



Dumbarton United Methodist Church

# Seasonings of the Spirit

## APPETIZERS

Artichoke Dip  
Black Bean Dip  
Chutney -Almond Fillip  
Cool Summer Appetizer  
Guacamole  
Hummus  
Mexicana Treat  
Red Pepper Jelly  
Hot Pepper Jelly  
Liver Pate Mold  
Dip for Raw Vegetables,  
Salmon Tarragon Mousse  
Pickett's Spinach Dip  
Ruth's Spinach Dip  
Betty Lou's Spinach Dip  
Norma's Spinach Dip  
Vegetable Dip  
Boursin-style Cheese Ball  
Cheese and Chili Bites  
Cheese Ball  
Cheese Ball 2  
Cheese Dip  
Chipped Beef Cheese  
Ball  
Crab Cheese Spread  
Peppy Cheese Dip  
Pink Cheese

Sausage Cheese Balls  
Cheese Biscuits  
Crabmeat Pie  
Crabmeat Appetizers  
Crab Dip  
Piroshkis with Vegetable Stuffing  
Sweet & Sour Meat Balls  
Vietnamese Fried Wonton  
Spinach-Artichoke Appetizer  
Spiced Walnuts  
Sweet Spiced Pecans

## BEVERAGES

Aurelia Howland's Punch Recipe  
Cheri's Egg Nog  
Perk-A-Punch  
Pink Punch  
Punch  
Punch (with wine)  
Sangria  
Syllabub  
Morning Breakfast Drink  
Layered



Roll With The Punches!!

## **ARTICHOKE DIP**

Norma Severns

- 1 10-oz. can artichoke hearts
- 1 c. grated fresh Parmesan cheese
- 1 c. Hellman's mayonnaise
- 1 clove garlic - crushed

Chop artichokes, mix and heat very gently until warm. May also be served cool.

## **BLACK BEAN DIP**

Jessma Blockwick

- 1 can black bean soup
- dash lemon juice
- 1/4 can cold water
- 1 small minced onion
- crushed red pepper to taste
- bacon fat
- salt to taste

Mix soup and water on stove. Brown onion in bacon fat and add to soup mixture. Season with other ingredients. (Put the red pepper in carefully, tasting as you add.) Put in chafing dish to keep hot and serve with Fritos.

## **CHUTNEY-ALMOND FILLIP**

Debbie Woodcock

- 2 8-oz. packages cream cheese (softened)
- 2 tsp. curry powder
- 1 jar chutney
- 1 c. slivered almonds

Mix together ingredients. Serve on Ritz crackers, Waverly crackers or melba toast rounds. Also freezes nicely.

## **COOL SUMMER APPETIZER**

Bart and Penny Finch

*--(or post Easter - how to use up all those eggs)-*

- 10 hard boiled, shelled eggs
- 1/4 lb. butter (or margarine)
- 1 pint sour cream
- 1 small jar inexpensive caviar

Put all eggs in food processor and smash up... meanwhile melt butter. Combine melted butter and smashed eggs and spread in pie pan. Spread over top the pint of sour cream. Put in freezer for 45 minutes (this hardens the sour cream so you can do the next step). Then spread the small jar caviar on top - you can make spirals or wheel designs. Refrigerate until served. Can serve as pie wedges on plates to be eaten with forks or with crackers as a spread. Can be made day ahead, holds well in refrigerator. This is great at the beach in July!

## **GUACAMOLE DIP**

Rita Will

2 ripe avocados  
1 garlic clove, minced  
1 small onion (2 to 3 T.), minced  
2 tsp. lemon juice

Blend together until smooth. Serve with taco or Dorrito chips.  
An avocado is also called an alligator pear.

## **HUMMUS**

Pickett Craddock

*--serve with pita bread--*

1 can cooked garbanzo beans (chick peas)  
4 T. lemon juice  
4 cloves garlic  
4 T. olive oil  
½ tsp. cumin

Drain chick peas Blend chick peas, lemon juice, olive oil, and garlic in blender. If too thick add some of the liquid from the chick peas. Sprinkle with cumin.

