



• TREASURED •

THANKSGIVING RECIPES



Susquehanna
UNIVERSITY

SWEET POTATO CASSEROLE

TASTES REMEMBERED: A TREASURY OF RECIPES FROM THE GOOD COOKS OF SWEET BRIAR COLLEGE

Jonathan Green and Lynn Buck | President and First Lady of Susquehanna University

INGREDIENTS

- 3 cups sweet potatoes (cooked and mashed)
- 1 cup sugar
- ½ cup butter (or margarine)
- 2 eggs, beaten
- 1 teaspoon vanilla
- ⅓ cup milk

TOPPING

- 1 cup light-brown sugar
- ½ cup flour
- ⅓ cup butter
- 1 cup chopped nuts

DIRECTIONS

1. Mix well and sprinkle topping on sweet potato mixture.
2. Bake for 25 minutes at 350°F (180°C).

RECIPE NOTES

- Can use less sugar and butter.
- Can add coconut to the topping mixture.



OLD-FASHIONED APPLE RAISIN CAKE

*Lauren Lachocki '11 Redfern | Director of
the Susquehanna University Fund*

INGREDIENTS

- 2 cups sugar
- 3 cups flour
- 1 ½ teaspoons baking soda
- 1 teaspoon salt
- ½ teaspoon cinnamon
- ½ teaspoon allspice
- ½ teaspoon nutmeg
- 2 eggs
- 1 cup vegetable oil
- 1 teaspoon vanilla
- 3 large apples, cubed (I will sometimes add an extra apple.)
- ¾ cup each of raisins and nuts (optional)
- ½ cup orange juice (if needed to bring batter together; I always need it and sometimes add more.)

DIRECTIONS

1. Combine all dry ingredients in a large mixing bowl.
2. Slowly add eggs, oil and vanilla.
3. Add apples, raisins and nuts. (If difficult to mix add the orange juice.)
4. Grease a tube pan. Pour in batter.
5. Bake at 300°F (150°C) for approximately 1 ½ hours.



PINEAPPLE CASSEROLE

*Lauren Lachocki '11 Redfern | Director of
the Susquehanna University Fund*

INGREDIENTS

- $\frac{3}{4}$ cup sugar
- 3 tablespoons flour
- 5 eggs, beaten
- 20 ounces crushed pineapple
- 10 slices white bread, cubed (I like Pepperidge Farm Hearty White.)
- $\frac{1}{4}$ pound of butter, melted

DIRECTIONS

1. Mix together sugar, flour and eggs.
2. Add crushed pineapple with juice.
3. Pour into a buttered 9x13 casserole dish.
4. Top with cubed white bread and press into mixture lightly.
5. Pour butter over the bread.
6. Bake at 350°F (180°C), uncovered for 30–45 minutes or until bread is browned.



FRESH CRANBERRY SAUCE

with MANDARIN ORANGES

Jennifer Spotts '00 | Director of Strategic Communications

READY IN: 15 minutes | **YIELD:** 2 ½ cups

INGREDIENTS

- 1 cup sugar or 1 cup Splenda granular (adjust to dietary needs or taste)
- 1 cup water
- 1 (12-ounce) package fresh cranberries
- 1 (15-ounce) can unsweetened mandarin oranges

DIRECTIONS

1. Combine sugar and water in a medium saucepan.
2. Bring to boil; add cranberries, return to boil.
3. Reduce heat and boil gently for 10 minutes, stirring occasionally.
4. Add can of mandarin oranges.
5. Cover and cool completely at room temperature.
6. Refrigerate until serving time.



