

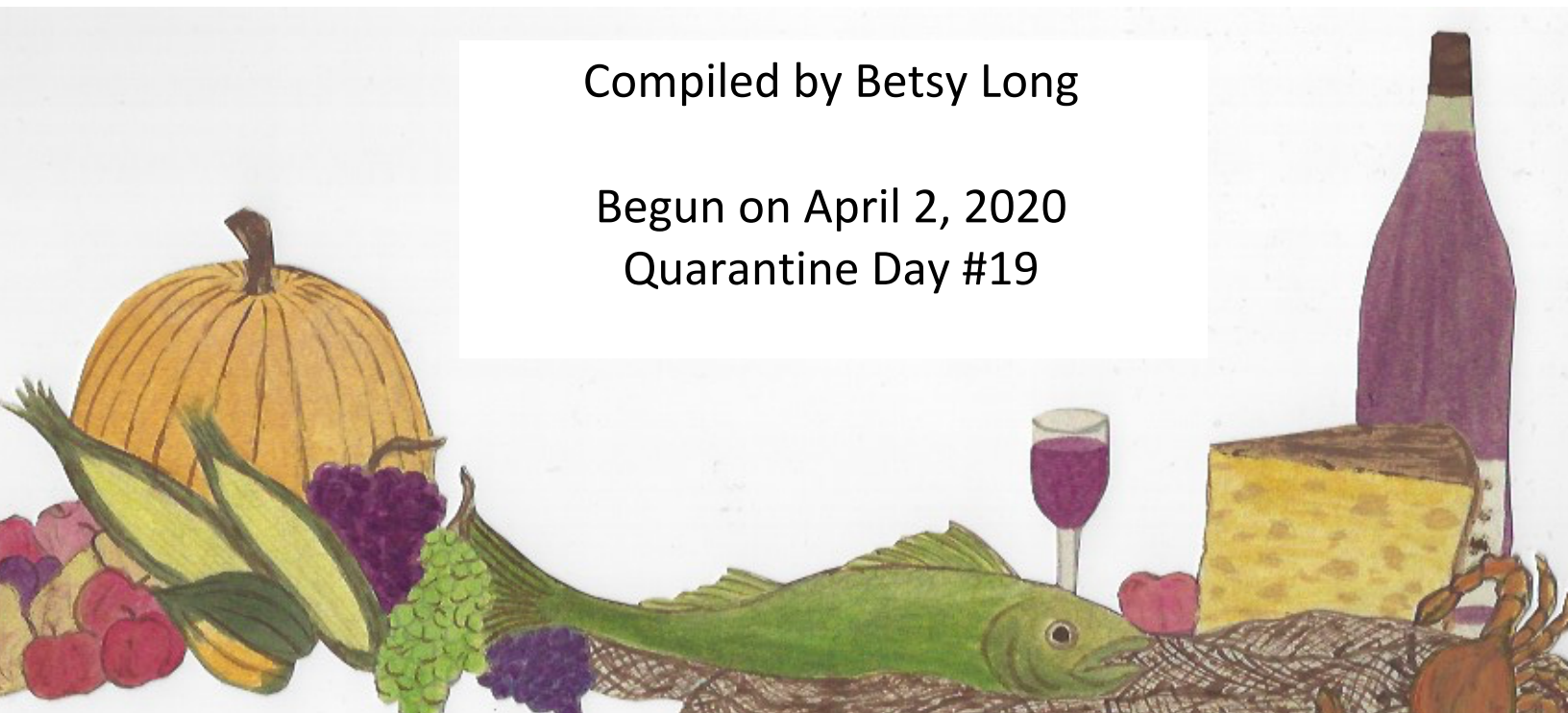
# WHAT'S hot in Dot's HOT !

A Collection of Recipes to  
Shelter-In-Place with During the  
2020 Global COVID-19 Virus Quarantine

Recipes From the Archives of  
Dotty Long

Compiled by Betsy Long

Begun on April 2, 2020  
Quarantine Day #19



Drawing By Dotty Long

# What's Hot in Dot's Pot! Recipes from the Archives of Dotty Long

In this surreal time of putting our lives on hold and fearing the outside world...

## This Collection is dedicated to:

Doctors, nurses, policemen, firemen, EMT's, hospital and medical staff,

Home schooling parents, grandparents and other relatives securing our children's future,

Government employees and essential workers supporting the needs of us all,

Folks staying home to keep them and their loved ones safe,

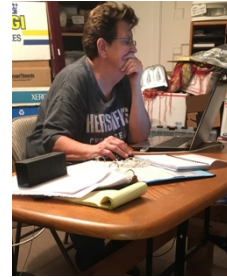
Those who have lost loved ones or are care-giving for others,

Community members in car birthday parades or helping with food and supply distribution,

And all of the wonderful people who have expanded their isolation by reaching out to others,

## Thank You for Making This a Better & Safer World!

### Life with COVID-19



Margie's Mask  
Supporting Others

Toilet paper shortage  
Recognizing Essential Workers

Birthday Car Parades  
Community Efforts

Working from Home  
Social Distancing & Store Lines

My Easter Mask





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## What's Hot in Dot's Pot! Recipes from the Archives of Dotty Long



### **Dotty (Dorothy) Morgan Long**

Dotty was an excellent chef and a master potter. Professionally, Dotty was a renowned caterer and cooking instructor, receiving many awards, and induction into Les Dames d'Escoffier, a by-invitation-only philanthropic organization of women leaders in the fields of food, fine beverage and hospitality. She was an officer and award-winning member of the Confrérie de la Chaine des Rôtisseurs, the world's oldest, largest and most prestigious food and wine gastronomy society. She was also a member of the American Wine Society, German Wine Society, American Institute of Wine and Food, and was a certified wine judge.

She earned her B.S. in Chemistry from Carnegie Mellon University in Pittsburgh, PA, an interest inherited from her father who was an inventor with over 60 patents. Those included day/night car mirrors, heated windshield glass for WWII planes, and many of the bright colored '60's clothing dyes that came from Impatiens plant flowers (you will recognize the colors). Mom would talk about how he would have them try foods in little pots with various preservatives he was working on to see what worked best; Mom said there were some really disastrous results that tasted gross, LOL!

She grew up doing ceramics with her mother, and Mom later had her first shop in Long Branch, New Jersey in the 1950's, DEL Ceramics. Over the years, she also became interested in making pottery from scratch. In the early '70's, she opened a crafts and pottery studio in Devon, PA off of Lancaster Pike.

She founded Old Eagle Studios and as a master potter, she began producing reproduction redware for Independence Hall, Valley Forge and other parks along with many historical colonial homes. She presented a reproduction redware pitcher she made to President Gerald Ford at the Valley Forge National Park Bicentennial celebration in the summer of 1976 which is now at the Smithsonian Institute. She moved her shop to a store on Bridge Street in Phoenixville, PA and started Long Family Potters. Her husband Alton and daughter Margie were very involved in the reproduction redware, as were her daughter Mary Anne and Charles, her son.

On the culinary side, in 1973, Dotty and daughter Betsy started a catering business under Old Eagle Studios, handling weddings and events and Dotty was teaching cooking classes in her home. Over time, Alton, Mary Anne and Margie became part of the team as well

The majority of these recipes came from her cooking classes she taught.

Now, during this surreal time of fear and putting the world on pause, seemed like the perfect opportunity to bring a little sunshine and smiles by sharing her recipes and warm moments of her colorful life.

Photo Courtesy of Betsy Long

## **#1 French Onion Soup**

Our mother taught cooking and we had a family catering business for many years. She was also an officer of the Confrérie de la Chaine des Rotisseurs, a gourmet organization. Since we are home and many are finding cooking to be a fulfilling way to spend time, I thought sharing some of her more popular recipes might be fun ☺ This was the first catered dish we made, yummy for those rainy days.



Mom at Sagres Portuguese Restaurant  
in Fall River, MA

Photo Courtesy of Betsy Long

### **French Onion Soup**

2 large Onions, sliced very thin crosswise  
3 tbsp. Butter  
¼ tsp. Sugar  
2 tbsp. Flour  
2 quarts Beef Broth (salted)  
¼-1/2 cup White Wine or Sherry to taste (optional)  
¼-1/2 cup grated Parmesan or Swiss Cheese  
Bread Rounds

Saute onions in butter for 20-30 minutes. Do not rush, should be translucent. Sprinkle with sugar, stir until browned. Stir in flour, then broth. Mix well and allow to simmer slowly for 15 minutes or longer. Add wine 25 minutes before serving. Sprinkle the bread rounds generously with cheese and broil until cheese melts. Add toast to bowl as you serve it. If you have oven-proof bowls, you can put your bread on the soup, add extra cheese and broil til melted (browned if you like). Enjoy!



## What's Hot in Dot's Pot! Recipes from the Archives of Dotty Long

### #2 Cheese Strata

A favorite! Add spinach, mushrooms, artichoke hearts, roasted poblano peppers, sausage, ham, etc. (great use of leftovers). Mix cheeses (cheddar & pepper jack or smoked gouda, etc.). Best made and refrigerated overnight pre-baked. Easy to make-ahead for group serving.



*Dorothy Long of Wayne maintains that presentation of food is as important as preparation.*

From our local paper, The Suburban, 1974 when she taught cooking at the Main Line Night School

From the article in the Suburban newspaper

### Cheese Strata

8 slices of day old bread, trim off crusts and spread bread with soft butter  
4 slightly beaten eggs  
2 ½ cups milk  
¼ tsp Worcestershire Sauce  
1 tsp dry mustard  
1 tsp salt  
Dash of Cayenne or Paprika (optional)  
2 cups grated sharp Cheddar (or your preference)

Mix eggs, milk, Worcestershire, mustard, salt and cayenne together. Butter large casserole dish\*. Cut bread slices into 3 strips each and place ½ of the bread, butter side up, into the dish. Pour ½ of the sauce and spread ½ of the cheese over it. This is when you would put in additional items. Then layer the other half of the bread, followed by the rest of the sauce and cheese. Cover and place in fridge, preferably overnight. Bake at 325 for 1 hour and 15 minutes until puffy and browned. Let it rest for about 10-15 minutes before serving. Serve with salad or soup. Can serve with optional sauces such as salsa or marinara.

\* For individual servings, cube bread and bake strata in buttered custard cups or cupcake tins (bake for less time).

### #3 Butterscotch Bars & Chocolate Brownies

Time for yummy comfort foods! Once I made 400 brownies for a catering job while studying for college exams at the same time. Mom cut and tasted the baked brownies and realized I forgot the sugar! Mom dusted them with powdered sugar and called them Bittersweet Brownies, and they loved them at the Main Line auction, LOL!

#### Butterscotch Bars

2/3 cup flour  
1/4 teaspoon salt  
1 teaspoon baking powder  
1/4 cup butter  
1 cup brown sugar  
1 egg  
1 teaspoon vanilla  
1/2 cup pecans, chopped (preferred but optional)

Sift flour, salt, and baking powder together. Melt butter in a saucepan, large enough to serve as a mixing bowl. Remove from the stove; stir in brown sugar, egg, vanilla and nuts. Stir in dry ingredients. Spread mixture in an 8" or 9" shallow pan that has been buttered and is lined with wax paper on the bottom. The spread layer should be about 3/4" thick. Bake at 350° for 30 minutes or until springy. \*Morris Sherwood's handwritten note on this recipe: Be sure to give Morris a sample taste and three bars before offering to others!

#### Chocolate Brownies

1/3 cup butter  
2 squares of baking chocolate  
1/4 teaspoon salt  
1 cup sugar  
2 eggs  
1 teaspoon vanilla  
1/2 cup chopped nuts optional  
1 cup flour

Melt butter and chocolate in a large saucepan; remove from stove. Stir in salt, sugar, eggs-one at a time, vanilla, chopped nuts if desired (pecans or walnuts), and flour. Use an 8" or 9" pan, and lightly butter the bottom and sides and dust with cocoa or flour. Spread the mixture in the pan. Bake at 325° for 45 minutes. \*Morris Sherwood's handwritten note on this recipe: All spoons, bowls, etc. should be licked clean by a competent licker-upper.



First Pretzel Bakery in the US (1861 in Lititz, PA)

Photo Courtesy of Betsy Long

## **#4 Chicken Curry**

Great dish and even yummier as leftovers! Pretty simple dish that will brighten your table. The condiments add a nice variety in both flavor and color. Our Mom grew up on meat and potato meals, and this was one of her first International dishes. My sister Mary Anne noted that the lemon really pops the flavor. Thank you to Mary Anne for typing this recipe up!



**Mom at Point Lobos, Carmel-by-the-Sea, CA**  
Photo Courtesy of Betsy Long

### **Chicken Curry**

1 2-1/2 pound chicken cut up  
1 med onion sliced thin  
4 tbs butter  
1 tsp. ginger powder  
1 1/2 tsp. curry powder  
1 1/2 tsp. poppyseed, optional  
1/3 cup coconut, optional  
1 tsp. pepper  
1/2 tsp. chili powder  
1 tsp. salt  
2 cups milk  
Juice of 1 lemon

Heat butter and fry onions. Add ginger and fry slowly until the onions are golden. Lift onions from pan in a slotted spoon to drain all of the butter back into the pan. Put onions into the milk and add all of the spices to the milk. Then pour the milk mixture over the chicken, cover and simmer gently. Turn the chicken occasionally and stir. Cook for at least an hour. Add more milk if the liquid gets too thick. Add lemon juice, simmer a minute then serve with rice and condiments. Chicken can be deboned and placed back in sauce; is also great as a wrap using flatbread or tortillas.

Condiments:

Coconut

nuts (peanuts, cashews, almonds)

raisins

Chutney

Fruits: pineapple, mandarin oranges, diced apples, banana



## #5 Stuffed Mushrooms

These can be used as an appetizer or use large portobello caps for a side dish or entrée. Once a friend asked me to make it at their home but they forgot the breadcrumbs. I crushed up a bread & wild rice stuffing mix they had instead, and the cooked rice made them look like fun porcupines, lol!



My family has taken fake mustache photos for years; my cousin Bill suggested putting them on our masks  
Photo Courtesy of Betsy Long

### Stuffed Mushrooms

(makes 50 caps)

Hand pick 54 1 ½" cap mushrooms (4 extras in case any break)

4 tbsp. Butter

½ tsp. Oregano

½ tsp. Salt

½ tsp Garlic Powder (or finely diced fresh garlic)

½ tsp. Parsley (dried or fresh)

1 cup Bread Crumbs

¼ cup White Wine or Sherry

1 cup Parmesan (shredded or powdered)

Note: These are vegetarian; add cooked ground meat, sausage or crab if you prefer.

Wash mushrooms well, and remove stems by placing your thumb against the stem and snapping them off from the cap. Chop up the stems (and any broken caps and extra 'shrooms) and saute them in butter with oregano, salt, garlic and parsley. Add the wine, stirring every once in a while and cook it down for about 5 minutes. Mushrooms have a lot of water so it takes a while to steam it off. Mix in the bread crumbs and ½ cup of cheese. Taste the filling and add any seasonings you prefer; you would add in any cooked meat at this point if you prefer. Press the filling into the caps and place onto a lightly buttered cookie sheet UPSIDE DOWN. Bake at 375 for about 10 minutes until the backs start shriveling. \* Turn over, sprinkle with the rest of the cheese, and bake at 350 for 5 minutes. You can broil them at the last minute and melt/brown the cheese.

\*They can be frozen at this point for future use.

## **#6 Goldenrod Eggs**

An Easter treat! Yummy use for Easter eggs. At 6 I had seen on 3 Stooges that they boiled eggs for a long time and they were like rubber. I boiled eggs for (I thought) a real-l-ly long time and put them in egg cups for my Mom, aunt and grandmother. I was giggling anticipating them tapping the eggshell hard with their spoon and it bouncing off. When they tapped them, the 'yolk' was on me, because they were raw, LOL!

### **Goldenrod Eggs**

8 hardboiled eggs  
1/2 cup Butter  
1/4 cup Flour  
2 cups Milk  
1/2 tsp. salt  
Dash of of Pepper (black or white)  
8 pieces of bread

#### **Eggs Prep:**

Prepare the cooked eggs by shelling (making sure all shell is removed), and separate the whites and yolks into separate bowls. Dice the whites into small bits, and in the other bowl, using a fork, separate the yolks into small crumbles.

#### **White Sauce (can also be used for any recipe):**

In a saucepan, melt the butter (do not brown). Tip the pan towards you, and add the flour just above the butter, slowly stirring it in with a whisk or flat end utensil, slowly working a little in at a time so it becomes a paste. Then while still tipped, work in a little of the milk at a time, whisking it to keep it from lumping. Eventually put the pan on the burner and work in the rest of the milk. Turn up the heat, using a flat end utensil or spring coil whisk, press to the bottom of the pan to keep the sauce from sticking and stirring to help it thicken. Once it thickens, you can season it with sale and pepper to taste.

#### **Final Steps:**

Once the white sauce has thickened, add the diced whites. You may need to heat it up to re-thicken it a bit, and taste just before serving to see if you need to salt/pepper it. We have found that if you season too early, it seems to disappear a bit, so best to do it just before serving so as not to over season.

Toast your bread (either in a toaster or on a cookie tray under the broiler to get it all done at the same time), and serve. It is classier to pour your sauce on the whole piece of toast, but we have come to tear it apart first so the bread soaks it all up.

Notes: We actually cook 3 eggs per person because we love it so much, and if there are any leftovers, it is even yummiier the next day (increase white sauce accordingly). To make it more colorful, you can dye the shelled cooked whole eggs in beet juice; also you can sprinkle parsley or paprika on top. You can add ham pieces or sausage into the sauce as well.



