

2013 Calendar

Recipes from Seth & Carol





Basic steel cut Oats - serves 6 to 8

1 cup steel cut oats
4 cups water (or soy, coconut, rice or regular milk)
Pinch of salt
Fruit, Nuts, Syrups, Spices, etc. for toppings (optional)

Bring water (or milk) to a boil in a deep pot. Add oats and cook until they begin to thicken. Reduce to a simmer, and continue cooking, uncovered, until grains are slightly tender and water has mostly absorbed, about 15 to 20 minutes. Turn off heat, cover pot and let sit for 5 minutes before serving.

Make-ahead: Steel cut oats reheat very well, so I like to make extra to enjoy on busy weekday mornings. Store leftovers in a covered container. Spoon out individual portions into a bowl, adding a tablespoon or two of milk or water, then cover and microwave until heated through, about 1 minute does the job in my 1000 watt microwave.

JANUARY 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		New Year's Day				
6	7	8	9	10	11	12
Epiphany						
13	14	15	16	17	18	19
20	21	22	23	24	25	26
	Martin Luther King Jr.'s Birthday					
27	28	29	30	31		



Creamy Chicken and Wild Rice Soup - Serves 4

1 ½ cups cooked wild or brown rice blend (i.e. Uncle Ben's)	pepper (to taste)
2 carrots (diced small)	½ large onion, diced
½ - 1 cup cooked diced chicken (or a can of chicken)	1 celery stalks (diced small)
½ cup flour	¼ cup butter
	4 cups chicken broth
	½ cup half & half

Start cooking the rice before you begin working on the rest of the soup. Chop up carrots, onions and celery. Saute carrots, celery and onion in butter until tender. Add flour and stir. Add broth and pepper. Bring to a boil. Add chicken and half & half and reheat, but don't boil again. Add rice right before serving (if you put it in a long time before serving, the rice will keep cooking and get mushy).

This recipe may easily be doubled (or tripled!) and veggie substitutions may be made. Corn, parsnips, broccoli, cauliflower - be creative!

FEBRUARY 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
						Groundhog Day
3	4	5	6	7	8	9
10	11	12	13	14	15	16
		Lincoln's Birthday Mardi Gras	Ash Wednesday	Valentine's Day		
17	18	19	20	21	22	23
	President's Day				Washington's Birthday	
24	25	26	27	28		



Crock Pot Corned Beef - serves 6 to 8

1 corned beef (one which will fit in your crock pot)
water
1 small onion, sliced

Place sliced onion on bottom of crock pot. Add corned beef. (Optional, add the seasoning from corned beef package to crock pot. We like it better without.) Cover with water. Cook on low for 6-8 hours. Serve with sautéed cabbage and potatoes for an authentic St. Patrick's Day meal!

MARCH 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
						Tyler Countess's Birthday
10	11	12	13	14	15	16
Daylight Savings Begins @ 2am						
17	18	19	20	21	22	23
St. Patrick's Day			First Day of Spring			
24	25	26	27	28	29	30
Palm Sunday				Maundy Thursday	Good Friday	Holy Saturday
31						
Claire Lindemyer's Birthday						
Easter						



Glazed salmon & spiced Carrots - Serves 4

4 tablespoons extra-virgin olive oil, plus more for pan
1 pound carrots, thinly sliced
2 tablespoons honey or agave nectar
1 tablespoon dijon mustard
2 tablespoons fresh lime juice, plus wedges for serving
4 6-ounce center-cut salmon fillets (about 1 ½ inches thick)
Kosher salt and freshly ground pepper
½ teaspoon ground coriander
¼ teaspoon ground cumin
Pinch of ground cinnamon
⅓ cup roughly chopped fresh mint
¼ cup sliced almonds

Preheat broiler. Lightly oil broiler pan. Toss the carrots with 1 tablespoon olive oil in a bowl, then spread out on one side of the pan. Broil until the carrots begin to soften, 2 to 3 minutes.