## **MEXICANA TREAT**

Barb Gilbert

*--This has been served at a couple of Dumbarton gatherings. It's very easy if you have a blender or food processor to help with the chopping*

2 cans refried beans  
1 pkg. taco seasoning  
1 medium/large onion, chopped fine  
1 can pitted black olives, drained and chopped fine  
1 4-oz. can chopped green chilies, drained  
1½ to 2 lb. shredded Cheddar or longhorn cheese  
2 tomatoes, peeled, seeded, chopped and drained  
1 to 2 ripe avocados, peeled

chopped tortilla chips

Spread beans on a large serving platter. Layer next four ingredients, one at a time, over the beans. This much may be done ahead of serving time or the night before. If so, cover tightly and chill. Just before serving, layer the cheese, tomatoes and avocados. Since the avocado tends to discolor, it is better not to put it on top. Serve with tortilla chips for dipping. This recipe serves 12 to 15 for cocktails, or 40 if it is part of a cocktail buffet.

### RED PEPPER JELLY

Mittie Quinn

*--This is a hit served with cream cheese and crackers--and very simple!--*

3/4 c. red bell pepper, chopped  
4 c. sugar  
1 tsp. dried red pepper  
3 oz. liquid pectin  
1 c. cider vinegar  
3/4 c. rice wine vinegar

Put first three ingredients into the container of a blender or into a food processor. Blend for 30 seconds or until the peppers are minced fine. Put mixture into a stainless steel pan. Add rice wine vinegar and the sugar and cook over moderate heat, stirring, until the sugar is dissolved. Bring the mixture to a boil and simmer for 7 minutes. While simmering, skim the froth as it rises to the surface. Add pectin and continue to boil mixture for 1 more minute.

Spoon the jelly into sterilized jelly glasses and fill to within 1/4 inch of the top. Wipe the rims with a dampened cloth and seal with melted paraffin. Allow these to cool before moving them to a dark, cool place to store. Makes about 4 cups.

### HOT PEPPER JELLY

Elaine Friebele

6½ c. sugar  
1½ c. vinegar  
1 c. ground green pepper  
½ c. ground hot peppers  
1 bottle liquid pectin (jalapenos)

Mix sugar, vinegar and peppers. Bring to a rapid boil. Remove from heat and set aside 10 minutes. Add pectin and mix. Pour into sterilized jars and seal.

### DIP FOR RAW VEGETABLES

Jessma Blockwick

1 egg

1 tsp. mustard  
1 clove garlic, grated  
1 tsp. paprika  
1 tsp. salt  
1 c. salad oil

Mix egg, garlic, salt, mustard and paprika. Stream in salad oil while beating rapidly.

### **LIVER PATE MOLD With CONSOMME GLAZE**

Mary Palmer

1 can Sell's liver pate  
dash of cayenne pepper  
1 can beef consommé  
fresh parsley, 2-3 sprigs  
1 pkg. unflavored gelatin  
3-oz. cream cheese  
2 tsp. Worcestershire sauce  
2 T. dry sherry  
1 T. grated sweet or green onion

In a saucepan, heat consommé and gelatin until it just boils. Remove from heat and pour about ½ of it into the bottom of a ring mold. Put mold in refrigerator. Pour the rest of the hot consommé mixture and all other ingredients into a blender or Cuisinart and blend until smooth. When gelatin in the refrigerator is very firm (15 to 20 minutes), carefully pour the blended pate mixture on top of it. Return the mold to the refrigerator until firm. Unmold and serve with escort crackers or French bread thins. Fill center with black olives. You can easily double the recipe if your ring mold is large enough (5½ to 6 c.).

### **SALMON TARRAGON MOUSSE**

Mary Palmer

1 1-lb. can red salmon  
½ c. dry vermouth  
1 c. Hellman's mayonnaise  
1 pkg. gelatin  
¼ c. olive oil  
1 bay leaf  
2 T. chopped fresh parsley  
7 peppercorns  
juice of ½ lemon  
2 T. dried tarragon  
3-oz. cream cheese, softened

Bring peppercorns, bay leaf and vermouth to a boil and stir in gelatin until softened; set aside. (CAUTION: gelatin will burn if not stirred constantly.) Drain salmon, reserving ½ of liquid. Bone and skin salmon. Into large mixing bowl, strain bay leaf and peppercorn out of gelatin/vermouth. Add cleaned salmon, reserved liquid and other ingredients. Stir well. Blend in food processor or blender and pour into 4 to 5 cup mold that has been sprayed with Pam. Refrigerate 3 hours to 4 days.