**Goldenrod Eggs**

Photo Courtesy of Betsy Long

## **#7 Snickerdoodles**

The smell of cinnamon baking always puts a smile on everyone's face! This is also a good kid activity because they can help roll the dough balls. Our mother was a trickster, and one April Fools day, she made Plaster of Paris 'cookies' with cinnamon on top, and I remember her taking them out of the oven and we were so excited until we couldn't bite down on them, LOL!



Redware plate made by Mom & Dad  
Photo Courtesy of Betsy Long

### **Snickerdoodles**

1 cup shortening  
1 1/2 cups sugar  
2 eggs  
2 3/4 cups of flour  
2 tsp. cream of tartar  
1 tsp. baking soda  
1/2 tsp. salt  
2 tbsp. sugar  
2 tsp. cinnamon

Cream together thoroughly the shortening, sugar and eggs. Sift together and stir into the creamed mixture the flour, cream of tartar, baking soda and salt.

Cover with saran wrap and chill until cold to the touch. This is critical; if the dough is warm, the cookies spread out too much.

Preheat oven to 400°. Combine in a small bowl the sugar and cinnamon. Roll the dough into balls the size of small walnuts and then roll in the cinnamon/sugar.

Place them about 2 inches apart on an ungreased cookie sheet; you can put down parchment paper if you prefer. Bake until lightly browned but still soft (about 10 minutes). These cookies puff up at first then flatten out with a crinkled top.

Note: I like to make a double batch and after I have rolled the balls in the cinnamon sugar, I like to put some of them in Tupperware with wax paper to separate layers, tape a note on top to bake at 400, and freeze them so at any time I can pull some out, throw them in the oven and we have instant warm cinnamony goodness!



## **#8 Ginger Beef with Broccoli & Mushrooms**

This is a very refreshing meal that you can add any vegetables you want to (particularly if you are trying to clear out your fridge). Also if you would prefer, you can use chicken, pork or tofu instead of beef. If you don't want to get a shock while eating your dinner, make sure that you count the number of ginger slices you put in and take out, LOL!



Mom at a local friendship garden here in San Jose, CA

Photo Courtesy of Betsy Long

### **Ginger Beef with Broccoli & Mushrooms**

- 1 pound of brisket sliced very thin (about 1/4" thick and about 1"-2" long) (or chicken or tofu)
- 1 tbsp. sherry or white wine (optional)
- 4 thin slices of ginger or 1 tsp. dried ginger
- 2 tsp. soy sauce
- 1 cup mushrooms sliced thin
- 4 tbsp. oil
- 2 green onions sliced thin
- 1 bunch of broccoli (florets to be bite sized and stalks sliced diagonal, no thicker than 1/4 ")
- 1/2 cup water or beef stock
- 1 tbsp. cornstarch
- 2 tsp. soy sauce

Parfreeze the meat just to make it a little more solid to be able to slice it thin. Create the marinade using the wine, ginger and 2 tsp. soy and place the beef in it. Marinate for at least an hour in the fridge, stirring the meat around every now and then to evenly soak it.

Remove the four ginger slices before cooking. Put 1/2 of the oil in a wok or deep frying pan and quickly stir fry the onions and mushrooms. Remove them to a bowl. Stir fry broccoli 2 to 3 minutes and add to the same bowl.

In a measuring cup, whisk together the water or broth, corn starch and 2 tsp. soy sauce and keep to the side.

Put the rest of the oil in the pan and stir fry 1/2 of the meat just long enough to lose the red color, and add to the bowl. Stir fry remaining meat til red is gone, then pour all meat and vegetables back in the pan and stir in the mixture of water/broth, cornstarch and soy. Stir quickly and lightly until broth thickens. Meat should be cooked and broccoli should be tender. Serve over rice.

## #9 Popovers

These are a real treat! They are easy to make (4 ingredients) and puff up so light and airy. We went one summer up to Acadia National Park in Bar Harbor, Maine and we had Popovers freshly baked from the Jordan Pond Teahouse as we sat outside by the pond, sipping tea. That is one of my favorite vacation memories. Hope you enjoy these and they bring you a relaxing moment.

### Popovers

Makes about 8

1 cup flour  
1/2 tsp. salt  
1 cup milk  
1 egg well beaten

Generously butter popover tray, cupcake tray or glass custard cups.

Heat oven to 500°.

Mix flour and salt together. Pour in milk, stirring well. Add egg and beat well; batter will be thin\*.

Place greased pan/cups and heat in 500° oven for 2 minutes. Pour batter (careful not to burn yourself) into pan/cups just halfway full and lower heat to 450° until they puff, about 20 minutes.

Lower heat to 350° until golden brown, about 10 minutes. Do not open oven earlier than that.

Serve with butter, jams, jellies or lemon curd.

\*If you prefer, you can put into the batter: small diced chives, bacon crumbles or grated cheese, but they may not puff up as much.



From a 1985 article about Mom's gourmet cooking

From the article in the Daily Local News newspaper

## **#10 Oven Roasted Asparagus with Hollandaise Sauce**

This was one of Mom's favorite side dishes. Other options for serving the asparagus is before popping them in the oven, you can season them with salt and pepper, lemon juice, finely diced garlic, parmesan cheese or any combination of these.



Our house on Upper Gulph Road in Strafford, Wayne, PA in either 1966 or 1967. That is Mom with our sister Margie hunting for Easter Eggs.

Photo Courtesy of Betsy Long

### **Oven Roasted Asparagus with Hollandaise Sauce**

1 1/2 pounds fresh asparagus  
Small amount of olive oil or melted butter

Preheat the oven to 400°. Wash the asparagus and snap off the woody ends. Place the asparagus spears on a cookie sheet or shallow pan and drizzle a little olive oil or melted butter to coat the spears. Bake in oven until fork tender, approximately 10 minutes.

Hollandaise Sauce:

4 tablespoons butter  
1/2 teaspoon salt  
Juice of 1/2 of a lemon  
1 egg, well beaten

Melt the butter in a small pan with the salt and lemon juice. Stir well while adding the egg. Beat well over low heat until it thickens. If it begins to curdle, add a few drops of hot water and stir rapidly. Can be held to the side by putting the pan in warm water.

## **#11 Thumbprint Cookies**

These amazing shortbread cookies are worth the effort! I thought that right now as we shelter-in-place, these might be a great activity, LOL! This recipe should make about 6 dozen so you can alter it accordingly. I increased it because people love them so much, they disappear quickly! Last Christmas I ended up making 3 different batches!

### **Thumbprint Cookies**

#### Cookie Interior:

1 cup softened butter  
1 cup shortening  
1 cup brown sugar, packed  
4 egg yolks  
2 teaspoons vanilla  
4 cups of flour  
1 teaspoon salt

#### Cookie exterior:

4 egg whites  
1 cup chopped pecans

#### Icing:

2 cups of confectioner sugar  
1/2 teaspoon vanilla  
Milk (about 1/4 to 1/2 cup)  
Cookie sprinkles

#### Shortbread Cookie:

Heat the oven to 350°. Chop up the pecans very finely and place in a not too deep bowl. Break your eggs, putting the whites in a separate bowl that is not too deep, and the yolks will be going into the interior cookie mix.

Mix butter, shortening, brown sugar, egg yolks, and vanilla thoroughly. Mix the salt into the flour and stir in 1 cup of flour at a time til it is all added.

Put parchment paper down on your cookie sheets. Roll dough into small balls, about 1 inch in diameter. Drop the balls into the egg whites and roll them around, then let some of it drip off so it's not too wet. Then roll them around in the pecans (does not have to be too covered) and place each about 1 1/2 inches apart on cookie sheets.

Use your finger, a wooden spoon end, or any other small round ended item to push into the center of each to



**Finished Thumbprint Cookies**

Photo Courtesy of Betsy Long

## What's Hot in Dot's Pot! Recipes from the Archives of Dotty Long

### #11 Thumbprint Cookies - Continued

make a small well to put the icing in later.

Bake about 6 minutes and then use the wooden spoon or whatever it is you're using and gently re-push in the dent because they start to puff up and you want to be sure that you have a well for the icing.

Bake for about another 4 to 6 minutes and pull out. Let them cool for just a few minutes and then use a spatula to put them on a cookie rack or if you are using flat baking trays, you can slide them off. Be careful because they are particularly a little fragile when they are warm. Let them thoroughly cool before you put icing in them.

Icing:

In a bowl, put your confectioner sugar, vanilla and a little milk and start stirring, adding milk as needed as you go. You want it to be a little thick because you definitely don't want it runny so just be cautious as you add the milk. Taste it to see if you want to add a little more vanilla. You can also add some cocoa powder if you prefer chocolate. Adding a little lemon juice is also an option.

Then carefully spoon the icing into the center of each and put cookie sprinkles (small colored balls, colored sugar, jimmies, etc.) on top. Once the icing is in, let them sit for a long time so they can really harden up so that you can stack them on a plate on top of each other.

Options:

One that people also enjoy are the little cinnamon red hots. They are cute when you put just one in the center. You can also sprinkle a little green and/or red sugar on top of those.

Another filling option is jams/jellies/fruit spreads (apricot, strawberry, raspberry, etc.).



## **#12 Tarragon Chicken (Poulet L'Estragon)**

This French dish is refreshing and is nice served with an herbed rice pilaf, sautéed Spaghetti Squash or roasted Cauliflower. You can also dice the chicken up before you cook it and use it in crêpes or puff pastry shells for brunch or dinner with a salad or fresh fruit. This also pairs well with the French onion soup, stuffed mushrooms and Hollandaise asparagus recipes I have posted.



**Mom, taken in Tiverton, RI in 2009**

Photo Courtesy of Betsy Long

### **Tarragon Chicken (Poulet L'Estragon)**

3 large chicken breasts, each split in half (or diced if you prefer)  
4 tablespoons butter  
1 tablespoon chopped tarragon  
3 tablespoons chopped green onions  
1/2 cup white wine  
1 tablespoon butter  
4 tablespoons flour  
1 cup light cream  
salt and pepper

Brown chicken in butter. Add tarragon and green onions. Cover, cook over low for 15 minutes. Sprinkle wine over it and cook for 15 minutes covered. Put the chicken on a serving platter (or in a bowl if diced) and keep warm while making sauce. Add butter to the pan drippings and stir in flour til it is creamy. Blend in cream and cook till thick. Stir in milk carefully if necessary to this if it's a little thick. Salt and pepper to taste. Pour over chicken. Can be made ahead and warmed at 325° for 15 to 20 minutes. Flavors blend well on sitting for a bit.

## **#13 Dill Pickles**

This is a shout out to my nephew Shane who has loved Dill Pickles since he was very little. These are best made with cucumbers about 3"-4" long. You can add crushed garlic or red pepper flakes if you want to spice them up.

### **Dill Pickles**

Makes 7 pint jars

7 pint canning jars with lids and seals  
4 pounds of cucumbers, preferably 3" to 4" long  
6 tablespoons salt  
3 cups of vinegar  
3 cups water  
1 cup dill seeds  
21 peppercorns

Wash cucumbers, cut lengthwise in half (and half again if you like spears). If using large cucumbers, split lengthwise into 1/5 or 1/6 and then across the middle.

Combine salt, vinegar and water in a pot to make the pickling juice. Bring to a boil.

Pack cucumber strips into clean hot jars. Add about 2 tablespoons dill seed and three peppercorns to each jar. Fill with pickling juice to within 1/2" of jar top. Immediately put on seal and lid and close it up.

In a large pot, put the jars in and cover with water to about an inch above the jars. Process in this boiling water bath for 15 minutes. Then remove from pot and leave out undisturbed for approximately 24 hours. There may be popping sounds as they seal.

Put a label with the date on your jars when they are cool and dry. They taste best after sitting for approximately 3 to 4 weeks.

For Kosher Dills: add 14 cloves of garlic split in half to salt, water and vinegar pickling juice mix. Put four garlic halves in each jar when adding the pickling juice.



Mom's pride - pickles, preserves and redware plates she made (at our home on Willis Lane, Strafford/Wayne, PA).

Photo Courtesy of Betsy Long

## What's Hot in Dot's Pot! Recipes from the Archives of Dotty Long

### #14 Eggrolls

These are delicious! They can be made into large ones for a meal or small ones as appetizers. Alternative to frying: sauté the filling with a little soy, a little sesame oil or hoisin and serve with brown or white rice or quinoa. Or make a wrap with spring roll wrappers, lavosh or tortillas.

#### Eggrolls

One package of egg roll wrappers  
One beaten egg  
Oil for frying

#### Filling:

2 tablespoons oil  
2 cups shredded bok choy or Chinese cabbage or regular cabbage  
1 stalk celery, minced  
2 cups cooked minced pork and/or chicken and/or shrimp  
2 green onions or scallions, minced  
1 1/2 teaspoons salt  
1 1/2 teaspoons sugar  
1 cup bean sprouts  
1/3 cup chopped mushrooms  
1/8 teaspoon ground pepper  
2 teaspoons sherry or white wine (optional)

In a wok or deep frying pan, heat the 2 tablespoons of oil. Heat on high for 30 seconds, add cabbage, celery and meat(s). Stir for two minutes. Turn off and add other ingredients, stir and let cool. Note: if you are not putting it in wrappers to fry, instead at this point turn the temperature down to medium and continue to cook the filling until it is fork tender.

To make as eggrolls: take a wrapper and put it with a corner pointing at you. Take about 1/10 of the filling, being sure to drain it before taking it out of the pan, and then put it long ways across the middle of the wrapper, leaving about an inch space between the points on either side. Take the corner facing you and wrap it around the filling, pull the two sides in to close the ends and then continue to wrap. Put a little of the beaten egg on the top corner and fold it over and press down to seal it. Place them on a piece of wax paper on a cookie sheet.

When you are all done, heat oil in the wok or deep frying pan, and once it is hot enough, fry them until they are golden brown on each side and then take them out and put them on paper towels to drain them. Great served with sweet and sour sauce, apricot jam, or soy with ginger slices in it.



Bowl brushpainted by Mom that she made to serve her Chinese food in.  
Photo Courtesy of Betsy Long

## **#15 Guacamole**

Our father grew up outside of San Antonio, Texas and loved Mexican food. This is a recipe that he and Mom created. It's good with tortilla chips, quesadillas, vegetables, on omelets and in sandwiches. To avoid it turning brown, save the avocado seed when you cut it open and put that in the guacamole, then cover it with saran and put in the fridge.



Mom at the Mission in Soledad, CA  
Photo Courtesy of Betsy Long

### **Guacamole**

One ripe avocado (save seed)  
1/2 lemon's juice  
1/2 small onion minced  
1/2 garlic clove minced  
1/2 hot green pepper, minced or dash of chili pepper, optional  
1/2 teaspoon Worcestershire sauce  
1/4 teaspoon salt

Mash avocado well with all of the above ingredients. Add a little sugar if the avocado is not well ripened. Put seed back into bowl to keep the guacamole from darkening, cover tightly and refrigerate till serving. Serve as dip with chips or on a salad, omelet, quesadilla or sandwich. Remove seed before serving.

## #16 Apple Nut Torte

This is a yummy moist German cake. A torte is a cake that has fruit in it and is served with whipped cream. You can make it with or without the nuts. It is nice for dessert or having with an afternoon tea.

### Apple Nut Torte

One egg  
3/4 cup sugar  
1/2 cup flour  
1 teaspoon baking powder  
1/2 teaspoon salt  
1 cup cored and peeled chopped tart apples  
1/2 cup chopped walnuts or pecans  
1 teaspoon vanilla  
Sweetened whipped cream

Preheat oven to 350°. Beat egg until light. Add in the sugar slowly. Sift together flour, salt and baking powder and fold into egg mixture. Stir in apples, nuts and vanilla. Pour into buttered 8 inch square pan. Bake for 35 to 40 minutes. Cake should spring back to the touch. Serve warm with sweetened whipped cream.



Mom in her college days. She went to Carnegie Mellon (BA in Chemistry) and was in a beauty pageant there. She came in 2nd to Barbara Feldman who played Agent 99 in the TV show, Get Smart!

Photo Courtesy of Betsy Long



## #17 Warm Spinach Salad, Cold Spinach Salad & Quicky Monkey Bread

These are all delicious, easy and colorful! Note: When the Quarantine is over (currently 5/3 here, my birthday, LOL!) for my final post to include a cover and index page for all the recipes. Thanks to Leslie's post, I am adding a collage page of Quarantine memories. Please message me quarantine pics (mask selfies, hope messages, etc.) you're willing to share to include!

### Warm Spinach Salad

1 pound fresh spinach  
1/3 cup sliced green onion  
Dash ground pepper  
5 slices bacon, diced  
1 tablespoon lemon juice  
2 tablespoons wine vinegar  
1/2 teaspoon sugar  
1/2 teaspoon salt  
1 hard-boiled egg coarsely chopped

Wash spinach (discarding stems if you prefer). Pat dry with a paper towel and tear into a bowl. Add the green onion and sprinkle with the pepper and chill.

At serving time, slowly fry bacon in deep pan till crisply cooked. Add vinegar, lemon juice, sugar and salt. Gradually add the spinach, coating just til the leaves are coated and wilted slightly. Sprinkle with egg.

Option: can add a little mustard or ground mustard with the lemon juice if you like.

