

Edelstein's 2021
Traditional
Family Recipes
Book

Tiffany L. Wisniewski's Grandma Buko's Hungarian Goulash

Ingredients:

- 1 pound of bacon
- 1 head of shredded cabbage
- 1 12 oz bag of egg noodles



Preparation:

- 1) In a large skillet, cook the pound of bacon until crisp saving the bacon fat. Crumble bacon and put aside.
- 2) Using the same pan as the bacon, sauté the shredded cabbage in the bacon fat until it becomes soft and caramelized (approximately 12-15 minutes).
- 3) Cook the egg noodles according to the package and drain.
- 4) Add the crumbled bacon and sauteed cabbage to the cooked egg noodles and stir. When adding the cabbage, scrape the sides of the pan to add the flavors created by cooking the bacon and cabbage.



Katelynn Mrozowski's Family's Salsa Recipe

Ingredients:

- 1 Can of Kitchen Ready Pastene tomatoes
- 1 Vidalia Onion
- 1 Green Pepper
- 5 Vine Ripe Tomatoes
- 2 Teaspoons of Lemon Juice
- ¼ Jar of Hot Jalapenos
- Your Favorite Tortilla Chips



Directions:

- Chop up all ingredients in vegetable chopper
- Add to a large bowl and mix well
- Best served next day
- Enjoy 😊



Michelle Walsh's Family's Broccoli Casserole

Ingredients:

- 1 10 ounce bag of frozen broccoli florets
- 1 cup of shredded cheddar
- 1 sleeve of Town House Crackers (crushed into cracker crumbs)
- 1 & ½ stick of butter



Directions:

- Steam broccoli as directed on bag... drain and put back into the same pan.
- Add ¼ cup butter and the cheese and stir until broccoli is coated.
- Add salt and pepper to taste.
- Place cheesy broccoli into baking dish (13x9 or pie plate)

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Directions:

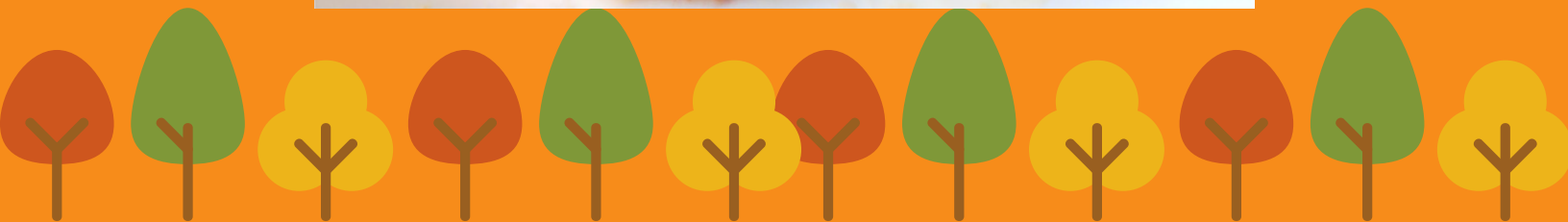
- Melt ½ cup butter in same pan... to save work... mix with cracker crumbs til moist
- Cover cheesy broccoli with buttery crumbs... what's not to like?
- *** Can stop here. Put in refrigerator until later
- Bake at 350 degrees, uncovered for 20-25 minutes until golden brown on top.

Michelle's family insists on making this recipe for every holiday. She had it once at a restaurant in Franklin and her family loved it so much, they asked the waitress for the recipe. The waitress provided the ingredients but Michelle's family had to improvise on the amounts.



Ling Rao's Family's Eggs & Tomatoes

Intro: "I think of this as Chinese comfort food. I ate this growing up, but I never really learned how to cook it. I'm not a great cook either, but luckily, this dish is very simple! After consulting Youtube, I can make this whenever I want! If you want a more proper recipe, I would look up "Eggs and Tomatoes" and watch a short instructional video by Strictly Dumpling on Youtube. That's what I did, and I've modified the recipe slightly to suit me." - Ling Rao



Ingredients:

- 4 eggs
- 3 Tomatoes
- 1 tbs sugar
- 1 tsp salt
- 3 cloves minced garlic
- 4 tbs vegetable oil
- Two cups of white rice



Directions:

- **Step 1:** Have your rice cooking before you start! This dish only takes a short while to cook (probably 15 minutes total), so you want to have your rice ready for when it's done.
- **Step 2:** Chop tomatoes into quarters and put them into a separate bowl.
- **Step 3:** Whisk the eggs together in a separate bowl.
- **Step 4:** Pour 2 tbsp. vegetable oil in a wok or deep non-stick pan.

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- **Step 5:** Fry the eggs on medium high heat and separate into large chunks. Leave the eggs a little runny and soft (don't overcook them). Set the eggs aside in a separate bowl after frying.
- **Step 6:** Set the pan back on the stove and pour in the remaining 2 tbs vegetable oil. Fry the tomatoes on medium high heat for 2 minutes and stir. Pour in the salt, sugar, and garlic and stir. Cover the wok or pan, and let the tomatoes fry for another 3 minutes. The tomatoes should have released water and should be so soft that the skin should be falling off.
- **Step 7:** Mix the egg in with the tomatoes. Use your spatula to separate the egg into smaller chunks and mix it into the tomato. Cook for 1 minute.
- **Step 8:** Spoon over rice and enjoy!



Barbara Denault's Family's Roasted Root Vegetables

Intro: This is a beautiful and colorful addition to your holiday table. Roasted vegetables are sweeter and delicious. You can choose as many colorful root vegetables as you like. This dish can be put in the oven to cook while your turkey is resting and your guests are enjoying drinks and appetizers.

