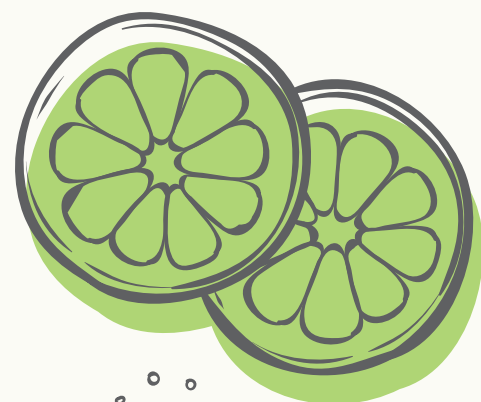
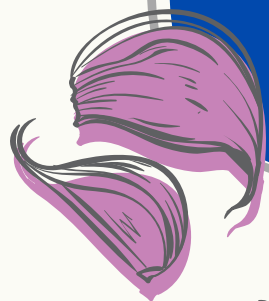
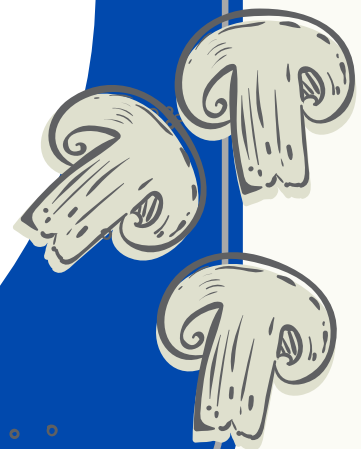


Palmer Community Cookbook

A CELEBRATION OF
FAMILY, FRIENDS,
AND PLACE



Palmer Community Foundation

An Affiliate of The Alaska Community Foundation

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CONDIMENTS

Maureen Culver

CRANBERRY CATSUP (HIGHBUSH CRANBERRIES)

*Originally published by Alaska Cooperative
Extension Service UAF*

Ingredients

- 12 cups highbush cranberries (cooked and seeded)
- 1 cup water
- 3 cups chopped onions
- 2 cups vinegar
- 4 cups sugar
- 1 tbsp ground cloves
- 1 tbsp allspice
- 1 tbsp celery salt
- 1 tbsp salt
- 1 tsp pepper

Directions

1. Soften cranberries in water on a low boil. Run through food mill, discard seeds and pulp.
2. Combine remaining ingredients in saucepan.
3. Cook until thickened (do not allow to burn).
4. Pour into hot jars and process in boiling water for 10 minutes.

Alison Bodewitz

GREEN TOMATO RELISH

Submitted by Maureen Culver

My mom was a member of the Anchorage Garden Club. This recipe was the perfect way for her to use late-season tomatoes that wouldn't ripen before the end of the season. Delicious!

Ingredients

- 4 lbs green tomatoes
- 4 medium onions, sliced
- 1 cup chopped green peppers
- 8 cups white vinegar
- 5 cups sugar
- 1/4 cup mustard seed
- 1 tsp ground turmeric

Directions

1. Wash and core tomatoes, sliced 1/4" thick.
2. Measure 16 cups.
3. Mix tomatoes, onions, and peppers. Set aside.
4. In saucepan, mix remaining ingredients and bring to a boil.
5. Pack vegetables into hot, clean jars leaving 1/2" headspace.
6. Pour hot liquid over tomatoes; adjust lids.
7. Process in boiling water bath for 15 minutes. Start timing when water returns to a boil.

BEVERAGES

Hari Dev Singh Khalsa

YOGI TEA

Submitted by Maureen Culver

This recipe helps with relief from seasonal allergies. Plus, it's delicious!

Ingredients

Concentrate:

- 6 cups water
- 20 whole cardamon pods, crushed
- 20 whole cloves
- 20 black peppercorns
- 5 sticks of cinnamon
- 1 thumb-sized piece of ginger, sliced thin

Tea:

- 1 cup concentrate heated
- 1 cup milk
- 1 black tea bag

Directions

1. Heat water and add remaining concentrate ingredients.
2. Bring to a boil, reduce heat and simmer for 1 hour or until liquid is dark.
3. To prepare tea, heat concentrate and milk. Steep tea bag for 5 minutes. Sweeten with honey or sugar to taste.

