

# The Process of

AROUND <sup>the</sup> WORLD  
with  
Emmet

AND

THAT  
'SALATA  
RECIPES

Madeline Salata





AROUND <sup>the</sup> WORLD  
with  
Emmett

# The Idea

creating a children's picture book that showcases different countries while still being fun and light hearted

## The Summary

*Around the World with Emmett* is a children's picture book intended for ages 2-6. it was created with the intention of educating about the importance of learning others' cultures and travel. there is also an emphasis placed on family and home.

Emmett is a New York duck living in Central Park Pond and has grown tired of his home. packing his bags, he travels around the world experiencing so many amazing things but comes to realize the importance of family and home.

## The Thesis Statement

at a young age, children should be exposed to the ideas of travel and exploration of other cultures. this children's book, through the lens of a duck, places an important emphasis on that subject while also paying tribute to the idea of home and family, biological or found.

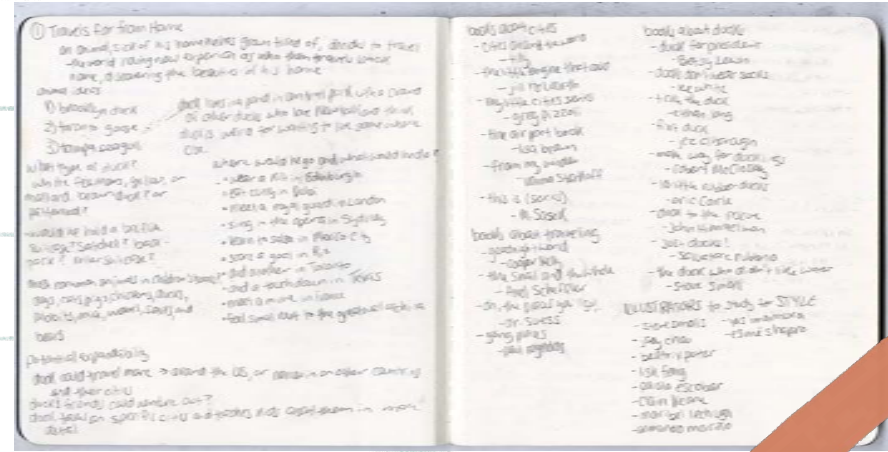


# Research

my research for Emmett included looking at other children's books that included themes of travel and ones that had ducks. I spent a lot of time working on talking to kids and not down to them within my writing.

also, I spent time researching the countries I included in the book, taking time to go beyond the

conventional things each country has to offer and focusing on different things like food, dance, flowers, and more. Each country i found myself learning new things, but also keeping it board enough the kids would remember and hear it be talked about in the future.



# Inspiration



## books

the duck  
who didn't  
like water  
duck for  
president  
the snail  
and the  
whale  
madeline

## artists

rebecca  
green  
steve  
smalls  
claire  
keane  
yas  
imamura



# Duck Sketches

Emmett was created using simple shapes, and lots of exploration of simple versus complex ones, which lead to questions

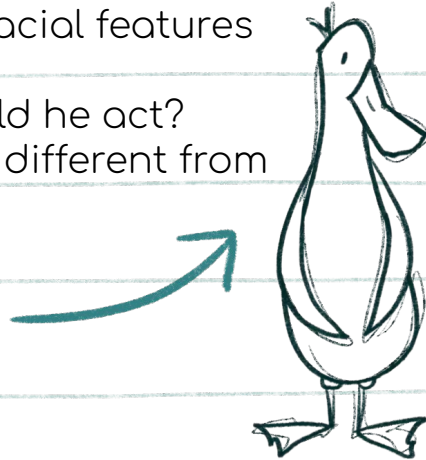
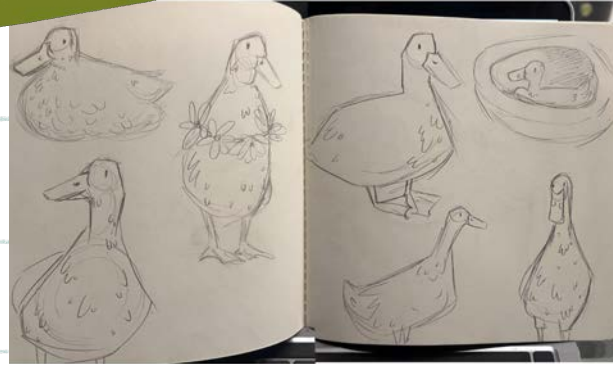
what color feathers would he have?

how would he stand?

what would his facial features look like?

how human would he act?

what makes him different from other ducks?

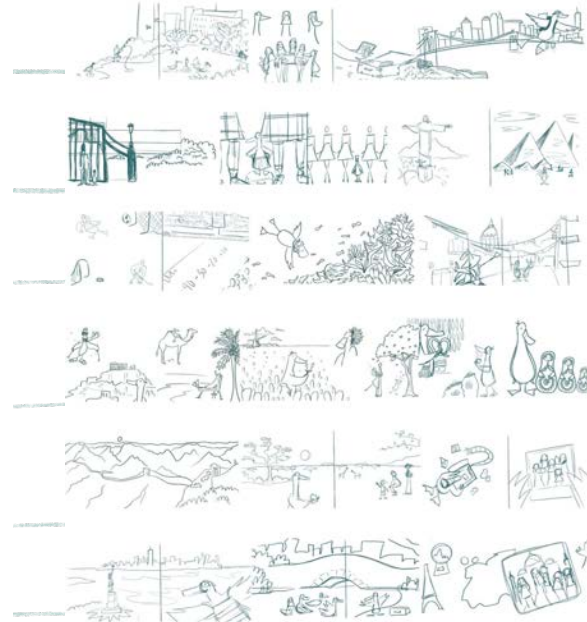


# Dummy Book Passes

once the general story idea was solidified, I worked in tandem with writing the script of the story, and creating the dummy pages, so both felt cohesive and together. there were many sketch phases and dummy passes before the final was decided.



second pass



final pass

Around the world with Emmett

In the heart of the Big Apple the sun rises and five ducks finish breakfast. Emmet, the most handsome of the group, in his opinion, looked to the same buildings and trees that he had seen his entire life. And realized he wanted new excitement.

"I'm sick of New York! I've already seen every inch of this park and swam the pond hundreds of times! I'm ready for my adventure to begin!"

"What do you mean Emmett? This is an amazing place! It's your home!"

"Ya New York is the best! No other place like it in the whole world. Who would want to leave here?"

"This city is *okay* but I need something better than okay! I want to see what else the world has in store for me." And with a few flaps his wings his suitcase was packed strapped to his back, ready to soar.

"Wait! Let's take a picture so we can travel with you."

The camera snapped in one second and in the next, Emmet was in the sky, soaring over the Atlantic Ocean.

First he went to London and stood watch over Buckingham Palace for the king and queen. Not ready to leave the United Kingdom yet, Emmet travel north to Scotland and Ireland. He wore a kilt in Edinburgh, and learned to Irish dance in Dublin.

The fun didn't stop there. He saw wonders of the world in Egypt and Brazil.

Then he scored a goal in Rio! And another in Toronto! And a touchdown in Texas!

Emmet put on his racing gear, and revved up his engine for an epic race throughout Monte Carlo. Then, putting on his biking helmet he cycled all across France.

Emmett flew all over the world and saw places he didn't even know existed. He took a dip in the waters of Australia and saw The Great Barrier Reef. He put on his dancing shoes once more, and this time he learn to salsa dance in Mexico City.

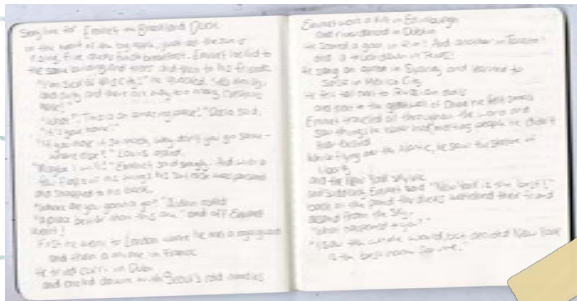
Emmett went to Chili, to Greece, to Morocco, to Jamaica, and more!

While in the Netherlands, he frolicked in fields of tulips. He smelled the sunflowers in Ukraine. He danced under a Japanese cherry blossom tree.

He tried some German delicacies and then sipped the perfect coffee in Ethiopia.

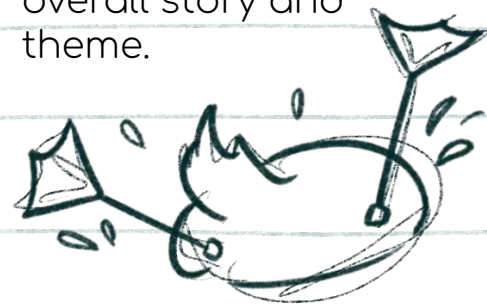
the final pass (emmett take 4)

# The Writing



first draft

the writing of this book went through many phase and different drafts and i spent time changing both major and minor details of the overall story and theme.



Standing next to the Russian dolls, Emmet felt tall. But, next to the Great Wall of China he felt small.

Emmet's mind was overflowing with the new things and friends he explored on his journey. The great big world had him so mesmerized he almost forgot about the Central Park Pond.

Then while traveling the hot heat of the Serengeti, Emmet saw a family on Safari.

Emmet thought about photo he tucked away in his suitcase. His heart sank thinking about his friends in New York. He loved his trip around the world but he found himself his family and home.

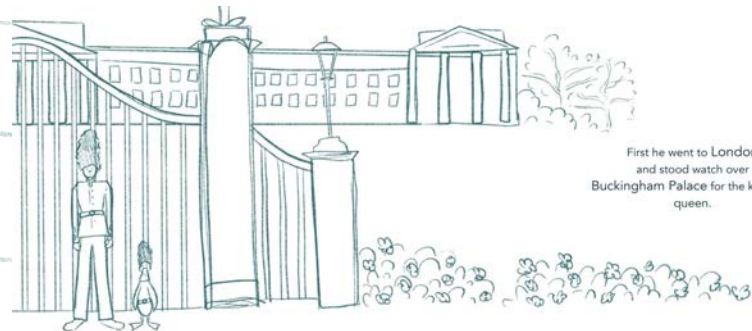
Packing his things, Emmet flapped faster and faster, until the tall, beautiful Statue of Liberty came into view. As he looked at the skyline, Emmet saw it differently than before. He realized his home *was* beautiful and just amazing as the other cities around the world.

"Emmet!" His friends quacked as he laded to his spot, "You're back!"

"Ya, the world has so much more that you could even dream of! Turns out it's no fun without your friends." He said sheepishly, a blush covering his white feathers.

"Well why don't you show us?!" Soon all five ducks were up in the sky together, on a new mission to not only see the world, but enjoy with their best friends.

## A collage of various objects including a striped hat, sunglasses, a snow globe, a tulip, a photograph of people in front of a church, a maple leaf, and some coins.



First he went to London  
and stood watch over  
Buckingham Palace for the king and  
queen.



He loved his trip around the world but  
he found himself missing  
his family and home



Then he scored a goal in Rio!