Meanwhile, whisk 2 tablespoons olive oil, the honey, mustard and 1 tablespoon lime juice in a small bowl. Brush the tops and sides of the salmon with the glaze. Put the salmon, skin-side down, on the other side of the broiler pan next to the carrots and season with salt and pepper. Broil until the salmon is golden brown and just cooked through and the carrots are crisp-tender, 5 to 7 minutes.

Whisk the remaining 1 tablespoon each olive oil and lime juice, the coriander, cumin, cinnamon, mint and almonds in a bowl. Add the carrots and toss to combine; season with salt and pepper. Serve the salmon with the carrots and lime wedges.

APRIL 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 April Fool's Day	2	3	4 Mardy & Cy Hornsby's Anniversary	5	6
7	8	9	10 Mardy Hornsby's Birthday	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27 Martin Jones's Birthday
28 Lauren Taylor Brooke Jones's Birthday	29	30				



Dutch Babies - Serves 4

$\frac{3}{4}$ cup all-purpose flour
 $\frac{3}{4}$ cup milk
1 pinch salt
3 eggs, beaten
2 tablespoons butter, melted

Preheat oven to 375 degrees Fahrenheit. Lightly grease a 9 inch pie or cake pan. Cast iron pans work well too.

In a large bowl, mix together flour, milk, eggs, butter and salt. Stir until smooth. Pour batter into prepared pan.

Bake in preheated oven for 10 minutes. Reduce heat to 325 degrees cooking for additional 5 minutes. Serve immediately. Garnish with powdered sugar, syrup, fresh fruit if desired.

MAY 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 National Day of Prayer	3	4
5 Cinco De Mayo	6	7	8	9 Ascension Day	10	11
12 Mother's Day	13	14	15	16	17	18
19 Seth Gallmeyer's Birthday Pentecost	20	21	22	23	24	25
26	27 Memorial Day	28	29	30	31	



Creamy Garlic Pasta - Serves 2 to 4

2 teaspoons olive oil
4 cloves garlic, minced
2 tablespoons butter
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ teaspoon pepper

3 cups chicken stock
 $\frac{1}{2}$ lb spaghetti or angel hair pasta
1 cup grated parmesan cheese
 $\frac{3}{4}$ cup heavy cream
2 tablespoons chopped fresh parsley

In a pot, bring the olive oil to medium-low heat. Add the garlic and stir, allowing it to cook for 1-2 minutes. Mix in the butter until melted. Add the salt, pepper and chicken stock. Raise the heat to high and let it come to a boil.

Once it is at a rolling boil, add the pasta and cook for as long as the box's directions indicate. Reduce the stove to medium heat and mix in the parmesan until completely melted. Turn off the heat and stir in the cream and parsley. Serve immediately.

JUNE 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6 Rick Hronick's Birthday	7	8
9	10	11	12	13	14	15
16 Father's Day	17	18 Wendy & Martin Jones's Anniversary	19	20	21 First Day of Summer	22
23	24	25 Jenna Stone's Birthday	26 Jenna & David Stone's Anniversary	27	28	29
30						



