

# The Best Of "Creative Living with Sheryl Borden"



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**Due to the size of this section, it has been separated into three sections in order for it to be downloaded more quickly. For instance, “Candy Cottage Cakes” is in Section I on page 3, whereas “Pear Bureau Northwest” is in Section II on page 10, and “North Carolina Seafood” is in Section III on page 16.**



**A**re you a confirmed pear enthusiast? Or are you looking to learn more about this delicious, sweet and juicy fruit? Either way, you've landed in the right place! There are over 3,000 known pear varieties grown around the world, but only a handful have been carefully cultivated into the juicy, delicious fruit known as Northwest USA Pears.

**Check the Neck for Ripeness!**

Pears are a unique fruit that ripen best off the tree (without getting technical, pears left to ripen on the tree can become gritty), they are meant to be ripened after purchase. So, if you are faced with a bunch of rock-hard pears, follow this easy 1, 2, 3 process to get your pears to their ripe and juicy perfection.

1. Place hard pears in a paper bag or a covered fruit bowl; leave at room temperature.
2. Every day, "Check the Neck for Ripeness"™. To do this, apply gentle pressure to the stem end of the pear with your thumb. When it yields to the pressure, it's ready to eat (usually takes a few days).
3. Enjoy your ripe, juicy pears now, or store them in the fridge until you're ready to use them. The fridge will slow down the ripening process, but won't stop it. Ready to eat pears will stay fresh in the fridge for between 3-5 days.

*Most pears don't change color dramatically. The Check the Neck™ technique is a more accurate ripeness indicator than color changes.*

**VELVETY PEAR AND CARROT SOUP**

- 2 Tbsp. vegetable oil **or** butter
- 6 cups chopped fresh carrots
- 2 16-ounce cans pear halves **or** sliced in juice, drained (reserve can juices) and chopped
- 2 cups vegetable **or** chicken broth
- 1/2 tsp. each salt and pepper
- 1/4 tsp. ground allspice
- 1/2 cup plain yogurt

In medium saucepan heat oil or butter over medium heat. Add carrots and cook for 15 minutes, or until carrots are lightly browned. Stir in pears, juice, broth, salt, pepper, and allspice. Cover, and cook for 15 minutes, or until carrots are tender. Transfer mixture to blender or food processor; process until smooth. Serve soup topped with a dollop of yogurt. Makes 6 servings.

*USA Pears are the eight varieties that grow best in Oregon and Washington's ideal growing conditions.*

*USA Pear varieties are: Anjou (red and green), Bartlett (red and traditional), Bosc, Comice, Forelle and Seckel.*

**CHOCOLATE CHIP PEAR BARS**

- 1/2 cup butter **or** margarine, softened
- 1 cup packed brown sugar
- 1 16-ounce can pear halves **or** slices, drained
- 4 large egg whites
- 3 tsp. vanilla extract
- 2 cups quick-cooking rolled oats
- 1 1/2 cups all-purpose flour
- 1/2 tsp. baking soda
- 1/4 tsp. salt
- 2/3 cup semi-sweet chocolate chips

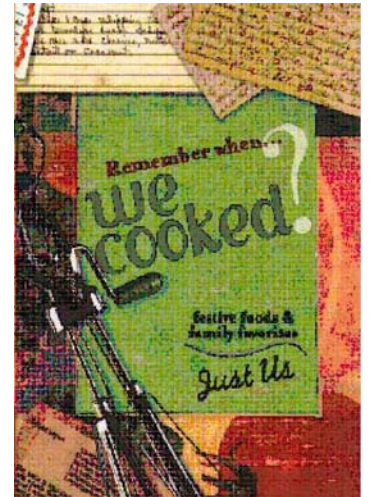
Preheat oven to 350° F. In medium bowl cream together butter or margarine and brown sugar until light and fluffy. Blend in egg whites, vanilla, and pears. In separate bowl, combine oats, flour, baking soda, and salt. Stir dry ingredients into pear mixture; mix well. Stir in chocolate chips. Spread batter into greased 13x9x2-inch baking pan. Bake for 25 to 30 minutes, or until golden brown on top. Cool on rack, and cut into 24 squares. Makes 24 bars.