### **SPI NACH DIP**

Pickett Craddock

1 pkg. frozen chopped spinach, cooked and drained well  
1 c. mayonnaise  
½ c. chopped onion  
½ c. parsley  
salt and pepper to taste

Mix together ingredients.

### **RUTH'S SPI NACH DIP**

Ruth Glass

1 pkg. frozen spinach  
1 pkg. Ranch House Original Dressing mix  
1 pint sour cream

Whip together ingredients in blender. Serve in carved out round loaf of rye or pumpernickel with chunks of bread for dipping.

### **BETTY LOU'S SPI NACH DIP**

Betty Lou Winslow

1 pkg. frozen spinach (thawed)  
1 c. real mayonnaise  
3 T. lemon juice  
1 T. black pepper

Drain spinach thoroughly, by squeezing all moisture from it. Mix with remaining ingredients. (You may prefer more pepper or lemon juice.)

### **NORMA'S SPI NACH DIP**

Norma Severns

1 pkg. frozen chopped spinach  
1 c. mayonnaise

fresh ground pepper to taste - add plenty  
1 minced onion  
2 T. lemon juice

Defrost spinach and squeeze very dry. Mix with other ingredients. Chill 2 to 3 hours and serve with crackers.

## **VEGETABLE DIP**

Sookie Alvis

1 pint sour cream  
3 T. parsley  
1 pint mayonnaise  
2 tsp. Beau Monde  
3 T. minced onion  
3 tsp. dill weed

Blend together all ingredients.

## **BOURSIN-STYLE CHEESE BALL**

Kathy Brunkow

1 8-oz. pkg. cream cheese	1 tsp. caraway seed
1 tsp. basil	1 tsp. dill
1 spring onion, cut-up (optional)	garlic salt
freshly ground black pepper	

Mix, roll into a ball, roll in coarse ground pepper.

## **CHEESE and CHILI BITES**

Leah Johnson

1 lb. Monterey Jack cheese, grated	1 lb. Longhorn Cheddar cheese, grated
6 eggs lightly beaten	1 5-oz. cans evaporated milk
2 4-oz. cans chopped green chilies	

Combine cheeses, eggs and milk. Line 9X13-inch pyrex dish with chilies. Cover with mixture. Bake at 350° F. for 40 minutes. Cool and cut into bite size pieces. May be refrigerated or frozen.

## **CHEESE BALL**

Elaine Friebele

8 oz. sharp Cheddar cheese grated  
2 T. Worcestershire sauce

1 4-oz. jar Kraft Roka Bleu Cheese (or 3 oz. bleu cheese)  
2 T. grated onions  
½ c. finely chopped pecans  
6 oz. cream cheese  
sliced olives  
½ c. chopped parsley

Mix cheeses and let stand 2 hours at room temperature. Add Worcestershire sauce, onions, pecans and parsley. Form into 2 balls. Put in refrigerator 4 hours or more. Cover with sliced olives.

### **CHEESE BALL**

Karen Winstead

6 oz. bleu cheese, softened  
2 6-oz. jars old-fashioned English cheese  
2 8-oz. pkg. cream cheese, softened  
1 T. Worcestershire sauce  
1 small grated onion  
1 c. chopped nuts  
1 c. parsley  
dash of tabasco

Mix all ingredients but parsley and nuts. Make ball and roll in nuts and parsley. Chill 24 hours.

Hint: 1 lb. firm cheese = 4 c. grated cheese    ¼ lb. Cheddar cheese = 1½ c. grated cheese

### **CHEESE DIP**

Norma Severns

1 lb. Muenster cheese  
finely chopped green pepper to taste  
tabasco sauce to taste  
Baco chips  
onion salt

Shred or slice cheese and put some in pyrex dish. Sprinkle peppers, Bacos, tabasco sauce on top - then add another layer of cheese, sprinkle with peppers, etc. Top with bacos and onion salt. Serve hot with sesame seed crackers.

### **CHIPPED BEEF CHEESE BALL**

Suzanne Gell

1 3-oz. pkg. dried beef, finely snipped	1 8-oz. pkg. cream cheese, softened
¼ c. grated Parmesan cheese	¼ c. chopped pimiento-stuffed olives
2 tsp. prepared horseradish	2 c. potato chips or corn chips, crushed

Mix together beef, cream cheese, Parmesan cheese, olives and horseradish. Shape into a ball. Pat on crushed chips. Chill about 1 hour.

