

Ohio Cooking



Table of Contents

Main Dishes 3

Ohio Blueberry French Toast	4
Cincinnati-Style Chili	5
Hanky Pankies	6

Desserts 7

Ohio Buck Eyes Candy	8
Ohio Apple Crisp	9
Shaker Lemon Pie	10

Chapter One

Main Dishes



Ohio Blueberry French Toast

Time to Make: 110 minutes
Servings: 6

Ingredients

1 loaf of French bread
4 eggs
1/2 cup of milk
1/4 tsp of baking powder
1 tsp of vanilla
4 1/2 cups of fresh blueberries
1/2 cup of sugar
1 tsp of cinnamon
1 tsp of cornstarch
2 Tbsp of melted butter
Powdered sugar

This dish is great for Sunday brunch when you have guests.



Preparation

1. Slice bread into 10-14 slices, about 1/2 inches thick. Place in a 13"x9" glass baking dish.
2. In a medium bowl, combine eggs, milk, baking powder, and vanilla. Whisk lightly and pour onto bread.
3. Preheat oven to 450° F and butter the 13"x9" baking dish.
4. Combine cinnamon, cornstarch, sugar and blueberries and pour the batter into the baking dish.
5. Place bread, moist side down, on top of the blueberry mixture and lightly brush the top of the bread with melted butter.
6. Bake for 20-25 minutes. Remove from oven and dust with powdered sugar and spoon the berry mixture over them.

Cincinnati-Style Chili

Time to make: 600 minutes
Servings: 6

Ingredients

2 chopped sweet onions
3 Tbsp of olive oil
4 minced garlic cloves
3 lbs. sirloin, cut into 1" cubes
2 8-ounces cans of tomato sauce
2 Tbsp of unsweetened cocoa powder
1 Tbsp of molasses
3 cups of canned beef broth
3 cups of water
2 Tbsp of cider vinegar
4 Tbsp of chili powder
2 tsp of ground cumin
2 tsp of sweet paprika
3/4 tsp of cayenne
1/4 tsp of cinnamon
1/4 tsp of allspice
1/4 tsp of turmeric
1/4 tsp of ground coriander
1/4 tsp of ground cardamom
Cooked spaghetti
Cooked red kidney beans
Finely grated cheddar cheese
Oyster crackers

Preparation

1. In a heavy Dutch oven, cook the onions in oil over moderate heat, stirring until soft. Add garlic and cook for 1 minute.
2. Add beef chunks and brown them lightly. Add chili powder and spices. Cook for 1 minute.
3. Stir in tomato sauce, cocoa powder, beef broth, molasses, water, and vinegar. Add salt and pepper.
4. Bring to a boil and simmer for 1 hour and 30 minutes or until thickened.
5. Serve chili into bowls of spaghetti and top with beans, oyster crackers, and cheddar cheese.



This type of chili is very popular.

Hanky Pankies

Time to Make: 390 minutes

Servings: 6 dozen

Ingredients

1 lb. sausage (spicy if desired)
 1 lb. lean ground beef
 1 Tbsp. worcestershire sauce
 1/2 tsp. garlic salt
 1 lb. Velveeta cheese (in cubes)
 Party rye or pumpernickel bread



Hanky Pankies make an excellent appetizer for any get-togethers. Goat cheese and chorizo are also used.

Preparation

1. Brown the meat, breaking it up with a fork. Then drain.
2. Add cheese and stir until melted and combined with meat.
3. Add garlic salt and worcestershire sauce. Season with salt and pepper.
4. Spread on bread slices and place on cookie sheets.
5. Put under the broiler until slightly brown on top and cheese is bubbling.

Chapter Two

Desserts



Ohio Buck Eyes Candy

Time to Make: 70 minutes
Servings: 5 dozen

Ingredients

- 1 1/2 cup of peanut butter
- 1 stick of softened butter
- 1/2 tsp. vanilla
- 3 cups powdered sugar
- 4 cups of semi-sweet chocolate chips
- 2 tsp. of vegetable shortening



The candies were named for looking like the nut of the Ohio state tree.

Preparation

1. In a large bowl, combine butter and vanilla. Add peanut butter. Gradually add powdered sugar until mixed well.
2. Roll mixture into 3/4" balls, using your hands and place them on a plate lined with wax paper.
3. Stick a toothpick into each of the balls (to be used for dipping into the chocolate). Chill the balls in the freezer for 30 minutes.
4. Gently melt the chocolate and add the shortening in the top of a double boiler. Stir frequently until smooth.
5. Dip the frozen peanut butter balls in the chocolate, holding them by the toothpick. Leave a small portion on the peanut butter to show the top.
6. Remove toothpicks, smooth over the hole. Refrigerate for two hours.
7. Store in tightly sealed tin.

Ohio Apple Crisp

Time to make: 100 minutes
Servings: 8

Ingredients

- 6 cups of sliced apples
- 1 cup sifted flour
- 1 cup of sugar
- 1 tsp. baking powder
- 3/4 tsp. of salt
- 1 unbeaten egg
- 1/3 cup melted and cooled shortening
- 1/2 tsp. of cinnamon

Preparation

1. Place sliced apples in a greased 6x10" baking dish. Mix flour, salt, sugar, baking powder, and egg with a fork until crumbly.
2. Sprinkle the mixture on the apples.
3. Pour the melted, cooled shortening over all the apples.
4. Sprinkle the cinnamon
5. Bake 30-40 minutes in a moderate oven (350° F).
6. Serve warm with whipped cream or with milk.



This dessert is delicious to eat with a scoop of vanilla ice cream.

Earliest reference to this dessert can be found in 1924 while variations can be traced back to 1886.

Shaker Lemon Pie

Time to Make: 275 minutes

Servings: 5

Ingredients

- 2 lemons, thinly sliced
- 2 cups of white sugar
- 4 eggs beaten
- 1 9-inches double crust pie

Directions

1. Slice the lemons and combine them with 2 cups of sugar into a large bowl.
2. Let the mixture stand for at least 4 hours.
3. Add the beaten eggs and mix well. Pour the mixture into an unbaked 9-inches pie crust and cover with a top crust.
4. Brush the top with milk and sprinkle granulated sugar.
5. Bake at 450° F for 15 minutes, then reduce the heat to 375° F.
6. Bake the pie for an additional 20-25 minutes.

Shaker lemon pies originated in the communities of the Shakers- a sect founded in the 18th century that branched off of the Quakers.