Seth's Blue Ribbon Ribs - serves 2 to 4

Ribs - At least a rack
Liquid Smoke (optional)
Your Favorite BBQ Sauce

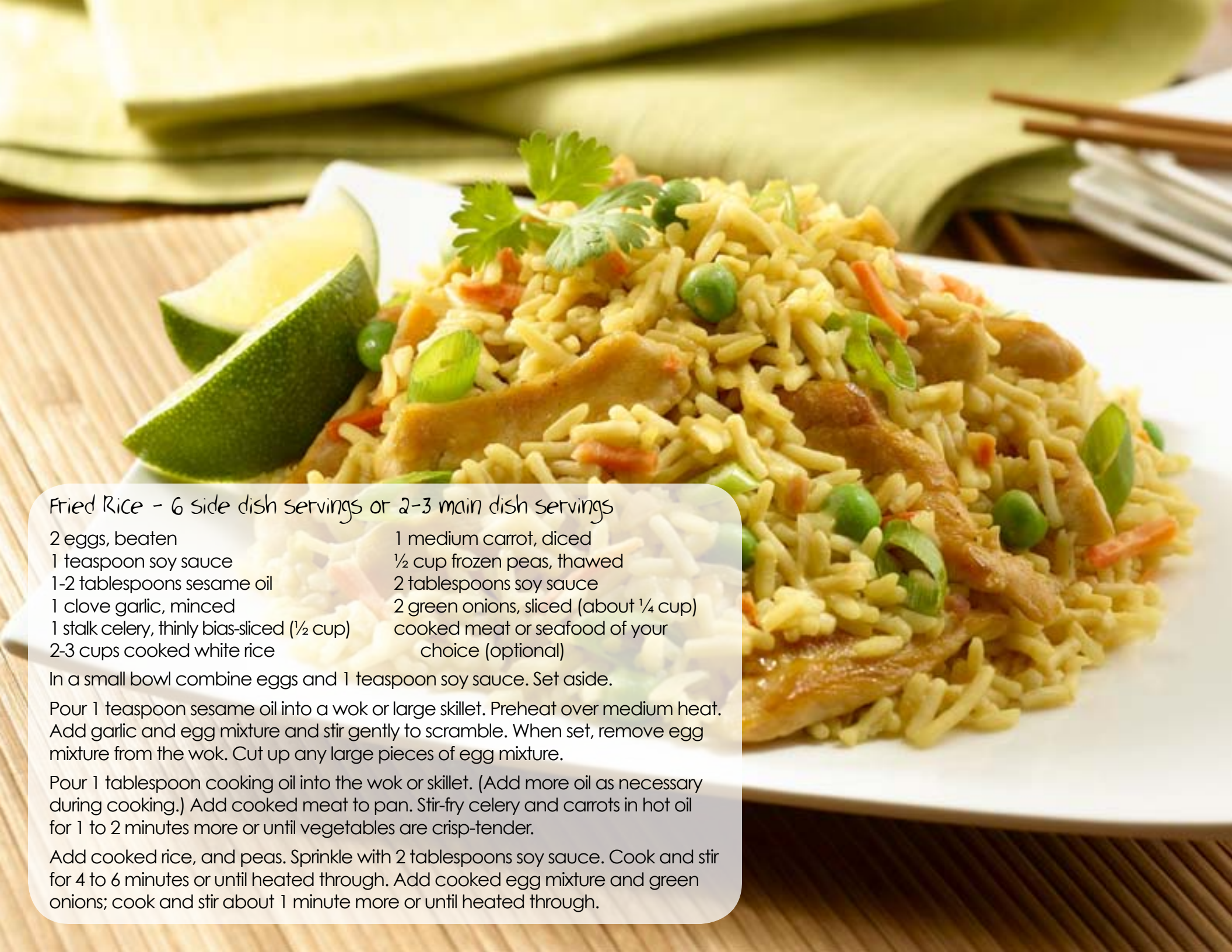
Preheat oven to 250 degrees F. Rinse the ribs. If desired, sprinkle with Liquid Smoke. Rub ribs with seasonings of your choice. Place in a single layer on baking pan, cutting between the bones if needed to make them fit. Put enough water into the pan to cover the bottom. Cover entire pan with Saran Wrap and then aluminium foil.

Bake in oven for 2-4 hours or until the bones wiggle (almost fall apart). Take ribs out of the pan and coat with BBQ sauce of your choice and grill outdoors or put back into the oven at 350 degrees.

You can also remove the ribs from the pan and cool in the refrigerator for grilling later.

JULY 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 Cy Hornsby's Birthday	4 Independence Day	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31 Kelly Lindemyer's Birthday			

A close-up photograph of a white plate filled with fried rice. The rice is mixed with pieces of cooked chicken, green peas, and finely diced carrots. It is garnished with fresh green cilantro leaves and a wedge of lime. The plate is set on a wooden surface, and a pair of chopsticks is visible in the background.