And another in Toronto

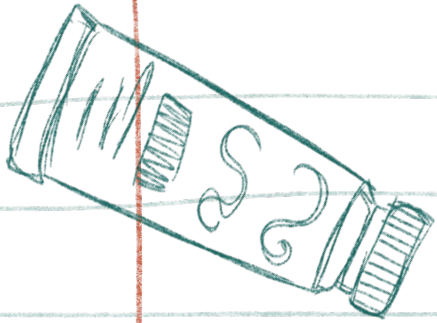
And a touchdown in Texas!

# Moving into Gouache

using gouache was a decision i made early on instead of trying to replicate the medium i love so much on a screen. I loved working big and free without the pressure of perfection or messing up, because i could simply restart



# Gouache Process



# Collaging



similarly to how I would work digitally, I worked in layers traditionally to give me the freedom to change and adapt as I want, making the process feel more free and allowing me to make natural and organic mistakes.



# Adding Digital Line

before line



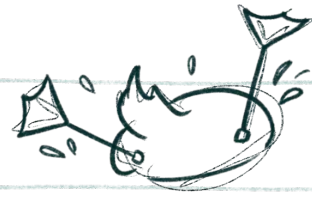
after line



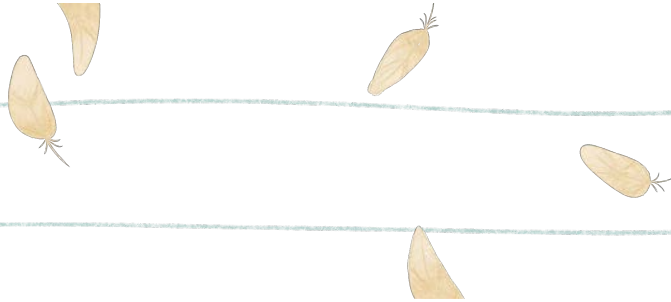
once the gouache pieces were completed, I scanned them in Hi-Rez and then went over them with layers of both linkework and some lighting to add dimension to the piece and add detail. I let myself be tighter in this stage since I was looser in the painting



# End Pages

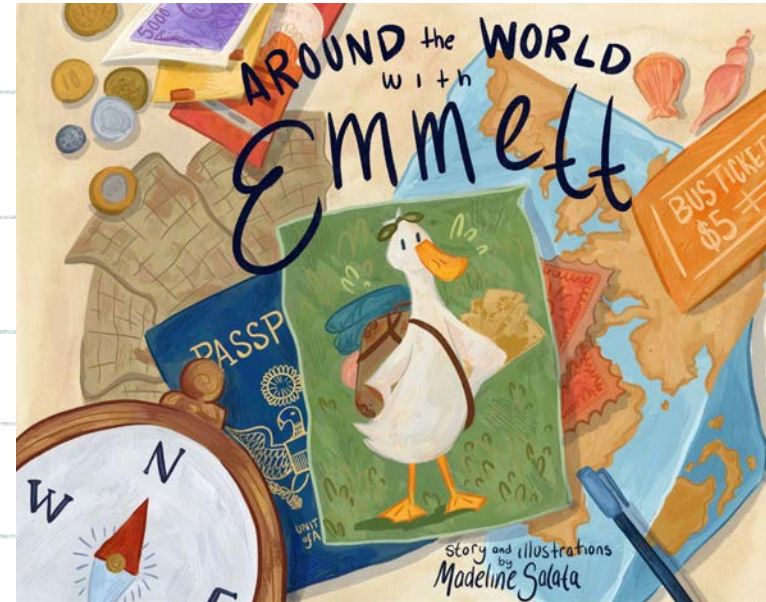


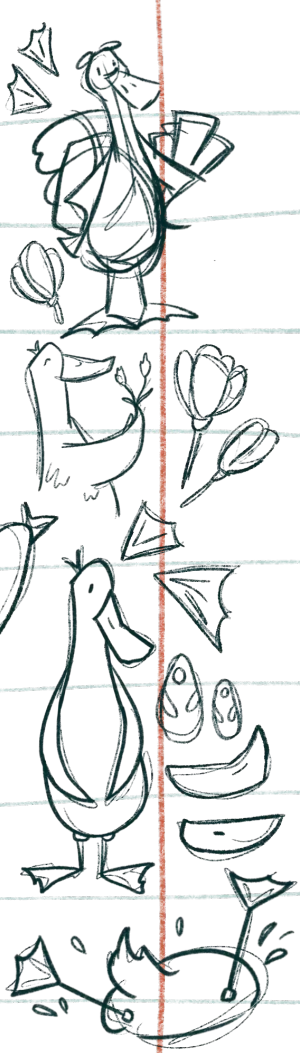
next to the cover, the end pages were the last piece of the puzzle as a whole book came together. They showed a simple map with pins put in the places Emmett went around the world. the feathers were then collaged on top.




# Cover Process

the cover went through several different iteration and changed as Emmett evolved. the final served as a travelers table and included things Emmett would need on his journey that we didn't get to see in the book.





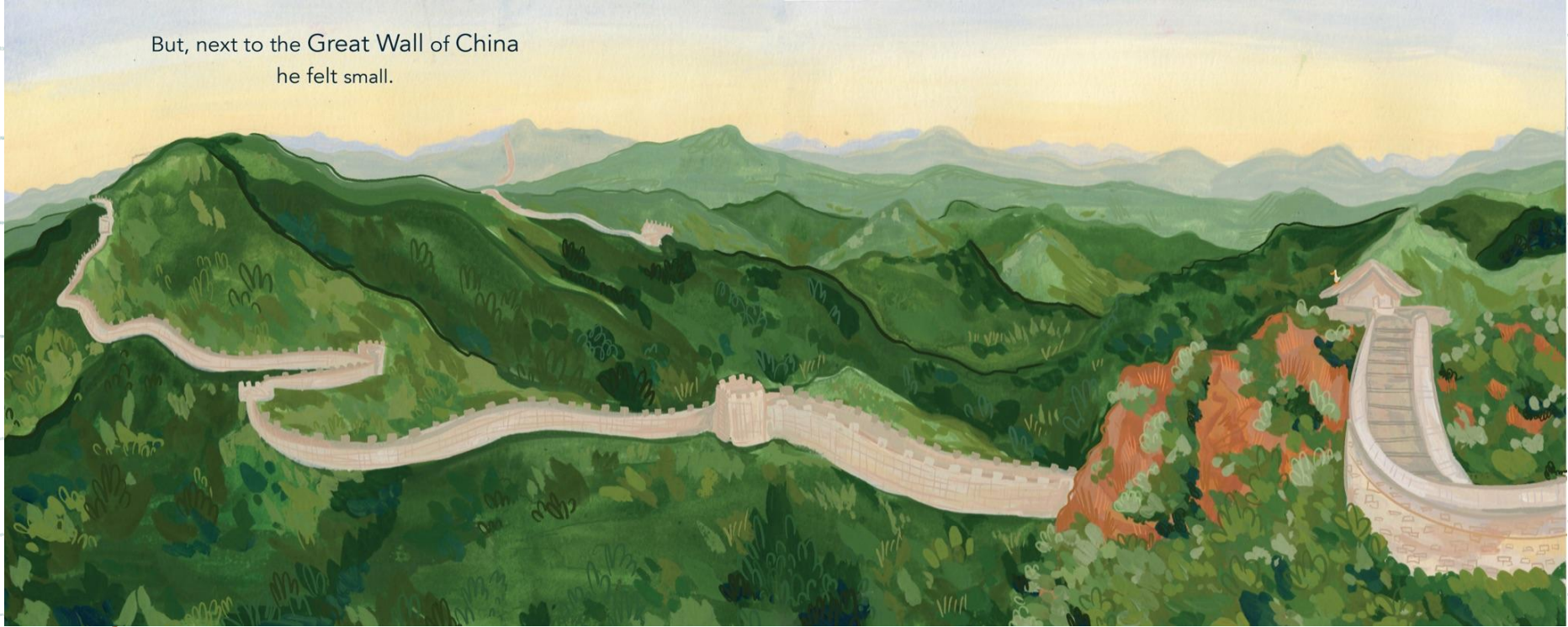
Finished Pieces

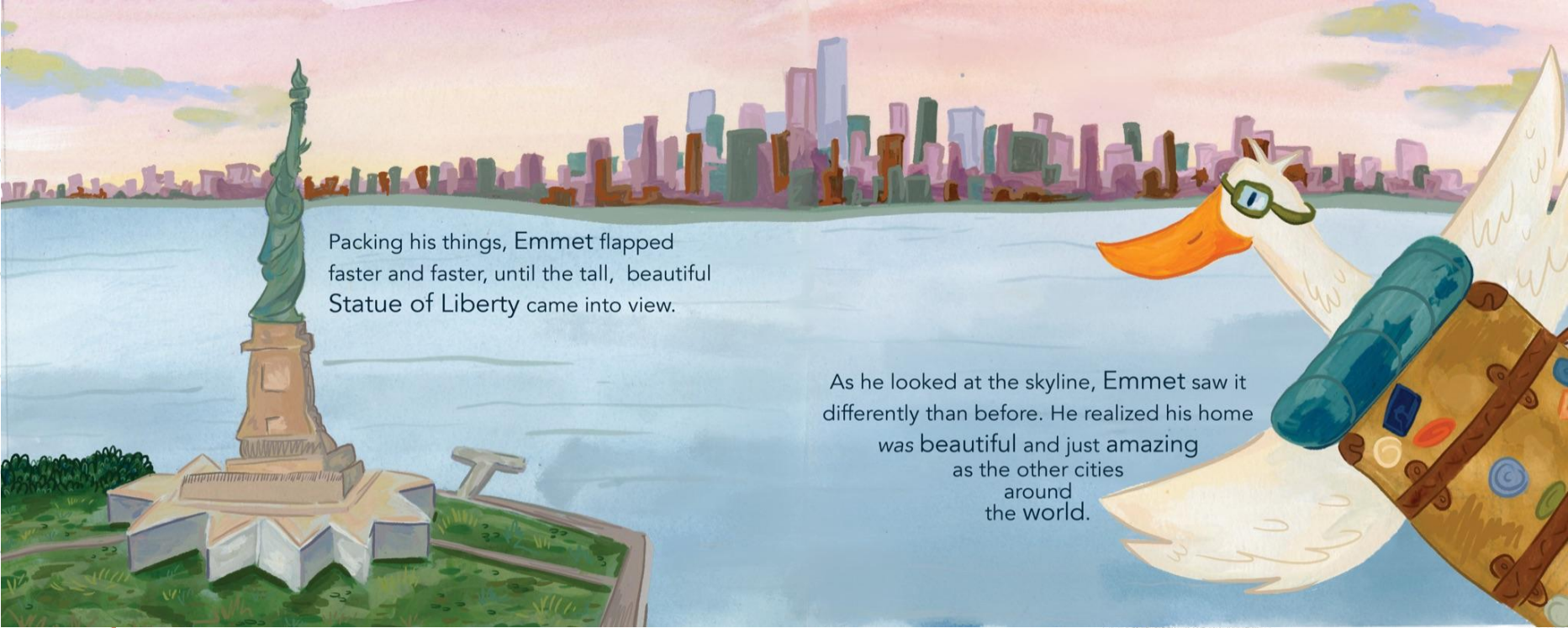


Emmett flew all over  
the world and  
saw places he didn't even  
know existed!