**COURTESY: Pat Baird  
Northwest Pear Bureau  
[www.usapears.com](http://www.usapears.com)**

# FOOD GIFTS

## from "Remember When We Cooked?"



### Red Hot Jelly

- 2 cups apple juice
- 4 cups sugar
- 1/2 tsp. butter or margarine
- 1/3 cup red cinnamon candies
- 1 box (6 oz.) liquid pectin

Wash and sterilize canning jars and lids. In a large heavy saucepan, combine juice and sugar. Stir well. Add butter and candies. Bring to a rolling boil over high heat, stirring constantly. Stir in liquid pectin. Return to a rolling boil, stirring constantly and boil 1 minute. Remove from heat. Skim foam from top of mixture with large metal spoon. Fill sterilized jars to within 1/4-inch of tops. Wipe jar rims and cover jars with lids. Refrigerate all jars. Makes 4 half-pint jars of jelly.

### Pizzazy Cranberry Raspberry Sauce

- 1 pkg. (12 ozs.) fresh or frozen cranberries
- 1/2 cup orange juice
- 3 cups sugar
- 1 pkg. (3 ozs.) raspberry flavored gelatin
- 1 cup boiling water

Slice pickles. Layer pickles, sugar, Tabasco and garlic in the gallon pickle jar. Refrigerate 5 to 7 days, stirring periodically to dissolve sugar. Store in refrigerator. Makes 12 half-pint jars.

NOTE: These are great for gifts. For hotter pickles, increase Tabasco to 5 ounces.

Place cranberries, orange juice and sugar in large saucepan. Bring to a boil; simmer 10 minutes, stirring constantly. Set aside. In a large bowl, stir together gelatin and boiling water until gelatin dissolves. Add cranberry orange mixture to bowl with gelatin. Mix thoroughly. Spoon jam into jars; cool 1 hour. May be stored in refrigerator for up to 1 month or in freezer for up to 3 months. **MICROWAVE:** Omit water from recipe. Combine ingredients in 3-quart microwave safe dish, loosely covered with waxed paper. Cook on High power, 8-10 minutes, or until sugar and gelatin are dissolved, stirring occasionally to crush cranberries.

**COURTESY: Connie Moyers  
Remember When We Cooked**

### Hot and Spicy Pickles

- 1 jar (1 gallon) dill pickles, drained
- 1 bag (4 lbs.) sugar
- 1 bottle (2 ozs.) Tabasco sauce
- 8 large cloves garlic

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# JASMINE RICE



Mahatma Jasmine rice is a long grain rice variety; also known as fragrant, aromatic, or scented rice. Grown in the mountain highlands of Thailand for centuries, jasmine rice was first cultivated for the royalty of the kingdom of Siam. Named after the sweet-smelling jasmine flower of Southeast Asia, jasmine rice has a naturally distinctive scent released during the cooking process and is likened to a flowery perfume. Jasmine rice is praised for its whiteness and silkiness. Cooked, it is soft, white and fluffy. The taste of this rice enhances the traditional spices of oriental cookery. As more and more Americans explore exotic and ethnic cuisine for their meals, they are seeking authentic ethnic ingredients Mahatma Jasmine rice can be an excellent “change of pace” from regular long grain white rice.

## Cooking Directions - Range

Combine 1 cup rice and 1-1/2 cups of water in a medium saucepan. Add margarine and salt, if desired. Bring to a boil. Stir. Cover, reduce heat to simmer; simmer for 15 minutes. Remove from heat. Serve.

## Cooking Directions - Microwave

Combine 1-3/4 cups water and 1 cup rice in a 2 quart microwave safe dish. Add margarine and salt, if desired. Cover and microwave on HIGH for 5 minutes. Reduce setting to 50% power, microwave for 15 minutes. Let stand 5 minutes. Fluff with fork and serve.

## Cooking Directions and Other Serving Suggestions

For drier rice, use 1-1/4 cups water. Or, for moister rice, use 1-3/4 cups water.