### **CRAB CHEESE SPREAD**

Sookie Alvis

6 oz. crab (canned)  
less than 1 T. milk  
½ tsp. horseradish  
almonds for topping

6 oz. cream cheese  
salt and pepper to taste  
2 T. chopped onion

Blend together all ingredients except almonds. Arrange almonds on top of spread. Heat in oven at 350° F. until almonds are lightly browned (about 20 minutes).

### **PEPPY CHEESE DIP**

Sally Shortt

1 c. cottage cheese (8 oz.)  
1 5-oz. jar Old English Sharp Cheddar or Pimiento cheese  
1 T. horseradish  
3 drops tabasco or more to taste

Blend with mixer or blender until smooth. Serve with raw vegetables.

### **PINK CHEESE**

Sookie Alvis

1 pkg. Italian salad dressing  
8-oz. pkg. cream cheese, softened  
1/3 c. tomato juice

Blend dressing into cheese. Gradually blend in juice.

### **SAUSAGE -CHEESE BALLS**

Jessma Blockwick

*-- Good for office parties!-*

1 lb. sharp cheese, grated  
1 lb. hot sausage, uncooked  
3 c. Bisquik

Mix ingredients and shape into balls. Cook in preheated 350° F. oven for 25 minutes or until brown. If you want to prepare ahead, cook five minutes and freeze. When ready to serve, put in 350° F. oven and finish cooking until brown and crispy.

### **CHEESE BISCUITS (WAFERS)**

Anale Yarbrough

1 lb. sharp Cheddar cheese, grated  
1 lb. butter or margarine  
1 tsp. salt  
4 c. flour, sifted  
2 to 3 T. ice water  
½ tsp. red pepper or paprika

Combine grated cheese, butter or margarine, salt, and flour; add ice water. Batter should be the consistency of pie crust. Roll out thinner than regular biscuits and cut with small cutter. Sprinkle with paprika. Bake 10 to 15 minutes at 400 or 450° F. Do not grease pan. Can be kept uncooked in refrigerator or freezer and baked as needed.

### **CRABMEAT PIE**

Kathy Brunkow

1 8-oz. pkg. cream cheese  
1 tsp. Worcestershire sauce  
1 c. mayonnaise  
1 7-oz. can crabmeat  
garlic salt

Topping:  
sliced almonds  
bread crumbs  
Parmesan cheese

Preheat oven to 350° F. Mix first five ingredients and put into pie plate. Top with sliced almonds, bread crumbs and Parmesan cheese. Bake for 30 minutes. Serve on Triscuits or other crackers.

### **CRABMEAT APPETIZERS**

Debbie Woodcock

1 6-oz. pkg. frozen crabmeat  
1 8-oz. pkg. cream cheese  
2 T. chopped onion (minced can be substituted)  
1 T. milk  
½ tsp. horseradish  
salt and pepper to taste  
1/3 c. sliced toasted almonds (can be toasted in oven on pie tin at 350° F. until brown)

Preheat oven to 375° F. Blend everything together. Bake in casserole about 20 minutes. Serve on crackers or toast rounds. Elegant appearance, a hot hors-d'oeuvre.

### **CRAB DIP**

Susi Devrient

1 8-oz. pkg. cream cheese (softened)

1 8-oz. pkg. sour cream  
3 T. mayonnaise  
3 tsp. Worcestershire sauce  
dash garlic powder  
12-16 oz. crab meat  
1/4 c. grated Cheddar cheese

Blend first 5 ingredients. Fold in crabmeat. Top with Cheddar cheese. Bake at 350° F. for ½ hour. Keep warm.

Note: Roger Gilkeson makes a similar recipe using instead, 2 8-oz. pkg. cream cheese, ½ pt. sour cream, and 4 T. mayonnaise., plus the juice of ½ lemon, 1 tsp. dry mustard, and an additional 1/4 c. Cheddar cheese to mix with other ingredients. Bake as above and serve with wheat thins.