BREAKFAST

Mrs. H.D. Snodgrass

BEST DOUGHNUTS

Ingredients

- 2 eggs
- 1 cup sugar
- 4 tbsp melted shortening
- 3 1/2 - 4 cups flour
- 1/2 tsp salt
- 4 tsp baking powder
- 1/4 tsp each nutmeg, cinnamon
- 1 cup milk

Directions

1. Beat eggs and sugar together and add cooled shortening.
2. Add sifted ingredients alternately with milk.
3. Cook in deep fat 375 degrees.

Michael Dwyer

SOURDOUGH PANCAKES

Submitted by Erin Dwyer

My parents moved to Alaska in 1974. My father, Michael, loves the colorful history of Alaska. In our house, sourdough was revered as classic Alaskan food. Sourdough pancakes were always my favorite use for starter. It always felt like a special occasion when we had them for breakfast. They are an incredibly dense and filling breakfast. My dad would tell us stories about the original Alaskan "sourdoughs" keeping their starters in their shirt pockets during the day to keep it alive or miners packing pancakes with them for lunch. Sourdough pancakes have become part of our own family history. I make these every time we have visitors from out of state and I can't help but tell all the same stories my dad once told me.

Primary Batter

Yields approx. 4 cups

- 1 cup Sourdough Starter
- 2 1/2 cups of white flour
- 2 cups warm water (85-90 degrees)

Directions

1. Take out one cup starter and place in warm bowl.
2. Add warm water and stir until mixed. Add flour, stirring continually to blend flour into the batter. Stir for 4 to 5 minutes until mixture is smooth and without lumps.
3. Cover bowl with plastic wrap and place in warm, draft-free place to proof for 12 hours.

Pancakes

- 3 cups Primary Batter
- 2 eggs (room temp)
- 2 tbsp cooking oil
- 1 tbsp sugar
- 1 1/2 tsp salt
- 1/4 cup milk (room temp)

Directions

1. Place 3 cups of batter into a warm bowl.
2. Beat two eggs and stir into batter.
3. Stir in sugar, olive oil, salt and milk.
4. Heat a lightly oiled griddle or frying pan over medium-high heat.
5. Pour batter onto griddle. Brown on both sides and serve hot.

Arvilla Duell

Swedish Pancakes (Pannkakor)

Submitted by Jamie Allison

My grandmother made these every time she visited us in Alaska and she would greet us from the kitchen with 'God morgon!' She was the only child of Swedish immigrants who settled in a Swedish farming community in Kansas where many of the traditional foods, language, and traditions were kept alive and passed on to the next generation.

Ingredients

- 3 eggs beaten
- 1 1/4 cups milk
- 3/4 cup flour sifted
- 1/2 tsp salt
- 1 tbsp sugar
- 1 tsp vanilla extract
- 2 tbsp butter melted

Directions

1. Beat eggs and milk with whisk or mixer.
2. Add flour, sugar, salt, vanilla, and melted butter. Mix until smooth.
3. Melt butter in frying pan over medium heat.
4. Pour 1/4 cup of batter into frying pan and tilt and swirl the pan to evenly coat the bottom with batter.
5. Cook over medium heat for 1-2 minutes, flip with a spatula and cook about 1 minute more until golden.
6. Fold or roll and top with cream, jam, or fruit such as lingonberries or blueberries.