## Pineapple Fried Rice

- 1 cup Mahatma Jasmine Rice
- 1 can 20 oz. Pineapple tidbits
- 4 green onion, chopped
- 1 large red chili, finely slivered
- 2 sprigs cilantro, coarsely chopped
- 2 cups fresh shrimp, cleaned and deveined
- 3 Tbsp. oil, divided
- 2 garlic cloves, minced
- 2 Tbsp. fish sauce
- 1 1/2 Tbsp. soy sauce
- 1 tsp. sugar
- Cilantro (for garnish)



- 1 tsp. dried crushed red pepper
- 2 cups unpeeled, medium-size fresh shrimp
- 3 Tbsp. vegetable oil, divided
- 2 garlic cloves, minced
- 2 Tbsp. fish sauce (1 Tbsp. may be used, if desired)
- 2 Tbsp. soy sauce
- 1 tsp. sugar
- Garnish, green onion stem curls, if desired

Prepare rice according to package directions and set aside. In a medium bowl, combine pineapple, onions, chili and cilantro; mix and set aside. Heat 1 tablespoon oil in skillet, sauté shrimp until done. Remove shrimp from skillet. In same skillet, over medium heat, add remaining oil. Sauté garlic until golden brown. Add cooked rice and stir. Add fish sauce, soy sauce, and sugar. Stir and heat thoroughly. Fold in pineapple mixture and shrimp. Heat through. Garnish with cilantro and serve. Serves 6.

## Spicy Shrimp & Pineapple Fried Rice

- 1 cup Mahatma Extra Long Grain Enriched White Rice
- 1 can (20 oz.) pineapple tidbits, undrained
- 3 green onions, chopped
- 1 Tbsp. chopped fresh cilantro

Prepare rice according to package directions; set aside. Combine pineapple and next 3 ingredients in a bowl, and set aside. Peel shrimp, and devein, if desired. Sauté shrimp in 1 tablespoon hot oil in a large skillet 3 minutes. Remove shrimp from skillet, and set aside. Heat remaining 2 tablespoons oil in skillet over medium heat; add garlic, and sauté 2 minutes or until golden brown. Stir in rice, fish sauce, soy sauce, and sugar. Cook, stirring constantly, until thoroughly heated. Fold in pineapple mixture and shrimp, and cook until thoroughly heated. Garnish, if desired.



COURTESY: Gloria Kohnen  
Riviana Foods  
[www.riviana.com](http://www.riviana.com)

# Peanut Recipes

## Chocolate Peanut Volcano Cake

- 1 21.5 oz. pkg. brownie mix
- 1 16 oz. can whole berry cranberry sauce
- 1/3 cup hot fudge topping
- 1/3 cup smooth peanut butter
- 1/2 cup salted, roasted peanuts

Grease and flour a 9 1/4-inch quiche pan and an 8-inch square pan. Prepare brownie mix according to package directions. Spoon half the batter evenly in quiche pan and the other half in the square pan. Bake 20 minutes or until a toothpick inserted in the center comes out clean. Cool completely. Cut brownies in the square pan into 1/2-inch cubes. Set aside. Place cranberry sauce in a small bowl; beat with a fork until smooth. Spread over brownie in quiche pan. Top with brownie cubes. Warm fudge sauce slightly and add peanut butter. Blend until smooth. Drizzle peanut fudge sauce over brownie cubes and sprinkle with peanuts. Cut into wedges to serve. Yield: 10 to 12 servings.



## Old Fashioned Peanut Butter

- 2 cups roasted shelled peanuts
- 1 Tbsp. oil
- 1/2 tsp. salt (omit if using salted peanuts)

Place peanuts in a food processor bowl; using metal blade, process continuously for 2 to 3 minutes. The ground peanuts will form a ball, which will slowly disappear. Continue to process until the desired consistency; the longer it is processed, the smoother it will be. For chunky style peanut butter, add 1/2 cup chopped peanuts. Store in an airtight container in the refrigerator. Yield: 1 cup smooth or 1 1/2 cups chunky peanut butter.

## Flourless Peanut Butter Cookies

- 1 cup granulated sugar
- 1 egg
- 1 cup peanut butter
- 1 tsp. vanilla extract

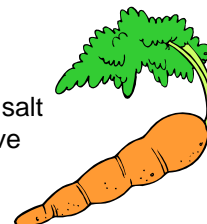
Combine all ingredients in a mixing bowl; mix thoroughly. Drop by teaspoonfuls onto a cookie sheet. Bake in a preheated 325 degree F. oven for 10 minutes or until done. Cool on baking sheet before removing with a spatula. Yield 2 dozen cookies.