He took a dip  
in the waters of Australia and saw  
the Great Barrier Reef

But, next to the Great Wall of China  
he felt small.



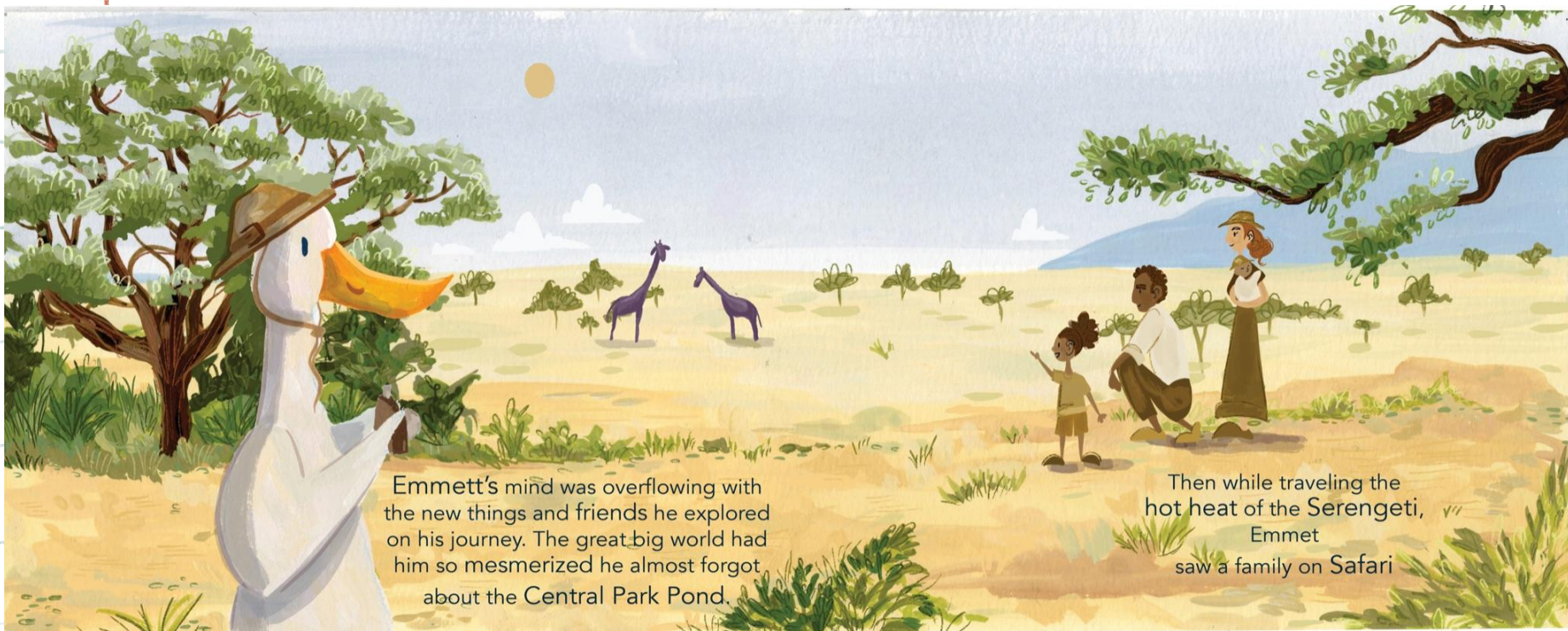


Packing his things, Emmet flapped  
faster and faster, until the tall, beautiful  
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As he looked at the skyline, Emmet saw it  
differently than before. He realized his home  
was beautiful and just amazing  
as the other cities  
around  
the world.



He put on  
his dancing shoes  
once more, and this time  
he learn to salsa dance  
in Mexico City

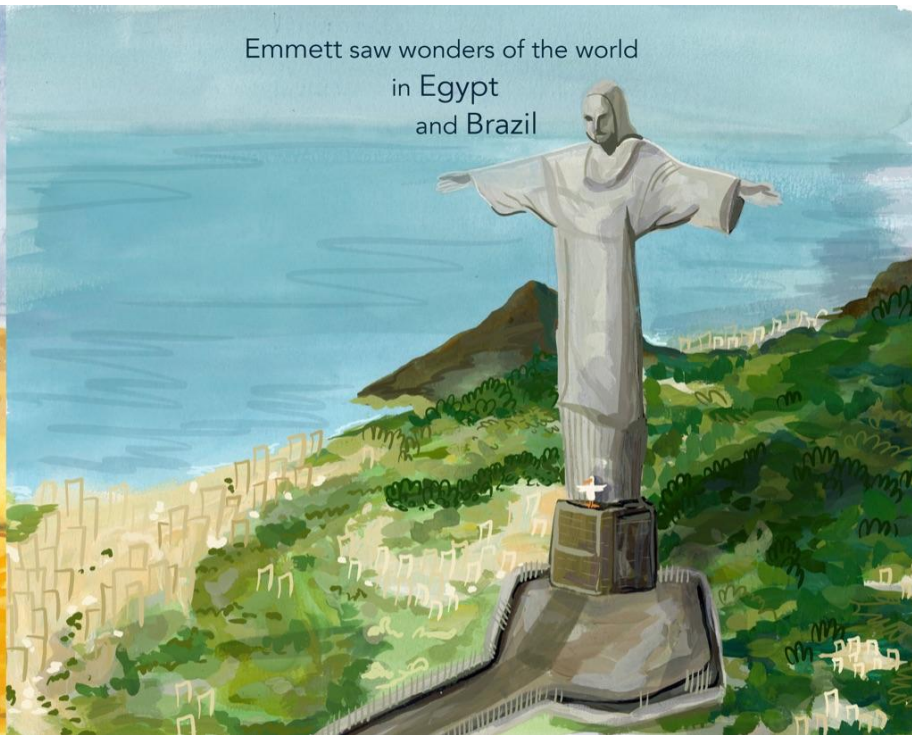


Emmett's mind was overflowing with the new things and friends he explored on his journey. The great big world had him so mesmerized he almost forgot about the Central Park Pond.

Then while traveling the hot heat of the Serengeti, Emmet saw a family on Safari



The fun didn't stop there



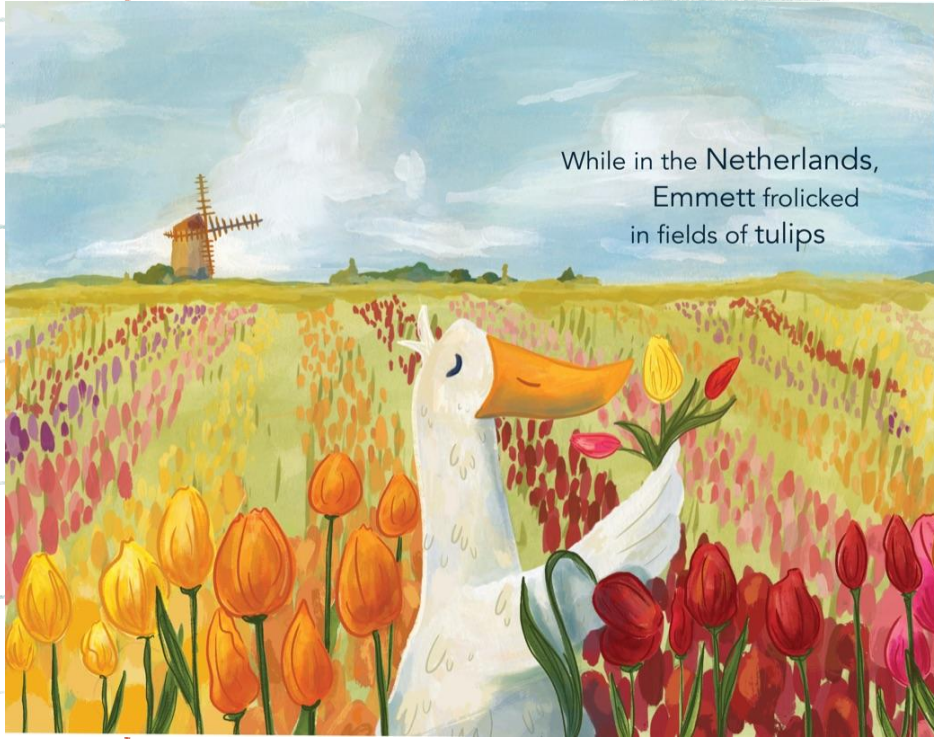
Emmett saw wonders of the world  
in Egypt  
and Brazil

In the heart of the Big Apple  
the sun rises and  
five ducks finish breakfast

Emmett, the most handsome  
of the group, in his opinion, looked  
to the same buildings and trees  
that he had seen  
his entire life

He wanted new  
excitement





While in the Netherlands,  
Emmett frolicked  
in fields of tulips



He smelled the sunflowers  
in Ukraine

He danced under  
a Japanese  
cherry blossom tree





He tried some  
German delicacies

and then sipped the perfect  
coffee in Ethiopia



Standing next to the Russian  
dolls, Emmet felt tall



Emmett went to Chili



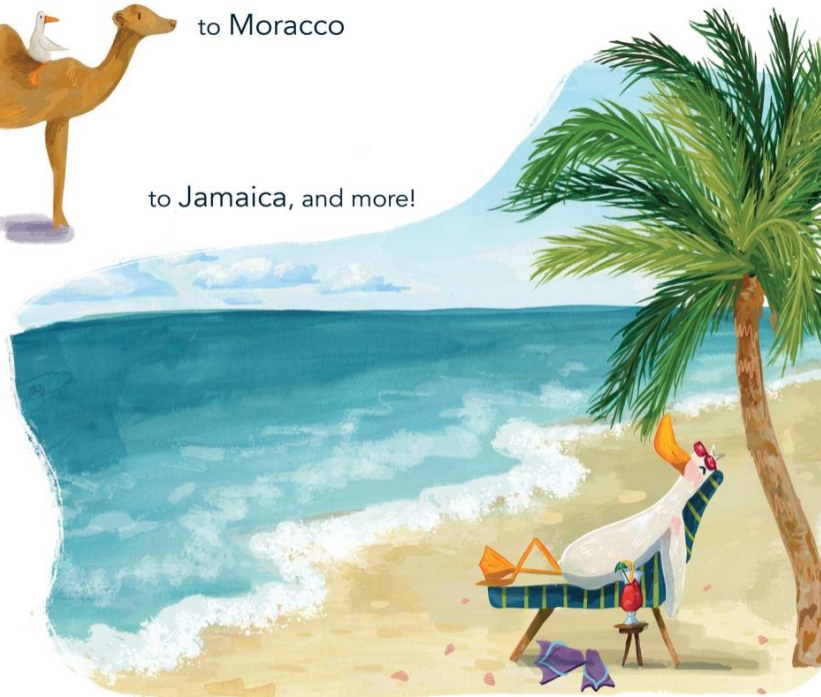
to Greece



to Morocco



to Jamaica, and more!