BAKED GOODS

Mrs. H.D. Snodgrass

POTATO ROLLS

Ingredients

- 1 cup flour
- 2 cups mashed potatoes (hot)
- 3/4 cup lard, mixed with potatoes
- 1 cup sweet milk
- 1/2 cup sugar
- 1 tsp salt
- 2 eggs
- 1 pkg cake yeast, dissolved in lukewarm water

Directions

1. Mix all ingredients together and let rise for two hours or more
2. Roll out, cut into shape, and let rise for one hour before baking
3. About 15 minutes before the rolls are ready, heat the oven to 350 degrees
4. Bake for 20 to 25 minutes

Tianna Pelton

BIRCH WATER BREAD

I developed this recipe after years of living in the Valley and experimenting with birch water. It feels so Alaskan and country home. I love birch water as does my daughter. It is a joy to tap our trees and harvest birch water with her, then take something that we both love and turn it something amazing and loved by our whole family. Even those who don't like birch water.

Ingredients

- 2 1/4 cups boiled down birch water
- 1/2 tbsp pink Himalayan salt
- 1 1/2 tbsp sugar
- 1 packet yeast or 2 1/4 t
- 2 tbsp olive oil
- 6 cups bread

Directions

1. Boil down fresh birch water until golden brown, about 2 hours.
 2. Measure out 2 cups birch water in one container, and 1/4 cup in another. You can use the 1/4 cup to rinse out the other when mixing. Add the salt and sugar to the 2 cups of birch water to dissolve and let cool until warm. If you add the yeast when the birch water is too hot, you will kill the yeast. The bread will still be good, I do it this way on purpose sometimes. It will still taste good, just be denser as the yeast will not rise as much.
 3. Sprinkle/mix the oil and flour.
 4. After the yeast is foamy, about 5 min, make a dip in the center of the flour and mix in. Use the 1/4 cup birch water to rinse out any undissolved salt sugar and yeast
 5. After mostly mixed into a dough, move it to an area to kneed the bread and mix the rest of the way.
 6. Wipe out most of the dough in the mixing bowl. Put 1 tbsp oil in the bowl and spread around with a piece of paper towel so the dough doesn't stick. Lightly pat the top of dough with oil from paper towel. Place the dough back in bowl and cover with a towel. Place in a warm area for 1 to 1 1/2 hours to rise until it doubles.
 7. Punch down. Take out and separate into two loaves. Place in oiled bread pans, cover, and leave to rise in a warm place. While bread is rising for second time, heat oven to 375 degrees.
 8. Bake for 20-30 min. Loaves should be golden on top and have a hollow sound when you tap them.
- *Note: some people have a birch allergy. If sharing this bread with friends you should make sure they are aware it is made with birch water.

Aunt Cornelia Vithoven

BANANA BREAD

Submitted by Maureen Culver

When Cornelia Vithoven traveled from Holland in the early 1900s, She brought this recipe with her. This is my favorite banana bread to date.

Ingredients

- 1 cup sugar
- 1/2 cup softened butter
- 2 eggs
- 4 tbsp sour milk
- 2 cups flour
- 1/2 tsp salt
- 1 tsp baking soda
- chopped nuts (optional)

Directions

1. Preheat oven to 350 degrees.
2. Grease and flour bread pan or bundt pan.
3. Mix ingredients in order listed.
4. Pour into prepared pan.
5. Cook 1 hour or until toothpick comes out clean.

ENTREES

Jan Newman

STANDBY CHICKEN

Jan has lived in Palmer for over 30 years. She raised her family on a farm on Lazy Mountain. Jan kept chickens for meat and eggs and often relied on this recipe as a fall-back when dinner time arrived and she didn't have a plan. These ingredients were always on hand - hence Standby Chicken was born!

Ingredients

- 2 tbsp olive oil
- 12 boneless chicken thighs (drumsticks)
- ½ cup orange juice
- ½ cup soy sauce
- 2 tbsp birch syrup (honey or maple syrup)
- ½ tsp salt
- 2 cloves garlic (to taste)
- ½ tsp ground ginger (more to taste)

Directions

1. Preheat oven to 350°F.
2. Grease a 13"x9" baking dish with olive oil.
3. Place chicken into pan, leaving space between each.
4. Mix together remaining ingredients in a small bowl.
5. Pour over chicken and bake, uncovered, in preheated oven for approximately 40-45 minutes - until no longer pink inside.

