

Recipes from The Island

Mr. S's Chicken Fingers

Iingredients:

- Egg mix: 2 eggs, 1/4 cup of milk, 4 Tbs Canola oil
- Flour Mix: 1 cup of flour, 2 Tbs Italian Seasoning, 1 tsp cayenne pepper, 1 tsp of salt and pepper mix
- Chicken cut into strips (dark or white meat)

Directions:

1. In a large bowl, mix the egg mix ingredients as you would to make scrambled eggs and set aside.
2. In a second large bowl, mix the dry ingredients, blending them well.
3. Dip the chicken strips in the egg mix, then coat in the dry mix.
4. For the healthy version, cook in an air fryer or pan fry. For Mr. S's version (the tastier version), deep fry in oil.

Mr. S's Stuffed Mushrooms

Ingredients:

- 12 large mushrooms.
- 1/8 cup of shelled sunflower seeds (about 1 sunflower).
- 1/4 loaf of stale bread cut into cubes (or toasted in the oven).
- 1/4 cup of butter.
- 1 chopped large yellow onion.
- 3 sticks of chopped celery.
- 1/8 cup chopped parsley.
- 1 tsp of minced fresh rosemary
- 1 tsp of salt and pepper blend.
- 1 large egg.
- 3/4 cup of chicken broth.

Directions:

1. Crush the sunflower seeds in a plastic bag with a rolling pin and set aside.
2. In a large bowl, whisk the eggs and chicken broth and set aside.
3. In a skillet, melt the butter and add the onion and celery. Sautee until vegetables are soft then set aside.
4. In a large bowl, put in the bread cubes, sunflower seeds and the veggies. Add the wet mixture and mix together. Add the seasonings and mix well. Bake this on a cookie sheet for 35 minutes.

5. Take the stems out of the mushrooms (this can be added to the mix if you choose to). Fill the mushrooms with the stuffing mix and bake for 15 minutes. Serve hot.

The adult trick method
for college students or
parents with time constraints

Ingredients:

- 12 large mushrooms
- 1 box of stuffing mix
- 1/8 cup of shelled sunflower seeds (about 1 sunflower).
- Chicken broth.

Directions:

1. Crush the sunflower seeds using a food processor.
2. Mix the crushed sunflower seeds in with the dry stuffing mix.
3. Replace the boiling water the mix calls for with hot chicken broth and use 1/2 cup more broth than the mix calls for.
4. Then cook as directed.
5. Stuff and bake your mushrooms.

This stuffing is good without the mushrooms too!

*My family uses this for our Thanksgiving
stuffing.*

Sourdough Bread Recipe

Ingredients:

- 7 cups Flour
- 2 tsp Yeast
- 3 cups Warm Water
- 2 tsp Honey
- 1/3 cup oil or melted butter
- 4 tsp Salt
- 1 cup of shelled Sunflower Seeds

Instructions:

1. Pour flour into a large bowl and shape into a volcano
2. Dissolve yeast & honey in 1 cup of warm water, then pour into the center of your flour volcano
3. Let yeast mixture rise for 10 - 15 min
4. Add salt, oil, and 2 more cups of water
5. Add in Sunflower seeds
6. Mix, knead, and shape the dough
7. Let rise for 20-30 min in a warm location
8. Knead once more and place it on a baking sheet
9. Bake in preheated oven at 325 F for one hour
10. Enjoy!

The Island's Honey Glazed Roast Rabbit

Ingredients:

- 2 lb. of Rabbit
- 2/3 cup butter
- 2/3 cup honey
- 4 tablespoons mustard
- 2 teaspoon salt
- 2 teaspoon pepper
- 2 teaspoon curry powder

Instructions:

1. Cube the rabbit meat into one-inch cubes
2. In a large bowl, mix the butter, honey, mustard, salt, pepper and curry powder and blend well to form the glaze.
3. Dip the meat in the glaze and then arrange the meat on a high walled sheet pan or in a shallow baking dish, leaving a little space between each piece of meat.
4. Pour the remaining glaze into the bottom of the sheet pan.
5. Bake at 350°F for hour to an hour and fifteen minutes.
6. While baking, baste the rabbit frequently with the glaze mixture.