## Peanut and Carrot Salad

- 2 cups grated carrots
- 1/2 tsp. salt

- 1 cup chopped roasted peanuts
- 1/2 cup mayonnaise
- 1 Tbsp. grated onion
- Lettuce
- Tomato wedges or pineapple slices

Combine carrots, peanuts, onion, salt and mayonnaise. Mix lightly and serve on lettuce. Garnish with thinly sliced tomato wedges or pineapple slices. Yield: 2-4 servings.



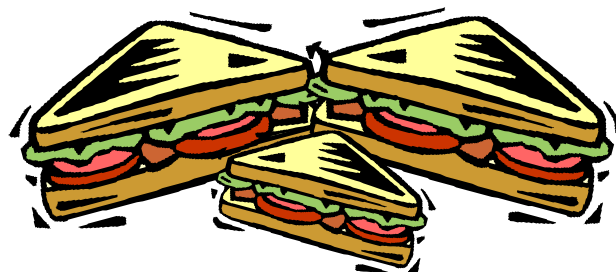
## Zucchini Nut Bread

- 3 cups all-purpose flour
- 2 cups sugar
- 1/4 tsp. baking powder
- 3 eggs
- 1 tsp. baking soda
- 1 cup peanut oil
- 1/2 tsp. salt
- 1 tsp. vanilla
- 1 tsp. cinnamon
- 2 cups grated zucchini
- 1/4 tsp. ground ginger
- 1 cup chopped peanuts
- 1 tsp. cloves



Mix dry ingredients together. Blend in eggs, peanut oil, and zucchini. Stir in peanuts. Divide mixture and pour into 2 well greased 9-inch loaf pans. Bake in a preheated 350 degree F. oven for one hour. Yield: 2 9-inch loaves.

**COURTESY: Gayle Stephenson  
Texas Peanut Producers Board**  
[www.texaspeanutboard.com](http://www.texaspeanutboard.com)



# ADD A NEW FLAVOR TWIST TO PASTA

*William's Seasoning Mixes will help you turn everyday meals into flavorful events. With William's there's no guesswork! All you do is follow the easy instructions and then you can receive the compliments gracefully. We make so many varieties, meals don't have to be "ho hum," discover the difference with William's and "bring on the flavor" to all your family favorites.*

## Italian Pasta Chicken Salad

- 2 cups uncooked rotini or macaroni
- 1 pkg. (1 3/8 oz.) Williams Spaghetti Sauce Mix
- 1/2 cup boiling water
- 1 cup bottled Italian salad dressing
- 2 cups chopped, cooked chicken
- 2 cups chopped fresh vegetables, such as carrots, broccoli, peppers or others
- Lettuce leaves, optional



Cook pasta according to package directions in boiling, salted water; drain. Blend Williams Spaghetti Sauce Mix into boiling water; stir to dissolve, then allow to stand 1 to 2 minutes. Stir Spaghetti Sauce mixture into dressing. Place cooked pasta, chicken and vegetables in salad bowl. Drizzle with Spaghetti Sauce-dressing mixture and toss to coat. Serve immediately or cover and chill several hours. Serve on lettuce-lined plates, if desired. Makes 4 servings.

## Bow Tie Chicken

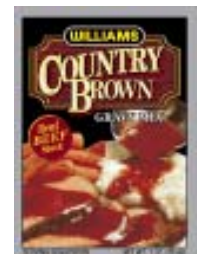
- 8 ounces bow tie pasta
- 2 Tbsp. olive oil
- 2 cloves garlic, minced
- 1 lb. boneless, skinless chicken breast halves, cut into 1/2-inch cubes
- 1 tsp. dried basil leaves
- 1/4 tsp. crushed red pepper flakes
- 1 can (14.5 oz.) chicken broth
- 1/2 cup oil-packed dried tomatoes, drained and cut into thin strips
- 1 1/2 cups milk
- 1 pkg. (2 1/2 oz.) Williams Country Gravy Mix
- 1/4 cup grated Parmesan Cheese



Cook pasta according to package directions in boiling, salted water; drain. Meanwhile, in a large skillet, heat the oil over medium-high, add garlic and cook 30 seconds. Add chicken, basil and red pepper. Cook and stir for 3 to 4 minutes or until browned. Add chicken broth and dried tomatoes. Bring to a boil; reduce heat. Simmer, uncovered, about 10 minutes or until chicken is tender and no longer pink. In a small bowl, combine milk and Williams Country Gravy mix, blending well. Add to chicken mixture along with Parmesan cheese. Simmer, stirring constantly, for 6 to 8 minutes or until thickened. Stir pasta into chicken mixture and heat through. Makes 4 servings.