Nell Bennett and Leslie McNeill

EAST COAST TO WEST COAST FISH CHOWDER

Submitted by Saunders McNeill

My grandmother taught this recipe to my mother who taught it to me. Sitting at the kitchen counter, watching my mother cook, and I would hear the stories and adventures behind the recipe of the watermen, farmers, and artists of the Eastern shores of Maryland. I've made this recipe for the 22 years I've lived in the valley.

Serves: Four hungry hardworking women

Ingredients

- 4 lbs halibut (2 small fillets)
- 6 full slices of bacon
- 1 nice-sized yellow onion
- 2 good-sized russet potatoes
- 4 cups chicken stock
- 2 cups heavy cream
- whole milk (optional)
- butter
- freshly ground pepper

Directions

1. Cut bacon into little pieces with scissors and let crisp and render in a heavy-bottomed soup pot.
2. Turn down the heat, remove the bacon, leave the fat.
3. Add the diced onion into the pot. Saute slowly until the onions become translucent. Add peeled and diced potatoes. Cover the onions and potatoes with chicken stock and simmer.
4. Just as the potatoes start to soften, lay the fish right on top of the broth, onions, and potatoes.
5. When the fish just starts to flake, turn off the heat and add two cups of heavy cream. You can thin your chowder with a little whole milk if desired.
6. Turn the heat back on low and gently simmer right before serving.
7. Serve with crumbled bacon, a teaspoon of butter, and freshly ground pepper.
8. The fish, cream, and bacon provide a perfect amount of natural salt. So no extra is required.

Vera Linn

SWISS STEAK

Submitted by Alan Linn

Frank and Vera Linn were married after he met her ship in Seward in 1927. After living in Fairbanks, they moved to Palmer in 1935.

A farmer's wife, Vera drove tractor, kept a garden, raised 300 chicks each spring that became 150 laying hens each fall, and cooked simple food.

Her family and extra help at threshing gave high marks to her Swiss Steak.

Ingredients

- 6 tbsp seasoned flour
- 2-pound round steak 1 1/2 inch thick.
- 2 cups cooked tomatoes
- 1 onion, sliced
- 1 stalk celery, diced

Directions

1. Pound seasoned flour into sides of round steak.
2. Brown in hot fat in heavy skillet.
3. Add remaining ingredients
4. Cover. Cook in 300-degree oven for 2 to 2 1/2 hours till tender.
5. Uncover last half hour to cook down the sauce to a rich thickness.
6. Serve hot.

VERNA PRATT

RATATOUILLE

Submitted by Maureen Culver

Verna Pratt shared this recipe with our family. All ingredients except for the eggplant are pretty common in Alaskan gardens. It is nourishing and delicious!

Ingredients

- 1 medium zucchini, diced
- 1 eggplant, diced
- 2 tsp salt
- 1 cup onion, diced
- 2 cloves garlic
- 1/2 cup olive oil
- 1 green pepper, chopped
- 6 tomatoes, diced
- 1 tsp basil
- 1/8 tsp black pepper

Directions

1. Saute zucchini, eggplant, 1 tsp salt, onion, garlic, and olive oil in a saucepan for 5 minutes.
2. Add green pepper, tomatoes, basil, 1 tsp salt, and black pepper.
3. Add water as needed (sparse).
4. Cook 30 minutes.
5. Serve over rice with a hearty bread.

DESSERT

Bernice Linn

BLUEBERRY BUCKLE

Submitted by Allan Linn

Bernice was a guidance counselor at Palmer High School for many years. Well respected, she told the truth, even if her listeners didn't like it. She had a great laugh.

