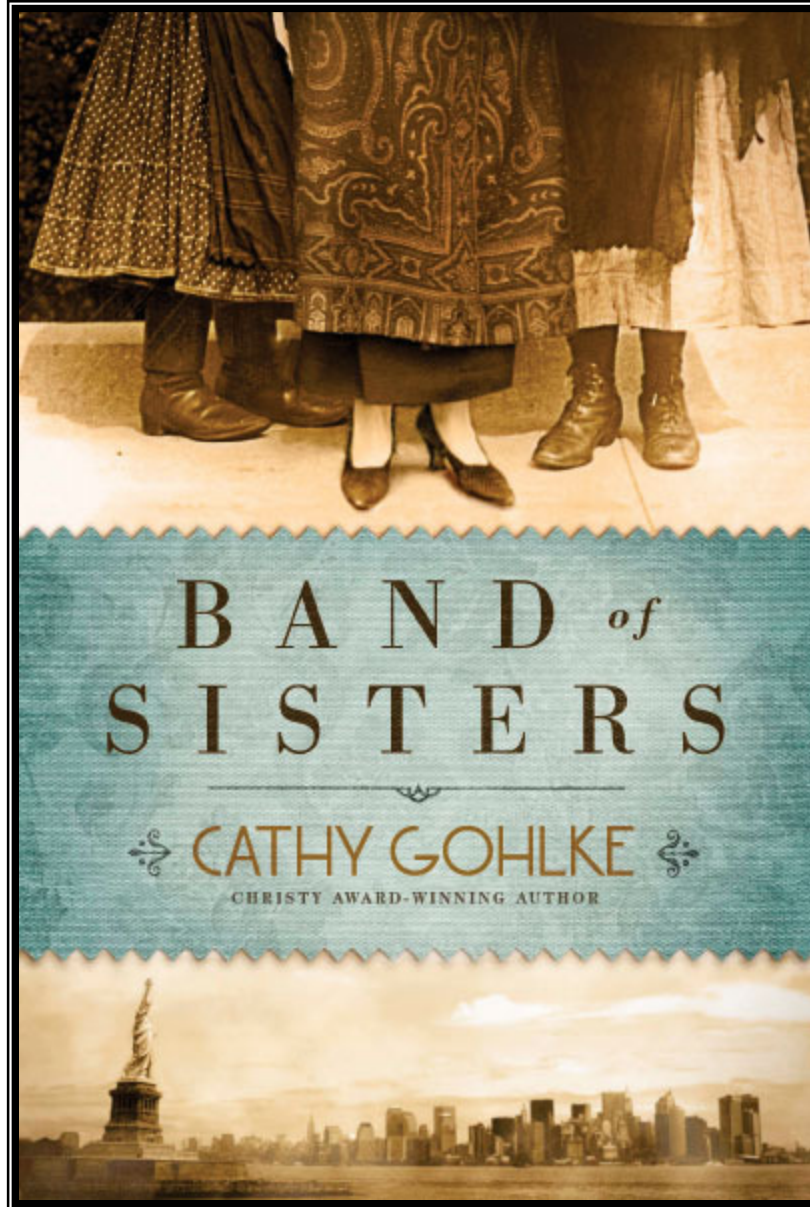




RECIPES from  
*BAND OF SISTERS*



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# COLONEL WAKEFIELD'S FAVORITE APPLE CRUMB PIE

## INGREDIENTS

- 5 large apples or 7-8 medium apples
- ½ cup sugar (raw, preferred)
- Pinch of salt
- ¼ teaspoon cinnamon
- ¼ teaspoon allspice
- 2 Tablespoons flour
- 2 Tablespoons melted butter
- 1 Tablespoon lemon juice



## DIRECTIONS

- Prepare pie shell.
- Combine sugar, salt, cinnamon, allspice and flour in a large bowl.
- Peel, core, and slice apples thinly. Toss with dry ingredients until well coated.
- Combine melted butter and lemon juice, and stir into apples.
- Pour apples into prepared pie shell.

## TOPPING INSTRUCTIONS

- Combine 1/3 stick butter, ½ cup brown sugar, and ½ cup flour and mix thoroughly. Crumble topping over apples in pie shell.
- Bake pie at 425 for 10 minutes. Reduce oven temperature to 350 degrees, and continue baking for 45 minutes or until apples are soft and top is golden brown.