### Cold Spinach Salad

1 pound fresh baby spinach (or torn large spinach leaves)  
One stalk green onion, diced  
One cup of your choice(s) of fruit: Sliced strawberries, Mandarin oranges, diced apples, diced mangoes, etc.  
Your choice of salad dressing (recommendations: vinaigrette, poppyseed, honey mustard, etc.)  
Optional: toasted sliced almonds, chopped pecans, walnuts, etc.



Mom in her own mask pretending to be Ernie Kovacs' "Percy Dovetonsils", LOL  
Photo Courtesy of Betsy Long

## What's Hot in Dot's Pot! Recipes from the Archives of Dotty Long

### #17 Warm Spinach Salad, Cold Spinach Salad & Quicky Monkey Bread - Continued

Wash the spinach leaves and remove stems if you prefer. Just before serving, add whatever fruits (and optional nuts) you have selected and toss. Serve the dressing on the side. This is a very colorful and simple salad! If you want to make it an entree, you can add cooked cubed fish or diced chicken.

#### Quicky Monkey Bread

Note: Super easy and super delicious. This goes well with the salads. I've even had friends ask me to make this for their wedding guests, lol!

2 rolls of refrigerated multi layer biscuits (or 2 rolls of refrigerated buttermilk biscuits)  
4 tablespoons melted butter  
Garlic powder (or crushed fresh garlic)  
Dried parsley  
Sesame seeds or poppyseeds, optional  
Paprika, optional

Butter a pie pan. Open the rolls of biscuits. If using multi layer, pull off one biscuit, and then pull it apart in half in the center to have two round parts. Then fold each part in half, making half moon shapes (or if using full biscuits, cut the biscuit in half creating the same shape). Place them each along the sides of the pan and continue this action with the rest of the biscuits to fill the edge of the pan. Note: if you are using crushed garlic instead of powdered, add this to the melted butter.

Using the back of a spoon or a pastry brush, coat the top side of the biscuits with melted butter. If using powdered garlic, sprinkle it on top of the buttered biscuit tops. Now sprinkle the tops with a little bit of the parsley and if you are using seeds sprinkle this lightly around as well.

Now continue this for the next layer. Note, aesthetically you can either continue your 1/2 rounds going in the same direction as the layer underneath or you can have them going the opposite direction. Up to you!

Continue the layering until you get to the center. Then take a small amount of dough and put it in the center like the center of a flower.

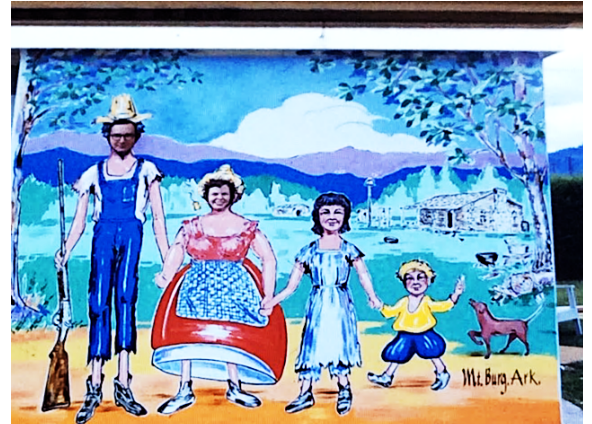
Bake at 400 for about 10 to 15 minutes, or until you can lift a center leave a little bit and it appears done. If your oven runs hot, make sure that it does not burn on top by turning down the temperature or covering it with foil.

Note: for the holidays, I like to sprinkle paprika on all the layers and put parsley on top of the center mound so it looks a bit like a poinsettia.

Alternative: can also make this as a breakfast treat by doing the melted butter and adding brown sugar, cinnamon and optionally, raisins, chopped pecans and/or finely diced apples and baking it the same.

## #18 Banana Bread

Nothin' says lovin' like banana bread in the oven, LOL! Perk up your day with this wonderful comfort food. It's nice to make extra and freeze it or make mini-loaves for friends at the holidays. Great way to use ripened bananas; my sister Margie freezes her over-ripe ones (in the peel which turns black when frozen) so they can wait til there's enough for baking.



Mom & Dad in the mid-50's in Arkansas  
Photo Courtesy of Betsy Long

### Banana Bread

- 3 1/2 cups sifted flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- 1 teaspoon baking soda
- 2 cups mashed ripened bananas
- 1 tablespoon lemon juice
- 3/4 cup shortening
- 1 1/2 cup sugar
- 3 eggs
- 3/4 cup of milk
- 1/2 cup chopped nuts, pecans or walnuts

Sift flour, salt, baking powder and baking soda together. Mash bananas well. Cream shortening and sugar at medium speed. Add eggs and beat till fluffy, four minutes total in all. Add sifted ingredients alternately with milk. Fold in bananas and nuts. Pour into greased loaf pans. Bake at 350° for approximately 60 minutes. Check to see if it's done by inserting a toothpick into the center and see if it comes out clean. Let cool on a rack before popping it out. Makes 2 loaves.

## **#19 Sweet & Sour Chicken Wings and Sweet & Sour Spare Ribs**

Once our parents had a neighborhood luau party Friday & a church luau the next day. They made a rum punch for Friday and put the leftover jugs in the garage fridge. On Saturday they had fruit punch. Mom asked someone to get more in the kitchen fridge, and instead they grabbed the rum ones in the garage! They all thought it was the best church party ever!



Mom, 1958 (That is me & my brother Charles was on the way)  
Photo Courtesy of Betsy Long

### **Sweet & Sour Chicken Wings and Sweet & Sour Spare Ribs**

Note: this recipe is set up as appetizers for a party so portion down the recipe for less :-)

6 pounds of chicken wings

Or

3 racks of pork spare ribs (if you can, have butcher cut them lengthwise for appetizers)

2 tbsp vinegar

3 cups soy sauce

2 cups pineapple juice

3/4 cup sherry or white wine

1 cup brown sugar

2 cloves garlic crushed

To prep for chicken wings: if whole, remove the tip portion and keep the other two parts either together or separated. You can also just buy a bag of already cut up wings. To prep for spare ribs: remove as much fat as you can.

Boil your meat in water that you add the vinegar to. For the chicken, boil 10 minutes. For the ribs, boil 20 minutes. Drain off water. Now add all of the rest of the ingredients in a large pot and then marinate whichever meat you're cooking in that for six hours, turning occasionally. Remove the meat and put on broiling pan(s).

Keep the marinade in the pot and heat on stove. Combine 2 tablespoons of cornstarch and 3/4 cup water very well, and then stir it into the heated marinade. Turn the heat up a little and stir the bottom well and it will slowly thicken and turn into the dipping sauce.

Broil the meat on medium heat and turn when sizzling. After it is done, it can be covered at this point with foil and warmed in the oven at the last minute.

You can brush them additionally with the sauce or serve it on the side to make it a little less messy and let guests determine how much sauce they want.



## **#20 Hummus Tahini**

I loved cooking Mediterranean food with Mom. The food was so flavorful, and those flavors were so exotic and bright! Colorful shish kebabs with homemade rice pilaf and garlicky lemony hummus tahini with fresh pita bread! So good. And then making baklava and all of the layers for dessert. It was so special!

### **Hummus Tahini**

1 cup cooked or canned chickpeas, drained  
1 clove garlic crushed  
1/3 cup tahini (sesame paste)  
1/4 cup lemon juice  
1/2 teaspoon salt  
Chopped parsley, fresh or dried

Mix all ingredients in a blender except for the parsley. If blender is not available, mash the chickpeas and blend all ingredients well. Sprinkle parsley on top as a garnish. Serve with pita, flatbread or vegetables.

Note: you can mash a small amount of other vegetables in a blender with these ingredients if you would like to mix up the flavors, like sun-dried tomatoes, artichoke hearts or grilled peppers.



Mom, 1983 in Santa Cruz, CA  
Photo Courtesy of Betsy Long

## **#21 Fried Rice**

Our folks were going out and Mom handed us this dish with a mish-mash of leftovers of some Chinese food and other unidentifiable items. We asked what it was and she said Octopus Surprise! They ran out the door and we ran for the phone and called Harry's Pizza in Wayne, LOL! In her mind it was going to turn out a whole lot different than it did! Ever since, when we cook something that doesn't work out right, it's Octopus Surprise!



Mom in Old Sturbridge Village, MA  
Photo Courtesy of Betsy Long

### **Fried Rice**

4 cups cooked rice  
4 tablespoons oil  
1 1/2 cups cooked chicken or pork diced well (or diced shrimp, baked shrimp or tofu)  
3/4 cup chopped scallions or green onions  
Optional add-ins: bean sprouts, peas, diced carrots, kernels of corn, diced pineapple  
1 teaspoon salt  
1/4 teaspoon pepper  
2 eggs, beaten  
1/2 cup finely chopped fresh or dried parsley (optional)  
2 tablespoons soy sauce

Cook the rice earlier in the day and refrigerate. Heat the oil in a deep skillet or wok. Once it gets warm, add the rice, stirring steadily and pressing out any lumps. Cook till lightly browned. Add the meat, scallions, any additional items if you have selected any, salt and pepper. Cook one and a half minutes, stirring constantly. Make a hollow in the center of the rice and pour the eggs into it. Stir until they begin to set, chop them up into small bits and mix it into the surrounding rice mixture. Blend in the parsley and soy sauce.

## **#22 Enchiladas**

Mom grew up eating simple meals of meat, potatoes and a vegetable. As an adult, she enjoyed the opportunity to savor the vibrant tastes of the world as you can tell by her recipes, and cooking was a natural extension of her interest and degree in chemistry and understanding how things worked together.



Mom at San Juan Bautista  
Mission in California  
Photo Courtesy of Betsy Long

### **Enchiladas**

4 cups cooked diced chicken, ground beef, shredded beef or pork Or 2 1/2 cups shredded of any combination of cheese: Cheddar, Monterey Jack, Pepper Jack, Colby, queso fresco  
1/2 cup diced onion  
1/4 cup ripe olives sliced  
2 cups enchilada sauce  
2 teaspoon salt  
1 1/2 cups grated cheddar or Monterey Jack cheese  
12 corn tortillas

Sauté onions in small amount of oil, mix with all ingredients except cheese and tortillas.

In a shallow pan, heat a little oil and soft fry fresh tortillas by sliding tortilla into a small amount of hot oil for 1/2 minute on each side then remove and drain on paper towels.

Using a rectangular baking pan or dish, put a little of the sauce on the bottom. Put sauce with filling into the center of each tortilla, roll it up and place it flap side down into the baking dish. Once you have rolled all 12, pour rest of the sauce over the tortillas in the pan. Sprinkle with the cheese and heat at 375° for 15-20 minutes. Have additional cheese, chopped cilantro guacamole (recipe #15) handy for guests to sprinkle on top.

Can be made ahead and refrigerated or frozen. If freezing do not sprinkle the cheese on top until the last five minutes in the oven.

## **#23 Grasshopper Pie**

This pie is from the Grasshopper cocktail, light, green and chocolate mint. When Charles & I were under 12, Mom would make this and she told us we had to go into the field & catch grasshoppers for her, which we did, but I hated it. She told us that the dark things on top were made from their legs & wings, it was green from the juice they spit out, and the crust was their bodies crushed up. We wouldn't go near it! Then when I was a teen, I came in the kitchen and saw her pouring the creme de menthe liquor, and she admitted she had told us all that because the alcohol is not cooked off and we were too little to eat it! LOL! Mom was such a trickster.



Mom at a waterlily pond in Maine  
Photo Courtesy of Betsy Long

### **Grasshopper Pie**

#### **Crust:**

1 1/2 cups crushed chocolate wafer cookies (about 40 wafers) or 20 oreos with the filling removed  
4 tbsp butter, melted

#### **Filling:**

3 egg yolks  
2 cups heavy cream  
1 envelope unflavored gelatin  
½ cup granulated sugar  
Pinch of salt  
¼ cup green creme de menthe  
¼ cup white creme de cacao

#### **Toppings:**

Shaved chocolate pieces or crushed cookies  
Whipped Cream, optional  
Small sprig of mint in center, optional

Preheat oven to 400°. Combine cookie crumbs and melted butter in a bowl and toss until the crumbs are evenly coated. Dump into a 9" pie plate, pressing the crumbs evenly on the bottom and sides. Bake for 10 minutes, until it seems set. Cool completely on a rack and turn off oven.

In a medium bowl, whisk the egg yolks until foamy, about 30 seconds. Set aside. In a pan, stir in only 1 cup of the heavy cream, gelatin, sugar, and salt in a pan. Let it sit until the gelatin begins dissolving



## What's Hot in Dot's Pot! Recipes from the Archives of Dotty Long

### #23 Grasshopper Pie - Continued

(about 5 minutes). Cook over medium heat until mixture is very hot but not boiling, around 2 minutes, and gelatin is dissolved. Let mixture cool, then while stirring constantly, slowly add it into the egg yolks. Pour the mixture back into the saucepan and cook about 2 minutes until it thickens, stirring often to make sure it doesn't stick to the bottom. Remove from heat and stir in the 2 liquors. Pour into large bowl and refrigerate it for 20 minutes, stirring it every 5 minutes until it thickens and just starts to set.

Whip the other 1 cup of heavy cream on medium-high speed until it holds stiff peaks. Stir it into the gelatin mixture until totally mixed. Carefully drop the mixture into small mounds in the pie shell, and once filled, use the back of a large spoon or spatula to even out the filling and make a smooth top. Refrigerate or freeze for a minimum of 5 hours. Shave chocolate or use more crumbled cookies and put on the top. Can be served with whipped cream. Placing a small sprig of fresh clean dry mint in the center is very attractive.

## #24 Carottes Glacees (Glazed Carrots)

This French dish is very bright colored, simple to make and tasty. It goes well with chicken and pork dishes in particular. These carrots paired with the chicken tarragon (#12) and the asparagus with hollandaise sauce (#10) would make a delightful meal!



Mom in a red taffeta dress in 1959 (I wore that dress in my early teens for a gypsy Halloween costume, lol!)

Photo Courtesy of Betsy Long

### Carottes Glacees (Glazed Carrots)

3 dozen baby carrots or 6 large carrots peeled and cut into strips  
Salt and pepper  
2 tablespoons butter  
4 tablespoons sugar cinnamon to taste preference

Wash but do not peel baby carrots or use larger carrots, peeled and split. Barely cover with water and boil for 20 minutes. Add rest of the ingredients and cook down to thick syrup, stirring to keep from sticking to bottom. Can be refrigerated and heated either in a casserole for 10 minutes or on the stove to warm.

## #25 Spanakopita

This Mediterranean recipe is delicious and presents beautifully as an entrée, appetizer or side dish! Don't let the recipe fool you, it is very simple - mix all ingredients & fold up in pre-made dough.

### Spanakopita

Makes 1 pie or  
1 dozen large individual pies or  
about 6 dozen appetizers

#### Filling:

16 ounces of chopped fresh spinach washed or thawed frozen spinach, well-drained and squeezed dry  
3 green onions, chopped  
1 tablespoon chopped fresh or dried parsley  
1/4 teaspoon nutmeg  
2 eggs, beaten well  
1/8 teaspoon ground pepper  
Dash of salt  
1 teaspoon lemon juice  
11 ounces crumbled feta cheese

#### Exterior:

1 stick (1/2 cup) melted butter  
1 lb. package of Filo/Phyllo pastry, thawed (usually found in the freezer section by desserts)

Heat oven to 350° Make sure that spinach is squeezed well (and paper towels if necessary) to get out as much moisture as possible. In a bowl, mix together well all of the filling ingredients.

#### Simple Single Pie Baking Method:

Place parchment paper in a square baking pan, large enough to cover the bottom and sides. Pull out



Mom was a master potter & made the redware behind her. She had a stall selling her pottery at the Lancaster Farmers Market in Wayne, PA, as well as a shop in downtown Phoenixville, PA  
Photo Courtesy of Betsy Long

## **#25 Spanakopita - Continued**

the dough, lay it out on the counter or baking sheets, and place a very very slightly damp towel over it (it needs to be kept slightly moist so it does not dry out as you work).

Take two layers of dough, brush melted butter on the top of them and place into the baking dish with the ends laying over the sides. Repeat this process with two more layers, but lay the opposite direction, causing a large + (plus sign). Continue this process, now placing them in an X. If there are additional seats, continue this process from corner to corner on top of that.

Place all of the filling in the center, patting it down. Now fold the dough edges into the center to enclose the pie filling. Brush melted butter over the top of the dough. You can slice it into pieces in advance of baking so as not to destroy the shell once it is crisp and done. Bake for approximately 35 minutes, until the outside is a crispy brown. Let it set for about 10 minutes or so before cutting into it to make slices or separating if already cut.

### Individual Pies or Appetizers Baking Method:

Place parchment paper on cookie sheets. Pull out the dough, lay it out on the counter or baking sheets, and place a very very slightly damp towel over it (it needs to be kept slightly moist so it does not dry out as you work).

If you want to make large ones about the size of a turnover, cut your dough in half longways. If you want to make individual appetizers, cut in 4 to 6 strips longwise, depending on how big you want them. Your goal is to make triangles full of filling.

Take a two layers of dough from a strip, brush melted butter on the top of them (remember to keep placing the very slightly damp towel over the dough when you're not working with it). Put a spoonful of the filling in the left corner closest to you and then fold over that corner to the opposite side. Now flip it forward and then flip again to the left, etc. Continue until you get to the end of the strip. Put the side with the end underneath and put on the parchment paper on the cookie sheet.