## PIROSHKIS WITH VEGETABLE STUFFING

Greg Brown

Dough:        1-3/4 c. sifted flour  
                  1/4 c. butter  
                  ½ tsp. baking powder  
                  1 egg  
                  ½ tsp. salt  
                  ½ c. thick sour cream or yogurt

Sift the flour with baking powder and salt. Cut in the butter. Beat the eggs lightly and mix with sour cream. Add the flour and mix lightly with a fork to combine. Knead it several times to get it smooth, but not so much that it gets stiff. Roll out a portion of the dough and cut it into 3 or 4 inch squares. Put some stuffing in the center of the square so that it forms a triangle. Then to seal, make twists at intervals around the edges. Bake for 15 to 20 minutes at 350° F., or until browned (can also be done in a skillet).

### Vegetable Stuffing:

1 onion  
1 green pepper  
2 tomatoes  
1 apple  
½ c. chopped nuts  
2 T. dry wine or 1 T. lemon juice  
salt and pepper  
bread crumbs

Dice all the vegetables and the apple. Saute the onion and peppers in oil until the onion becomes transparent. Add the remaining ingredients and season to taste,

while cooking over a moderate flame. Add bread crumbs until the mixture holds together. Check seasoning.

## **SWEET and SOUR MEATBALLS**

Jackie Mayers

### **Meat Balls:**

2 lb. ground beef  
1 egg (beaten)  
1 large onion, chopped fine  
1 tsp. salt

### **Sauce:**

1 bottle chile sauce  
½ large jar grape jelly  
juice of 1 lemon

Mix meat ball ingredients and shape into balls. Saute until browned. Combine sauce ingredients in skillet over moderate heat. Add meat balls and cook over low heat for ½ hour.

## **VIETNAMESE FRIED WANTON (HOANH THANH CHIEN)**

Mark and Moon Ethridge

1 lb. ground pork  
2 or 3 carrots  
5 tsp. fish sauce (cabbage can also be used)  
½ tsp. salt  
1 medium onion  
2 tsp. sugar  
½ tsp. pepper (black or white)  
1 pkg. wonton wrappers

Chop onion and carrots finely. Mix them with ground pork and fish sauce, salt, sugar and pepper. Put one teaspoon of the mixture in each piece of wonton wrapping and seal it with water. We can wrap them in three different ways: rectangular, triangular, or wrap it in the form of a bag. (put the meat in the middle of the wonton wrapping, then lift the four corners and twist them together). Deep fry in oil over medium flame about 15 or 20 minutes until the wonton becomes brown. Take them out and put them on paper towels to dry the oil.

Note: We get wonton wrappers at Asian stores; there are 2 kinds, the thick (about 50 pieces) and the thin one (about 100 pieces). Usually with one pound of ground pork, we can make about 70 pieces. Fish sauce is also found at Asian stores.

## **SPI NACH-ARTI CHOKE APPETI ZER**

Roger Gilkeson

1 can (8½ oz.) artichoke hearts  
2 10-oz. boxes frozen spinach

1 stick butter  
1 8-oz. pkg. cream cheese  
3 T. sour cream juice of 1 lemon  
1/4 c. bread crumbs (I use seasoned dressing mix)  
fresh parsley, chopped  
fresh Parmesan cheese, grated  
2 tsp. sweet basil  
1½ tsp. dill weed  
salt, pepper  
Bremner wafers

Drain and chop artichoke hearts fine. Melt 1/3 of the butter and saute hearts with lemon juice. Add salt, pepper and basil. Set aside.

Cook spinach and drain well. Melt remaining butter and mix with cream cheese. Blend in spinach and add sour cream. Season with salt, pepper and dill weed.

Combine both vegetable mixtures with bread crumbs and parsley. Arrange in 8x8-inch baking dish and cover with Parmesan. Bake at 325° F. for exactly 20 minutes. Serve with crackers.

## **SPICED WALNUTS**

Sally Shortt

2 c. shelled walnut pieces  
1 T. butter  
1 T. soy sauce  
seasoned salt

Melt butter and mix all ingredients. Spread on baking sheet and bake at 350° F. for 10 to 15 minutes, stirring occasionally.