to my parents  
who encourage

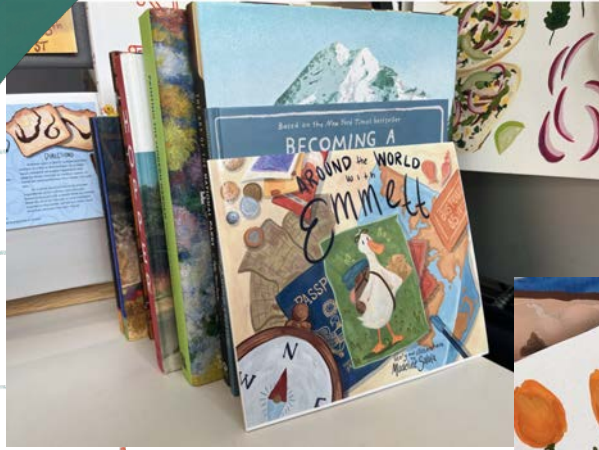
and my committee  
who inspires

# Around the World with Emmett

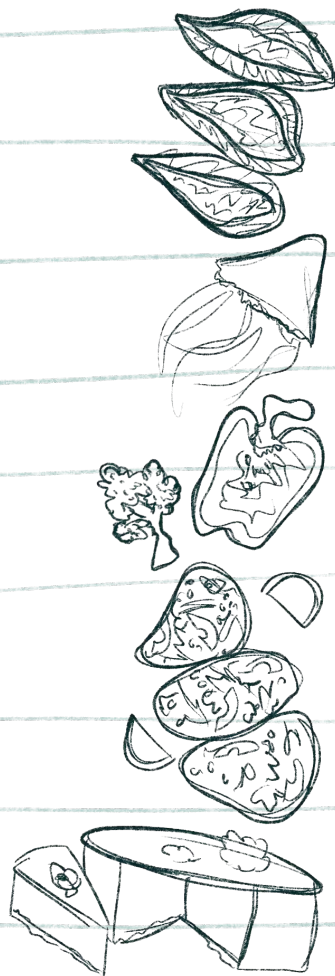
Madeline Salata



# The Printed Book



# THAT 'SALATA RECIPES



# The Idea

to make a functional cookbook of family recipes fully illustrated that emphasizes the joys of cooking and accurately describes each dish

## Family History

my mom's side (Costantini / DeLuca) is mostly Italian with a little bit of Polish  
my Dad's side (Salata / Peck) is a mix of Hungarian and English  
we have roots in the Midwest and make food that reflects that  
for every person's birthday on both sides of the family, we all get together at a table and make and share food. It is one of the many ways we express love.

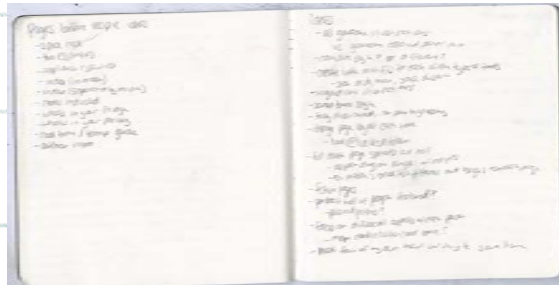
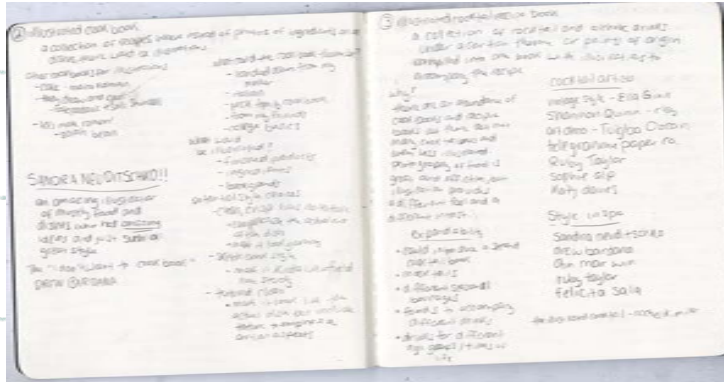
## The Thesis Statement

the process of making food is a labor of love, *That 'Salata Recipes* is a fully illustrated cookbook that functions to both teach new recipes and bring the joy cooking bring to me to everyone who picks up this book.



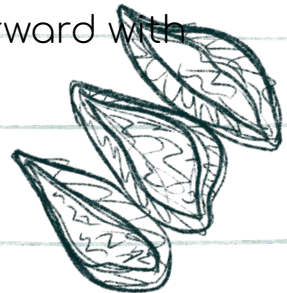
# Research

I did a lot of research on cookbooks on the market to compare and contrast elements i wanted to include within my book.

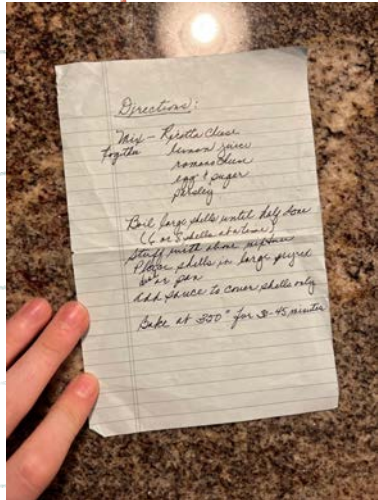
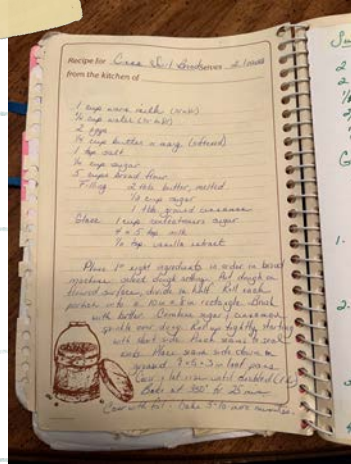
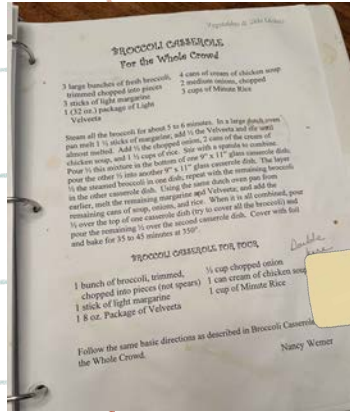


there were not many fully illustrated cookbooks, except for They Draw and Cook, which was a collaboration of lots of different artists. Some books had illustrated elements but that was not was I was going for, I wanted fully art, not photos.

some books I looked at did have personal elements and stories, mostly from food network stars, and many cookbooks had stories or little touches that made them special to that person. which gave me confidence to move forward with my plans.

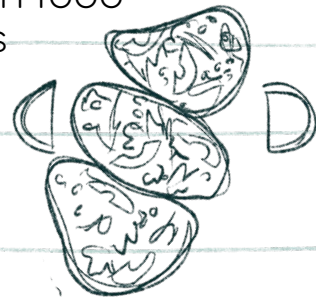


# Familial Research



I spent winter break, finding the recipes I wanted to include, and making a curated list of what would be in my book. I combed through cookbooks, talked to family members to see what dishes felt most important to our family, and thankfully, due to the holiday, I ate a lot of family recipes.

also include in this process, was the interviews I did with members of my family, both included in the book and not, just to get a sense of their relationship with food and what it meant to them. this was important to me because this is such a personal project. it is focused on my family so I wanted to get their input.

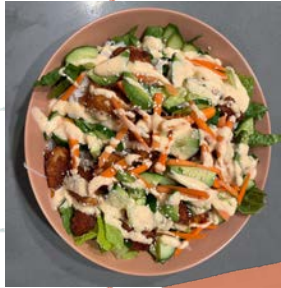
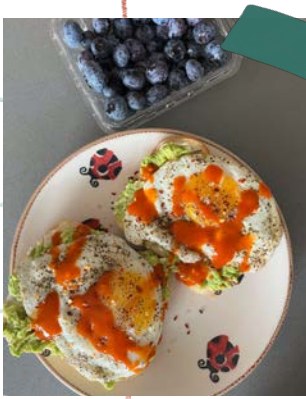


# A Different Kind of Research

after the recipes were selected and I had a general idea of what this project was going to look like, I got onto a very important part in my process, making food!

this was important to me as it did not only aid in reference photos I could use while painting, but it also got me excited for what I was doing

I was trying new family recipes and getting in the right headspace for creating a cookbook

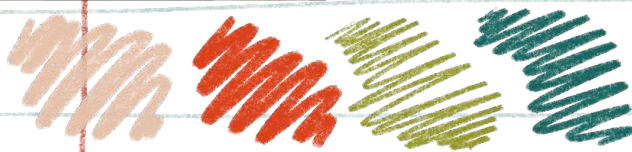
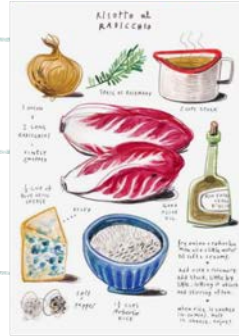
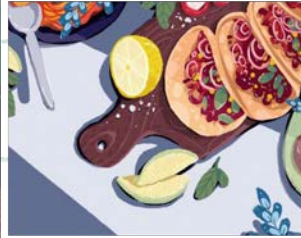


# Inspiration

projects

they draw  
and cook  
the i don't  
want to  
cookbook  
kai's  
everyday  
toast  
artists

sandra  
neuditschko  
drew  
bardana  
sally swindell  
lucile prache



# Sketching it Out



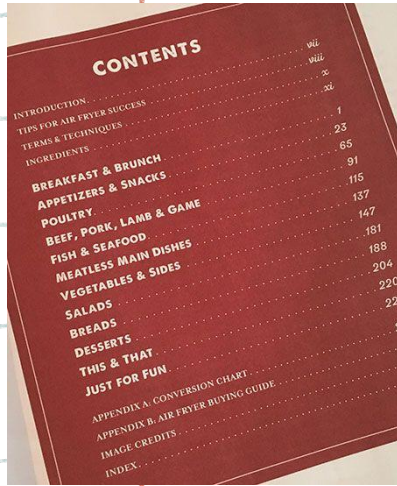
# Pencils



# A Different Kind of Layout

my cookbook is organized by person the recipe comes from, further adding to the theme of family

there are 4 main sections of the book with two smaller sections at the end, all starting with their own title page



CONTENTS	
INTRODUCTION	vii
TIPS FOR AIR FRYER SUCCESS	x
TERMS & TECHNIQUES	xv
INGREDIENTS	1
BREAKFAST & BRUNCH	23
APPETIZERS & SNACKS	65
POULTRY	91
BEEF, PORK, LAMB & GAME	115
FISH & SEAFOOD	137
MEATLESS MAIN DISHES	147
VEGETABLES & SIDES	181
SALADS	188
BREADS	204
DESSERTS	220
THIS & THAT	229
JUST FOR FUN	237
APPENDIX A: CONVERSION CHART	
APPENDIX B: AIR FRYER BUYING GUIDE	
IMAGE CREDITS	
INDEX	



## Table of Contents

Appetizers & Beverages	1
Soups & Salads	11
Vegetables & Side Dishes	27
Main Dishes	37
Breads & Rolls	77
Desserts	83
Cookies & Candy	105
This & That	111
Index	