SPROUTS AND KALE SALAD with MAPLE VINAIGRETTE

INSPIRED BY CRACKER BARREL

Shayla Heimbach '16 | IT Help Desk Coordinator

INGREDIENTS

- 5 cups chopped Brussels sprouts
- 5 cups finely sliced kale
- ½ cup Craisins
- ¾ cup pecans
- ¾ cup white vinegar
- ½ cup sugar
- ½ cup maple syrup (*DO NOT* use pancake syrup.)
- 1 teaspoon salt
- 1 ½ teaspoons Dijon mustard
- ½ cup vegetable oil

DIRECTIONS

1. Wash kale and Brussels sprouts, then pat dry with a towel. Remove stems, then slice thinly and chop.
2. Roughly chop pecans.
3. Mix chopped sprouts, kale, Craisins and pecans in a bowl, then set aside.
4. To make vinaigrette, combine white vinegar, vegetable oil, sugar, salt, maple syrup and Dijon mustard. Whisk until well blended.
5. Pour vinaigrette over vegetables and stir well.
6. Cover and refrigerate for at least 30 minutes before serving.



TRADITIONAL FILIPINO LUMPIA

LILQTPINAY23

Michael Dixon | Chief Inclusion and Diversity Officer

PREP TIME: 45 minutes | **COOK TIME:** 25 minutes
READY IN: 1 hour 10 minutes

This is a traditional Filipino dish. It is the Filipino version of egg rolls. It can be served as a side dish or as an appetizer.

INGREDIENTS

- 1 tablespoon vegetable oil
- 1 pound ground pork
- 2 cloves garlic, crushed
- ½ cup chopped onion
- ½ cup minced carrots
- ½ cup chopped green onions
- ½ cup thinly sliced green cabbage
- 1 teaspoon ground black pepper
- 1 teaspoon salt
- 1 teaspoon garlic powder
- 1 teaspoon soy sauce
- 30 lumpia wrappers
- 2 cups vegetable oil for frying

DIRECTIONS

1. Place a wok or large skillet over high heat, and pour in 1 tablespoon vegetable oil. Cook pork, stirring frequently, until no pink is showing. Remove pork from pan and set aside.
2. Drain grease from pan, leaving a thin coating. Cook garlic and onion in the same pan for 2 minutes.
3. Stir in the cooked pork, carrots, green onions and cabbage. Season with pepper, salt, garlic powder and soy sauce.
4. Remove from heat, and set aside until cool enough to handle.
5. Place 3 heaping tablespoons of the filling diagonally near one corner of each wrapper, leaving a 1 ½ inch space at both ends.
6. Fold the side along the length of the filling over the filling, tuck in both ends and roll neatly. Keep the roll tight as you assemble.
7. Moisten the other side of the wrapper with water to seal the edge. Cover the rolls with plastic wrap to retain moisture.
8. Heat a heavy skillet over medium heat, add oil to ½ inch depth and heat for 5 minutes.
9. Slide 3 or 4 lumpia into the oil. Fry the rolls for 1 to 2 minutes, until all sides are golden brown.
10. Drain on paper towels. Serve immediately.



RICE PUDDING

Jennifer Bowersox | Senior Administrative Assistant

INGREDIENTS

- ½ cup rice
- 1 ½ cups water
- ¼ teaspoon salt
- 1 tablespoon butter
- 10 eggs
- 10 tablespoons of sugar
- 2 teaspoons vanilla
- 2 ¾ cups of milk

DIRECTIONS

1. Cook rice, water, salt and butter.
2. Beat 10 eggs well. Add 10 tablespoons of sugar and beat well.
3. Add vanilla and milk and mix.
4. Add 3 to 4 tablespoons of egg mixture and an additional 1 tablespoon of sugar to the rice and spread evenly into a 9 x 9-inch pan.
5. Slowly pour the rest of the egg mixture over rice.
6. Bake at 325°F (165°C) for 1 hour.
7. Serve cold.



BUTTERNUT SQUASH SOUP

*Jeff Weller '05 | Purchasing Card Administrator
& Susie Weller '05*

INGREDIENTS

- 2 medium butternut squash (peeled, seeded and cut into small cubes)
- ¼ cup plus 2 tablespoons olive oil
- 1 medium onion, diced
- 4 cups vegetable or chicken broth
- ½ cup heavy cream
- ¼ cup maple syrup
- ½ teaspoon salt
- Sour cream, for serving (optional)

DIRECTIONS

1. Preheat oven to 350°F (180°C).
2. Spread the squash on two rimmed baking sheets and drizzle with ¼ cup of the olive oil. Roast until soft and light brown, 30–40 minutes, shaking the pans halfway through. Set squash aside.
3. In a large pot, cook the onion in the remaining 2 tablespoons of olive oil over medium heat until soft and lightly caramelized (7–8 minutes).
4. Add the roasted squash and broth and heat the mixture until bubbling.
5. Use an immersion blender to puree the soup in the pot until totally smooth. You can also transfer the mixture in batches to a regular blender; just don't fill it more than halfway full since the soup is hot.
6. Add the cream, maple syrup and salt. Stir and let simmer for 5 minutes.
7. Serve plain or with a mixture of even parts heavy cream and sour cream.