Fried Rice - 6 side dish servings or 2-3 main dish servings

2 eggs, beaten

1 teaspoon soy sauce

1-2 tablespoons sesame oil

1 clove garlic, minced

1 stalk celery, thinly bias-sliced ($\frac{1}{2}$ cup)

2-3 cups cooked white rice

1 medium carrot, diced

$\frac{1}{2}$ cup frozen peas, thawed

2 tablespoons soy sauce

2 green onions, sliced (about $\frac{1}{4}$ cup)

cooked meat or seafood of your
choice (optional)

In a small bowl combine eggs and 1 teaspoon soy sauce. Set aside.

Pour 1 teaspoon sesame oil into a wok or large skillet. Preheat over medium heat. Add garlic and egg mixture and stir gently to scramble. When set, remove egg mixture from the wok. Cut up any large pieces of egg mixture.

Pour 1 tablespoon cooking oil into the wok or skillet. (Add more oil as necessary during cooking.) Add cooked meat to pan. Stir-fry celery and carrots in hot oil for 1 to 2 minutes more or until vegetables are crisp-tender.

Add cooked rice, and peas. Sprinkle with 2 tablespoons soy sauce. Cook and stir for 4 to 6 minutes or until heated through. Add cooked egg mixture and green onions; cook and stir about 1 minute more or until heated through.

AUGUST 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
Kelly & Shane Lindemyer's Anniversary						
11	12	13	14	15	16	17
	Shane Lindemyer's Birthday					
18	19	20	21	22	23	24
25	26	27	28	29	30	31
				Daniel Power's Birthday		



Indian Rice Pudding - 4 servings

1 cup cooked long grain or
basmati rice
1 cup whole milk
½ cup heavy cream
¾ cup coconut milk
2 ounces sugar, approx. ¼ cup

¼ teaspoon ground cardamom
1 ½ ounces golden raisins,
approx. ⅓ cup
1 ½ ounces chopped unsalted
pistachios, or cashews
approx. ⅓ cup

In a large nonstick saute pan over medium heat, combine the cooked rice and milk. Heat until the mixture begins to boil. Decrease the heat to low and cook at a simmer until the mixture begins to thicken, stirring frequently, approximately 5 minutes.

Increase the heat to medium, add the heavy cream, coconut milk, sugar, and cardamom and continue to cook until the mixture just begins to thicken again, approximately 5 to 10 minutes. Use a whisk to help prevent the cardamom from clumping. Once the mixture just begins to thicken, remove from the heat and stir in the raisins and pistachios. Transfer the mixture to individual serving dishes or a glass bowl and place plastic wrap directly on the surface of the pudding. Serve chilled or at room temperature.

SEPTEMBER 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Labor Day	3	4	5	6	7
8	9	10	11 Patriot Day	12 Carol Becker's Birthday	13	14 Carol Gallmeyer's Birthday
15	16	17	18	19	20 David Stone's Birthday	21
22 Carolyn Countess's Birthday First Day of Autumn	23	24	25	26	27	28
29	30					

Twice Baked Sweet Potatoes - Serves 4

4 large sweet potatoes
4 ounces ($\frac{1}{2}$ of 8 ounce pkg.) Neufchatel Cheese, cubed (or cream cheese)
4 tablespoons milk
4 tablespoons brown sugar
1 teaspoon ground cinnamon
 $\frac{1}{2}$ cup chopped Pecans (or leave whole and decorate top of casserole)

Bake potatoes at 350 degrees until tender. (About an hour.)


Once cool enough to handle, gently peel off skins and place potatoes into a bowl. Add Neufchatel, milk, sugar and cinnamon to potato flesh; mash until well blended.

Place in casserole dish and top with nuts. Bake 10 minutes or until potatoes are heated through and nuts are toasted.



OCTOBER 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10 Daniel Roberts Jones's Birthday	11	12 Carol & Seth Gallmeyer's Anniversary
13	14 Columbus Day	15	16	17	18	19
20	21	22	23	24	25 Christian Jones's Birthday	26
27	28	29	30	31 Halloween		



Grilled Turkey, Cranberry and Brie sandwich - Serves 1

2 thick slices ($\frac{3}{4}$ -inch) Italian or French bread
cooked turkey, skins removed
cranberry sauce, any variety
brie
butter

Heat skillet over medium heat.