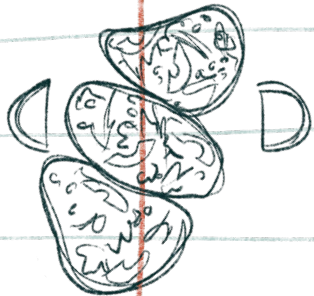


traditional layouts are set up by type of food the dishes are categorized into

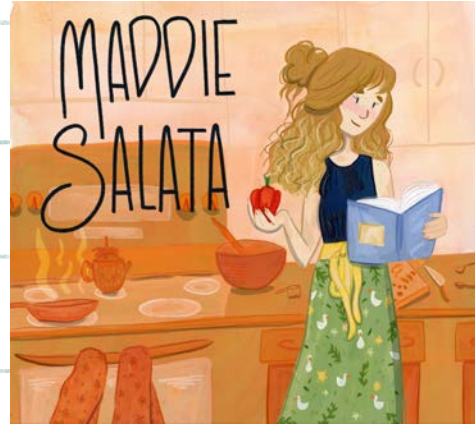


TABLE OF CONTENTS			
<b>Before You Start</b> Spices Tools Vegetables	Chicken Paprikash Flora's Sugar Cookies Chocolate Chip Cookies Mac and Cheese	Double Chocolate Chip Cookies Banana Bread Pumpkin Bread Cabbage Rolls Spicy Cabbage Cinnamon Rolls Cinnamon Swirl Bread BLT Macaroni Salad Cheesy Potatoes	Easy French Bread Tomato Basil Soup Chicken Taco Salad
<b>Carolyn (Grandma)</b> Pasta Sauce Meatballs Chicken Parmesan Lasagna Sunday Morning Scrambled Eggs Pizzelles Corn Casserole Chicken Cacciatore	<b>Beth Ann (Mom)</b> Cheesecake with Raspberry Sauce Chicken Ring Quesadillas Mexican Street Corn Broccoli Cheese Soup Chipotle Chicken and Pasta Jambalaya Buffalo Chicken Salad Buffalo Chicken and Potatoes Sugar Cookies Pumpkin Pie Beygli Eting Snickerdoodles	<b>Maddie</b> Chicken Tacos Guacamole Lobster Bisque Chicken and Gnocchi Soup Roasted Veggies and Sausage Breakfast Tacos Avocado Toast Stir Fry	<b>Salata Side</b> Fiesta Layered Taco Dip Lemon Cookies Broccoli Cheese Rice Casserole
<b>Barb (Grammy)</b> Stuffing Mashed Potatoes		<b>Costantini Side</b> Stuffed Shells Garlic Bread Rosemary Potatoes Greenbean Casserole Homemade Candy Beefy Cheese Dip Big O's Baked Beans	

my book



# Character Pages Process

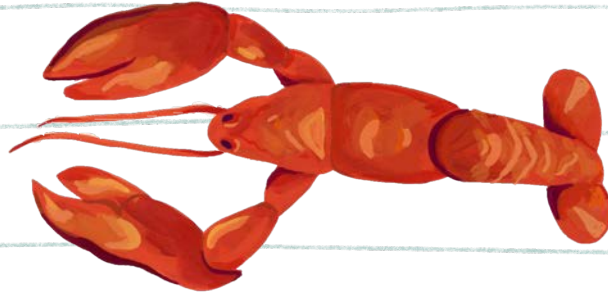


# Using Gouache

like within the creation of Emmett, from the beginning gouache just felt like the right medium for me. I knew that using digital techniques, I would be able to achieve pretty realistic looking food, but I knew that was not the point of this book. people didn't wanna see fully rendered realistic food, and if they did they would look at a picture. This project was personal and close to my heart, so it made sense to use the medium that felt like my own.



# Gouache Examples



all the pieces were painted on Canson Watercolor paper size 11 x 15 and the Canton high resolution, and scanned into transparent PNG so they could be collaged and fitted together on the layouts.

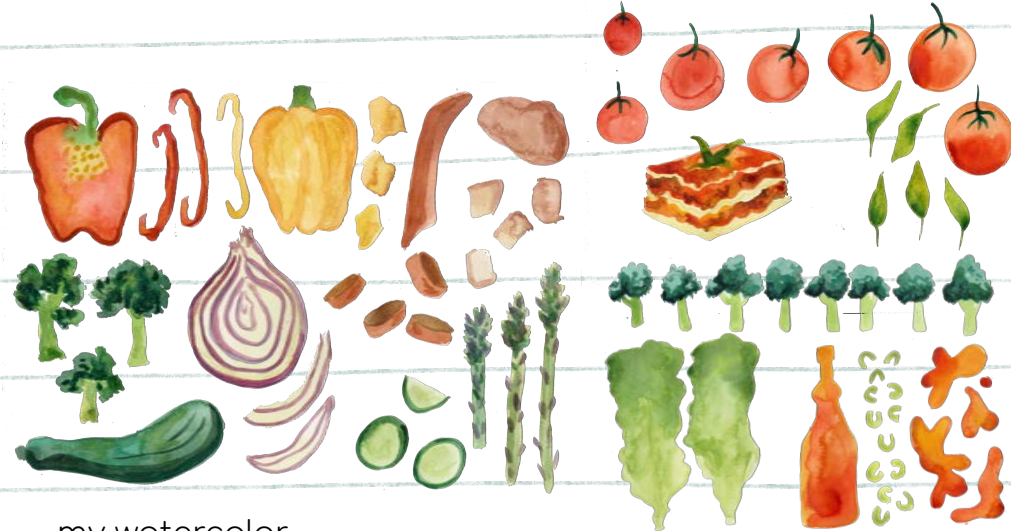


# Adding Watercolor

inspirations



I decided along side my gouache, I also wanted to add in some watercolor illustrations to loosen up some pages, while still keeping with my style and traditional. the finals still have a digital line added, but feel different from the gouache.



my watercolor

# Adding Digital Line

before line



after line



# Collaging with Digital Pieces



digital basil



digital basil and sauce splashes

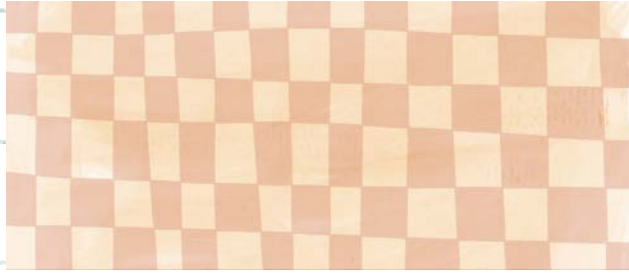
the whole book was not fully completed in gouache however. There were many digital elements that were added to enhance, and sit alongside the traditional pieces. throughout the book, I added it in little side illustrations to make each piece more dynamic, all using the same brush and simple color block and line style, so as to feel different, but still similar to the gouache.

# Designing Layouts



when laying out the book, the gouache was collage together with the digital, to create a recipe page. there had to be space for both ingredients and directions, which was factored into the layout. also factored in was the recipes that will be full spreads versus single pages, and how the pages would be different from each other, but still be cohesive.

# Backgrounds



backgrounds also became an important element to many pages of my book. each background started as a solid color with a digital watercolor texture overlaid on top. but many pages felt like more could be pushed. when necessary, I went back in and had a digital pattern with the same brush the other digital illustrations are completed in. this varied from ingredients in the recipe, two elements that mimicked what the food looks like, to just pattern that match the vibe of the recipe itself. all of the background patterns are meant to be an assist to the fully rendered illustrations on the page.

# Hand Lettering Titles

CAROLYN  
COSTANTINI

MEXICAN  
STREETCORN

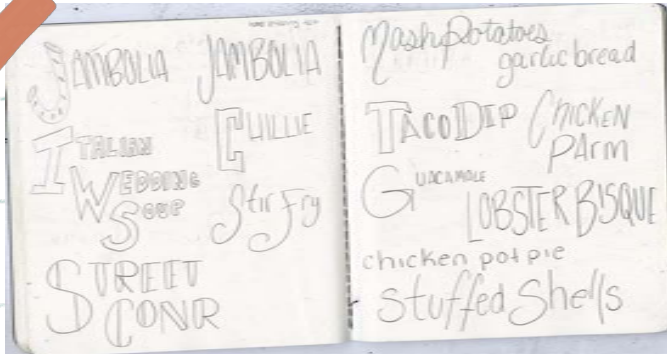
STIR  
FRY

BANANA  
BREAD

A B C D E F G H I J K L M N O  
P Q R S T U V W X Y Z

A B C D E F G H I J K L M N O P Q R S  
T U V W X Y Z

Using a pencil brush in procreate and layering and overlapping, the titles were created, each title handwritten each time to fit the dish and the space. Also making each of them feel different and unique



# Designing Type Layouts



the font i chose was montserrat alternative  
size 13  
with 20 point kerning

## Montserrat Alternate

abcdefghijklmnopqrstuvwxyz  
ABCDEFGHIJKLMNOPQRSTUVWXYZ  
0123456789 (!#\$%&./!\*`@´,?;:)

montserrat was a fun font that mimicked the natural curves that are found in my gouache illustrations, but was still san serif, so as to be easily readable. as a cookbook, it was important for me that the text was easily readable when on the counter as you cook.

## Penultimate

The spirit is willing but the flesh is weak

SCHADENFREUDE

3964 Elm Street and 1370 Rt. 21

The left hand does not know what the right hand is doing.

mail@example.com    <http://www.cufonfonts.com>

the ingredients had to be bold and separated, and the directions had to be concise and also legible. montserrat was the perfect tool to complete all of my needs, as well as look nice on the page.





## Other Pages in the Book

I want my cookbook to include more than just recipes, but also other pages that aided in the cooking process

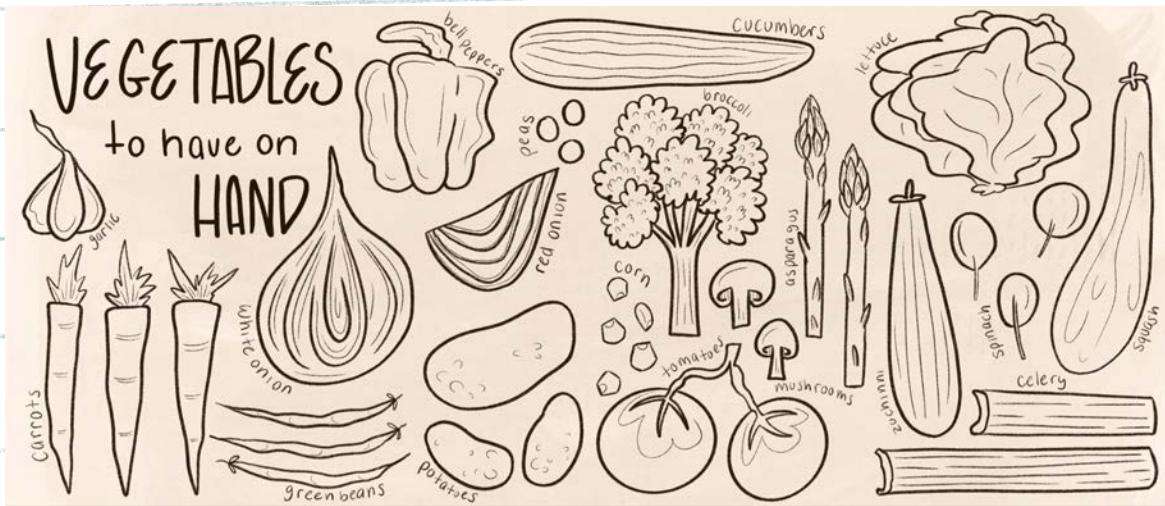
what spices you'll need

dedication page





kitchen tools



vegetables featured in the book

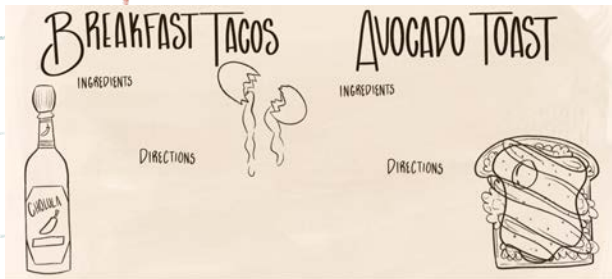
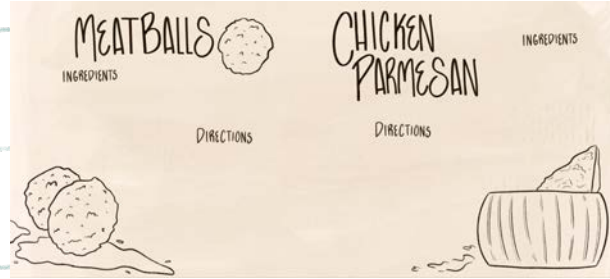