SWEET POTATO CASSEROLE

Elizabeth Britton-Crowe | Assistant Director of Admission

INGREDIENTS

- 4 pounds sweet potatoes*
- ½ cup packed light-brown sugar
- ½ cup unsalted butter, melted
- ½ cup milk (anything but skim)
- 2 large eggs
- 1 teaspoon vanilla extract
- Salt and freshly ground black pepper

TOPPING

- ½ cup all-purpose flour (scoop and level to measure)
- ½ cup packed light-brown sugar
- ½ teaspoon ground cinnamon
- 1 cup broken or chopped pecans
- ¼ cup unsalted butter, melted

DIRECTIONS

1. Preheat oven to 400°F (205°C). Line a rimmed baking sheet with foil.
2. Pierce each sweet potato twice on two sides. Place on baking sheet and bake until cooked through and soft, about 60–75 minutes. Reduce oven temperature to 350°F (180°C).

3. Peel potatoes (skin should pull right off) and transfer to a large mixing bowl.
4. Mash potatoes with a potato masher (or press through a potato ricer) until well mashed. Let cool about 5–10 minutes so the eggs don't cook in the mixture.
5. Add in brown sugar, ½ cup melted butter, milk, eggs and vanilla, and season with ½ teaspoon salt (or to taste) and ¼ teaspoon pepper.
6. Using an electric hand mixer, blend mixture until combined well.
7. Pour into a greased casserole dish (mine was about 12x8 inches) and spread into an even layer. Set aside.
8. For the topping, in a separate medium mixing bowl using a fork, stir together flour, brown sugar, cinnamon and pecans (break up brown sugar clumps with fingertips as needed).
9. Pour butter into mixture and stir until mixture is evenly moistened (it will seem dry at first, keep tossing).
10. Sprinkle mixture evenly over sweet potato mixture in baking dish.
11. Bake in preheated oven until heated through, about 40 minutes, while tenting with foil during the last 10 minutes to prevent excessive browning on topping if needed. Serve warm.

RECIPE NOTES

*This amount should yield about 5 cups mashed.



CHEESY ROOT VEGETABLE GRATIN

SPOON FORK BACON

Amanda O'Rourke | Digital Communications &
Media Specialist

INGREDIENTS

- 1–2 long sweet potatoes (about 2 inches thick), peeled
- 4 large parsnips, ends trimmed and peeled
- 5 medium beets, peeled
- 2 ½ cups heavy cream, divided (whole milk is fine, but mixture won't thicken as much or be as creamy)
- 4 ounces grated Parmesan, divided
- 1 tablespoon fresh minced thyme, divided, plus more for garnish
- 1 garlic clove, minced
- 2 ounces shredded Gruyere
- salt and pepper to taste

DIRECTIONS

1. Preheat oven to 400°F.
2. Slice sweet potato, parsnips and beets into very thin rounds (using a mandoline is easiest) and transfer each vegetable to its own bowl.

3. Pour ¾ cup cream over each bowl of vegetables and top each with ½ ounce grated Parmesan and 1 teaspoon minced thyme. Season each bowl generously with salt and pepper and toss together until all vegetable slices are well coated.
4. Pour remaining cream into the bottom of a 2 quart (oval) baking dish and sprinkle with ½ ounce of Parmesan and minced garlic.
5. Grab a stack of sweet potatoes and line them standing up on a bias, at the top of the baking dish.
6. Follow the sweet potato with a row of parsnips, followed by a row of beets.
7. Repeat with the remaining sweet potatoes, parsnips and beets, creating 6 rows of root vegetables.
8. Season top of gratin with salt, pepper and sprinkle of remaining ounce of Parmesan.
9. Cover with foil and bake for 25 to 30 minutes or until vegetables are soft.
10. Remove from oven, uncover gratin and top with shredded Gruyere.
11. Set oven to broil and broil gratin for 3 to 5 minutes or until browned and bubbling on top.
12. Finish with a sprinkle of fresh thyme leaves. Serve.