Butter one side of one slice of bread. Flip it over and spread as much cranberry sauce as you'd like on it. Top with as much turkey as you wish. Slice brie, remove rind, and add to sandwich. Butter second slice of bread and top sandwich with butter-side out.

Grill in hot pan until bread browns. Flip and repeat until cheese melts and turkey is heated through.

NOVEMBER 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					All Saints Day	
3	4	5	6	7	8	9
Daylight Savings Time Ends						
10	11	12	13	14	15	16
	Veteran's Day					
17	18	19	20	21	22	23
Naomi Gallmeyer's Birthday						
24	25	26	27	28	29	30
	Hailey Lindemyer's Birthday			Thanksgiving Day		



Easy Rocky Road Fudge - Makes a Lot

- 1 (12 ounce) package semi-sweet chocolate chips
- 1 (14 ounce) can sweetened condensed milk
- 1 teaspoon vanilla extract
- 3 cups miniature marshmallows
- 1 ½ cups coarsely chopped walnuts

Line 13 x 9-inch baking pan with foil; grease lightly.

Microwave chocolate chips and sweetened condensed milk in large, microwave-safe bowl on HIGH (100 percent) power for 1 minute; stir. Microwave at additional 10- to 20-second intervals, stirring until smooth. Stir in vanilla extract. Fold in marshmallows and nuts.

Press mixture into prepared baking pan. Refrigerate until ready to serve. Lift from pan; remove foil. Cut into pieces.

DECEMBER 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 First Sunday of Advent	2	3	4	5	6	7 Pearl Harbor Remembrance Day
8 Wendy Jones's Birthday	9	10	11	12	13	14
15	16 Carla Stone's Birthday	17 Vera Becker's Birthday	18	19	20	21 First Day of Winter
22	23	24 Christmas Eve	25 Christmas	26	27	28
29	30	31 New Year's Eve				



Ranch Seasoning Mix

½ cup dry buttermilk
 1 tablespoon dried parsley, crushed
 1 teaspoon dried dill weed
 1 teaspoon onion powder
 1 teaspoon dried onion flakes
 1 teaspoon salt
 ½ teaspoon garlic powder
 ¼ teaspoon ground pepper

Combine all ingredients in a blender. Blend at high speed until smooth. If you want to use this to make salad dressing combine 1 tablespoon mix with 1 cup mayonnaise and 1 cup milk. Otherwise use 1 tablespoon in any recipe calling for an envelope of ranch dressing mix.

Chili & Taco Powder Seasoning Mix

4 tablespoons of chili powder
 1 teaspoon garlic powder
 1 teaspoon onion powder
 1 teaspoon crushed red pepper flakes
 ¼ teaspoon cayenne pepper
 1 teaspoon dried oregano
 2 teaspoons paprika
 2 tablespoons ground cumin
 3 teaspoons sea salt
 4 teaspoons black pepper

In a medium bowl, combine chili powder, garlic powder, onion powder, crushed red pepper flakes, cayenne pepper, oregano, paprika, ground cumin, sea salt, and black pepper. Store in an air tight container at room temperature.

NOTES:

- Stored in an airtight container, this spice blend will keep for up to a year.
 - When making chili or tacos using one pound of ground beef, start with 1 ½ tablespoons of the seasoning blend and adjust according to your tastes.



Hot Cocoa Mix

2 cups powdered sugar
 1 cup cocoa (Dutch-process preferred)
 2 ½ cups powdered milk
 1 teaspoon salt
 2 teaspoons cornstarch
 1 pinch cayenne pepper
 Hot water

Combine all ingredients in a mixing bowl and incorporate evenly. In a small pot, heat 4 to 6 cups of water.

Fill your mug half full with the mixture and pour in hot water. Stir to combine. Seal the rest in an airtight container, keeps indefinitely in the pantry. This also works great with warm milk.





We wish we could cook for you. Since that's nearly impossible, we decided to share some of our favorite recipes with you. We hope you enjoy these recipes. Calendar designed and produced by Carol Gallmeyer. Contributions and proofing by Seth Gallmeyer, 2012.