## Beef Stroganoff

- 1 lb. boneless beef round steak, cut 1/4-inch thick
- 3 Tbsp. butter or margarine
- 1 clove garlic, minced
- 1/2 cup chopped onion
- 1 pkg. (1 oz.) Williams Country Brown Gravy Mix
- 1 cup water
- 1/2 cup sour cream or plain yogurt
- Hot cooked noodles or rice



Slice beef across grain into very thin strips. Melt butter in skillet. Add beef strips, garlic and onion and sauté until beef is cooked and onion is tender. Meanwhile, combine Country Brown Gravy and water in small saucepan. Bring to a boil, stirring constantly. Pour gravy over beef mixture in skillet and stir to combine. Reduce heat to low and gently blend in sour cream. Allow to heat 1 to 2 minutes. Serve over rice. Makes 6 servings.

**COURTESY: Roxanne Wyss & Kathy Moore**  
**Williams Foods, Inc.**  
[www.williamsfoods.com](http://www.williamsfoods.com)

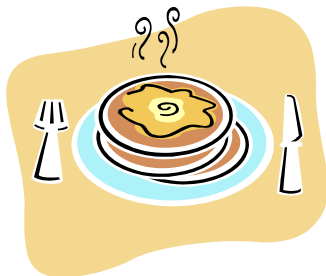


# Breakfast Recipes With Pecans



## Baked Apple Pancakes

- 2 Tbsp. butter, melted
- 1 peeled, sliced Granny Smith apple
- 1/3 cup pecans, chopped
- 1/2 ground cinnamon
- 3 Tbsp. Maple syrup
- 1 1/2 cups prepared pancake batter
- Maple syrup



Pour melted butter in a 9-inch pie plate. Place apple slices in bottom of plate; sprinkle pecans and cinnamon over apples and drizzle with syrup. Carefully pour batter on top. Bake in a preheated 350° F oven for 30 to 35 minutes or until top springs back when touched. Loosen edges and invert onto serving plate. To serve: cut in wedges and top with warm maple syrup. Yield: 4-6 servings.

## Zucchini Bread

- 3 cups grated zucchini
- 3/4 cup vegetable oil
- 1 3/4 cups sugar
- 3 eggs
- 1 tsp. vanilla
- 3 cups flour
- 2 tsp. baking powder
- 1 tsp. salt
- 1 tsp. baking soda
- 1 Tbsp. cinnamon
- 1 1/2 cups chopped, toasted pecans



Combine zucchini, oil and sugar; mix well. Add eggs and vanilla and beat. Combine dry ingredients in a separate bowl. Add zucchini mixture to dry ingredients and blend thoroughly. Stir in pecans. Pour batter into two 9 x 5 x 3-inch loaf pans.

Bake at 350° F for 45-50 minutes or until bread tests done. Remove from oven and let cool in pan 10 minutes. Turn bread onto wire rack and cool completely. Yield: 2 loaves.

## Fruited Pecan Bars

- 2 (7-oz.) packages bran muffin mix
- 1 cup chopped, toasted pecans
- 2 cups mincemeat
- 1 (14-oz.) can sweetened condensed milk
- Pecan halves, optional

Grease a 13 x 9 x 2-inch baking pan. Combine muffin mix and nuts. Add mincemeat and condensed milk; stir until blended. Spread in prepared pan. Bake at 350° F for 25-30 minutes. Place pecan halves on top of bars and cool completely. Drizzle with glaze, if desired. Yield: 35 squares.

### Glaze (optional)

- 1 cup sugar
- 2 Tbsp. milk

Mix ingredients together and drizzle on pecan bars.

**COURTESY: Ann Cox  
Texas Pecan Growers Assn.**

[www.tpga.org](http://www.tpga.org)