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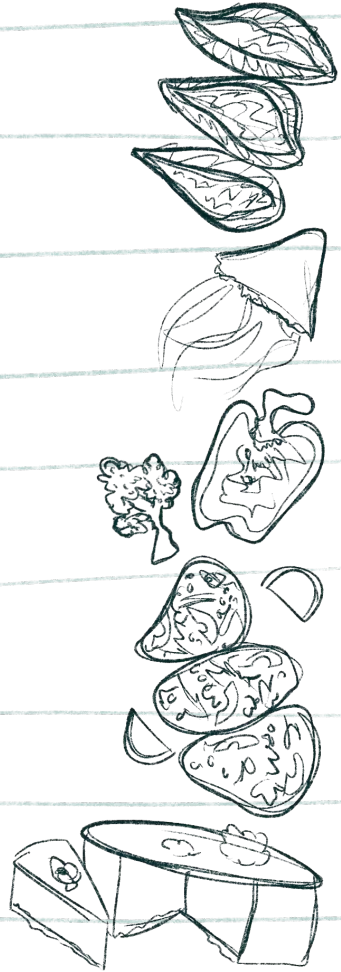
"chapter" pages



# The Non-Paint Pages



# Finished Pieces





THAT  
'SALATA  
RECIPES  
madeline salata



# JAMBALYA

## INGREDIENTS

4 - 5 pounds of chicken  
(both white and dark meat)

2 tbsp oil

1 package smoked sausage,  
sliced into rounds

1 cup chopped green or red pepper

1 cup chopped celery

1 large onion, chopped

4 cloves garlic, minced

5 cups chicken broth

1/4 cup parsley

1 bay leaf

1 1/2 tsp thyme

1 cup chopped tomatoes

2 cups rice

1/8 tsp cayenne pepper  
salt and pepper



## DIRECTIONS

Preheat oven to 325°F. Heat oil in a large skillet and brown chicken pieces sprinkling them with salt, pepper and cayenne. Remove from pan and set aside. Add in sausage, green pepper, celery, onions, and garlic to the pan and cook until vegetables are soft. Add the chicken broth, parsley, bay leaf, and thyme; bring to a boil and cook, uncovered, until the broth is reduced to 4 cups.

Remove the chicken meat from the bones in large pieces. Put the chicken meat, the unstrained broth, the tomatoes, and the rice in a casserole dish.

Stir, cover, and bake for one hour, checking every 20 minutes and making sure to stir and adding more hot broth or water if it dries out. Remove bay leaf before serving and enjoy!

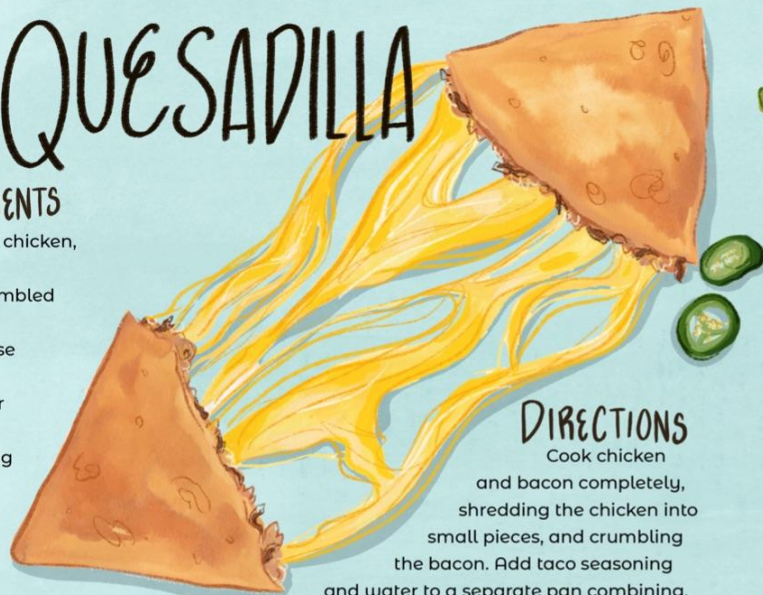




# QUESADILLA

## INGREDIENTS

1 1/2 lb cooked chicken,  
shredded  
1 package crumbled  
bacon  
cheddar cheese  
tortilla shells  
2/3 cups water  
1/4 cup taco  
seasoning



## DIRECTIONS

Cook chicken  
and bacon completely,  
shredding the chicken into  
small pieces, and crumbling  
the bacon. Add taco seasoning  
and water to a separate pan combining,  
and then added chicken, simmering for 5-10 minutes. Heat large pan  
and slightly coat in oil. Place half of the tortilla shell in a pan and fill with  
chicken, bacon, and top with cheddar cheese. Close the tortilla. Flip  
occasionally until golden brown. Keep in the oven to stay warm and  
then serve and enjoy!



## INGREDIENTS

Corn on the cob	Cayenne pepper
Mayo	Fresh lime juice
Butter	Cotija cheese
paprika	Salt and pepper

## DIRECTIONS

Husk corn and cook on grill until it starts to  
blacken. put softened butter in bottom of a large  
bowl.

Remove hot corn from cob into the bowl  
covering the butter. Add rest of ingredients into corn  
until desired taste and texture achieved.

Serve as a side and enjoy!

# MEXICAN STREETCORN





# STUFFED SHELLS

## INGREDIENTS

35 large pasta shells  
2lbs ricotta cheese  
1 extra large egg  
1/2 cup romano cheese  
2 caps lemon juice  
1 tbsp sugar  
parsley

## DIRECTIONS

Boil large shells until half done, about 6 or 8 minutes. Combine other ingredients together. Stuff the mixture gently into the half cooked shells. Place shells in large pyrex or dish. Add sauce to cover the shells only. Bake at 350F or 35-45 minutes. Enjoy!



# GARLIC BREAD

## INGREDIENTS

Italian loaf or French loaf  
1/2 cup softened butter  
4 cloves garlic, finely minced  
1 tablespoon finely chopped fresh parsley  
1/8 teaspoon sea salt

## DIRECTIONS

Preheat oven to 425°F and line a large baking sheet with parchment paper or foil. Slice bread in half lengthwise and place on a large baking sheet, cut sides up.

In a medium bowl, mix butter, garlic, parsley and salt together until well combined. Spread evenly over bread. Bake in oven for 10 minutes or until golden brown. Serve and enjoy.

# ROYAL ICING

## INGREDIENTS

4 cups confectioners sugar  
3 tbsp meringue powder  
6-10tbsp water  
piping bags  
food coloring

## DIRECTIONS

In a mixer, combine confectioners sugar and meringue powder with 6 tbsp of water to start. Mix on medium high for 5 minutes or until smooth. Add more water slowly until smooth. Set aside half of this icing leaving half in the mixer. Add more water until that icing is a thinner consistency. Separate and dye icing desired colors and place the thicker icing into piping bags. Outline your cookie designs. Using the thinner icing and toothpicks, flood the outlined section. Once folding is dry, use thicker icing to make designs on top. Let dry and enjoy!



# CHICKEN TACOS

## INGREDIENTS

1 lb chicken  
1 tsp garlic powder  
½ tsp onion powder  
½ tsp cumin  
½ tsp smoked paprika  
½ tsp chili powder  
salt and pepper  
2 limes  
1 tbsp olive oil

## TOPPINGS

lettuce  
cheese  
sour cream  
jalapeños  
corn salsa  
queso  
guacamole  
cilantro  
tomatoes

## DIRECTIONS

Place chicken along with all seasonings, lime, and olive oil into a large bag and place in fridge to marinate after mixing. After 3 or more hours, take chicken out and cook on medium heat on a skillet until cooked through. Warm tortillas. Slice or cube chicken and assemble tacos with desired toppings and enjoy!

## VEGAN OPTIONS

Swap out chicken for red bell pepper and potatoes cubed. Marinate in spices and the swat, and cook on a hot skillet until tender. Serve with vegan toppings.

# GUACAMOLE

## INGREDIENTS

avocado	jalapeños
red onion	garlic
roma tomatoes	fresh lime juice
cilantro	salt

## DIRECTIONS

Slice and gently mash avocados, and cut onions, tomatoes, jalapeños, garlic, and cilantro to desired size. Add all ingredients in a bowl and mix gently. Add salt and lime juice until desired taste. Serve with chips and enjoy!



# PASTA SAUCE

## INGREDIENTS

5 cans of tomato sauce  
4 whole canned tomatoes  
2 small cans of tomato paste  
water  
a whole white onion

meatballs  
salt  
pepper  
garlic powder  
parsley

## DIRECTIONS

Start sauce early in the morning to allow a full day of cooking. In a large pot, put in all canned tomato ingredients and then a full can of water for every can of sauce. Turn the burner on medium low, cook slowly so as to not burn. Add in seasoning, no exact measurements.

Peel your white onion and drop in the sauce. Now for what separates good sauces from great sauces. In your meatball pan that you did not clean, add in tomato paste and cook down in grease until tomato paste is cooked through (3-5 minutes). Then stir into sauce to thicken.

Add meatballs into sauce to finish cooking. Let simmer on low heat for 5 or so hours stirring frequently until finished. Taste and adjust seasonings, add a bit of sugar if too tangy. Serve over pasta of your choice and enjoy!