## **SWEET SPICED PECANS**

Sally Shortt

*--these make a great gift when put in an attractive container!--*

1 lb. shelled pecan halves  
2 egg whites  
1 tsp. cold water  
½ c. sugar  
1/3 tsp.  
salt  
½ tsp. cinnamon

Beat egg whites with water until frothy. In separate bowl, mix sugar, salt and cinnamon. Coat pecans with egg whites, then coat with sugar mixture. (Shaking pecans and sugar in a large plastic bowl with lid is ideal.) Spread coated pecans on a buttered jelly roll pan (any flat pan with sides will do). Bake at 225° F. for 1 hour, stirring pecans every 15 minutes to separate them.

#### **AURELIA HOWLAND'S PUNCH RECIPE**

Sookie Alvis

1 10-oz. jar mint jelly  
1 pint boiling water  
1 large can pineapple juice  
1 quart ginger ale  
mint sprigs, lemon and orange slices

Dissolve mint jelly in boiling water. Chill in refrigerator before mixing with pineapple juice. Just before serving add ginger ale. Garnish with mint sprigs, lemon and orange slices.

#### **CHERI 'S EGG NOG**

Sally Shortt

1 gallon whole milk  
1 c. sugar  
3 eggs, separated  
1 T. vanilla  
1 pint heavy cream, whipped  
Seagrams 7 or other whiskey  
cinnamon and nutmeg (use your own judgment)

Beat egg yolks into milk. Add sugar, vanilla and whiskey. Plop whipped egg whites and whipped cream on top. Sprinkle with cinnamon and nutmeg. Who's counting calories?

#### **"PERK-A-PUNCH"**

Mittie Quinn

2/3 c. brown sugar  
2 quarts cranberry juice  
2 quarts unsweetened pineapple juice  
1 quart water  
1 T. whole allspice  
4 2-inch cinnamon sticks  
1 T. whole cloves  
2 lemons (or 6 T. lemon juice)

Place juices and water in 30-cup coffee percolator. Place remaining ingredients in basket. Percolate juices through spices for about 30 minutes. Serve piping hot.

### **PINK PUNCH**

Carolyn McIntyre

2 quarts ginger ale  
1 quart apple juice  
1 12-oz. can lemonade concentrate, thawed  
1 quart cranberry juice

Mix together. Add ice and serve. Makes 30 to 50 servings.

### **PUNCH**

Jeff and Ellen Hoover

1 6-oz. can orange juice concentrate  
1 6-oz. can lemonade concentrate  
2 pints cranberry juice (or cranapple)  
2 pints water  
1 pint lemon or orange sherbet (optional)  
1 quart ginger ale

Mix juices and water. Add sherbet and ginger ale just before serving. Serves 40.

### **PUNCH**

Jody McPherson

4 c. double-strength tea  
1 6-oz. can lemonade concentrate  
1 6-oz. can Hawaiian Punch concentrate  
1 bottle Rose, chilled  
1 bottle Sparkling Burgundy, chilled

All except burgundy can be mixed ahead and chilled. Add burgundy just before serving.

### **SANGRIA**

Jim Quinn

2 750-ml bottles (or 1 magnum 1.5 L) burgundy wine, chilled  
½ c. inexpensive brandy  
1/3 c. Triple Sec or Cointreau  
2 sliced oranges and 1 sliced lemon  
apples slices, lime slices (optional)  
1 bottle (28 oz.) tonic water, chilled

Mix together ingredients and let stand for several hours. Pour in tonic water when ready to serve. Stir and serve in wine glasses over ice cubes. If you prefer a sweeter Sangria, you may substitute ginger ale for the tonic water.

## **SYLLABUB**

Alice Wall

*--My family makes this for celebrating at Thanksgiving and Christmas. It can be served with a spoon as a dessert, or as a drink, depending on how much wine you add! Adjust the flavorings to suit your tastes -and taste along the way - that's half the fun!--*

½ pint whipping cream  
½ c. sweet white wine (we use Catawba)  
1 T. sugar  
1 T. orange juice concentrate, thawed

Whip the cream and stir in other ingredients. It tastes best if you can stand to wait and let it sit a while to season. Keep refrigerated until serving. Serve in chilled champagne glasses with fruit cake.

## **MORNING BREAKFAST DRINK**

Roger Gilkeson

*--Really! It tastes delicious! And it's so nutritious!--*

8 oz. raspberry yogurt  
1 banana  
1 6-oz. can frozen orange juice  
10 frozen strawberries  
2 cans water  
1 raw egg  
1 can crushed ice

Blend all ingredients in the blender at high speed until thoroughly mixed. Drink.