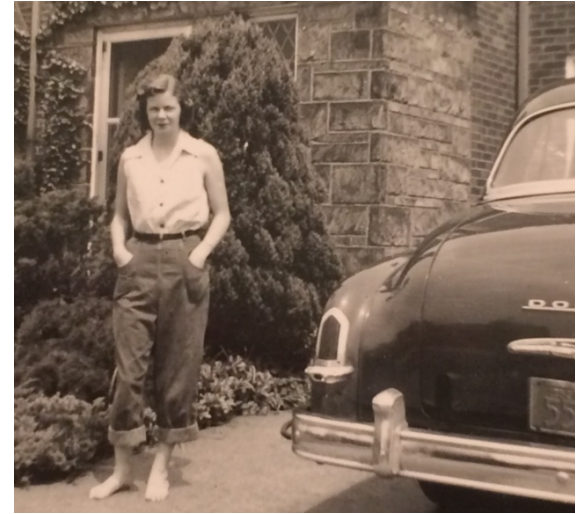
Repeat this process to make the rest of the triangles. Once they are all made and on the parchment paper on the cookie sheet, brush the tops with melted butter. Place in the oven and bake for about 20 minutes, till they are golden brown. Check often to make sure they do not burn.

Note: Either baking version can be frozen by covering it/them with saran and placing in the freezer. Once hard, you can move them/it to a freezer baggie and write the instructions on top, brush with melted butter, bake at 350° for the appropriate time.

It is very handy to have these in the freezer so that when you just feel like something different to eat or are having guests, you have something already made that looks really nice!

## **#26 Chicken Glass Noodles**

In '73, Dad was assigned to the SF Bay Area, installing the worlds' largest computer for NASA. Mom talked our apartment manager into having a luau. A Hawaiian tenant offered to cook a whole pig in the ground. He let Mom know the day before the luau that the pig arrived. Minutes later, Mom got a hysterical call from the manager to come asap to her office apartment. She told Mom to go into the bathroom, & there was this huge dead pig looking at her from the tub! The manager had been showing someone the property when it arrived and the Hawaiian guy had the delivery people put it in the tub without leaving a note. Upon returning to the office, the prospective tenant had to use the restroom, saw it and screamed, LOL!



Mom in 1948 at her parents' home in Ohio  
Photo Courtesy of Betsy Long

### **Chicken Glass Noodles**

(Polynesian/Asian Dish)

- 1 chicken cut in pieces (or equivalent amount of meat if frozen or canned)
- 2 stalks of celery, chopped fine
- 3 tablespoons soy sauce
- 1 small clove garlic minced fine
- 2 quarts water
- 3 green onions chopped
- 3 tablespoons vinegar
- 4 slices fresh ginger
- 1 package cellophane or glass noodles (sometimes called long rice though it contains no rice; comes in cellophane package usually found in Asian food section)
- Salt and pepper

Boil chicken in water with celery, garlic salt and pepper until cooked and tender (about 15 to 30 minutes, depending on the size of your pieces). Pick meat from bones and return meat to broth. Add rest of ingredients and cook five minutes or until noodles are limp. Strain and serve.



## #27 Rice Pilaf

Mom made reproduction colonial redware bowls, platters, inkwells, mugs and more that are in buildings at Valley Forge Park, Philadelphia's Independence Mall and many area historical sites. She made a pitcher she presented to Gerald Ford at the 1976 Bicentennial event at Valley Forge Park and it is now at the Smithsonian.



Mom & the large redware bowl she made that's displayed at Varnum's quarters, Valley Forge National Park, PA  
Photo Courtesy of Betsy Long

### Rice Pilaf

(Mediterranean dish)

1 cup rice or medium bulgur wheat  
1/2 cup vermicelli  
2 tbsp butter  
2 cups chicken, meat or vegetable stock  
Salt

Melt butter in large saucepan. Break up vermicelli into small pieces and fry in butter until browned, stirring constantly. Add rice or bulgur wheat and sauté for a few minutes. Add broth and salt. Cover and cook on low for about 20 minutes. Let rest for 20 minutes before serving. Stir once with a fork. Keep warm to serve hot. Diced onions, mushrooms, or other diced vegetables can be added to flavor the pilaf.

This is very versatile and goes well with chicken, fish, pork, lamb and beef.

## **#28 Mahi-Mahi Fish with Almonds or Macadamia Nuts**

Part 2 of the Luau Pig. Morning of the luau, the pit was filled with fire, the pig with heated rocks inside the pig & It was buried with banana leaves. The Hawaiian cook announced to the 125 tenants there that the pig was ready! Everyone was excited & gathered around the pit. He unburied the pig and there it was... pretty much raw. Mom went into chef mode and told everyone to go home, put their oven on 400° & bring a roasting pan back. Mom got her Chinese cleaver and hacked that pig apart and put hunks in the pans to put in their ovens. A lot of mai-tais disappeared waiting for the pork, but by the time it was ready, everybody was having a really good time and the luau was a success, LOL! Go Mom!



Mom at the Royal Lahaina Resort Luau,  
Maui, HI

Photo Courtesy of Betsy Long

## **Mahi-Mahi Fish with Almonds or Macadamia Nuts**

1 stick butter, melted  
2 pounds Mahi-Mahi fish  
Flour, Salt and pepper  
1 can crushed pineapple  
3/4 cup slivered almonds toasted or macadamia nuts slivered or chopped

Melt butter in a shallow pan. Slice Mahi-Mahi into 3/8" thick pieces, dip into flour, salt and pepper mixed together. Fry in butter, lay in casserole. Drain pineapple and sauté in fish pan. Put over fish. Top with nuts and serve. May be made ahead to this point then warmed at 325° for 15 to 20 minutes.

## What's Hot in Dot's Pot! Recipes from the Archives of Dotty Long

### #29 Baklava

This is Patti's favorite Mom story. It was Spring & Mom wanted to go to Reno, then decided onward to Lake Tahoe. Then she decided we should go to Yosemite. We got there late & rented a one room cabin. There had just been a freak snowstorm which we were not dressed for. Mom had the cabin map & told Patti where to park. She pointed to the cabin and said that we were going to have to walk through the 18" high snow to get to it. Patti lead the way Mom followed in her footsteps & I followed in Mom's. After we had been walking about 20 feet, Mom started giggling. We asked her what's up & she said that every time she took a step, her moccasins came off her feet & filled with snow so she had to keep trying to shove her foot forward to dump it out to take another step but sometimes her shoes flew off which made her laugh. The giggles turned into belly laughs & next thing you know Mom was squatted down in the snow & laughing so hard that she was peeing herself! We both had to help pull her up out of the snow. We got to the cabin but there was no door, so we kept slogging to its corner, turned to the right. but no door. We got to the next corner, looked to the right & there is not only the door, but a totally plowed parking lot! Mom lost it & laughed & peed in the snow again, LOL! We got into the parking lot, knocked off the snow, went inside & washed out all of Mom's clothes, hanging them all over the room. We were cold but laughing!

### Baklava

#### Filling:

1 pound walnuts or pecans chopped very fine  
1 tablespoon sugar  
1 teaspoon cinnamon  
Dash of ground cloves

#### Exterior:

1 lb. package of Filo/Phyllo pastry, thawed (usually found in the freezer section by desserts)  
1 1/2 cups butter melted

#### Syrup:

3 1/2 cups water



Mom and me re-enacting the Donner party at Donner Pass on that same trip

Photo Courtesy of Betsy Long

## What's Hot in Dot's Pot! Recipes from the Archives of Dotty Long

### #29 Baklava - Continued

- 3 cup sugar
- 1 teaspoon lemon juice or several slices of washed lemon
- 1 cinnamon stick (or a little ground cinnamon)
- 3 whole cloves (or a very small pinch of ground cloves)

Mix all filling ingredients together well.

On a cookie sheet, place aluminum foil and butter it. Pull out the dough, lay it out on the counter or baking sheets, and place a very very slightly damp towel over it (it needs to be kept lightly moist so it does not dry out as you work).

Take two layers of dough and place it on the buttered aluminum; fold up the aluminum foil around the edges of the dough to help contain it. Brush melted butter on the top of them. Repeat this process with two more layers at a time, brushing each with melted butter. (Note: you can use a buttered rectangular baking sheet or a pie pan, but the trick is getting the pieces out whole).

After a total of 10 sheets, take the filling and press it evenly across the top of the dough. Then continue the process with every two sheets and butter again until you are out of dough.

Using a very sharp knife, cut into squares or diamond shapes and then bake for approximately 45 minutes at 350° until they are golden brown.

Do not cover after they are cooled or they will get soggy.

Note: Make the syrup just before you are ready to serve.

Bring the syrup ingredients to a boil in a pan; turn down the heat and simmer 20 minutes. Strain. Pour over baked Baklava just before serving so it does not get soggy.

Finely chopped pistachios and/or lemon zest are optional as a topping over the syrup

## **#30 Mexican Rice**

Mom told me that when I was in Kindergarten, my teacher had Mom come in to meet and told her that I was colorblind. Mom said I wasn't but the teacher insisted. She said that we were learning colors. She asked me to point to green, I pointed to red, & when she asked me to point to white, I pointed to pink. At first Mom was puzzled & then she laughed, realizing what happened. She explained that my 'pre-schooling' had been in her ceramic shop. I would paint glaze on fired bisque ceramics, and the green glaze was brick red before it was fired due to the copper in it, and clear glaze was pink and after it was fired it looks white because of the fired clay underneath. Glad she figured it out, LOL!



Mom tending her home garden at Tiverton, RI

Photo Courtesy of Betsy Long

### **Mexican Rice**

2 cups rice  
1/4 cup butter  
1/2 cup onions diced  
1 clove garlic minced  
1 green pepper diced  
1 can tomato sauce  
3 cups chicken stock (Low sodium if possible)  
1 teaspoon salt  
1/4 teaspoon ground pepper

Sauté rice in butter until coated. Add onion, garlic and green pepper; stir until onion is transparent. Add tomato sauce and cook until coated; stir in chicken stock. Cover and cook on low heat 20 minutes.



### #31 Pineapple Upside-Down Cake

Birthdays have always been a big deal in our family. Mom always made this cake for my birthday so since today (5/3) is my birthday, this seemed the perfect recipe to run! On my 40th birthday, Mom was with me at a conference in Las Vegas and we were staying in a gold room suite at the top of the Mirage Hotel with a friend who was a sales manager for Universal Studios Hollywood. We held a birthday party and 85 people came. We did a scavenger hunt that had 3 different point levels of items & it was so fun to hear the stories when the people came back. We had 14 teams and bartenders got used to people asking for a lime & a cherry & a lemon so they were pre-skewering them to give to teams. One guy gave his ID to a facilities person to borrow his hammer. Another convinced the HR manager to take her to the employee lounge to get an apple and people were begging restaurants to borrow menus, LOL! One of the items for each team was to have a male team member enter the room in women's high heels when they returned with everything. I was organizing things and I kept hearing all this laughter at the front door, so I go over & see Mom sitting on a barstool, lending her high heels to guys as they came in the door to get the extra points, LOL! She loved a good party!



Pineapple Upside-Down Cakes over the years-the one on the wood table was made by my sister Mary Anne Powers on a plate made by Mom.

Photo Courtesy of Betsy Long

### Pineapple Upside-Down Cake

Topping:

3 tablespoons butter

1/2 cup brown sugar

5 slices of pineapple

3 maraschino cherries cut in half, optional

Cake:

Yellow cake mix & required ingredients per box

OR

1 egg

1/2 cup sugar

1 cup flour

1 tsp baking powder

1/4 cup milk

1 tbsp softened butter 1 tsp vanilla

## What's Hot in Dot's Pot! Recipes from the Archives of Dotty Long

### #31 Pineapple Upside-Down Cake - Continued

Heat oven to 350°. In a large cake pan or a pie pan (I like to use a Pyrex pie pan because it's easier to pop out), put the 3 tablespoons of butter in place in the oven just until it melts. Pull it out and mix in the brown sugar so that the mixture evenly covers the bottom of the pan. Place the five rings of pineapple in a circle around the bottom and put the sliced maraschino cherries in the center of each ring.

Either make the cake mix following the directions and adding the ingredients it requires

OR

Beat the egg until light, add the flour and beat well. Sift the flour and baking powder together and add alternately with the milk, beating well. Mix in the 1 tablespoon of butter and the vanilla.

Spoon the batter carefully on top of the pineapple so that it is spread evenly. Note: if using the box mix batter, you may want to hold back about a cup of the batter so it does not make a huge bubble top if using an 8" pan, and just make a separate small cake or cupcake with that. Bake 30 minutes until cake is golden brown and springs back to the touch. Let it cool at least 10 minutes and use a knife to loosen the edges. Take the cake plate and put upside down on the pan and using two oven mitts hold the plate and the pan on either side, and turn it upside down. Pat the pan all around to make sure that everything has dropped out. The beauty of a Pyrex pan is that you can see if anything is sticking and tap it more in that space.

Options:

Pineapple and cherries can be substituted with peaches, apricots or apples.

This cake can be made, put on a plate that can be sent, wrapped well and tight with saran wrap, frozen and then shipped priority mail if you want to surprise someone for their birthday 😊

I have also made these as in cupcake/muffin trays as individual holiday gifts for friends and coworkers.

## **#32 Shish Kebabs**

If you have been keeping up with these stories, you know that Mom was definitely a 'glass half full' kind of person :-). Just like the "Octopus Surprise" story, Mom always tried to put a positive spin on things. When we would make pottery that didn't turn out quite right, Mom would say, don't worry, just call it a candy dish or an ashtray, LOL! So whenever I work on something that doesn't turn out exactly right, instead of being disappointed, I smile and hear Mom say, looks like a candy dish to me!

### **Shish Kebabs**

1/2 cup sherry or white wine, optional  
1/2 cup vinegar or the juice of one lemon  
2 tablespoons olive oil  
Salt and pepper  
1 garlic clove smashed  
2 pounds lamb, beef, or chicken cut into 1 inch cubes  
2 green peppers cut in 1" squares  
3 small onions, quartered  
12 mushrooms, cut in half  
12 to 24 cherry tomatoes

Metal skewers (or very thick bamboo skewers that have been soaked in water so they will not burn quickly)

Marinate meat and onions in the sherry/wine, vinegar/lemon, olive oil, salt and pepper, and smashed garlic in the refrigerator for 4 to 6 hours.

Thread the skewers alternating the vegetables and the meat, putting a bell pepper at each end to keep the items in place.

Broil or grill them, turning and brushing with marinade for about 15 minutes/til the meat is cooked.

If you are serving a large crowd, you can just broil them all and serve them instead of taking the time to skewer each set.



Mom making shish kebab at my San Jose, CA house in the early '90s

Photo Courtesy of Betsy Long

### **#33 Broccoli Beurre Noir**

This is another easy French side dish that is very tasty! The green of this dish made me think of a Halloween surprise that Mom experienced. Our parents loved Halloween and one year they decided to dress up as Cyclops & Medusa to scare the trick-or-treaters a little. Dad used putty with a glass eye to put on his forehead and then used the putty to create fake skin over most of his eyes. Mom used Ivory Snow soap flakes with just a little water and some green dye to mold her hair into snakes sticking out all over. It turned out pretty amazing! When the evening was over, she took a shower, and then she was the one who got scared because he got out and saw in the mirror that her hair had turned green, LOL!



Mom and Dad at the Old Town Mexican Café in San Diego

Photo Courtesy of Betsy Long

### **Broccoli Beurre Noir**

1 large head of broccoli sliced into stems or several small ones  
6 tablespoons butter melted till browned  
Dash lemon juice  
Salt and pepper

Clean and divide broccoli stems. Cook in small amount of water covered or steam in a basket to just tender, about 8 to 10 minutes. Add lemon, salt and pepper to butter after browning and pour over broccoli. Serve immediately.

### #34 Orange Marmalade

This goes very well with recipe #9 Popovers! Mom loved to make marmalade, jams and jellies as you could see by the picture for recipe #13. A big family tradition for many years was to go into the forest behind our house to pick blackberries. This was certainly a labor of love because it was usually in late July or August, very hot and humid in Pennsylvania, and we had to wear our winter coats and heavy gloves because of all the pricklers on the blackberry bushes that had huge whip-like branches that went over our heads. We each had an aluminum pot that we had to carry and drop our blackberries into. I kept one of those pots and it makes me smile every time I look at it :-). Even though it was very hot and a lot of work, it is a great family memory.

#### Orange Marmalade

3 -4 large oranges  
2 medium lemons  
1 1/2 cups water  
1/8 teaspoon baking soda  
5 cups sugar  
1/2 bottle of fruit pectin

Remove skins in quarters from the oranges and lemons. Shave off and discard at least 1/2 of the white. You can use a vegetable peeler to remove it. Slice rest of rind into thin strips.

Simmer peel with water and baking soda for 20 minutes. Section or chop peeled fruit interiors, discarding membrane skins. Add fruit pulp and juice to undrained peel, simmer, covered, for 10 minutes longer. Measure out 3 cups of fruit into a large saucepan, add the sugar and mix well. Place over high heat, bring to boiling and add the pectin, stirring it in well with a spoon. Turn it down just a little so it doesn't over splatter, still stirring. When it starts to thicken, take it off the heat. Stir and skim for seven minutes to cool slightly and keep the fruit from floating to the top. Ladle into sterilized jars and seal with paraffin or can them with Bell jar seals and lids.