# PUMPKIN PIZZA



## INGREDIENTS

pizza dough  
29 oz can tomato sauce  
1 pound of ground beef  
parsley  
minced garlic  
dried minced onion  
Italian seasoning  
salt and pepper to taste  
slices of American cheese

## DIRECTIONS

Preheat oven to 400°F. Brown the beef in a pan. After finished, add in all ingredients except for the American cheese and bring to a low simmer and let sit for 45 minutes to an hour. S

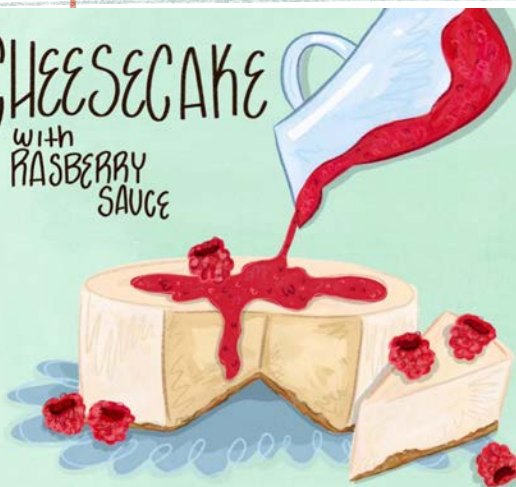
pread pizza dough on a rectangle or circle stone. Add finished sauce to pizza dough and spread to desired thickness. Fold cheese into triangles to make a jack-o-lantern face.

Cook in the oven for 20-22 minutes or until crust is slightly brown. Slice and serve before getting into your Halloween costume and enjoy.



# CHEESECAKE

with  
RASBERRY  
SAUCE



## INGREDIENTS

<b>Filling</b>	<b>Crust</b>
5 packages (80z) cream cheese	1 3/4 cups graham cracker crumbs
1 cup sugar	1/4 cup sugar
1 cup sour cream	1/3 cup melted butter
1/2 cup heavy whipping cream	
2 tsp vanilla extract	
7 eggs lightly beaten	

**Sauce**  
1 package frozen raspberries  
1/2 cup sugar

## DIRECTIONS

Place a greased 9 inch springform pan in a double thickness of heavy duty foil. Securely wrap foil around pan. In a small bowl, combine cracker crumbs, sugar, and butter. Press into the bottom and 1 inch at the side of the pan. Place on a baking sheet and bake at 350°F for 5 to 8 minutes. Then cool. In a large bowl, blend the cream cheese and sugar until smooth. Beat in sour cream, heavy cream, and vanilla. Add eggs, and beat on low speed until just combined. Pour over crust.

Place springform pan in a large baking pan. Add 1 inch of hot water to the larger pan. Bake at 350° for 70 minutes in water. Take out of oven, and let rest for one hour. Then place back in oven without foil for 20 minutes at 350°. Turn off oven but leave in for 5 additional minutes. For sauce, place raspberries and sugar in a food processor, cover and blend. Serve cheesecake with sauce and enjoy!



# MAC and CHEESE



## INGREDIENTS

1 lb elbow macaroni  
12 - 16 oz Velveeta  
1 stick butter  
1/2 lb American cheese  
1 1/2 to 2 cups milk

## DIRECTIONS

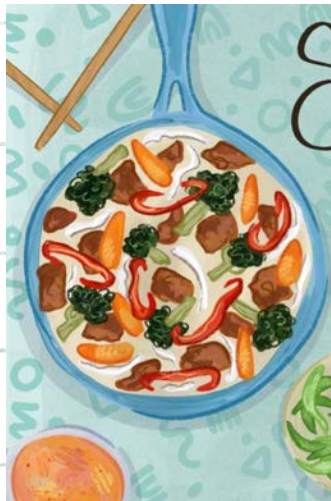
Cook macaroni according to package instructions for al dente. Drain pasta and transfer to oven safe casserole dish.

Cube butter and Velveeta and American cheese and place over macaroni. Mix well. Pour milk over pasta. Bake in oven at 350 for, stirring every 10 minutes to mix melting cheese. Add more milk and cheese as desired.

Leave in oven until cheese is melted and pasta is creamy. Serve and enjoy!



# STIR FRY



## SAUCE INGREDIENTS

1/2 cup soy sauce  
1/4 cup brown sugar  
2 tbsp rice wine vinegar  
1 tbsp minced garlic  
1 tsp red pepper flakes

## WHAT YOU CAN ADD

chicken  
pork  
shrimp  
tofu  
onions  
red peppers  
broccoli  
carrots  
corn  
mushrooms  
zucchini  
bean sprouts

## DIRECTIONS

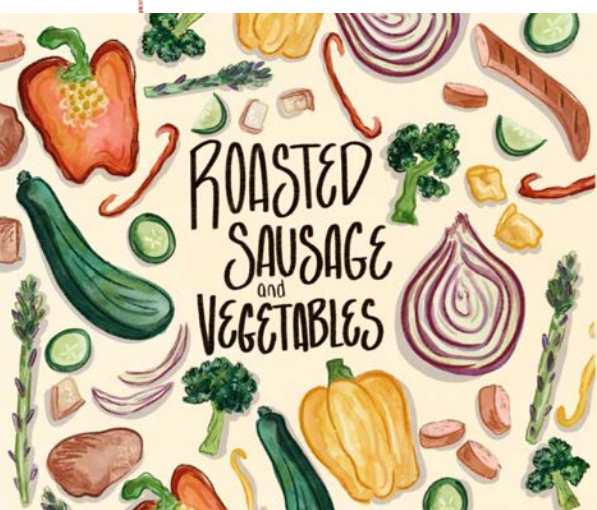
Cook your protein in a large pan and then set aside.

Cook all veggies in a pan at once with a small amount of oil until they are soft and cooked through. Set aside. Add all sauce ingredients in the same pan. Whisk thoroughly and make sure sugar is combined.

Let cook and bubble until sauce is thick. Add back in protein and vegetables and let both cook some more. Once warmed through and coated in sauce, dish is ready.

Serve over rice, rice noodles, or lettuce wraps and enjoy!





# ROASTED SAUSAGE and VEGETABLES

## INGREDIENTS

- |                             |                           |
|-----------------------------|---------------------------|
| 2 cups red potatoes, diced  | 6 tbsp olive oil          |
| 3 cups green beans, trimmed | 1/4 tsp red pepper flakes |
| 1 large head broccoli       | 1 tsp paprika             |
| 1 red bell pepper, chopped  | 1/2 tsp garlic powder     |
| asparagus                   | 1 tsp oregano             |
| 1 zucchini                  | 1 tsp parsley             |
| 1/2 a red onion             | 1 tsp cumin               |
| 13 oz sausage               | salt and pepper           |

## DIRECTIONS

Preheat oven to 400°F.

Chop all veggies into desired sizes, and cut sausage from link on a diagonal. Put in a large mixing bowl. Coat veggies and sausage with olive oil and then coat with all the seasonings.

Lay out on a foil lined baking dish. Bake for 15 minutes. Serve over rice, noodles, or eat straight up and enjoy!



# CHICKEN RING

## INGREDIENTS

- |   |  |
|---|--|
| 1lb chicken breasts   | 1 tsp lemon zest                       |
| 1/2 cup red pepper, chopped                                 | 1 tsp salt                             |
| 1 package (10oz) frozen spinach,<br>thawed and well drained | 1/8 tsp ground nutmeg                  |
| 1 cup shredded cheddar cheese                               | 2 packages refrigerated crescent rolls |
| 1/3 cup mayonnaise  |  |

## DIRECTIONS

Preheat oven to 375°F. Cook chicken in a pan with salt and pepper until brown. Let cool and shred into small strips. Chop bell pepper. Add chicken to a mixing bowl along with spinach, pepper, cheese, mayonnaise, lemon zest, salt and nutmeg. Mix well, adding more mayonnaise if necessary.

Unroll crescent rolls. Arrange in a circle pattern on a baking stone with the points of the triangles facing out, overlapping the bases a little. Carefully, spoon out the mixture onto the circle towards the center in a ring, filling the circle. Bring the outside points of the triangle over the mixture, covering the mixture, leaving some exposed parts. Tuck under the center of the ring.

Bake 25-30 minutes or until golden brown. Slice, serve, and enjoy!



# LOBSTER BISQUE

## INGREDIENTS

- |                        |                             |
|------------------------|-----------------------------|
| 2 white onions         | 2 tsp parsley               |
| 2 cups cherry tomatoes | 2 tsp basil                 |
| 2 carrots chopped      | 2 tsp paprika               |
| 1 head of garlic       | 2 tps rosemary              |
| Olive oil              | 6 tbsp butter               |
| 3 tomatoes             | Imitation lobster           |
| 1 lemon, juiced        | 1 container vegetable broth |
| 2 shallots             | 1/2 cup cream               |
| Salt and pepper        |                             |



## DIRECTIONS

Add all vegetables and spices to a large casserole dish with butter and olive oil.

Roast at 350 for 30 minutes, and add lobster. Bake another 15 minutes. Add everything to a blender with broth, then cream.

Blend well, serve, and enjoy!

# CHICKEN AND GNOCCHI SOUP

## INGREDIENTS

- |                              |                          |
|------------------------------|--------------------------|
| 3-4 boneless chicken breasts | 4 cups chicken broth     |
| 1 stalk of celery chopped    | salt and pepper to taste |
| 1/2 white onion diced        | 1 teaspoon thyme         |
| 2 teaspoons minced garlic    | 16 ounces potato gnocchi |
| 1/2 cup shredded carrots     | 2 cups half and half     |
| 1 tablespoon olive oil       | 1 cup fresh spinach      |

## DIRECTIONS

Heat olive oil in a large pot over medium heat. Add celery, onions, garlic, and carrots and saute for 2-3 minutes until onions are translucent. Add chicken, broth, salt, pepper, and thyme, bring to a boil, then gently stir in gnocchi. Boil for 3-4 minutes longer before reducing heat to a simmer and cooking for 10 minutes. Stir in half and half and spinach and cook another 1-2 minutes until spinach is tender. Taste, add salt and pepper if needed, and serve.



# CINNAMON ROLLS

## INGREDIENTS

- |                        |  |
|------------------------|--|
| 6 to 7 cups flour      |  |
| 1/2 cup sugar          |  |
| 2 tsp salt             |  |
| 2 pkg yeast            |  |
| 1 cup water            |  |
| 1 cup milk             |  |
| 1/2 cup butter         |  |
| 1 egg                  |  |
| 1/4 cup butter         |  |
| 1/4 cup sugar          |  |
| 2 tbsp ground cinnamon |  |
| 1 tbsp corn syrup      |  |
| 2 oz cream cheese      |  |
| 2 tsp butter           |  |
| 1/2 tsp vanilla        |  |
| 1/3 cup powdered sugar |  |
| 1 tsp milk             |  |



## DIRECTIONS

In large bowl, combine 2 cups flour, sugar, salt, and yeast, blend well. In a small sauce pan, heat water, milk, and margarine until very warm 120°F. Add warm liquid and egg to flour mixture. Blend at low speed then three minutes at medium speed. By hand stir 3 cups of flour until dough pulls away cleanly.

On floured surface, knead in 1 to 2 cups of flour until dough is smooth and elastic. Place dough in a greased bowl; cover loosely with plastic wrap and cloth towel. Let rise in a warm place until 1 light and doubled in size. Punch down dough several times to remove all air bubbles. Divide in half. Combine cinnamon filling ingredients. Roll out dough to 12 x 18 inch rectangle and spread on cinnamon mixture. Roll into an 18 inch log. Cut 2 inch rolls and place cut side down in a greased pyrex. Cover. Let dough rise until rolls double in size. Bake at 325°F for 30-35 minutes or until golden brown. Combine icing ingredients. Spread over warm rolls and enjoy!