Mr. S's Angel Eggs ("Deviled Eggs")

Ingredients:

- 6 large hard-boiled eggs
- ¼ cup mayonnaise
- 1 teaspoon yellow mustard
- 2 tablespoons sweet relish
- Dash of Tabasco sauce
- Salt and pepper to taste
- Paprika, or chives for garnish

Directions:

1. Hard boil a dozen large eggs. Let cool and peel.
2. Slice the hard-boiled eggs in half longways and place the yolks in a medium-size bowl. Feel free to add the whites to your serving dish.
3. Mash the yolks using a fork until it crumbles nicely. Add in mayonnaise, mustard, relish, hot sauce, salt, and pepper, and mix well until combined and as smooth as possible. As an adult, I use my Food processor to blend this, then fold in the relish by hand.
4. Use a spoon to divide the yolk filling between the egg white halves.
5. Chill in the fridge for an hour.
6. Garnish with paprika, or chives and serve.

Mrs. Bennet's Soft Baked Oatmeal
Chocolate Chunk Cookies

Ingredients

- ½ cup unsalted butter, softened (not melted)
- ½ cup granulated sugar
- ½ cup light brown sugar
- 1 large egg
- ½ tsp vanilla extract
- ½ tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- ½ tsp cinnamon
- ¾ cup all-purpose flour
- 1½ cups old-fashioned oats
- 1 cup chocolate chunks (70% cocoa) for mix and for topping

Instructions

1. Preheat the oven to 350°F (375 if you want it crunchy on the outside).
2. Line a cookie sheet with parchment paper.
3. In a large bowl or stand mixer, cream together butter with granulated sugar and light brown sugar. Beat until light and fluffy.
4. Mix in egg and vanilla, followed by baking powder, baking soda,

salt, and cinnamon. Make sure to scrape the bowl to get it well-mixed.

5. Mix in flour, followed by old-fashioned oats. Mix until just combined and no streaks remain. Stir in $\frac{3}{4}$ cup of chocolate chunks.
 6. Scoop dough using a medium cookie scoop (about $1\frac{1}{2}$ tablespoons), spacing 2-3 inches apart on the prepared baking sheet.
 7. Top off with additional chocolate chunks.
 8. For soft baked, bake at 350 degrees for 10-11 minutes.
 9. For soft cookies with a crisp outside, bake at 375 for 13-15 minutes.
 10. Using a wide-mouth cup, shape the cookies using a circular motion.
 11. Add chocolate topping to the cookies.
 12. Allow the shaped cookies to rest on the pan for 3-5 minutes.
 13. Transfer cookies to a wire rack to cool completely.
- Store in an airtight container.

Mrs. Bennet's Roast Chicken

Ingredients

- 1 (5 to 6 pound) roasting chicken
- Salt
- Ground black pepper
- 2 large bunches fresh thyme
- 1 lemon, halved
- 1 head garlic, cut in half crosswise
- $\frac{1}{4}$ stick of butter, melted
- 1 large yellow onion, thickly sliced
- 4 carrots cut into 2-inch chunks
- 1 bulb of fennel, tops removed, and cut into wedges
- Canola oil

Instructions

1. Preheat the oven to 425 degrees F.
2. Remove the chicken giblets. Rinse the chicken inside and out.
3. Remove any excess fat and leftover pin feathers and pat the outside dry.
4. Liberally salt and pepper the inside of the chicken.
5. Stuff the cavity with the bunch of thyme, both halves of lemon, and all the garlic.
6. Brush the outside of the chicken with the butter and sprinkle again with salt and pepper.