Self-portrait drawn by Mom in about 1971

Photo Courtesy of Betsy Long



## What's Hot in Dot's Pot! Recipes from the Archives of Dotty Long

### #35 Fried Wontons

This was one of the most popular appetizers when we catered. The pivotal moment when we decided to go into the catering business was at an Easter luncheon at church. It was \$18 a person back in the early '70s for a canned ham with raisin sauce meal with canned green beans, instant mashed potatoes and fruit cocktail with Dream Whip. We were eating it and Mom leaned back and said, this has got to be one of the worst meals I have ever had in my whole life! I remember her pushing her fork through the green beans to make her point, LOL! She asked me if I agreed and I did and we started talking about other possibilities that could have been served and how much it would've cost. She got up and talked to the pastor and offered for us to make the Mother's Day luncheon the next month for \$12.50 per person as long as we could use their kitchen in advance to cook it. When people heard that Mom and I were doing the cooking, more people than usual signed up and we were a little nervous. We served French onion soup, chicken tarragon, rice pilaf and glazed carrots, with apple dumplings for dessert. The reason this menu stays with me is because additional people decided to come after the church service and we ran out of soup bowls! I panicked but found vegetable dishes to use as soup bowls. Phew! Everyone loved the food and the price, so we decided that trial run meant we should go forward and start the catering business :-)



Mom with her roses in front of our house on Willis Lane in Strafford, PA

Photo Courtesy of Betsy Long

### Fried Wontons

(makes about 4 dozen)

Interior:

- 1/2 pound ground pork (can use ground beef or poultry)
- 3/4 tbsp soy sauce
- 1 tsp salt
- Dash ground pepper
- 1/4 tsp ground ginger powder
- 2 tbsp chopped green onion
- 1/4 pound cooked or 1 frozen pkg. defrosted spinach, chopped & drained

Exterior:

- 1 dozen large egg roll wrappers, cut into quarters
- Two egg yolks, well beaten

Combine the pork with all of the ingredients except for the spinach and cook till done. Drain well. Mix in the well drained spinach thoroughly (Note: to be sure the spinach is dry, squeeze well with your hands and roll it inside a paper towel if necessary). Put a spoonful of the filling into the center of each of the small wrapper squares. Using the back of a spoon, paint 2 of the sides of the wrapper with a small amount of the beaten egg yolks. Fold the square in half diagonally, meeting corner to corner, and press down along with two sides, using the egg to seal the wonton. Place separately on cookie sheets. These can be frozen at this point for future use if you like. Freeze on the cookie sheet and then place them in freezer bags.

Deep fry in oil until golden, and scoop out and place on paper towels to dry. These can be served with soy sauce, soy with ginger, sweet and sour sauce or apricot or orange fruit spreads.

## **#36 Hush Puppies**

I had just been elected to the national board of an organization and was attending the national conference in Tampa, FL with Mom and my sister Mary Anne. We were invited to a VIP reception in a cabana. I was a little nervous of my new position so I told them I wanted us to go and lay low because I did not know most of the people and I wanted the chance to slowly engage them. We got there and they went to go find some food while I started to slowly meet people. After a while, I noticed that the main room was thinning out and I heard a lot of commotion from the back porch. I made my way over, keeping an eye out for my family but didn't find them. The porch area was packed and I kept hearing laughter and splashing water. I pushed forward so I could make out what was going on, and low and behold! The back porch was over part of the swamp, and I see in the center of the crowd by the fence Mary Anne and Mom who was reaching her hand into a bussing tray full of dirty dishes, pulling out leftover food and dropping it to alligators in the swamp! So much for laying low, LOL! Mom, the belle of the ball as always!



Mom looking stunning in about 1955

Photo Courtesy of Betsy Long

## **Hush Puppies**

Makes 3 dozen

2 cups cornmeal  
2 teaspoons baking powder  
1 1/2 teaspoon salt  
3 teaspoons sugar  
4 tablespoons flour  
1 1/2 cups buttermilk  
2 eggs  
6 tablespoons onion minced well  
Dash red pepper or hot sauce  
Optional: 2 jalapeño peppers, seeded and diced well  
Oil for frying

Mix dry ingredients well, and add wet ingredients and onion (and optional peppers). Beat well. Drop by spoonfuls into hot oil and fry till golden brown. Drain on paper towels.

## What's Hot in Dot's Pot! Recipes from the Archives of Dotty Long

### #37 Lobster Newburg

Mom loved shellfish! We often joke about the time that we camped at Acadia Park and she had bought a whole bushel of cooked crabs for dinner. There was a lot left. Mom set up shop, putting newspaper on the picnic table and had the pile of crabs on one side and a bowl in front of her, and started cracking and making a pile of shells on the other side. It was getting dark outside and the mosquitoes were biting. We all gave up and went into our tents, but Mom was still sitting there in the dark with a lantern, cracking crabs so she could squirrel away as much as she could in the coolers, LOL



Mom and her shellfish on the back patio in Tiverton, R.I. with Mary Anne Powers and Margie Long

Photo Courtesy of Betsy Long

### Lobster Newburg

2 cups boiled lobster meat, cut up  
3 tablespoons butter  
1 cup light cream  
Dash of cayenne pepper  
3 egg yolks  
1/2 cup Sherry or white wine  
1/4 teaspoon salt  
Dash of nutmeg

Sauté lobster in butter for 3 minutes. Add the sherry/wine and continue sautéing 3 minutes. Let sit. Beat yolks and add cream. Cook in top of double boiler until mixture coats spoon. Never allow water to boil. Add spices and lobster with any juice. Cook one minute and serve over toast cups, crepes, rice ring or puff pastry shells.

## **#38 Cranberry Wine Punch**

It being Mother's Day, it seemed appropriate to share a recipe used in celebrations! This punch can be served cold or you can warm it up and serve cinnamon sticks with it as a mulled wine. To all Moms, I wish you a very happy Mother's Day, and in particular I send hugs and thank you's to my sisters for being great Moms, and am thinking dearly of our Mom.



Mom at a local restaurant, Family Ties, in Tiverton, RI.

Photo Courtesy of Margie Long

## **Cranberry Wine Punch**

Makes about 75 3-ounce servings

32 ounces cranberry juice cocktail  
16 ounces grapefruit juice  
1 cup sugar  
2 teaspoons grated orange peel  
1/8 teaspoon salt (add a dash more if necessary)  
2 1/2 gallons Gallo Rhine white wine or equivalent  
Thin orange slices

Mix well and serve over ice.

To make it a little fun, you can either make ice cubes with cranberries in them, or make an ice ring in a gelatin mold with cranberries in it to float in the punch.

Can also heat it with cinnamon sticks – makes a lovely holiday beverage.

## **#39 Swedish Meatballs**

Christmas has always been very special for our family. In my senior year at high school, Mom and I decided it would be fun for me to throw a big Christmas party since it might be my last party at home before college. We were catering a big event the day before it and we figured we would just make twice the amount and save it for the party. I received over 50 RSVPs! We planned an evening full of old fashion fun including caroling in the neighborhood and taffy pulling. I even hand sewed small stockings for every person and filled them with candy. The party was going very well and Mom cooked up the taffy. Then she announced to everyone that they needed to butter their hands so that they could easily pull the taffy because otherwise it would stick to them. Everyone had a grand time, and once they made it into ropes, we cut them into small bits and wrapped them up in wax paper. We all took a candy to try it, and I put half of mine in my mouth and started to chew and it was the weirdest taste I had ever had! I asked Mom, what did you put in this - it tastes like hair oil or something! Mom, whose palette was very good, started chewing the other half of mine and began to laugh. She turned to the rest of the group and said, did somebody recently use hand lotion? And the pastor's daughter from our church put her hand up and said, yes, she had just put on hand lotion and figured that was greasy enough so she didn't need to put on the butter, LOL! We all laughed so hard. I can remember that taste to this day!



Mom and Margie putting away Christmas leftovers at our home in Wayne, PA.

Photo Courtesy of Betsy Long

## **Swedish Meatballs**

Meatballs:

- 1 pound of ground beef, pork, or turkey
- 1/3 cup breadcrumbs
- 1/3 cup milk
- 1 tablespoon onion minced
- 1/3 clove garlic diced
- 1/2 teaspoon salt
- Dash ground pepper
- Dash allspice
- Dash nutmeg
- 1 egg

Sauce:

- 1/2 cup mushrooms, finely sliced
- 2 tablespoons butter
- 1 tablespoon flour
- 3 cups beef stock

Work everything into a paste. Make into 3/4"-1" balls; smaller balls hold together better and make this go farther. Broil on one side, turn and broil on the other side till done. To make sauce, sauté mushrooms in the butter, add the flour, work in the beef stock till smooth and cook, stirring the bottom well, till thickened. Put in meatballs and serve hot with dabs of sour cream on top if desired.



### #40 Strawberry Mousse

A great catering memory was when we would go to the food distribution center in Philadelphia. We would make our list the day before and leave the house by 5:30 in the morning to get up to the city to select the best produce, including today's subject, strawberries, and seafood. Mom loved going, and she was the sweetheart of some of the old Italian vendors that she loved to haggle with, LOL! After we would get everything we needed, we would go to the little diner there and have fresh scrapple and talk about what we would make with everything we got 😊 Margie reminded me recently of a time when we had gone up to the food distribution center in summertime and about a week later, the station wagon started smelling very rank. We dug around the car to see if we could find the cause, and voila! Tomatoes that had gotten loose and were definitely over-the-hill. Ugh!. We were much more careful after that, LOL!



Taken in about 1958, our matriarchs and me: from the left, me at about 2 1/2; Dad's mother, Charlie Mae Abington Long DeVassie; her mother, Lula Mae Hilman Abington; Mom's mother, Violet Miller Morgan; and Mom, Dotty Morgan Long.

Photo Courtesy of Betsy Long

### Strawberry Mousse

- 1 basket of strawberries, washed and sliced (stems removed)
- 1 cup sugar
- 1 tablespoon gelatin
- 2 tablespoons cold water
- 3 tablespoons boiling water
- 1 pint heavy cream, whipped

Sprinkle cleaned and sliced strawberries with sugar and let stand for one hour, then mash. Sprinkle gelatin over the cold water, let stand five minutes. Add to the boiling water and dissolve. Pour gelatin mixture into mashed berries and set bowl into a pan of ice water, until it thickens slightly. Fold it into the whipped cream. Pour into a mold or individual cups and refrigerate for at least four hours. If you like, you can freeze it before serving for at least three hours.

Options:

- can replace strawberries with raspberries, peaches, apricots or pineapple. Use less sugar if you are using sweet fruit.
- if you would like to make a pretty triple layer dessert, in individual cups, put some sliced or mashed fruit in the bottom of each cup, then make a layer of the mousse and top it with the whipped cream. You can put a piece of the fruit on the top if you like. You might also consider putting some cubed poundcake in the bottom with the fruit.

### #41 Baked Tomatoes with Cheese Soufflé

This recipe is very yummy and can be made as either individual side dishes or they make adorable and very yummy appetizers for parties. Speaking of events, weddings were always tricky for us as a catering event. The bride had a vision since childhood, the bride's mother had a vision of what she would've done differently from her wedding, the groom's mother had a vision of what she would've wanted a daughter to do, and the groom didn't care but the bride wanted him to. And then there was the father who is in charge of the check so his biggest concern was the cost of the visions, LOL! This story is the first half of one of the most memorable weddings that we did.

This was in the mid '70s and the Main Line, which is the upper crust old money of the Philadelphia area, was struggling between the old ways and the new generation. This bride was a young hippie and her parents were embarrassed by her because she wanted to be barefoot and have flowers in her hair so they said that it would have to be in their home with a limited number of guests because they did not want to go out and do a public event. The bride's mother was not happy with her daughter's choices for the catering event and she kept calling and trying to make changes, and then the groom's mother would call asking questions to try to find out what they were planning and if she could make changes, and then the father would call to find out how much was being spent and how he could control it. We got to the point where we just wanted to get it over with, LOL!

### Baked Tomatoes with Cheese Soufflé

8 firm tomatoes  
1/4 cup heavy cream  
2 tablespoons flour  
2 tablespoons butter  
4 egg yolks  
5 egg whites beaten until stiff  
1/2 teaspoon salt  
1/4 teaspoon pepper  
3/4 cup grated Swiss or Parmesan cheese

Cut out the stems leaving an opening 1/2"-2" wide in the top of the tomatoes. Remove the pulp and seed (this is not needed for this recipe, but can be used for soups, spaghetti sauce etc.). Drain the tomatoes upside down on a paper towel. Melt butter any pan and stir in flour. Mix yolks with cream and stir into pan well then cook till thick. Add salt and pepper and cheese. Whip whites and fold in gently. Spoon into tomato shells and set in greased pan and bake 25 minutes in a 350° oven. Be prepared to serve at once for best impression.

Options:

- you can use small cherry tomatoes instead to make as appetizers and follow the same steps.
- If you want to spice it up a little, put a touch of cayenne in with the salt and pepper.
- Some chopped fresh basil is nice sprinkled on top



Photo: Mom looking very sharp in the late '60s!

Photo Courtesy of Margie Long

The night of the event, we went to the home which was a very huge old house and the kitchen area had a big island in the center. The father had purchased a lot of champagne and had put it all in the center island way too early. We warned him that it's not good for champagne to get warm but he wanted to have it all ready so that he could do a toast during dinner. Just before the matrimony service was to begin, he and his son came in and took off all of the foil and wire cages that hold the corks in. The wedding march song started, and suddenly behind us, we heard Pop, POP-Pop Pop! And we were getting bombarded with corks and some were hitting the ceiling and breaking through their dropped lighting ceiling tiles. We ducked out of the room as quick as we could to stop getting hit with corks and plastic tile pieces! What a mess! On hindsight, we should've asked for hazard pay for doing that wedding, LOL!

## #42 Coquilles Saint Jacques (Scallops & Mushrooms in White Wine Sauce)

While it is fresh in your mind, here is the other half of yesterday's story of the wedding nightmare. As I mentioned, we kept getting calls from the mothers. One of the reasons that the bride's mother was very upset was that the hippie bride had selected a cherry cheesecake for her wedding cake so her mother decided she was taking over the dinner menu. She selected one of my favorite scallop dishes, Coquille Saint Jacques (today's recipe – Scallops & Mushrooms in a White Wine Sauce). The tricky part of this was she wanted us to broil the cheese on top at the very last second before serving. Going back to yesterday's story, the back story of why we were concerned about the champagne getting warm was that with scallops, you need to cook them at the last minute or they get tough so the kitchen was getting warm from cooking the scallops and so was the champagne and it was a recipe for disaster, LOL! But no, the excitement didn't stop there! The mother specifically requested that literally as they said "I do" and started walking down the aisle, she wanted us to start broiling all of the individual bowls of Coquille Saint Jacques at the same time so that we would be taking it into the dining room just as the couple enters. The mother really wanted to get this event over with, LOL!

### Coquilles Saint Jacques

1 1/2 cups dry white wine  
1 teaspoon salt  
1/4 teaspoon ground pepper  
1 Bay leaf  
3 whole green onions minced  
1 1/2 pound scallops rinsed well  
1 pound mushrooms sliced in rounds  
5 tablespoons butter  
6 tablespoons flour  
2 cups light cream  
3 egg yolks  
1 teaspoon lemon juice  
2 tablespoons butter  
1/2 cup Swiss cheese grated  
1 clove garlic sliced in half

Bring to simmer the wine, salt, pepper, bay leaf, fresh onions, garlic, scallops and mushrooms. Simmer for five minutes covered. Remove and discard bay leaf and 2 garlic halves. Remove scallops and mushrooms. Pour wine base into a bowl. Melt butter in pan, stir in flour then blend in wine base. Beat egg yolks with cream and blend into the sauce. Add lemon juice and adjust seasonings with salt and pepper. Cook until slightly thickened. Slice scallops into rounds 1/4" thick or less. Add scallops and mushrooms too soft. Pour in buttered shells or ovenproof bowls. Dot with butter and grated cheese. Put under broiler before serving 8-9" from broiler until browned lightly.



Mom's redware catalog cover  
Photo Courtesy of Betsy Long

So the couple were saying their vows, her in her long skirt, bare feet and flowers in her hair, and my Mom is listening at the door and the second they said "I do", she comes running in and we start pressing the broiler buttons on every little toaster oven we had in that kitchen and the big oven. Well, like I mentioned, it was a really old big house, and Poof! Off goes the electricity, LOL! We blew the fuse. They had to find flashlights because it was nighttime and get the electricity back on and we ended up not broiling the cheese so it wouldn't blow up again. Everyone was glad when that night was over... Whew!

### #43 Candied Parsnips

These have always been a favorite in our family and with our friends, and this recipe is a special request from one of them :-) My siblings, Mary Anne, Margie and Charles, have also continued making them at Thanksgiving and Christmas.

Mom loved Christmas, and she also loved a good bargain. Christmas 1994, my friend Carolyn came with me so she could see a Christmas back East. On Christmas morning we were opening our stockings, and Santa had left each of us girls a pair of white ankle high socks and each had different sayings on them. I had not worn ankle socks in 1 million years and I had to wonder because I knew there had to be a story behind them, LOL! Carolyn beat me to the punch with the question. She pulled hers out and asked, what is dressage? My socks say I ❤️ dressage. And Mom says 'It's a form of horseback riding. Aren't these great socks! I got these really cheap at a rummage sale at Lankenau Hospital on the Main Line', LOL! Mom always loved a good sale, and we laughed because it was so off-the-wall! My guess is they were probably left over from the Devon Horse Show. Carolyn was just telling me the other day that she still wears hers and thinks of Mom.



Mom with some of her Christmas redware plates.