The dish will be ready in about 30-35 minutes. (This makes about 6 servings-I usually double it and hope to have leftovers)

Ingredients and instructions are on the following page.



Ingredients:

- 1 Bag of Fingerling Potatoes or any small colored potatoes (red/white/blue), no need to peel and cut 1 ½ inch pieces
- 4 Shallots, halved- You can also use a red onion instead, just quarter and separate it
- 3 Parsnips, peeled and cut into 1 ½ inch pieces
- 3 Carrots, peeled and cut into 1 ½ inch pieces
- 1 Sweet Potato, peeled and cut into 1 inch cubes
- 1 Small Butternut squash, peeled and cut into 1 inch cubes
- If you like garlic, you can use one head, cloves separated and peeled (about 16 cloves)
- Green onions, sliced to put on top before serving



Instructions:

1. Preheat oven to 425 degrees. Line a rimmed baking sheet with aluminum foil and spray with cooking spray.
2. In a large bowl combine all the vegetables
3. In a small bowl, combine 3 tablespoons of olive oil, 2 tsp. dried thyme, 1 ½ tsp. salt, 1 tsp black pepper. Pour over the vegetables and toss gently to coat. Spoon onto the prepared baking sheet.
4. Bake 30-35 minutes or until vegetables are tender, stirring occasionally while cooking. You can test for doneness by piercing with a fork. Don't overcook as you don't want them to get mushy.
5. Transfer cooked vegetables into a pretty serving dish and top with sliced green onions to add another layer of color.

Enjoy and Happy Thanksgiving to all.



Lisa George's Family's Stuffed Mushrooms

Ingredients:

- Button mushrooms (1 box)
- Garlic 2 gloves minced
- Italian breadcrumbs 1-2 cups depending on number for mushrooms
- Butter. 1/4 -1/2 sticks of butter.
- Olive oil. 2-3 Tablespoons
- Parmesan Cheese-1/4 cup



Instructions:

- Remove stems from mushrooms and chop.
- With a damp paper towel wipe off mushrooms and put in a pan with 2 Tablespoons of olive oil making sure the bottom of each mushroom is covered.

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- Melt butter add olive oil in pan on top of stove.
- Sauté garlic and chopped mushroom stems until cooked.
- Add Italian breadcrumbs and parmesan cheese .
- Mix well add more butter or oil until mixture is somewhat moist.
- Cool and fill mushrooms. May add a small amount of butter to top of mushrooms.
- Bake in 350-degree oven approximately 20 minutes until mushrooms are cooked.
- All ingredients can be adjusted according to the number of mushrooms used.



Katie Furrier's Family's Chocolate-Chip Cheesecake Bars

Ingredients:

- 1 ½ cups graham-cracker crumbs
- 2 tablespoons sugar
- 1/3 cup of margarine, melted
- 8 oz. cream cheese, room temperature
- 1/3 cup sugar
- 1 egg
- 1 tsp vanilla extract
- 1 cup semisweet chocolate-chips



Instructions:

- Preheat oven to 350F.
- In a bowl, combine graham-cracker crumbs, 2 tablespoons sugar and melted margarine.
- Press mixture evenly in bottom of an ungreased 13x9 pan. Bake for 7 to 8 minutes.

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- In a separate bowl beat together cream cheese, 1/3 cup of sugar, egg and vanilla.
- Spread evenly over baked crust. Sprinkle chocolate-chips evenly over cream-cheese mixture, press lightly.
- Bake 25-30 minutes or until golden brown. Let cool before cutting and store in refrigerator.



Glenn Gates' Family's Sauerbraten

Ingredients:

- 4 lbs Rump Roast
- 2 onions
- 1/2 cup vinegar
- 1 cup water
- 2 tbsp. lemon juice
- 2 bay leaves
- 2 whole cloves
- 1/4 tsp pepper
- 2 tsp. salt
- 1 tsp. flour
- 2 tbsp. ketchup
- 8 ginger snaps



Directions:

- Sprinkle roast with salt, pepper, and flour
- Brown all surfaces in oil in large dutch oven.
- Add sliced onions and all remaining ingredients except ginger snaps

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- Stir to combine.
- Cook to a boil.
- Reduce heat and cover and cook for 2.5 - 3 hours.
- During last 45 minutes, crumble ginger snaps and stir into gravy.
- Strain gravy if desired.

May be made ahead of time and reheated



Michael Bennington Family's Cascelloni (Casce'llun)

1. You start the way that you would make pasta for lasagna. With 4 cups of flour, make a well with nothing in the middle. Add 3 beaten eggs into the empty space in the well of flour. Mix the egg with the flour and add water as needed. Knead the mixture into a dough and flatten the dough into small circular pancakes.
2. Put those circular pancakes of dough into the pasta machine until they come out like long lasagna noodles.



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3. Get 8 ounces each of grated Romano and Parmeggiano, this will be for the stuffing. (Sardo, a cheese from Argentina is a good replacement based on preference.)
4. Put all the cheese in a separate bowl, along with 8-9 egg yolks. Mix that with 1 tsp. of pepper. Make sure the filling is nice and moist, if dry, add another egg yolk.
5. Spread the long noodles out flat. Put a tablespoon of of the mixture on every few inches, leaving enough space to be able to turn a good piece of dough over the mixture like a turnover. Fold the dough over to make a half moon formation, and cut all the excess from it. Seal each one with a fork.
6. Egg wash the tops of all the ones you make. Prick each one with 10 toothpick holes. Preheat oven to 380 degrees and bake for about 25 minutes. The tops should be golden brown and the bottoms not burnt.

