



ARKHAM RECIPES 2023



TITLE: Aunt Henri's Vegetable Beef Soup

TIME: 6 HRS

SERVES: 6-8

- 3 or 4 pounds frozen chuck roast
- 2 cans beef broth
- 2 large cans chopped/diced tomatoes
- 1 medium head of cabbage, chopped
- 6 stalks of celery, cut into chunks
- 6 to 7 large carrots, cleaned and cut into round chunks
- 2 medium white or yellow onions, diced
- 5 or 6 potatoes
- 5 beef bouillon cubes
- 5 chicken bouillon cubes
- 1 tall can of tomato juice

Put the chuck roast into a cake pan and add salt and pepper to taste. Add the cans of beef broth, cover with foil, and bake at 275 for about 4 hours—put it in the oven around 6 AM and go back to bed for a few hours.

While the roast is cooking slowly, take out a large and deep pot.

Put the tomatoes, cabbage, celery, carrots, onions, and bouillon cubes (both types) into the pot. Add the tomato juice and enough water to cover the vegetables. Simmer until vegetables are tender. (Note: Don't let the vegetables get mushy by cooking too fast or too long.)

Meanwhile, take the potatoes, peel them and cut them into bite-sized chunks. Cover with cold water and set aside.

Once the soup has simmered awhile, drain the potatoes and add them to the soup. (If you put them in right away, they tend to get mushy.)

Add the broth from the roast. Remove the fat from the roast and cut it into chunks, then add to soup. Let it simmer until the vegetables are the way you like them. For the last 5 minutes of cooking, I like to throw in about 1/4 cup of barley.

Makes about 8 quarts. Put any unused into glass mayo jars. Keeps well in refrigerator for up to 2 weeks.



ARKHAM RECIPES 2023



TITLE: Banana Bread

TIME: 1 HR

SERVES: 6-8

- 1/2 cup butter (salted), softened
- 1 cup brown sugar
- 2 eggs, beaten
- 3 bananas, finely crushed (for serious and extreme moist and delicious, try 4 bananas)
- 1 1/2 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon vanilla
- 1 teaspoon cinnamon

1. Preheat oven to 350°F / 180°C.
2. Cream together butter and sugar.
3. Add eggs and crushed bananas.
4. Combine well.
5. Sift together flour, soda and salt. Add to creamed mixture. Add vanilla and cinnamon.
6. Mix just until combined. Do not overmix.
7. Pour into greased and floured loaf pan.
8. Bake at 350°F / 180°C for 55 minutes.



ARKHAM RECIPES 2023



TITLE: Prosperity Sandwich

TIME: 1 HR

SERVES: 6-8

- 5 tablespoons butter, divided
- 8 ounces white mushrooms, trimmed and sliced thin
- 1 shallot, minced
- 1/2 teaspoon salt
- 1/4 cup all-purpose flour
- 2 cups whole milk
- 8 ounces (2 cups) sharp cheddar cheese, shredded, divided
- 2 teaspoons Dijon mustard
- 2 teaspoons Worcestershire sauce
- 1/2 teaspoon black pepper
- 4 (3/4-inch-thick) slices rustic white bread
- 8 ounces thinly sliced turkey
- 8 ounces thinly sliced deli ham
- 2 tomatoes, cored, cut into 8 (1/4-inch) slices, and patted dry
- 1 tall can of tomato juice

Melt 1 tablespoon butter in large saucepan over medium-high heat. Add mushrooms, shallot and salt. Cook, stirring occasionally, until well-browned, five to seven minutes. Transfer to bowl.

Melt remaining 4 tablespoons butter (you can use the same saucepan) over medium heat. Stir in flour and cook for one minute. Slowly whisk in milk and bring to simmer. Reduce heat to low and cook, stirring occasionally, until thickened, four to six minutes. Off heat, stir in 1/2 cup cheddar, mustard, Worcestershire sauce and pepper; set aside.

Adjust oven rack five inches from broiler element, and heat broiler. Line rimmed baking sheet with aluminum foil and spray with vegetable oil spray. Toast bread slices in toaster or arrange on prepared baking sheet and broil until toasted, 1 1/2 minutes per side.

Divide mushroom mixture among toasted bread slices. Arrange 2 ounces turkey, 2 ounces ham and 2 slices tomato over mushrooms on each slice of toast. Spoon 1/2 cup cheese sauce evenly over each sandwich and sprinkle with remaining 1 1/2 cups cheddar. Broil until cheddar is browned, three to five minutes. Let cool five minutes before serving.



ARKHAM RECIPES 2023



TITLE: Seasoned Italian Bread

TIME: 1 HR

SERVES: 6-8

- 1 loaf Italian bread, unsliced
- 8 oz. Swiss cheese, sliced
- 1 cup butter
- 2 tablespoons onion flakes
- 2 tablespoons lemon juice
- 1 tablespoon poppy seeds
- 1 teaspoon prepared mustard
- 1 teaspoon Beau Monde

1. Slice loaf of Italian bread diagonally at 45° and 135° angles, being careful not to cut completely through the loaf. Place Swiss cheese slices in the cut openings.
2. In saucepan, melt butter and add onion flakes, lemon juice, poppy seed, mustard, and Beau Monde. Pour mixture over the loaf and completely cover in foil.
3. Bake at 350° for 30 minutes.





ARKHAM RECIPES 2023



TITLE: Sesame Peanut Noodles

TIME: 1 HR

SERVES: 6-8

- 1/4 cup Peanut butter
- 2 tbsp toasted sesame oil
- 3 tbsp soy sauce
- 1 clove garlic, minced
- 1 tsp rice vinegar (optional)
- sriracha or other hot sauce (optional)
- 1 tsp sugar (if peanut butter isn't sweet)

1. Use any Asian wheat or rice noodles. About 4 servings.
2. Mix all sauce ingredients together. Add one or two tablespoons of water if sauce is too thick. It should be the consistency of melted ice cream.
3. Cook the noodles, then rinse under cold water immediately until noodles are cooled. Drain noodles. Mix sauce into the noodles. Enjoy immediately or after chilled in the refrigerator.



ARKHAM RECIPES 2023



TITLE: Warm Spiced Cider Punch

TIME: 5 HRS

SERVES: 8

- 4 cups apple cider or unsweetened apple juice
- 2 1/4 cups water
- 1 can (6 oz.) frozen orange juice concentrate, thawed
- 3/4 teaspoon ground nutmeg
- 3/4 teaspoon ground ginger
- 3 whole cloves
- 2 cinnamon sticks

1. In a 3-qt. slow cooker, combine the apple cider, water, orange juice concentrate, nutmeg, and ginger.
2. Place cloves and cinnamon sticks on a double thickness cheesecloth; bring up corners of cloth and tie with string to form a bag. Place bag in slow cooker.
3. Cover and cook on low for 4 to 5 hours or until heated through. Remove and discard spice bag.
4. Garnish with orange slices and additional cinnamon sticks if desired. Serves 8.