Photo Courtesy of Betsy Long

### Candied Parsnips

Bunch of Parsnips  
¼ cup melted butter  
½ cup brown sugar  
2 tsp. cinnamon

Buy a bunch of parsnips and cut the tops off. Wash very well and skin if you prefer.

Slice into small strips. If the center is woody, cut it out. Drizzle a little melted butter on them and move them around just to get coated.

Toss them in brown sugar and cinnamon.

Using a buttered cookie sheet, place strips on there, and drop some butter dabs over them or drizzle a little melted butter over the top.

Bake at 350 degrees until you can easily stick a fork in them, then broil them but watch to avoid burning. Some people like to get them just lightly browned, and some like them darker. But they do go quickly once they are under the broiler.



## What's Hot in Dot's Pot! Recipes from the Archives of Dotty Long

### #44 Wine Friendly Fresh Salad Dressings

With her background in chemistry, Mom loved to mix and match flavors. On a trip here to California, we went to a farmers market and she bought a bottle of organic fruit juice. She brought it home, poured a glass and said, it's good but it could use a little something. So she looked in my fridge and pulled out a bottle of fruit juice and added some of that but decided that it needed something a little different. Then she add Ed some sparkling water. That wasn't quite it. She went and got a lemon from our lemon tree, but that didn't hit the mark. I left the room as she was opening the refrigerator door again. When I came back after a bit, she was stirring an entire pitcher of liquid. I asked her what that was and she said, I grew out of the original cup! And after all that mixing of lots of different juices, she never did come up with a flavor she really happy with. And unfortunately I have inherited the same trait, and I have to say my hit or miss ratio is the same as hers, about 50%. The apple doesn't fall far from the tree, LOL! These recipes Mom created for presenting at the American Wine Society national conference in 1993.



Mom at the Monterey Bay KOA  
Photo Courtesy of Betsy Long

### Raspberry Vinegar & Walnut Oil Dressing

1/4 cup raspberry vinegar  
1/4 cup Cran-Raspberry juice  
1/4 cup walnut oil

Shake together just before pouring over greens.

Optional toppings: walnuts, poppyseeds, raspberry, lemon and/or orange zest, Mandarin oranges, thinly sliced fresh or candied ginger.

### Garlic, Oil & Cheese Dressing

1 clove garlic, minced well  
1 teaspoon sesame seeds  
1/2 cup olive oil  
Juice of 1 lemon  
1/2 teaspoon salt  
freshly ground pepper  
1/2 cup Parmesan cheese

In a small pan, add the minced garlic, sesame seeds and olive oil and lightly brown, removing from heat quickly so as not to burn. Add the lemon juice and salt. Toss with the salad and top with freshly ground pepper and the Parmesan cheese.



## What's Hot in Dot's Pot! Recipes from the Archives of Dotty Long

### #45 Sauces for Fish

For my first 4 years, we lived near Asbury Park, NJ. It was a magical place! There were large floating swans you could sit in, arcade machines where you moved a claw that picked up amazing prizes & colorful carousel horses with calliope music. You saw saltwater taffy being pulled & whirling cotton candy. I can hear the music & the waves, smell the sweet candy & the salty air of the ocean. It was so special!

#### **Brown Butter Almond Sauce (for all fish)**

- 1 1/2 cups of mayonnaise or sour cream
- 1/2 cup of melted brown butter
- 1 tablespoon lemon juice
- 1 tablespoon dry sherry or white wine
- 1/2 cup toasted slivered or chopped almonds

Add all of this together.

#### **Curry Sauce (for salmon or any mild flavored fish)**

- 4 tablespoons butter
- 1 tablespoon minced onion
- 2 1/2 tablespoons flour
- 3/4 cups fish stock
- 1 teaspoon curry powder
- 1/4 cup light cream

Melt butter, sauté onion and stir in the flour. Blend in the stock carefully, add curry powder and cream. Stir until thick. Season to your preference.

#### **Tomato Sauce (for mackerel swordfish or tuna)**

- 1 medium onion chopped well
- 1/4 cup butter
- 1/4 teaspoon rosemary
- 1 can (1 pound) of stewed tomatoes

Sauté onion in the butter, add spices and tomato, break up well with a spoon. Simmer 15 minutes. Add salt and pepper to taste.



Mom, Dad & me at Asbury Park in 1956.  
Photo Courtesy of Betsy Long

## #46 Chicken Tetrazzini

Mom used to make this after Thanksgiving - it was a great use of leftover turkey. It's a lovely comfort food of pasta in cream sauce with breadcrumbs & cheese. It was interesting to learn that this dish is believed to have originated in San Francisco at the Palace Hotel where the Italian opera singer Luisa Tetrazzini resided in the 1900's. It is said their chef named this after her.



## Chicken Tetrazzini

Cooked spaghetti noodles  
1 to 2 cups chicken, turkey or beef, cooked and shredded  
1 tablespoon flour  
1 tablespoon butter  
1 cup milk  
1/4 teaspoon salt  
1/4 teaspoon pepper  
1/4 teaspoon paprika  
1/4 teaspoon dry mustard  
1 clove garlic minced well  
1 teaspoon lemon juice  
1/2 cup chopped mushrooms  
2 tablespoons butter 1/2 cup Parmesan or Romano cheese  
3/4 cup buttered breadcrumbs

One of my favorites; Mom smiling with a large redware bowl.  
Photo Courtesy of Margie Long

Make white sauce by melting the butter, slowly mixing in the flour and then blending in the milk, a little at a time. Stir bottom well until it thickens. Add salt, pepper, paprika, mustard, garlic and lemon juice. Sauté mushrooms in butter, add with meat to sauce. Mix in the cooked spaghetti noodles. Fill individual casseroles or one large one with spaghetti/sauce mixture. Sprinkle cheese on top with breadcrumbs. Bake at 425° for 15 minutes or until crumbs are browned.

### #47 Baked Bananas

Years ago, I won a trip to Walt Disney World for 4, so I went with Mom & Patti & Carolyn. We had a really good time and got to go to the different parks. Mom wanted to capture it all, so she was constantly bringing along her video camera. So the first day there, we were taking a ferry over to another area from our hotel. She was so excited and kept following all of us with her camera. It was very cute! Later that day, she decided to play it back so we could all see what she had taped. We saw the ferry and us traveling across the lake, we landed and got off the boat, and then, for the next 20 minutes, we were seeing feet, lots and lots of feet. She had left the camera on and it was swinging back-and-forth at her side, capturing all the tourists from the ankles down, LOL! We have an infamous family tape of her camera being left on the coffee table that filmed a family Monopoly game!



Mom with her video camera  
Photo Courtesy of Betsy Long

### Baked Bananas

5 bananas

Juice of one lemon

2-3 tablespoons brown sugar

Peel the bananas and place in a lightly buttered roasting pan. Squeeze the juice of a lemon over the bananas and sprinkle them with brown sugar. Bake in 350° oven for 10 minutes ONLY. Longer baking makes them less pleasant tasting unless served with marmalade sauce. Tastes good also served with ice cream or whipped cream.

## What's Hot in Dot's Pot! Recipes from the Archives of Dotty Long

### #48 Shrimp Toast

After our short time in the San Francisco Bay Area, we loved Chinese dim sum like shrimp toast and sourdough bread. When we returned to Pennsylvania and started our catering business, Mom put sourdough rolls on our menu. We had a very large summertime event and they had ordered the rolls. The day before the event, we made the dough but needed to keep it chilled so it would not continue to rise. Mom bought a ton of Styrofoam coolers and a lot of ice and we divided up the dough into bowls set into the coolers in our closed garage. We left to do an event and got stuck there longer than expected. When we got back that night, we opened the garage door to put some leftovers in the garage fridge, and lo and behold, it looked like a sci-fi movie! Every cooler had popped its top and there was dough oozing out everywhere! It had gotten too warm in the garage and had continued to rise. We had to take knives and cut around the top of each cooler to cut off the extra dough and get the rest back under control. What a mess, LOL!

### Shrimp Toast

Makes 24

#### “Filling”

- 1 pound raw shrimp, shelled, deveined and chopped
- 2 stalks pf green onion minced well
- 1 teaspoon salt
- 1 egg well beaten
- 1/4 teaspoon pepper
- 1 teaspoon flour

#### “Exterior”

- 6 slices bread
- 2-3 egg whites
- Oil for frying

Take the bread slices, trimming off the crusts and quarter diagonally into triangles. Mix all of the rest of the filling ingredients well and spread it on the toast (not too thick and cover top of toast). Brush the top and bottom lightly with the egg white. Carefully place each piece shrimp side down onto a spoon and gently slide it into the oil. Fry until brown and flip to brown the bread side. Drain well on paper towels.

Option: you can add well minced water chestnuts to the filling.



Mom on a cable car tour of San Francisco.  
Photo Courtesy of Betsy Long

## What's Hot in Dot's Pot! Recipes from the Archives of Dotty Long

### #49 Baked Beans

Today's family vignette is about this photo of Mom with her sister, Margie. Their father was an inventor and he had helped invent an unbreakable glass that had a bubble rim near the glass lip. They were very popular milk and juice glasses in the 50s and 60s. Another company was suing his company, claiming that they had invented that concept. Granddaddy was particularly involved in the case because he was an expert in the field.

They went on a family trip out West, and stopped in an old ghost town, now tourist site - Virginia City, NV. He saw this vintage box for an unbreakable lamp chimney and realized that here was his answer. The same process that had been used in the past for the lantern chimneys was the same process that was being used for the drinking glasses! He took a photo as photographic proof of Aunt Margie holding the box and an old picture featuring the chimney and Mom is holding the glass chimney. The photo was used in the trial and that resulted in the court deciding in favor for Granddaddy's case!



Mom and her sister, our Aunt Margie, holding up the evidence that was used in court.

Photo Courtesy of Betsy Long

### Baked Beans

2 cups navy, great northern or small white beans  
1/2 cup dark molasses  
1/2 cup ketchup  
1/2 pound salt pork or bacon, ½ cooked (limp) and diced, or 2 tbsp bacon fat  
1 teaspoon vinegar  
4-5 cups water  
1/2 teaspoon dry mustard  
1 small onion sliced thin  
2 teaspoons salt

Wash and sort through beans to make sure there are no little stones. Cover with 2 cups of water and boil for one minute on stove. Place in bean crock or casserole dish with everything but salt. Add water to cover beans. Bake at 300° for 6 to 8 hours until tender. While baking, add water as needed to maintain level at top of beans and stir often. Add salt when done.



## **#50 Chocolate Fondue**

One April Fools' Day when I was in my early teens, I came down for breakfast and was keeping an eye out in case Mom was going to do any tricks to us, like when she made the cinnamon snickerdoodle cookies out of Plaster of Paris.

I sat down to eat and she brought me some eggs on a plate. I tasted them and mentioned that they needed salt, and she said 'oh I forgot', and brought over the salt shaker. I sprinkled some on. Then she brought over a bowl of cereal and I sprinkled some sugar and poured milk on it. I took a bite of my eggs, and they tasted really weird! So I ate a spoonful of cereal and yuck! It tasted really salty. Then I looked at my eggs again and realized they tasted weird because they were sweet. Mom started laughing and yelled out "April Fools!" and said she had switched the salt and sugar. She was such a trickster, LOL!



Mom with our sister Mary Anne holding their tiny son Malcolm in 2007.

Photo Courtesy of Betsy Long

## **Chocolate Fondue**

12 ounces of chocolate morsels (your choice of milk or dark)  
1 teaspoon vanilla  
1/2 cup light cream  
2 tablespoons dark rum/Kirsch/Frangelico/Grand Marnier/Cream de Menthe, etc., optional

Dipping Items of your choice: chunks of banana, pineapple, poundcake, angel food cake, strawberries, mandarin oranges, etc.

Disposable bamboo skewers or long toothpicks, each for single use

Mix all of the ingredients together in a ceramic pot (that can be used for fondue) over hot water. Place on a stand over a low sterno flame (you do not want to burn the bottom). Use disposable bamboo skewers or toothpicks so that people will only use them one time. Place a bowl or a plate next to the fondue pot and dispose a toothpick or skewer into it to show others where it goes when they are done.

### #51 Egg Frittata

This is another great dish for using up refrigerator items. Tonight on the news I saw that some casinos in Southern California had opened and I thought about Mom. In the early 80s, we went up to Reno, NV. We were playing slot machines at the hotel we were in, and Mom was not too interested in them, but she really wanted a free ginger ale and bourbon. She asked a waitress who told her that she needed to be playing at a slot machine. So she looked around and found a nickel slot that had Dalmatians dressed as firemen that she thought looked very cute. She played the minimum bet and was super happy when she got her drink. After a while I realized it was about 1 a.m. and decided to go to bed. I went to pick up mom and she said she had just ordered another drink but would be up soon. I went off to bed, but when I woke up in the morning, I realized Mom was not there! I threw on clothes and went to the last place I had seen her. And there she was, with 5 empty drink glasses and buckets of nickels around her machine. When she saw me, she said 'I am so glad you are here, I couldn't carry all of this to turn part of it in!' She had a blast, just sitting there, drinking her bourbon and ginger ale's all night, listening to music and not worrying about anybody or anything. It was so great to see her not being a Mom but just being Dotty, enjoying herself and being so relaxed. :-)

### Egg Frittata

1/4 cup diced onions  
1/2 cup chopped tomatoes  
1/2 cup carrots or yellow squash  
1/2 ham or bacon or sausage, cut up, optional  
1/2 cup green beans, cut into small lengths  
2 tablespoons butter, melted  
2 eggs beaten  
salt and pepper

Mixed vegetables together in Pyrex plate. Pour butter over vegetables and then pour eggs over everything. Salt and pepper. Bake 350° for 30 minutes or until eggs set.

#### Options:

If you're interested in making it a little more Italian, you can add a little oregano to your seasonings and dice up some fresh basil into it.

If you're interested in making it a little more Mexican, you can add salsa to the eggs and/or dice up some jalapeños into it.

You can substitute the vegetables for anything else that you like: zucchini, mushrooms, spinach, potatoes, etc.

Is very nice for breakfast or brunch and pairs nicely with the cheese strata or quicky monkey bread

Can be slid into a rice ring for dinner.

If you like, you can include cheese in it or on it.



Mom & I at a park in San Jose, CA in 2008.

Photo Courtesy of Betsy Long

## What's Hot in Dot's Pot! Recipes from the Archives of Dotty Long

### #52 Chicken in Peanut Sauce

Couldn't believe I found this photo today that's from the trip I talked about yesterday! Dad took this of Patti, Mom and me in downtown Reno, NV. Speaking of Patti, one of her funniest moments was in the late '80s. She was coming over to enjoy Thanksgiving dinner after she got off work. We were holding dinner for her and she finally showed up 45 minutes late with a big smile on her face. We asked her what happened, and she held up a carton of ice cream and said, 'I was in charge of getting the vanilla ice cream but couldn't get it till after I got off work. I had to go to 4 different places and when I got to the last one, there was only one carton of vanilla ice cream left and I fought another lady for it and won!'. We put it in the freezer and sat down to dinner. Afterwards, I got out the pie and ice cream. I pulled the lid off the ice cream and Patti's hard fought for vanilla ice cream turned out to be black walnut ice cream, LOL! Priceless Patti moment!



Mom, Patti, and me in Reno NV in the winter of 2007; Dad took the picture.

Photo Courtesy of Betsy Long

### Chicken in Peanut Sauce

(Note: The sauce is good on many different items)

8 ounces of peanut butter, creamy or chunky, your choice

2 cups chicken broth

One cooked chicken, cut up or chicken meat pulled from the bone (or other item like tofu, seafood, etc.)

Put peanut butter and broth into a sauce pan and bring slowly to a boil, stirring occasionally. Pour over chicken or serve as separate sauce.

Options:

- You can trade off some of the chicken broth for coconut milk.
- You can add a little curry powder when it is in the sauce pan if you want to add a little touch of spice.
- If you want to add a little texture, you can add peanut halves to the mixture before boiling or serve them as a condiment to put on top.
- A little chopped Thai basil is also good in this.
- Toasted or regular coconut can be sprinkled on top.

## What's Hot in Dot's Pot! Recipes from the Archives of Dotty Long

### #53 Mashed Potatoes in Orange Cups

I love making these because people enjoy seeing them on their plate! Great for the holidays and also goes well with pork meals. FYI, I updated the Dot's Pot recipe pdf with this weeks recipes on our website.

Today's story takes place in the house in Rhode Island which was in somewhat of a wilderness area down by the water of Newport Bay. Mom always got the holiday turkey from a farm nearby where you pick yours out 2 weeks before and come back and pick it up just before the holiday. Mom brought it home and realized that she was out of space in her fridge, but it was very cold outside so she decided she would put it on the front porch overnight since she'd be cooking it first thing in the morning. The morning comes and she goes outside to get the turkey and instead, it's a pile of bones! A coyote had gotten to it during the night and had his holiday feast courtesy of Mom, LOL!



Mom, Carolyn and me cooking Christmas dinner in Mom's kitchen in our home on Wills Lane, Wayne, PA in '94.

Photo Courtesy of Betsy Long

### Mashed Sweet Potatoes in Orange Cups

3 large oranges  
1 can (or 3-4 baked) sweet potatoes or yams  
1/2 teaspoon cinnamon or pumpkin pie spice  
1/4 cup brown sugar  
1/4 teaspoon salt  
1 tablespoon butter

Cut oranges carefully either straight across in half or got s fancier look, cut zigzag to make the edges sawtooth (like this: [www](#)). Remove all interior fruit; throw away all of the membrane and put the orange pieces and juice in a bowl. If using canned sweet potatoes or yams, drain and put all of the pieces in with the orange pieces. If using baked sweet potatoes or yams, remove the peel and cut up the insides into the orange pieces. Add all of the ingredients except the butter and mix well. Fill the orange shells evenly and dot the top with butter. Bake at 350° for about 30 minutes. Note: if any of the orange shells will not sit flat, slice just a little off the bottom of the shell to get it to sit nicely but be sure not to cut through.