Ingredients

First Layer

- 1/3 cup sugar
- 1 cup butter, room temperature
- 1 egg, beaten
- 2 cups all-purpose flour
- 2 tsp baking soda
- 1 cup buttermilk
- 2 pints of Alaska blueberries (do not bother to remove short stems) fresh or frozen

Second Layer

- 1 cup all-purpose flour
- 1/2 cup sugar
- 1/2 cup packed brown sugar
- 1/2 cup toasted pecans (optional)
- 1/2 cup unsalted butter, cut into pieces
- 1/2 tsp nutmeg
- 1/4 tsp ginger

Directions

1. Preheat oven 350. Grease and flour 9 x 11-inch pan.
2. Cream butter and sugar till light and fluffy, beat in egg.
3. Sift flour with baking soda. Stir dry ingredients, alternating with buttermilk into creamy mixture.
4. Spread mixture in prepared pan. Cover with berries.
5. Combine all ingredients of second layer until crumbly.
6. Crumble over berries.
7. Bake one hour until brown.

Florence Irene Sawby

POOR MAN'S CAKE

Submitted by Charmaine Mastriano

Florence was born August 2, 1914, near Pueblo, Colorado in an old stagecoach relay stop (turned farm) to Leonard Earl and Laura Elizabeth (Campbell) Seville. She was the 2nd oldest of 10 children. She died at the age of 94 on March 31, 2009.

Florence graduated from Kalispell High School in 1932 and went on to attend Keniman Business College in Spokane. After graduation, she worked at Montgomery Wards and other jobs until she married Irving T. Sawby in November 1937. She became a housewife and mother of 2 girls. The Sawby family moved from Montana to Alaska in 1948 settling in Wasilla.

While living in Wasilla, Florence became active in the PTA, was a 4-H Leader, joined the VFW Auxiliary, and generally became involved in community activities such as helping to establish the Wasilla Library.

When the family moved to Palmer in 1953, she began working again. First at the Valley Hospital, followed by employment at the Co-Op Grocery Store, D&A Grocery Store, clerking at Bert's Drug Store, and eventually retired from ITT Nichelson Lake as a Telephone Operator while in her late 60s. After retirement, Florence became active in the Women of the Moose and Women of the Pioneers, volunteering at weekly bingo and monthly birthday parties at the Pioneer Home, as well as helping to establish the Palmer Senior Center. This included helping to clean, paint, and set up the first facility located in the old LDS Church building. Florence also was an avid gardener who loved her flowers. She volunteered at the Alaska State Fair where she first worked in the handicraft and baking division and later became superintendent of the flower division for many years. Florence also enjoyed traveling and would do so whenever she had the opportunity.

One of her favorite recipes was an egg-less, sugar-less, and butter-less cake developed during the depression known to our family as Poor Man's Cake. It however has a variety of names. It does not require frosting, is great in lunches, for travel, and is a favorite at picnics.

Ingredients

- 1 cup hot water
- 1 cup sugar
- 1 cup raisins
- 1/2 cup shortening
- 1/2 tsp nutmeg
- 1/2 tsp ground cloves
- 1/ 2 tsp cinnamon
- 1/4 tsp salt
- 2 1/4 cups flour
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- Optional: 1/2 cup walnuts

Directions

1. Combine water, sugar, raisins, shortening, nutmeg, ground cloves, cinnamon, and salt in a saucepan.
2. Sift together flour, baking powder, baking soda, and walnuts, if using, and add to the cooled mixture.
3. Bake in a greased and floured pan at 350 degrees for 1 hour in a loaf pan or 45 minutes in a 9x13 pan.

Maureen Culver

NO BAKE DATE COOKIES

Ingredients

- 1/2 cup melted butter
- 1 cup sugar
- 1/4 tsp salt
- 2 eggs
- 1 1/2 cup dates
- 3 cups Rice Krispies
- 1/2 cup chopped nuts
- shredded coconut

Directions

1. Combine butter, sugar, salt, eggs, and dates.
2. bring to a boil, cook 10 minutes stirring constantly.
3. Cool.
4. Combine Rice Krispies and nuts.
5. Roll date mixture into Rice Krispie mix and form into ball shapes.
6. Roll in shredded coconut.

