

PYC Yoga Class Recipies

Rondi Saslow

Homemade Cranberry Sauce (fresh or frozen)

12 Oz. Bag of Cranberries

1 Cup Sugar/ or less

1 Cup Cold Water

Sprinkle of Salt

Put all ingredients into a medium saucepan. Bring to a boil, boil rapidly until berries pop (about 5 minutes).

Zest of 1 Orange

Sometimes, I add Orange Juice for some of the liquid

Patricia Edith

Fill a bowl with coffee ice cream

Top with mounds of whipped cream

Joel Bernstein

Vodka Gimlet (aka: swamp water)

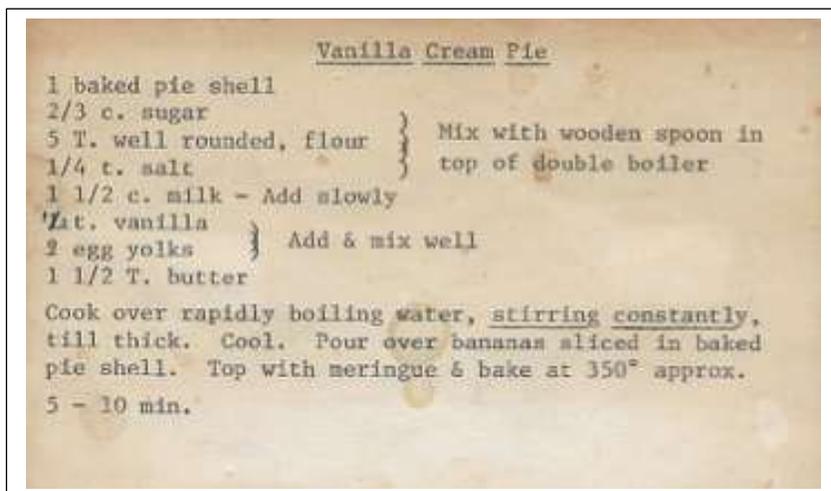
2 ounces vodka

Ice

2 tablespoons Rose's lime juice

Lime wedge, for garnish

JoAnn's Mom's



Sherry Flores

I got this recipe at a Pampered Chef party. It has since then become a family favorite and has replaced pumpkin pie on Thanksgiving..

Cinnamon Raisin Pumpkin Pudding

Ingredients:

Cinnamon Raisin Bread cut or torn up into cubes and dried, 1 loaf
Pumpkin Puree - 1 15 oz can
Eggs 3 extra-large
Packed Brown Sugar - 1 cup
Pumpkin Pie spice - 2 tsp
Vanilla Extract - 1 tsp

Instructions:

1. Preheat the oven to 300 degrees
 2. Grease a baking dish (9x12)
- Mix all the ingredients together, mix well, let sit for at least 10 Minutes (I find overnight is even better)
- Pour into the prepared dish and bake about 1 hour and 15 minutes or until a knife inserted in its center comes out clean.
- Serve warm or room temperature top with whipped cream if desired.

Patrice Wagner

Thanksgiving Squash Dish

From "Joy of Cooking" with a few changes :)

Preheat oven to 375
Scrub acorn or butternut squash
Place on oven rack and bake until it can be pierced easily with a wooden pick
Cut in halves and remove the seeds
Peel the squash and mash the pulp
To: 1 cup squash
Add: 1 tbsp butter or plant-based substitute
2 tsp brown sugar
1/4 tsp salt
1/4 cup orange juice (or more)
Mash to a good consistency
Optional: sprinkle with raisins or chopped walnut

Sandra Barlow

So I don't have a Thanksgiving recipe that's particularly unique, but my Tgiving food story is that one year I went to my girlfriend's daughter's for Thanksgiving. My friends's contribution was the pumpkin pies. *She forgot to put the sugar in!* Her daughter was going to throw them out so I took them. I found them preferable, totally edible. Hence I make pumpkin pie with half the sugar (and sour cream) - because I like the flavor and texture —- so I guess that's my recipe!

Melissa Crisp-Cooper

We love these brownies! (recipe attached) Owen found the recipe pretty early in our relationship, so they're kinda our thing. I request them often!

Best Cocoa Brownies
(According to Owen and Melissa)
Source: epicurious.com

10 tablespoons (1 1/4 sticks) unsalted butter
1 1/4 cups sugar
3/4 cup plus 2 tablespoons unsweetened cocoa powder (natural or Dutch-process)
1/4 teaspoon salt
1/2 teaspoon pure vanilla extract
2 cold large eggs
1/2 cup all-purpose flour
2/3 cup walnut or pecan pieces (optional)

Special equipment: An 8-inch square baking pan

Position a rack in the lower third of the oven and preheat the oven to 325EF. Line the bottom and sides of the baking pan with parchment paper or foil.

