIONS

Using a sharp paring knife, make several slits around the squash. This will allow steam to escape. Place the squash on a microwave-safe dish. Microwave on high for 10 – 12 minutes.

Remove the squash carefully and allow to cool enough to handle. Cut the squash in half lengthwise and remove seeds. Remove the skin from the flesh with a vegetable peeler or paring knife. Cut into cubes.

In a large pot place tomatoes plus liquid and simmer. Add squash and chicken. Add cumin, cinnamon, olives, and prunes and mix together and cook until the squash is tender. Note, we frequently microwave the squash before adding to the recipe, which speeds up the cooking time. Serve warm for a hearty meal.

COOK'S NOTE

These ingredients can vary based on your preferences and cupboard. For example, you can eliminate the chicken and add lentils instead.



Cajun Jambalaya

This is Emeril's recipe which seems to be a hit with everyone. I usually triple the recipe but cut down on the rice.

BY: KRIS WILLIAMSON

INGREDIENTS

12 medium raw shrimp, peeled, deveined and chopped
4 ounces of chicken, diced
1 tablespoon of creole seasoning*
2 tablespoons olive oil
¼ cup chopped onion
¼ cup bell pepper, chopped
¼ cup celery, chopped
2 tbsp of garlic, minced
½ cup tomatoes, chopped
3 bay leaves
1 tsp Worcestershire sauce
1 teaspoon hot sauce
¾ cup rice
3 cups chicken stock
5 oz andouille sausage, sliced
Salt and pepper to taste

INSTRUCTIONS

In a bowl, combine shrimp and chicken and creole seasoning and work in the seasoning well. Set aside.

In a large pot, heat oil over medium high heat and add onion, pepper and celery for about ten minutes or until soft, Add garlic, tomatoes, bay leaves, Worcestershire and hot sauce. Stir in rice and slowly add broth. Reduce heat to medium and cook until rice absorbs most of the liquid and becomes tender, stirring occasionally, about 15 minutes.

Add shrimp, chicken and sausage, cook until meat and shrimp are done, about ten minutes. Season with salt and pepper and additional creole seasoning depending on your taste.

CREOLE SEASONING:

2 ½ tbsp paprika
2 tbsp salt
2 tbsp garlic powder
1 tbsp black pepper
1 tbsp onion powder
1 tbsp cayenne pepper
1 tbsp oregano
1 tbsp thyme