7. Tie the legs together with kitchen string and tuck the wing tips under the body of the chicken.
8. Place the onions, carrots, and fennel in a roasting pan. Toss with salt, pepper, half of the thyme, and oil. Spread around the bottom of the roasting pan.
9. Place the chicken on top.
10. Roast the chicken for 1½ hours, or until the juices run clear when you cut between a leg and thigh.
11. Remove the chicken and vegetables to a platter and cover with aluminum foil for about 20 minutes.
12. Slice the chicken onto a platter and serve it with the vegetables

Mrs. Bennet's Butter Rice

Ingredients:

- 1 stick of unsalted butter
- 1 Large Yellow Onion
- 2 Cups of Long Grain White
- 1 QT of Chicken Stock
- Salt and Pepper
- Bay Leaves

Instructions:

1. Melt the butter over a medium heat in a large saucepan.
2. Add in chopped onion and sauté gently for 5-6 minutes.
3. Stir in rice grains to coat in butter.
4. Pour in remaining ingredients. Cover, bring to boil, then reduce heat to low and cook for 15 minutes (5 minutes less than what is listed on rice package directions)
5. Turn heat off rice, but keep on a hot burner for 10 minutes to steam and prevent scorching.
6. Fluff rice with a fork, remove bay leaves and serve as desired.
7. Top with dried parsley flakes

The Islands Ranch Dressing

Ingredients

- 5½ cups of mayonnaise
- 5½ cups of sour cream
- 5½ cups of buttermilk
- 11 teaspoons of dried dill weed
- 5½ teaspoons of dried parsley
- 5½ teaspoons of dried chives
- 2¾ teaspoons of onion powder
- 5½ teaspoons of garlic powder
- 2¾ teaspoons of fine sea salt
- 1½ teaspoons of finely ground pepper
- ¼ cup of freshly squeezed lemon juice

Instructions

1. Whisk together the mayo, sour cream and milk until smooth.
2. Add the spices and whisk until combined.
3. Add the lemon and whisk again.
4. Pour into a gallon jar and chill until ready to serve.

Corn Grits (Family Style)

Ingredients

- 3 and 1/2 cups water
- 1/2 cup whole milk
- 1 tsp. Kosher salt
- 1 cup stone-ground grits, white or yellow
- 2 Tbsp. unsalted butter

Instructions

1. In a medium-sized heavy saucepan add the water, milk, and salt. Bring to a boil.
2. Gradually add in the grits while whisking. Continue whisking for 30 seconds to reduce clumping and creates silky, smooth grits.
3. Bring the grits back to a boil, cover and reduce the heat to low. Cook for 20 - 25 minutes or until the grits are tender.
4. Stir in the butter and salt and serve immediately.

Corn Grits (for 250 girls)

Note: This is how Corn Grits were served in Chow Hall, aka the "sandpaper in a blender" version. Cooks in a 15-gallon / 60 Quart pot.

Ingredients

- 10 gallons of salt water
- 2 gallons of coarsely ground cornmeal
- 1 quart of butter

Instructions

1. In a 15 gallon / 60 quart heavy pot bring the water to a boil.
2. Gradually add in the grits while stirring
3. Bring the grits back to a boil, cover and reduce the heat to low. Cook for 30 minutes.
4. Stir in the butter and serve.

Granola Oatmeal with Raisins
(for 50 girls and staff)

Ingredients:

- 2½ cups of brown sugar
- 2½ cups of honey
- 1¼ cups of canola oil
- 20 cups of old-fashioned oats
- 2½ teaspoons of cinnamon
- 1¼ teaspoons of salt
- 2 cups of Raisins

Instructions:

1. Preheat the oven to 250°F.
2. Coat baking sheets with a light coating of oil.
3. In a large saucepan combine the sugar, honey, and oil.
4. Stir over medium heat until sugar has dissolved.
5. Add oats to a large mixing bowl.
6. Pour honey mixture over the oats.
7. Add cinnamon and salt.
8. Stir everything together until evenly coated.
9. Spread the mixture evenly over the baking sheet and gently press down.
10. Bake for 1 hour. Stir the mixture every 15-20 minutes.
11. Remove and allow the mixture to cool completely in the pan.
Break apart and Enjoy.