

## Coming in January

**Food of Downton Abbey | Tuesday, January 14, 6 pm**

If you are a fan of Downton Abbey you may remember the Dowager Countess remarking that "It seems a pity to miss such a good pudding." Well indeed it does seem a pity to miss such a good pudding and the other culinary delights that have popped up on this favorite television program. During this Project Foodie we will be exploring a few of the recipes from the show.



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# Comfort Food

October 1, 2013

## PROJECT FOODIE



mixing things up in the kitchen with GPL



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## Comfort Food Books at GPL

### **Southern Living Light & Easy Comfort Food**

Adult Nonfiction 641.5635 SOU

### **Peanut Butter Comfort** by Averie Sunshine

Adult Nonfiction 641.3 SUN

### **All-American Comfort Food** by Emily Anderson

Adult Nonfiction 641.5973 AND

### **Quick, Cheap Comfort Food** by Victoria Shearer

Adult Nonfiction 641.55 SHE

### **Emeril's Potluck** by Emeril Lagasse

Adult Nonfiction 644.4 LAG

### **Complete Idiot's Guide to Comfort Food** by Leslie Bilderback

Adult Nonfiction 641.5 BIL

### **3-Ingredient Slow Cooker Comfort Foods** by Robert Hildebrand

Adult Nonfiction 641.5884 HIL

### **Hearty Family Favorites**

Adult Nonfiction 641.5973 HEA

### **All-American Comfort Food** by Emily Anderson

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### **The Little Big Book of Comfort Food** by Katrina Fried

Adult Nonfiction 641.5 FRI

### **Cooking for Comfort** by Marian Fox Burros

Adult Nonfiction 641.5 BUR

### **Slow-cooked Comfort** by Lydie Marshall

Adult Nonfiction 641.5884 MAR

## Notes

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## Hot Chocolate Nog

from the book *Square Meals* by Jane and Michael Stern (a book about comfort food in the first half of the 20<sup>th</sup> century)

*Anna's comments: This was one of those recipes that sounded a little gross, but once I tried it I fell in love. It is rich and creamy and can only be made better with the addition of homemade marshmallows.*



### What you'll need:

- 1 egg
- 3 Tbsp sugar
- 1 cup milk
- 1 Tbsp chocolate syrup—adjust to taste

### What you'll do:

1. Beat egg with sugar until thick.
2. Bring milk and chocolate to a boil, remove from heat, and slowly add the egg mixture, stirring constantly. (If the milk is too hot, the egg might cook too fast causing chunks...not desired).
3. Cook, but do not boil, over medium heat 2 to 3 minutes, stirring constantly.
4. Serve garnished with cinnamon or nutmeg and of course marshmallows.

## Tomato Soup

created by Rebecca Durnell

*Anna's comments: This is my sister's recipe that she created. It is so simple and yummy. It really doesn't take too much longer than opening a can of Campbell's, but the end product is a soup with more texture and more flavor.*

### What you'll need:

- 28 oz diced tomatoes, undrained
- 11.5 oz V-8 juice
- 1/2 cup shredded cheddar cheese
- 1/4 cup cream
- 1/2 tsp dill
- 1/4 cup sugar



### What you'll do:

1. Mix all ingredients in a medium pan.
2. Heat over medium heat just until warm, do not let boil.
3. Serve with cheese toasties, optional

## Pierogi

from allrecipes.com

*Valerie's comments: This was a regular meal for my family growing up. They take a little while to make, but they can be frozen which leads to quick weeknight dinners.*



### What you'll need:

*For the dough*

3 eggs

8 oz sour cream

3 cups all-purpose flour

1 Tbsp baking powder

1/4 tsp salt

*For the filling*

3 Tbsp butter

1/2 c up chopped onion

2 c ups cold mashed potatoes

1 tsp salt

1 tsp white pepper

4. In your serving bowl (or individual serving jars), begin layering vanilla wafers, then bananas, then pudding. Repeat 3 times, or as many times you need/like to fit your desired serving dish.
5. Garnish pudding with additional wafers, cover with plastic wrap and chill for an additional 4 hours.



## Banana Pudding

from *The Complete Magnolia Bakery Cookbook* as found on blueeyedbakers.com

*Valerie's comments: Banana pudding may seem like a recipe everyone already knows, but this one is just a bit different. The use of heavy cream creates an awesomely light and fluffy pudding.*

### What you'll need:

- 1 14 oz can sweetened condensed milk
- 1 1/2 cups ice cold water
- 1 3.4 oz box Jell-O instant vanilla pudding mix
- 3 cups heavy cream
- 1 12 oz box vanilla wafers
- 4 cups sliced ripe bananas (about 3 large bananas)

### What you'll do:

1. In a medium bowl whisk together the sweetened condensed milk and water until blended. Add pudding mix and continue to whisk until fully incorporated.
2. Cover with plastic wrap and chill until set, about 3 hours.
3. Once pudding has set, whip heavy cream in a large bowl with an electric mixer until stiff peaks form. Fold pudding into the whipped cream until completely blended.

### What you'll do:

1. Melt the butter in a skillet over medium heat. Stir in the onions and cook until translucent. Stir into the mashed potatoes and season with salt and pepper.
2. To make the dough, beat together the eggs and sour cream until smooth. Sift together the flour, salt and baking powder. Stir into the sour cream mixture until dough comes together. Knead the dough on a lightly floured surface until firm and smooth. Divide the dough in half, then roll out one half to 1/8 inch thickness. Cut into 3 inch rounds using a biscuit cutter.
3. Place a small spoonful of the mashed potato filling into the center of each round. Moisten the edges with water, fold over, and press together with a fork to seal. Repeat procedure with the remaining dough and filling.
4. Bring a large pot of lightly salted water to a boil. Add pierogi and cook for 3-5 minutes or until pierogi float to the top. Remove with a slotted spoon.
5. Pierogi can served immediately or pan fried with butter and onion if desired.

### **Fun Fact**

Pierogi are small enough to be served many at a time, so the plural form of the word is usually used when referring to this dish. In Polish *pierogi* is actually the plural, *pieróg* being singular.

## **Peanut Butter Squares**

old family recipe

*Aubrey's comments: This is one of my favorite treats. They are really easy to make! Never, and I mean NEVER, try to eat them without milk!*

### **What you'll need:**

1 stick butter (room temp)

1 cup peanut butter

1 cup brown sugar

2 cups powdered sugar

1 tsp vanilla

1 cup chocolate chips, melted



### **What you'll do:**

1. Mix butter, peanut butter, brown sugar and vanilla until smooth.
2. Gradually add powdered sugar (might need more than two cups) only enough to hold together well. Don't make it too dry or it will fall apart instead of coming cleanly out of the pan.
3. Press into an 8x8 or 9x9 pan.
4. Spread melted chocolate evenly over top and refrigerate 15 minutes.
5. Cut into squares with sharp knife (chocolate should not be quite set yet)
6. Refrigerate again for at least 1/2 hour or until chocolate is hardened.
7. Re-cut and remove from pan and store in an air tight container.
8. Serve with lots of milk.