Eva Valle

PEANUT BUTTER COOKIES

I actually don't live in Palmer but spent the summer visiting my grandma. While spending quality time together, we made these 4-ingredient peanut butter cookies that I usually make with my mom.

Ingredients

- 1 cup peanut butter
- 1 egg
- 1 cup brown sugar
- chocolate chips

Directions

1. Preheat oven to 350 degrees.
2. Mix peanut butter, brown sugar, and egg.
3. Add chocolate chips and combine.
4. Bake for 10-12 minutes.

Alison Bodeurty

CRANBERRY BARS (LOW BUSH)

Submitted by Maureen Culver

In the mid-60s, prior to commercial development, Anchorage mid-town was full of low bush cranberries. Our family would harvest the berries to make this treat.

Ingredients

- 3/4 cup butter
- 1 cup brown sugar
- 1/2 cup flour, plus 8 tbsp flour
- 1 tsp salt
- 1/2 tsp baking soda
- 1 1/2 cup rolled oats
- 3 cups low bush cranberries
- 1 cup honey
- 1 1/2 cup water
- 12 tbsp sugar

Directions

1. Preheat oven to 400 degrees.
2. Cream butter and brown sugar.
3. Add 1 1/2 cup of flour, salt, baking soda, and rolled oats.
4. Press 1/2 mixture into baking pan.
5. In a saucepan, cook cranberries, honey, raisins, water, sugar, and 8 tbsp of flour until thick.
6. Pour over crust already in baking pan.
7. Add remaining crust mixture.
8. Bake 20 to 25 minutes.

Amy Chesbro

MOLASSES COOKIE CUTOUTS

from 1963 Good Housekeeping cookbook

Submitted by Patricia Chesbro

Amy and her twin sister were born in Anchorage in 1975. She lived here until she graduated from college in 1997. Amy had a Bachelor's degree in poetry and a Master's Degree in Human Computer Interaction. A lover of life, Amy was also a ham. Her favorite role was the princess in "Once upon a Mattress" in the Palmer High School production. She was taken from us in 2010.

Ingredients

- 2 cups sifted all-purpose flour
- 1/2 tsp salt
- 1/2 tsp baking soda
- 1 tsp baking powder
- 1 tsp ground ginger
- 1 tsp ground cloves
- 1 1/2 tsp cinnamon
- 1/2 tsp nutmeg
- 1/2 cup butter
- 1/2 cup granulated sugar
- 1/2 cup molasses
- 1 egg yolk

Directions

1. Heat oven to 350 degrees.
2. Sift flour with salt, baking soda, baking powder, ginger, cloves, cinnamon, and nutmeg.
3. In separate bowl, mix butter, sugar, and molasses until creamy.
4. Add egg yolk; beat well. Blend in flour mixture.
5. On lightly floured surface, roll out dough 1/8" to 1/4" thick. With floured cutters, cut out shapes.
6. Bake on ungreased cookie sheets, 1/2" apart.
7. Cook 8-10 minutes or until done. Cool and frost.

Maureen Culver

COCONUT POUND CAKE

Ingredients

- 1 1/2 cups shortening
- 2 1/2 cups sugar
- 5 eggs
- 3 cups flour
- 1 tsp baking powder
- 1/2 tsp salt
- 1 cup milk
- 2 tsp coconut, almond, or vanilla extract
- candied cherries, chopped

Directions

1. Preheat oven to 350 degrees.
2. Grease and flour 3 loaf pans.
3. Blend shortening and sugar. Mix each ingredient well before adding next ingredient.
4. Add eggs and all other ingredients one at a time.
5. Bake one hour - check for doneness using a toothpick.

A special thanks to our contributors for sharing this collection of heartwarming recipes and stories. Our community is strengthened through our connections to one another. This cookbook is a wonderful reminder of the bond we have with one another. We hope these recipes will take on new meaning for you and your loved ones as you share them around your own table.

Do have a recipe and story you would like to share with our community? Submissions are still being accepted on our website at www.palmercf.org