PUMPKIN CRUNCH CAKE

MY BAKING ADDICTION

Sara Adams | *Manager of Music Admission & Administrative Coordinator*

PREP TIME: 10 minutes | **COOK TIME:** 1 hour

CHILL TIME: 3 hours | **TOTAL TIME:** 4 hours 10 minutes

INGREDIENTS

- 1 (15-ounce) can pumpkin puree
- 1 (12-ounce) can evaporated milk
- 4 large eggs
- ½ cup sugar
- ½ cup packed light-brown sugar
- 2 teaspoons pure vanilla extract
- 1 tablespoon pumpkin pie spice
- 1 teaspoon salt
- 1 box yellow cake mix
- 1 cup chopped Fisher Pecans
- 1 cup unsalted butter, melted

DIRECTIONS

1. Preheat oven to 350°F (180°C). Butter a 9x13 inch baking pan.
2. In a large bowl, whisk together the pumpkin puree, evaporated milk, eggs, sugars, vanilla, pumpkin pie spice and salt until well combined and smooth.
3. Pour mixture into prepared pan and spread into an even layer.
4. Sprinkle dry cake mix evenly over the pumpkin mixture and use your hands to gently press it into the batter.
5. Sprinkle the top of the cake with chopped pecans and evenly drizzle the melted butter over the entire cake.
6. Bake in preheated oven for 40 minutes. At this point, check your cake. If the top is becoming too brown, cover the cake with a piece of foil for the remaining baking time. Continue baking an additional 10–20 minutes or until set.
7. Remove pan to a wire rack to cool completely. Chill for a few hours before serving.
8. If desired, top with whipped cream and chopped pecans before serving.



HONEY GARLIC BUTTER ROASTED CARROTS

CAFE DELITES

Amanda Lenig '07 | Assistant Professor of Art & Design

PREP TIME: 5 minutes | COOK TIME: 20 minutes

TOTAL TIME: 25 minutes

INGREDIENTS

- 2 pounds carrots washed and peeled (or unpeeled)
- ½ cup butter
- 3 tablespoons honey
- 4 garlic cloves minced
- ¼ to ½ teaspoon salt plus more for seasoning
- Cracked black pepper
- 2 tablespoons fresh chopped parsley

DIRECTIONS

1. Preheat oven to 425°F (220°C). Lightly grease a large baking sheet with nonstick cooking oil spray; set aside.
2. Trim ends of carrots and cut into thirds.
3. Melt butter in a pan or skillet over medium heat. Pour in honey and cook, while stirring, until completely melted through the butter. Add the garlic and stir for 30 seconds until fragrant.

4. Add the carrots and allow the sauce to thicken for a further minute, while tossing the carrots through the sauce. Season with salt and pepper.
5. Transfer carrots to baking sheet in a single layer so they cook evenly. Toss to evenly coat.
6. Roast for 20 minutes, or until carrots are fork-tender. Broil (or grill) for 2–3 minutes on high heat to crisp/char the edges.
7. **OPTIONAL:** Transfer them back into the skillet and allow carrots to simmer in the sauce over high heat for 5 minutes to thicken the sauce into a glaze. ***SEE NOTES.**
8. Season with a little extra salt and pepper if desired. Garnish with parsley.
9. Arrange onto serving platter and enjoy!

RECIPE NOTES

*If too much water has been released from the carrots while roasting and you want a thick glaze, transfer the carrots into the skillet and add a cornstarch slurry to the sauce (½ teaspoon cornstarch to 2 teaspoons water), while stirring it through quickly until the sauce thickens. Repeat until reaching your desired consistency.