# CINNAMON SWIRL QUICK BREAD

## INGREDIENTS

- |  |
|--|
| bread                                    |
| 2 cups all purpose flour                 |
| 1 cup sugar                              |
| 4 teaspoons baking powder                |
| 1 1/2 teaspoons                          |
| 1/2 teaspoons salt                       |
| 1 cup buttermilk                         |
| 1/3 cup oil                              |
| 2 teaspoons vanilla                      |
| 2 eggs                                   |
| streusel                                 |
| 2 tablespoons sugar                      |
| 1 teaspoon cinnamon                      |
| 2 teaspoons softened margarine or butter |



## DIRECTIONS

Preheat oven to 350°F. Grease and flour bottom of a 9x5 or 8x4 loaf pan. In a large bowl, combine all bread ingredients and beat for three minutes at medium speed. Or hand stir until combined. Pour batter into loaf pan.

In a small bowl combine all streusel ingredients until crumbly. Sprinkle over batter and swirl with a butter knife to marble. Bake for 45 to 55 minutes or until toothpick inserted in the center comes out clean. Cool and then remove from pan. Enjoy!

# CHICKEN TACO SALAD

## INGREDIENTS

### SALAD

2 red bell peppers  
3 heads of romaine  
1 red onion  
1 cucumber  
1 lb cooked chicken  
half cup black beans

### SAUCE

1 avocado  
2 cloves garlic  
1/4 cup lime juice  
2 cups cilantro  
1/4 plain yogurt  
1/2 cup olive oil  
1/2 cup water

### DIRECTIONS

Dice veggies to small sizes and chop romaine into pieces. Dice chicken and combine with black beans and veggies in a large bowl.

Add all dressing ingredients to a blender and blend until creamy, adding more olive oil or water if too thick, and more avocado if too thin. Pour over salad and combine.

Scoop up salad with tortilla chips and enjoy!

# CABBAGE ROLLS

## INGREDIENTS

1 lb ground beef  
3/4 cup cooked rice  
1/2 cup onion chopped  
1 large egg  
1 1/2 tsp paprika  
1 1/2 tsp salt  
1 tsp pepper  
1/4 cup milk  
1 can tomato sauce  
1 can diced tomatoes  
3 tbsp sugar  
2 tbs apple cider vinegar  
1/2 cup water

### DIRECTIONS

Peel and drop cabbage leaves into boiling salted water. Cover and cook for three minutes. Preheat oven to 350°F. Combine ground beef, rice, onion, egg, paprika, salt, pepper, and milk. Mix well and divide into 12 portions. Taking the cabbage leaves, stuff and roll them, fastening them with a toothpick. Place in baking dish and repeat. In a bowl combine the tomato sauce, tomatoes, sugar, vinegar, and half cup water. Pour over cabbage rolls.

Cover with foil and bake for one hour, or until cooked through and cabbage is tender. Serve and enjoy!

# SPICY CABBAGE

## INGREDIENTS

1 lb ground beef  
1 medium green pepper  
1 medium onion  
2 cloves garlic  
1 can diced tomatoes  
1 can green chilies  
1 can tomato sauce  
1/2 cups uncooked rice  
1 tsp salt  
1/2 tsp basil  
1/2 tsp oregano  
1/2 tsp each white, black, and cayenne pepper  
4 to 6 drops hot sauce  
1 small head of cabbage, diced  
1 cup shredded Colby cheese

### DIRECTIONS

Preheat oven to 350°F. In a skillet, cook the beef, green peppers, onions, garlic. Sauté until the meat is brown and the vegetables are soft. Then drain.

Stir in tomatoes, tomato sauce, rice and seasonings. Spread the mixture into an ungreased 13 x 9 baking dish. Top with cabbage and cheese.

Cover and bake for 65 to 75 minutes or until rice is tender. Serve and enjoy!


# fiesta layered TACO DIP

**INGREDIENTS**

2 tbsp Tastefully Simple Fiesta Party Dip (or other flavored dip)  
 1/4 cup mayonnaise  
 3/4 cup sour cream  
 2 cups shredded lettuce  
 1 cup sliced grape tomatoes  
 sliced black olives  
 8 oz shredded cheddar cheese

**DIRECTIONS**

Combine fiesta party dip mix, mayonnaise, and sour cream. Chill for two hours. Spread prepared dip on a serving platter. Top with shredded lettuce, grape tomatoes, sliced black olives, and shredded cheese. Service tortilla chips and enjoy!



# LEMON COOKIES

**INGREDIENTS**

1 package of lemon cake mix  
 2 eggs  
 1/3 vegetable oil  
 1 tsp lemon extract  
 1/3 cup confectioners sugar

**DIRECTIONS**

Preheat oven to 375F.

Pour cake into a large bowl. Stir in eggs, oil, and lemon extract until well blended.

Drop teaspoons of dough into confectioner sugar. Roll them around until lightly coated. Once coated, put onto a large ungreased baking sheet.

Bake for 6 to 9 minutes. The bottoms should be brown and the middle chewy. Enjoy!



# CHICKEN PAPRIKASH



## INGREDIENTS

Chicken breasts  
Chicken legs with skin  
Flour  
Salt and pepper  
Paprika  
Chicken broth

Dumplings  
1 cup of Flour  
4 eggs Egg  
1/2 stick of butter

## DIRECTIONS

Drench chicken pieces in flour by placing both in a ziplock bag and shaking. Brown chicken in very large frying pan with vegetable oil. Salt and pepper both sides. Generously paprika both sides. Turn down heat, and cover chicken entirely with chicken broth. Cover pan with foil and cook on low for approximately 3 hours or until chicken is falling apart. Remove chicken from broth and set aside. Stir broth, adding more paprika to taste. In a small cup, mix flour with some chicken broth to thicken and put in broth. Add to that mixture, sour cream until sauce is the consistency you like. Transfer chicken to roasting pan and pour sauce mixture over. To make dumplings, fill pot with water and bring to a boil. While boiling, mix together flour and eggs in a large measuring bowl, until mixture is sticky. With a knife, gather mixture on blade and place in boiling water (make sure they are not too big). Boil dumplings for about 5 minutes. Drain and put in a bowl, adding 1/2 stick butter. Toss to coat dumplings.

Then add to chicken and sauce. Enjoy!



# STUFFING

## INGREDIENTS

1 packed of cubed seasoned stuffing  
Celery  
1 white onion  
Chicken broth  
1 egg  
Salt and pepper

## DIRECTIONS

In a very large bowl, dump the dried bread cubes in. Crack in egg and leave on top. Add salt and pepper. In a large sauce pan heat chicken broth, and add chopped celery and onion to broth. Bring to a boil and turn down heat, let simmer until onion and celery at dente or half soft. Let broth mixture cool for a few minutes and pour into bread mixture, and mix. Then either stuff

turkey bird lightly, or put into a 9 x 12 pan sprayed with pam.

If in bird, bake until bird is complete. NEVER leave stuffing in bird after it is cooked. If in pan, bake 20 minutes or until soft. Serve as a side and enjoy!



# MASHED POTATOES

## INGREDIENTS

5 lbs red skinned potatoes  
1 stick of butter  
1 cup Sour cream  
Salt and pepper  
1/3 cup diced onions (optional)

## DIRECTIONS

Peel and boil potatoes, leaving little bits of the red skin of the potato. Drain potatoes and half put in mixing bowl. Add half a stick of butter and half a cup of sour cream. Salt and pepper mixture. Slowly add the other half of the ingredients into the bowl, mixing as you go. Stir in onions. Spray a 9 x 12 glass pan with pam and add potatoes. Cook at 350F for 30 minutes or until brown around the edges. If making for Thanksgiving, triple recipe. Serve and enjoy!



# PIZZELLES

## INGREDIENTS

- 3 eggs beaten
- 3/4 cup sugar
- 3/4 cup butter melted
- 1 1/2 - 2 cups flour
- 1 tsp baking powder
- 2 tsp vanilla
- 1 tsp lemon extract
- 1 tsp orange extract
- 1 tsp orange and lemon peel

## VARIATIONS

- Lemon (omit orange)
- Anise (omit lemon and orange)
- Chocolate (omit lemon and orange)



## DIRECTIONS

Add and beat ingredients together in order listed until well combined.

Drop a spoonful onto center of preheated pizzelle grid. Close lid.



Allow to cook until steaming stops, about 60 seconds. Remove with a fork.

Allow to cool on wire rack or wax paper. Store in an open basket or uncovered container and enjoy!

# LASAGNA

## INGREDIENTS

- 2 boxes of lasagna noodles
- 2 lbs Ricotta cheese
- 3 boxes chopped frozen spinach
- 2 lbs ground beef
- 2 eggs
- 1 lb Mozzarella
- 1/2 grated Romano cheese
- pasta sauce

## DIRECTIONS

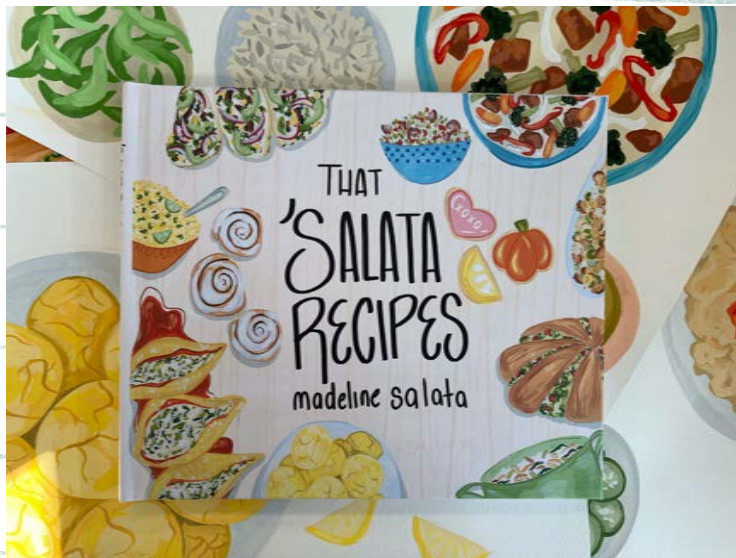
Brown ground meat and season with salt, pepper, garlic powder, and 3/4 cup onion flakes. Cook chopped spinach and drain well. Add spinach to meat mixture, and 2 eggs, mix thoroughly. Par-cook lasagna noodles. In a large pan (at least 13x9), spoon in some pasta sauce in a thin layer and lay out lasagna noodles.

Then spoon meat and spinach lightly over the noodles. Then spoon ricotta in dabs over meat mixture. Cut mozzarella cheese into 1 inch strips and lay on top in rows. Add sauce again.

Add another layer of noodles and repeat. The top row should be noodles, with some sauce and a sprinkle of Romano cheese, cover with foil and bake in the oven 350 for 45 minutes. Slice and serve and enjoy!



# The Finished Book



# Thank You

To  
Suzie  
Sheri  
Nancy  
Alyssa  
Missy

To  
My Parents  
My Siblings  
All my Teachers  
My Peers  
My Grandparents  
The class of 2023

To  
Everyone who has ever supported me  
and my artistic pursuit