# MORNINGSIDE'S CREAM OF CARROT SOUP

## INGREDIENTS

- 8 Tablespoons butter (1 stick)
- 10 medium carrots
- 2 teaspoons sugar (granulated)
- 1/3 teaspoon salt
- 1/2 cup water
- 4 Tablespoons flour
- 1/2 teaspoon salt
- Pinch of black pepper
- Pinch of grated nutmeg
- 5 cups milk
- 2/3 cup heavy cream (may use fat free variety)
- Parsley leaves

## DIRECTIONS

- Peel and thinly slice the carrots.
- Melt 4 Tablespoons butter in a skillet. Add carrots, sugar, salt, and water, stirring slightly. Cover, and cook over low heat for 25 minutes, stirring occasionally.
- While carrots cook, melt remaining 4 Tablespoons of butter in a heavy saucepan. Stir in flour, salt, pepper, nutmeg and milk, stirring constantly until the mixture thickens. Simmer, covered, for 5 minutes.
- Remove carrots from heat and set aside 1/4 cup. Combine the remaining carrots with 1/2 of the white sauce and puree until smooth.
- Return the carrot mixture to the saucepan with the remaining white sauce. Stir well, and simmer over very low heat for 30 minutes. This can scorch easily, so keep the heat low and stir frequently.
- Before serving, stir in as much heavy cream as needed to create the consistency you prefer. Note that the soup should not be too thin. Garnish with the reserved carrot slices and parsley leaves. Serve hot.

*\*Serves 8.*

*\*\*If making ahead, do not add cream until soup has been reheated.*





# ORANGE GLAZED DUCK

## INGREDIENTS

- 1 duck (5-6 pounds)
- Kosher salt
- Pepper
- Orange Marmalade
- Honey
- Grand Marnier
- Garnish: Orange slices and something green

## DIRECTIONS

- Wash one whole duck (5-6 pounds) under cold water and pat dry. Cut excess skin from either end of cavity. Prick the skin with a sharp fork or knife, then score the breast in a diamond pattern with a sharp knife, cutting through skin and fat, but not into the flesh of the duck. This will aid in releasing fat from the duck. Truss the duck's legs with butcher's twine. Fold and tuck the wings beneath the breast.
- Season the duck by sprinkling with Kosher salt, coarsely ground black pepper, poultry seasoning, and a dash of cumin.
- Place the duck, breast side up, on a rack in a roasting pan, and roast for one hour at 300 degrees. After one hour, prick the skin with a sharp knife to allow fat to flow freely—especially around the legs, as there is much fat there.
- Turn the bird breast side down and return to oven to roast another hour at 300 degrees. After one hour, prick the bird all over to release more fat, then turn breast side up and return to the oven to roast one more hour. When the hour is finished, prick the bird all over once more (the skin should be crispy by now). Turn duck breast side down and roast one more hour at 300 degrees.
- While the duck is roasting its fourth and final hour, prepare the glaze by mixing orange marmalade, honey, and Grand Marnier together to taste and allowing to simmer a few minutes.
- After the fourth hour, remove the duck from the oven. (Pour duck fat from the pan at this point if you want to save the fat).
- Turn oven to 400 degrees.
- Brush glaze over duck, and place, breast side up on rack in pan. Return to oven to roast approx. 10 minutes.
- Remove duck from oven and brush a second time with glaze, covering thickly and completely. Return to oven for another 7 minutes.
- Remove from oven and allow duck to rest 10 minutes before cutting.
- Garnish duck platter with orange slices over something green—whatever is in season. Serve remaining glaze with duck.





# MRS. MELKFORD'S CARROT MUFFINS

## INGREDIENTS

- 2 cups of flour
- 1 and ¼ cup sugar (raw, preferred)
- 2 teaspoons cinnamon
- 2 teaspoons soda
- ½ teaspoon salt
- 1 and ½ cup shredded carrots
- 1 and ½ cups apples, peeled and shredded
- ¾ cup coconut
- ¾ cup raisins
- ½ cup chopped pecans
- 3 eggs, beaten
- 1 cup cooking oil
- 1 tsp. vanilla



## DIRECTIONS

- Grease and flour muffin pans.
- Combine flour, sugar, cinnamon, soda and salt in a large mixing bowl and set aside.
- In a separate bowl, combine carrots, apples, coconut, raisins and pecans.
- In another bowl, mix together eggs, cooking oil and vanilla. Add to fruit and nut mixture, mixing thoroughly.
- Add wet mixture to dry mixture, stirring only until moistened.
- Spoon batter into prepared muffin pans and bake at 375 degrees for 18-20 minutes.
- Remove muffins from pans and cool on rack

*\*These may be baked in mini-muffin pans – simply reduce the baking time.*

*\*\*Mrs. Melkford's Carrot Muffins freeze well for later use.*

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