Combine the butter, sugar, cocoa, and salt in a medium heatproof bowl and set the bowl in a wide skillet of barely simmering water. Stir from time to time until the butter is melted and the mixture is smooth and hot enough that you want to remove your finger fairly quickly after dipping it in to test. Remove the bowl from the skillet and set aside briefly until the mixture is only warm, not hot.

Stir in the vanilla with a wooden spoon. Add the eggs one at a time, stirring vigorously after each one. When the batter looks thick, shiny, and well blended, add the flour and stir until you cannot see it any longer, then beat vigorously for 40 strokes with the wooden spoon or a rubber spatula. Stir in the nuts, if using. Spread evenly in the lined pan.

Bake until a toothpick plunged into the center emerges slightly moist with batter, 20 to 25 minutes. Let cool completely on a rack.

Cooper/Crisp comments

1. mint extract works well in place of the vanilla
2. chocolate or peanut butter chips also are a plus
3. Baking time can vary and be as much as 35 minutes at 350 instead of 325
4. crushed candy canes at x-mas? (Haven't tried this one)

Karen CHRISTENSEN

crab rolls recipe (Crab Rolls by an Old Crab!) Makes about 60 rolls.

Assemble:

1/2 lb. Velveeta cheese

3/4 lb. butter

20 slices white bread

2 small cans Sesame Seed

1 or 2 (7-8 oz.) cans crab meat (flaked) (Half chopped shrimp may be used.)

Melt cheese and 1/2 lb. of the butter in the top of a double boiler. Cool a bit & add the flaked crab meat, stirring till the mixture is spreadable consistency. (Butter and cheese will tend to separate but as mix cools and is stirred it blends again.)

Cut crusts off bread and roll each piece with rolling pin to flatten. (A wine bottle can be used in place of rolling pin.) spread mixture on 1 side of bread and roll up. Melt remaining 1/4 lb. butter and dip each roll in melted butter, then roll in sesame seeds.

Place seam side down in freezer trays or shallow pan, cover and freeze. Cut each roll into thirds. Broil when ready to use, turning over till rolls are golden brown.

Recipe from friend of my mother -in-law, probably from the 1950s. (Crab Rolls by an Old Crab!)

Sandra Wasson

I realized I had not entered my paper copy of the yeast rolls into my recipe app, so for now here is another of my faves my Mom made.

Just in case you prefer the rolls recipe, here it is.

Jam Thumbprint Cookies

Cookies, Desserts

Difficulty: Easy **Source:** Pat Wasson

INGREDIENTS

2/3 cup butter or margarine

1/3 cup sugar

2 egg yolks save whites

1 teaspoon vanilla

1/2 teaspoon salt

1 1/2 cups flour

3/4 cup pecans finely chopped

jam

DIRECTIONS

Cream the butter or margarine and the sugar until fluffy. Add the egg yolks, vanilla, salt, and beat well. Gradually add the flour. Mix well.

Shape the dough into 3/4 inch balls, dip in slightly beaten egg white, then roll in finely chopped nuts. Place 1 inch apart on a greased cookie sheet. Press down in the center of each with thumb. Bake 350° for 10 minutes, fill imprint with jam and return for 5-7 minutes for a total of 15-17 minutes.

RICH DINNER ROLLS (modified by P. Wasson)

1 C Milk (skim is fine)
1/4 C sugar
1 tsp salt
1/4 C butter
2 packages dry yeast
1/2 C warm water
2 eggs beaten
5 1/4 C all purpose flour
a bit of melted butter to brush on top

Boil milk (heat but not boil milk.)
Stir in sugar, salt and butter. (add all ingredients to mixer bowl)
Cool to lukewarm.
Soften yeast in very warm water.
Add yeast mixture, eggs and 2 C of the flour to milk mixture. Beat until smooth. (using fat beater.) Switch to dough hook. Add enough remaining flour to make a soft dough. (Not sticky but tacky) Knead until smooth and elastic. (4 - 5 minutes in mixer with dough hook)

Place in a greased bowl, turning to grease top.
Cover and let rise in a warm place until double in bulk. (in cool weather takes more than 30 minutes.)
Punch it down.
Turn it out on lightly floured surface. (can do this on ceramic or marble top with grease and hands with grease on them, makes rolls lighter)
Shape into rolls and place into pan about 1/4 inch away from each other. (Brush with butter at this time)
Cover (with wax paper) and let rise until double in bulk.
Cook in a 400 degree oven about 10 or 15 minutes. Cool and then can freeze in ziplock bag.

(Mom uses 3 9x9 aluminum cake pans, a dozen rolls in each, or can use a cookie sheet)