Options:

- you can put miniature marshmallows or little dots of marshmallow fluff on top for the last 10 minutes of baking or after baking and broil them to brown the marshmallow.
- To add some zing, zest some peeled ginger root and mix in before putting mixture into the orange cups.



## What's Hot in Dot's Pot! Recipes from the Archives of Dotty Long

### #54 Flan

This Mexican custard is so delicious! Mom had come out to visit and we felt like going to the movies. A friend had recommended a current Comedy film at the time, 'Weekend at Bernie's'. The premise was that 2 guys end up lugging around their dead boss, Bernie, all weekend, trying to make him seem alive all the time. We went to go see it in an old theater in Palo Alto that had those crushed velvet old horsehair filled seats. We were all watching the movie and laughing, and then it got to the part where they took Bernie out in a boat. The waves were choppy and Bernie kept almost falling out, so they tied his arms to the convertible awning top that was lowered. Then they hit a big bump and someone accidentally hit the button that made the top go up and Bernie was hanging loose from it. Mom starts laughing so hard that she spit out her drink and then suddenly said 'Uh oh!'. I asked her what was wrong and she said 'I laughed so hard I peed myself!' We all grabbed our greasy buttery napkins and she stuffed them under her as quick as she could. I had to give her my sweater so she could wrap it around and cover the wet spot when we left the theater. For those who have been reading this regularly, you know that this was not the first or last time that this happened, but at least it was because she was having such a good time, LOL!

### Flan

1 cup sugar

1 quart scalded milk

3/4 cup sugar

2 teaspoons vanilla

6 eggs, well beaten

1/4 teaspoon salt

Heat oven to 350°. Put the 1 cup of sugar in a baking pan and melt it (over a burner or in the oven), stirring until caramelized. Tilt pan to cover sides and bottom. Can be poured into individual custard cups if desired and coat bottom and sides.

Add sugar and salt to milk, stirring. Add a little of the hot milk into the eggs, stirring constantly so the eggs do not cook. Then pour the eggs into the rest of the milk mixture, stirring well. Stir in the vanilla and pour into the sugared baking dish or custard cups. Set in a pan of hot water in the oven and bake at 350° for about one hour or until silver knife comes out clean. Turn upside down onto serving plate(s) while warm.



Photo: Mom at the Ethel M's cactus garden in Las Vegas, NV.

Photo Courtesy of Betsy Long



## What's Hot in Dot's Pot! Recipes from the Archives of Dotty Long

### #55 Egg Drop Soup

One of my favorite catering memories was when we were doing a very large event and they had selected a Chinese menu. The appetizer was roast duck on steamed buns with hoisin sauce and very neat strips of green onion and crispy duck skin. It is delicious! But in order to do this, we needed to roast 15 ducks. And that wasn't the hard part. The trick was we needed to make millions of little strips that were neatly cut out of crispy duck skin.

We roasted the ducks and Mom had them hanging in the garage so that the skin would stay crispy. We talked about the process of how to remove the skin carefully so it would not get torn, but we just couldn't come up with a solution. Mom went into the garage to sit and look at the hanging ducks and think.

After a while, I heard an odd repetitive sound coming from the garage, so I go out and there was Mom; she had put a TV tray in front of her with a duck laying on a cutting board while she was pumping a bicycle tire pump she was holding to attach it to the duck! I asked her what the heck she was doing and she said she realized that this would be the easiest way to get the skin to separate from the meat and then she could just make one incision and peel the rest off whole. And it worked! She was a crazy genius, LOL!

### Egg Drop Soup

2 cups chicken stock  
1 teaspoon cornstarch  
1/2 teaspoon soy sauce  
3 tablespoons cold chicken broth or water  
1/2 teaspoon salt  
Dash of pepper (Black or white)  
2 eggs  
2 scallions/green onions diced  
1/2 cup water chestnuts sliced (optional)

Bring chicken stock to simmer. Mix cornstarch with soy sauce and cold stock or water, stirring out any lumps. Add to bubbling broth, stirring well to thicken. Slowly pour lightly beaten egg while stirring slowly in a circular motion into broth, then turn off heat. Add salt and pepper to taste. Add scallions and optional water chestnuts.

#### Options:

Buy wonton wrappers or eggroll wrappers (quarter these wrappers) and slice into strips. Fry in oil and dry on paper towels to serve on the side to sprinkle on top of the soup.

Can serve chili oil or sriracha on the side for guests to spice up their soup.



Mom at Niagara Falls in 1955.  
Photo Courtesy of Betsy Long

### #56 Cheese Straws

When Mom's parents were leaving on their honeymoon on the train, at the last minute our grandfather's father (who was a trickster), came on board the train just before it left and he handed our grandmother a rolling pin! This meant for the whole trip, Grandmother had to keep explaining how she had gotten the rolling pin because it didn't fit into anything so she had to keep carrying it, LOL! Today's photo is Mom & Dad with Mom's sister, our Aunt Margie, and their father who, like his father, carried on the tradition and gave Mom, the bride-to-be, a rolling pin! Now you know where the trickster side of all of us comes from, LOL! Inherited honestly :-)



Mom, Dad, Aunt Margie, and Granddaddy Morgan (the sisters' father) just before the wedding.

Photo Courtesy of Betsy Long

### Cheese Straws

One prepared pie crust dough (from scratch or from a mix or stick)  
1/2 cup shredded sharp cheddar cheese  
1/8 teaspoon dry mustard  
1/2 teaspoon paprika  
Dash of cayenne pepper, optional

Knead together to form into a ball. Roll out to an 8" x 12" rectangle on a lightly floured surface. With a knife or pastry wheel, cut into 1/2" x 4" strips. Bake on ungreased sheet, preferably using parchment paper, at 425° for 10 to 12 minutes until golden brown. If you like, you can twist the strips or you can use small cookie cutters to cut out festive shapes.

## What's Hot in Dot's Pot! Recipes from the Archives of Dotty Long

### #57 Crepes

This recipe pairs well with many of Mom's recipes, noted at the bottom. I recalled today about Mom trying to teach me how to drive. I was a terrible student! After I turned 16 while we were in California, she tried to teach me in our automatic station wagon. We were just driving in our apartment complex when I saw my ex-boyfriend driving his yellow Camaro with black stripes coming towards us and I didn't want him to see me, so I ducked behind the wheel to hide. Mom screamed, grabbed the steering wheel and shoved her foot on top of my foot to put on the brake! After graduation, I got a manual shift mint green Cricket because I loved the color. :- ) Mom tried to teach me how to drive it and, unfortunately, I scared her again! I really could not grasp the whole shifting sequence, and suddenly, I realize that I was driving up the small hill of the neighbors yard and onto their back lawn! Mom was done at that point, LOL!



Mom catering an event!  
Photo Courtesy of Betsy Long

### Crepes

Makes about 16 to 26 inch crepes

1 cup cold water  
1 cup cold milk  
4 eggs  
1/2 teaspoon salt  
2 cups sifted all-purpose or unbleached flour  
4 tablespoons melted butter  
Optional flavorings: 1 tablespoon brandy or 1 tablespoon fresh or dried herbs, or lemon rind

Put liquid ingredients into a bowl, add the flour in and mix well. Add the melted butter. Let stand in refrigerator for 2 hours. Crepes may have bubbles if made sooner.

Heat a 5" to 6" pan and brush it with just a little melted butter. Spoon several tablespoons of batter into the pan and roll the pan around to fully coat the bottom. Pour off any excess. Put it back on the heat for about 30 seconds until the crêpe shakes loose, then flip it over. Heat for a few seconds and remove. Stack as you cook them.

When filling the crepes, put the side with browned areas on the outside.

Crepes can be wrapped in saran and put into aluminum foil for freezing.

#### Fillings:

Curried Chicken (off the bone) #4  
Goldenrod Eggs #6  
Tarragon Chicken (off the bone) #12  
Lobster Newberg #37  
Coquilles Saint Jacques #42  
Baked Bananas #47  
Chicken in Peanut Sauce #52

## What's Hot in Dot's Pot! Recipes from the Archives of Dotty Long

### #58 Planter's Punch

I have added some fun games that I put together onto our website and will be adding more soon. Hope you enjoy them! 2 of the games are based on Match Game, which made me think of when I put one together to be played at an employee event. I think Joey Alvarez may have been there. One of the statements was "Sally was so afraid of the dark that she wouldn't even \_\_\_(blank)\_\_\_ with the lights off." I had three employees as the "celebrity panel" and had divided the rest of the group into teams. The teams guessed things like "sleep" and "get undressed". It came time for the celebrity panel, and the first two people said sleep. The last person was a very quiet and shy woman, and I think all of us had guessed she would say "sleep" as well. So when instead she said "Fart", the whole room lost it. Everyone was shocked and laughing so hard, LOL! I always love those wildcard moments :-)

### Planter's Punch

1 part orange juice  
1 part pineapple juice  
1 part lemon and/or lime juice  
1 part rum, plain or spiced

Blend, add sugar or grenadine if necessary. Decorate with mint sprigs and/or orange or lemon slices floating in bowl. Served over ice; can make an ice ring to put in punch.



Mom, me & Patti throwing a snowball on the way to Lake Tahoe in '07.

Photo Courtesy of Betsy Long

## What's Hot in Dot's Pot! Recipes from the Archives of Dotty Long

### #59 Pralines

These yummy caramel pecan candies make me think of New Orleans and Mardi Gras. Mom came to help me with an employee programs conference where we were having a Mardi Gras theme dinner. Mom and I decided it would be really cute to make centerpieces using a half a Styrofoam ball with feathers and masks sticking out all over and beads draped on the tables. I was busy making sure that things were going well with educational sessions so Mom said she would take care of the centerpieces.

When I came into the dinner, the centerpieces were on the table and they looked great! Someone at our table said how lovely the centerpieces were! Mom said that she had made them and that she had realized that the best place to make them was in the bathtub so that's what she did and they all turned out great. I was shocked! I was picturing Mom, naked in the bathtub, making centerpieces, and then I just couldn't help but crack up!

I just couldn't get this vision out of my head. I was kind of surprised she said this at the table but you never know what's going to come out of Mom's mouth :-). So after the dinner, we went up to the room for a minute and I went to go to the bathroom, and here in the tub were pieces of feathers which reminded me of her statement. So I asked her how she was able to make the centerpieces without the feathers getting wet and she said, silly, I wasn't in the tub to bathe, I was in the tub with my clothes on but that way the feathers were contained and didn't get all over the room. She was a genius and I was very imaginative, LOL!

### Pralines

1 1/2 cups sugar  
1 1/2 cups hot milk  
1/4 teaspoon salt  
1 1/2 cups brown sugar, packed  
1 teaspoon vanilla  
8 tablespoons butter  
1 1/2 cups broken pecans or walnuts

Caramelize sugar in heavy sauce pan by warming it till it melts and starts to turn color, stirring constantly - do not let it burn. Stir in hot milk, salt brown sugar, vanilla and butter. Cook until softball can be formed, about 235°. Let cool, beat until creamy, stir in nuts well and drop spoonfuls on lightly greased cookie sheet. They should become rather flat.

Options: can add orange zest or a little rum when adding nuts.



Mom in her college Chemistry Lab at what is now Carnegie-Mellon University.

Photo Courtesy of Betsy Long



## What's Hot in Dot's Pot! Recipes from the Archives of Dotty Long

### #60 Sauces for Meat

These are two of my favorite recipes for sauces that go with beef, chicken and other meats. I picked today's photo because the story comes from my sister Margie.

One time when Mom was planning a colonial dinner event for the gourmet society, Margie came home and opened the refrigerator and, in her words, 'There was a whole damn turtle, upside down in a bag, shell and all!'

From her recipes, it appears Mom was making turtle soup. I can imagine Margie's shock, LOL!

### Horseradish Sauce

Makes 1 cup

3 tbsp. horseradish, well-drained  
1/2 teaspoon salt  
1/2 cup whipping cream, whipped

Fold the well-drained horse radish and salt into the whipped whipping cream. Keep chilled.

### Dried Fruit Chutney

Makes 6 pints

2 cups dried apples  
2 cups dried apricots or mangoes  
4 cups (1 quart) apple cider vinegar  
3 cups brown sugar  
1 peeled and seeded lemon  
1 coarsely chopped onion  
2 garlic cloves, minced  
2 tbsp. Worcestershire sauce  
1/2 cup fresh ginger, minced  
2 small chili peppers, chopped finely (optional)  
1 tsp. ground cloves  
1 tsp. cinnamon  
1/2 tsp. ground nutmeg  
1 cup raisins  
salt to taste

Soak dried fruit in vinegar in enamel or stainless kettle until softened. Remove the fruit and dice it up. Add the brown sugar into the vinegar and stir until dissolved. Add all of the remaining ingredients except the raisins and dried fruit into the pot with the vinegar. Bring to a boil. Add the chopped dried fruit and raisins. Simmer and stir occasionally until thickened. Add salt to taste. Pour into sterilize jars and seal to keep or refrigerate.



Mom and Margie at the Heard Museum in Phoenix, AZ in '07.

Photo Courtesy of Betsy Long

## #61 Egg Foo Yung

A while back, Patti and I were driving cross country from Rhode Island down to Texas, then up to California, bringing some of Dad's items to the West Coast. En route, we stopped at Aunt Margie (Mom's sister) and Uncle Joe's home in Virginia and went out for Chinese food. At the end of a very delightful dinner, we each had our fortune cookie. I opened mine, and I got the most unusual fortune I have ever had! It said, "Ignore your last fortune." We all laughed so much! I kept that fortune for a very long time in my wallet and still have it somewhere. I couldn't remember my last fortune, so I guess I was already ignoring it, LOL! ;-)



Mom at Hakone Garden here in San Jose in the Springtime.

Photo Courtesy of Betsy Long

## Egg Foo Yung

Batter:

5 eggs  
1 cup raw shrimp, chopped, optional  
1 cup thinly sliced onions  
1/2 cup sliced mushrooms  
1/4 cup sliced water chestnuts  
1 cup bean sprouts  
2 teaspoons soy sauce  
1 teaspoon salt  
1/8 teaspoon Tabasco, optional  
4 tablespoons oil

Sauce:

2 tablespoons cornstarch  
1/4 teaspoon sugar  
2 tablespoons soy sauce  
1 cup chicken broth

Beat eggs and add all the batter ingredients except the oil. Heat walk or frying pan with 1 tablespoon of the oil, replenishing the oil as needed. Drop teaspoons full of mixture into oil to make 4 inch wide fritters. Brown on one side, turn, brown other side. Place each on a warm platter in the oven and cover, and use all of the batter.

To make the sauce, mix all sauce ingredients well in a sauce pan, cook and stir until thick. Serve with the fritters; put a little on top of each fritter.

## What's Hot in Dot's Pot! Recipes from the Archives of Dotty Long

### #62 Cream Puffs

These are delicious with custard filling or go savory and fill with chicken salad which is also yummy with a little curry, chopped raisins and chopped almonds or water chestnuts. In my junior year in high school, we had Home Ec homework to make a gingerbread house at home. We lived in a small valley and the roads iced up often. We couldn't get out over the weekend and while joining the gingerbread house pieces together with icing, we ran out of confectioners' sugar and it was due Monday morning. Mom dug in the back of the pantry closet, and the only thing she could find was a powder mix of fluffy meringue frosting that was like 100 years old. We made it with the smallest amount of water as possible, but the joints kept sagging. Then I saw a lightbulb go off above Mom's head! She ran out of the kitchen and upstairs to her bathroom, and came back wielding a blow dryer. She put that sucker on high and dried out the frosting as much as possible! It worked long enough to get it to school the next day but didn't make it back home. Again, Mom the crazy genius, LOL!

**Cream Puffs.** Makes 12 large shells or 24 small shells

Shells:

- 1 cup water
- 1/2 cup butter
- 4 eggs
- 1/4 teaspoon salt
- 1 cup flour

Put water, butter and salt in a saucepan and heat to boiling. Add the flour all at once and stir vigorously until the mixture no longer sticks to the pan. Remove from the stove and cool slightly. Add the eggs, one at a time, beating vigorously each time. Drop heaping tablespoon (or teaspoon for small) on well buttered cookie sheet or put through a pastry tube. Leave 2" between puffs to permit spreading. Bake 20 minutes at 450°, then 20 minutes at 325°. Place them on cooling racks to cool off.

Custard filling

- 3 cups milk, scalded
- 3/4 cup sugar
- 9 tablespoons flour
- 3/4 teaspoon salt
- 6 yolks or 3 eggs
- 1/2 teaspoon vanilla (or other extract such as lemon, orange or almond if preferred)

In a double boiler, scald milk. Mix sugar, flour and salt in a bowl. Stir in the scalded milk and return to top of double boiler; stir until thickened. Stir a little of the mix into the beaten egg yolks. Stir into milk mixture into top of double boiler. Cook one minute, remove from stove and add vanilla (or other extract). Chill. You can fill the cream puffs by either putting the custard in a pastry tube, making a small hole in the side and squeeze custard inside through the hole, or slice in half and fill like that. Can sprinkle with confectioners' sugar.



Mom and me (sporting my 1980's perm) at her Phoenixville pottery shop.

Photo Courtesy of Betsy Long

### #63 Smoked Oyster Roll

I set up a company picnic at a local park. I meant to check the area out early on the day before to make sure everything looked OK. But my day got really crazy and I didn't make it there until 4:30. I was walking towards the area and I thought the tabletops looked like they were moving. I got closer and realized they were covered in baby caterpillars! You could hear little 'thuds' as they fell out of the oak trees. I called the city and they said there was nothing they could do because it was less than 24 hours to the event so they couldn't spray. The best they could offer would be to use a leaf blower just before we would arrive to get them off the tables. The next day, I was grateful to see there weren't any on the tables. But after a while, I saw some people wriggling and standing up and realized caterpillars had fallen down into their clothes! Luckily we were able to move some of the tables a little bit to make it better. But because that took a while, we ran out of time and didn't get to play the watermelon seed spitting contest. I added the watermelons to the closing raffle prizes, and decided to read aloud what it said on their labels to make them a little more interesting. I had to laugh as I started to read it out loud - "Seedless Watermelon"! We never could have had the seed spitting contest since there were no seeds, LOL!



Cowgirl Mom at Wall Drug in Wall, SD in 1953.

Photo Courtesy of Betsy Long

### Smoked Oyster Roll

- 1 cup finely chopped pecans or walnuts
- 1 package cream cheese
- 2 tablespoons mayonnaise
- 5 drops of Tabasco
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon garlic salt
- 1 teaspoon horseradish
- 1 can smoked oysters or clams, drained in sieve under hot water

Make a 10" x 12" rectangle of chopped nuts on aluminum foil sheets slightly larger than that. Blend cream cheese with flavorings. Drop by spoonfuls onto nuts. Spread to cover nuts. Chop oysters or clams and spread over cream cheese. Bring the long sides of the foil together. Fold over to make a roll. Fold in ends and chill. Remove foil before serving and serve with crackers.



## What's Hot in Dot's Pot! Recipes from the Archives of Dotty Long

### #64 Hot Mulled Cider

Not only is this beverage delicious, but the aroma is so lovely to have in the air for the holidays and parties! Mom decided to host her gourmet society and cook a Native American meal. She wanted to make everything as authentic as possible and decided she wanted to make sassafras tea for after dinner. She asked my sister Margie to go into the woods and dig up sassafras roots. She wanted a lot so Margie had to do a lot of digging. She hauled back a big pile of roots and Mom was very happy with it. Margie was already really tired from all the bending and digging, but then slowly she started feeling itchy. She was covered in poison ivy all over! Mom may have gotten her sassafras, but Margie got the gift that keeps on giving, LOL!



Mom at her booth at the Amish Lancaster Farmers Market in Wayne, PA (in the old Penn Fruit), and the program cover she designed for the Native American dinner.

Photo Courtesy of Betsy Long

### Hot Mulled Cider

1 gallon apple cider  
2 oranges, sliced thin  
Dash of allspice  
2 cinnamon sticks  
10 cloves

Bring all to a boil and let it steep for 15 minutes. Serve warm. You can leave the objects in it if you like but they are not to be served to people.



## What's Hot in Dot's Pot! Recipes from the Archives of Dotty Long

### #65 Meringue Cookies & Shells

These are so tasty & beautiful! - Friends were over to play Outburst, where teams guess items for topics. I pulled out a topic card for the other team and read the topic out loud, 'Constellations'. I asked them if they wanted a new topic since it might be difficult. But the captain of that team said 'No, no, we will definitely play - I've got this!' Our team was very surprised. We said "Go!", and the captain called out, 'Dishwashers, TVs, washing machines, ...', and we all said 'Stop!'

She asked 'What's wrong?' and I said 'We don't understand your answers. Why were you saying those appliances?'

She looked at me like I was nuts for not understanding and said, 'The topic is Consolations! You know - consolation prizes, like you get on game shows!'

I explained that the topic was actually Constellations, star patterns, and we all laughed so hard, LOL!



From the right, Mary Anne (my sister), Mom, Margie (my sister), me, Rita & Morris at the Renaissance Faire in 1979.

Photo Courtesy of Betsy Long

### Meringue Cookies & Shells

2 egg whites

A few grains of salt

1/4 teaspoon vanilla (or other flavors such as lemon or almond extract)

2/3 cup confectioners' sugar

1/2 cup granulated sugar

Beat egg whites with salt until stiff but not dry. Beat in 2/3 of each of the sugars gently, fold in balance of sugars, and add vanilla what other flavor extracts. You can fold in miniature chocolate chips and/or finely chopped pecans, lemon or orange zest, or for the holidays, tiny pieces of broken candy canes or mint chocolate chips (you can even add some food coloring) if you like. Place a piece of brown paper (can cut from a grocery bag) on your cookie sheet. Place mounds spread evenly for cookies or spread a circle of meringue to make shells, then build up an outer wall for the shell on the brown paper. Bake at 275° for 45 minutes until dry. If they stick to the paper, moisten the back of the paper. Shells can be filled with a custard or pudding and/or sliced fruit or berries but do it just before serving. Store meringues in a well-sealed container.

Note: I used to make these when I was 13 to make extra money and they were used for High Teas at homes on the Main Line. Very popular!

## What's Hot in Dot's Pot! Recipes from the Archives of Dotty Long

### #66 Beef Teriyaki

It was summertime, Mom was cutting up a lot of pineapple for a luau, and Dad got a "brilliant" idea! He decided to experiment and put the pineapple center cores in 10 empty mayonnaise jars so they could ferment in hopes of creating pineapple wine. He sealed them up and put them in the garage. He kept opening and checking them so the jar exteriors got sticky with pineapple juice which attracted millions of fruit flies in the summer heat. The cores were also starting to look a little worse for wear, and Mom finally had it at the 2 1/2 month mark and tossed the whole experiment, thank goodness!

THE SUBURBAN AND WAYNE TIMES  
Page Six Thursday, June 6, 1974



CHINESE CUISINE was the fare for T-E Junior High foods classes last week as Betsy Long, center, prepared the food and gave lessons in using the chopstick implements. Here she tried to demonstrate to Sally Marshall and Jane Marston.

Me teaching cooking at TE Junior High Home Ec class for my Conestoga senior high career project reported in the Suburban and Wayne Times in 1974.

Photo Courtesy of Betsy Long

### Beef Teriyaki

Serves 6 as a main course or makes 24 appetizers

- 1 pound brisket or chuck roast, sliced very thin (can be done with chicken or pork as well)
- 1 tablespoon sherry
- 1 teaspoon sugar
- 4 thin slices ginger root or 1 teaspoon dried ground ginger
- 2 teaspoons soy sauce
- 1 tablespoon Sherry or white wine, optional

Parfreeze steak for about 30 minutes to stiffen meat. Slice meat against the grain very thin, less than 1/8 inch if possible. Strips should be 3/4 to 1 inch wide by 4 to 6 inches long. Marinate overnight in rest of ingredients. Thread on bamboo skewers. Can have guests cook them over a hibachi. Note: to prevent the skewers from burning, you can soak them in water in advance.

## What's Hot in Dot's Pot! Recipes from the Archives of Dotty Long

### #67 Fresh Fruit Salad Boat

My favorite part of making a fresh fruit salad is taking the leftovers and blending it with ice and vodka, LOL! Yummm! Every year, Mom would buy several flats of strawberries and make a lot of strawberry jam. One year, after she made her jam, we were so excited as we made some toast and spread it on there, dying of anticipation of that wonderful flavor! And instead, we got a new taste thrill – Mom had run out of lemon after the first batch she made that day and had decided instead of just skipping it, she would add lime, since it's another form of citrus, to the second batch. Just in case you're wondering, as a jam, it's not a great combination. :-p Another experiment that went awry, kind of like Octopus Surprise, LOL! We made sure not to put that year's jars with any of her older jars so that at least we had a narrowed down quantity but it was a wild card because we never knew when we were pulling a lime jar, LOL



Mom, Mary Anne and her son Malcolm at age 2 1/2 picking strawberries at Johnson's Farm, NJ.  
Photo Courtesy of Betsy Long

### Fresh Fruit Salad Boat

#### Fruit (any combination of below):

1 Large whole watermelon  
Strawberries, sliced or halved, washed and de-stemmed  
Blueberries, de-stemmed and washed  
Pineapple, fresh or canned, chunked  
Cantaloupe, in balls or chunks  
Honeydew in balls or chunks  
Sliced bananas  
Seedless grapes, green or red  
Mandarin or navel oranges, peeled and cut up into bite-size pieces

#### Sauces:

1/2 cup plain or fruit yogurt  
1 tablespoon honey

#### And/Or

Whipped cream, regular or add a little liqueur: Grand Marnier (orange flavor), Midori (melon flavor) or Frangelico (hazelnut flavor)

Toppings: Coconut or toasted coconut, Chopped nuts, Lemon or orange zest, Toasted sesame or poppy seeds, and for a special kick: freshly grated ginger, nutmeg or horseradish.

Cut the watermelon in half longways end you can cut it straight across or saw two to make a fancy edge. Ride to remove as many seats as you can as you go along. Using a melon baller, scoop out the inside of each half into balls (or cut into chunks) and put in a large bowl.

Prepare all the rest of the fruit. Put half of each fruit into each watermelon shell half and mix up. You can either serve it with a spoon where people can scoop it out as they go, serve with toothpicks with the discard bowl next to it, or pre-skewer them onto short bamboo sticks and put in watermelon shells. Cover with saran wrap and refrigerate till you use them. If you have leftover fruit, put in gallon baggies and keep refrigerated until you can use them. Note: can soak fruit in alcohol using Kahlúa, regular or spiced rum or vodka, etc.

You can put the sauces and toppings on the side so people can have some fun with it :-)



## What's Hot in Dot's Pot! Recipes from the Archives of Dotty Long

### #68 Quiche

This is another dish that is great for using up leftover meat and vegetables in the fridge. - Mom came with me to a convention at Universal Studios Florida in 2002. It was at the Royal Pacific Hotel there, and we were in the lobby having drinks while waiting to go to the dinner event in the park. I saw a Universal employee dressed as Lucille Ball go by and pointed her out to Mom. Then I saw this amazing look-alike of Michael Jackson and I elbowed Mom to look. Then we grabbed each other when we realized that the "actor" had 6 husky men flanking him with two kids behind him wearing Spiderman masks and realized we weren't looking at an actor! Our mouths dropped and he looked at us and smiled and we waved back while being dumbstruck! That night we went to the Spiderman shop at the Universal superhero area, and the cashier told us how they had shut the store down while Michael let his kids pick out anything they wanted to get. She said it was very exciting and he was very nice. Our brush with celebrity! Side note: I found out recently in an interview I read that his daughter Paris said that the reason he had his kids in masks was because he wanted them to remain anonymous so they could go to places like Chuck E. Cheese without the masks on and be normal kids which he did not get to do as a child.



Mom playing games and eating popcorn (in bowls she made) at Aunt Margie's (her sister).

Photo Courtesy of Betsy Long

### Quiche

Pre-made pie shell (frozen store-bought or make your own)

4 eggs  
1 cup light cream  
1/4 teaspoon nutmeg  
1/2 teaspoon salt  
Dash a pepper  
Filling ingredients (see below)

Mixed together all the ingredients in the list and whatever filling parts you would like (for suggestions see below). Pour into pie shell and bake at 350° for 30 minutes or until set. To make it pretty, you can place fresh dill sprigs, basil leaves or thinly sliced tomatoes on top before baking.

#### Fillings

Quiche Lorraine: Using 6 to 8 slices bacon cooked but still limp, laid in bottom like spokes of the wheel.

Cheese and bacon: Add 1 cup cheese grated, 6 to 8 slices of bacon or diced ham.

Spinach: Add 2 tablespoons chopped green onion, 1 1/4 cup chopped, blanched and drain or frozen spinach, 2 tablespoons butter. Can add grated cheese, diced ham or chopped artichoke heart.

Mushroom: 2 tablespoons chopped green onion, 1 pound sliced mushrooms sautéed in 2 tablespoons of butter, add to basic quiche liquid with 1 teaspoon lemon juice and 2 tablespoons sherry or white wine, optional.



## What's Hot in Dot's Pot! Recipes from the Archives of Dotty Long

### #69 Cheddar Olive Balls

Mom decided to do the catering in colonial clothing. I came back to visit, and Mom and Dad invited me to join them to a King of Prussia Mall event where they had promised to wear colonial garb. We got there and the place was locked tight! There was a door poster and it was the wrong day, LOL! We left and went to a local Friendly's ice cream shop. We sat in a booth and our server was a high school friend of mine! She laughed when she saw my folks costumes. She got Mom a chocolate soda, Dad a milkshake with whipped cream and I had a root beer float.

We started joking around, and I told a joke that caught Dad off guard and he started laughing so hard that he blew milkshake out of his nose! Then when he was reaching for his napkin, he knocked over his milkshake all over the table and his colonial outfit, and I could see my friend heading our direction with a towel real quick! And for readers who have been following, you will not be surprised that then Mom started laughing so hard that she peed herself! I gathered up my two soggy colonials and hustled them outside as people were staring. I was so mortified knowing my high school friend had to clean up all of that mess, LOL!

### Cheddar Olive Balls

Makes 3 dozen

1/4 pound cheddar cheese grated  
1/4 cup butter softened  
1/4 teaspoon paprika  
3/4 cup flour  
36 to 40 small stuffed olives

Combine cheese, butter, flour and paprika, working together by hand till the cheese blends in. Cover and let stand 15 minutes. Pat teaspoons of dough out into small circles, please olive in the center of the dough and fold it around the olive. Roll to make smooth balls. Place on greased cookie sheet or use parchment paper. Chill 10 minutes (necessary to keep them from spreading out) and then bake at 375° for 20 to 25 minutes, until golden brown. May be frozen (prior to baking) and baked frozen for 30 minutes. Note: This is a colonial based recipe.



A photo of Margie, Dad, Mary Anne and Mom in the colonial catering garb, featured in the Main Line Times in 1980. Photo Courtesy of Betsy Long



## **#70 Marinated Scallops**

Today's photo is a picture of Mom (left) and her sister, our Aunt Margie (this story is told by her), watching a baseball game with their Grandfather. He was a great fan of baseball and since he was an invalid he got one of the first TV's in the family so he could watch games. He was a wonderful man – kind, funny and very knowledgeable. Aunt Margie recalls that he taught her to play poker before she started school. He was worried that when it came time to count at school, she might say “Ace, two... nine, ten, Jack, Queen, King”, LOL! When she told me this story, I had to laugh because it made me think about my story about the issue I had in kindergarten with naming colors due to Mom's glazes!



Mom (left) and her sister, our Aunt Margie, watching baseball in their grandfather's room (late '40s/early '50s).

Photo Courtesy of Betsy Long

## **Marinated Scallops**

Scallops, large or medium

Soy Sauce

Ginger root or ground powder

Sherry or white wine or sake

Garlic, fresh or powdered, optional

Oil

Butter

Use medium scallops cut large scallops in half. Marinate in a combination of soy sauce, a few fresh ginger slices (or a little dried ginger powder) and sherry, white wine or sake. You can add a few slices of fresh garlic or a little garlic powder if you like. As you marinate, turn them over about halfway through to make sure flavor gets on both sides.

Searing: put a small amount of oil in a hot pan, cook about two minutes on one side till it gets a pleasant brown crust. Then put a little butter in the pan when you flip them over and cook for about two more minutes till you get a nice brown on the other side.

Can also be put on skewers and cooked by guests over hibachi (soak bamboo skewers in water to deter burning) instead of searing.

Can serve with slices of lemon in case the guest want to squeeze it over it.

### #71 Brussels Sprouts with Chestnuts

I was living in California, and back at home in PA, Mom was out of town and Dad was taking care of Mary Anne (8) and Margie (12). At 5:30 in the morning on the first day of April, I was awakened by my phone ringing. It was my sisters calling me frantically. I was trying to wake up and they're both saying to me, "We have to go! We need to tell you Dad says we have to pack a suitcase and we have to leave because 3 Mile Island has a meltdown!"

I ran back into the bedroom and woke up Morris to come and help me figure out what to do. I had my sisters repeat everything. We were terrified for them! A nuclear site melting down! I told them to hurry and pack only what they needed, get in the car and be ready for Dad to leave and to take my number with them so they could call me wherever they ended up. We hung up and I was sitting there in shock, worrying about them.

A few minutes later the phone rang again. I jumped on it and this time it was Dad. He tells me this was his idea of an April Fool's joke because Mom always liked to play them but she was out of town so he thought this would be really funny but it was apparent that it had backfired when he found out that my sisters had called me so upset. I let him have it! That was an excellent example of an April Fool's prank that went terribly wrong, LOL!

### Brussels Sprouts with Chestnuts

1 pound Brussels sprouts  
20 Chestnuts  
3 tablespoons butter  
Salt and pepper

Slash chestnuts with a sharp knife like cutting an X on the flat side through the peel, cover with water and boil 20 minutes. Peel chestnuts while warm, keeping in large pieces. Break into thirds or fourths. Clean Brussels sprouts, immersed in boiling salted water and bring back to simmer. At end of eight minutes from immersion, remove and drain. Put in baking dish with chestnuts, pour melted butter over and sprinkle with salt and pepper to taste. Braise in oven at 325° for 20 minutes, turning them once or twice to coat with butter.



Mom & me walking over the bridge to Pier 39 in San Francisco.

Photo Courtesy of Betsy Long