

This Promised Land Recipes

Aunt Bethany's Pineapple Upside Down Cake



Ingredients for Topping:

- ¼ cup melted butter
- ½ cup packed brown sugar (light or dark)
- 1 large can (8-10 slices) pineapple in its own juice, drained and blotted dry on paper towel
- 15-20 maraschino cherries, drained and patted dry on paper towel

Ingredients for Cake:

- 1 and ½ cups flour (can use gluten free flour, like Cup 4 Cup)
- 1 teaspoon baking powder
- ¼ teaspoon baking soda
- ½ teaspoon salt
- 6 Tablespoons softened (not melted) butter
- ¾ cup granulated sugar
- 2 large egg whites, room temperature
- 1/3 cup sour cream, room temperature
- 1 teaspoon pure vanilla extract
- ¼ cup pineapple juice, room temperature –use leftover from can
- 2 Tablespoons milk

Directions:

Preheat oven to 350 degrees

Topping Directions:

Pour ¼ cup melted butter into an ungreased 9" round cake pan or pie dish. Make sure the pan is 2 inches deep.

Sprinkle brown sugar evenly over butter.

Arrange blotted pineapple slices and cherries on top of the brown sugar. You can use half pineapple rings around the sides of the pan, too.

Place pan in refrigerator while preparing batter to help set the topping.

Cake Directions:

Whisk flour, baking powder, baking soda and salt together. Set aside.

In a separate bowl beat butter until smooth and creamy.

Add sugar and beat until creamed together, scraping down sides and bottom of bowl.

Beat in egg whites on high speed until combined, then beat in sour cream and vanilla extract.

Pour dry ingredients into wet ingredients.

On low mixer speed, slowly pour in milk and pineapple juice. Beat only until all ingredients are combined. Batter will be thick.

Remove topping from refrigerator.

Pour and spread cake batter evenly over topping.

Bake 45 minutes, tenting foil on top of cake halfway through to prevent top from over-browning before center is baked through.

Cake is done when toothpick inserted into center of the cake comes out mostly clean.

Remove cake from oven and let rest on rack 20 minutes.

Invert cake onto cake stand or serving plate.

Slice and serve warm or let cake cool to room temperature before slicing.

Cover leftover slices and store in refrigerator for up to 3 days.

Aunt Ginny Dee's Pancakes with Raisins



Ingredients:

- 3 cups all-purpose flour (or gluten-free flour if you want gluten-free)
- ¼ cup chopped pecans—best if toasted first (these are optional, but omit these if concerned with nut allergies)
- 1 and ½ cup raisins (divided)
- 1 Tablespoons cornstarch
- 2 Tablespoons baking powder
- 2 teaspoons salt
- 2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- ½ teaspoon ground nutmeg
- 1 and 1/2 cups pumpkin puree (canned solid-pack pumpkin)
- 4 large eggs, separated
- 2 cups whole milk
- 1/2 cup real maple syrup (do not use pancake syrup)
- 6 Tablespoons unsalted butter, melted and cooled
- 2 teaspoons pure vanilla extract
- 6 large egg whites

Directions:

In a large bowl whisk flour, cornstarch, baking powder, salt, cinnamon, ginger, and nutmeg. Stir in nuts (if using) and 1 cup of raisins. Set aside.

In a separate bowl, combine the pumpkin puree, egg yolks, milk, maple syrup, melted butter, and vanilla extract; stir until smooth.

Combine liquid and dry ingredients. Using a whisk, stir to blend until smooth.

In a clean, dry bowl, beat the egg whites until stiff peaks form. Gently fold the beaten egg whites into the batter.

Preheat pancake griddle.

Lightly butter griddle before each batch of pancakes.

Drop by ladle full onto hot griddle.

Add a few raisins to the top of each pancake.

Cook until golden-brown, flipping once.

*Serve warm with warm maple syrup.

Arlo's Favorite Best Day Ever Muffins



Ingredients:

- 3 eggs
- 8 oz. crushed pineapple (in its own juice), drained squeezed as dry as possible
- 1 and 1/3 cups sugar
- ½ cup applesauce (unsweetened)
- ¼ cup vegetable oil
- 2 teaspoons vanilla extract
- 2 cups all-purpose flour (I used Cup 4 Cup Gluten Free Flour)
- 2 teaspoons baking soda
- 2 teaspoons cinnamon
- ½ teaspoon salt
- 2 cups grated carrots (4-6 carrots)
- 1 apple, peeled and grated
- ½ cup unsweetened, flaked coconut (sweetened works, too)
- ½ cup raisins
- ½ cup chopped pecans (toasting these ahead makes them better)

Directions:

Preheat oven 400 degrees.

Line muffin pans (for 16 muffins) with paper liners or grease and flour muffin pans.

Mix together eggs, pineapple, sugar, applesauce, vegetable oil, and vanilla.

In a separate bowl mix together flour, cinnamon, salt.

Combine wet and dry ingredients just until moistened.

Fold in carrots, apple, coconut, raisins, and pecans.

Divide batter between 46-48 mini muffins cups and bake at 400 degrees for 4 minutes.

Reduce heat to 350 degrees and bake for an additional 15 minutes.

***For regular size muffins, use 16 full size muffin cups. Bake for 5 minutes @ 400 degrees, then reduce heat to 350 degrees for 16-18 minutes.

Test muffins with a toothpick or cake tester until it comes out clean.

*These muffins freeze well.

Aunt Ginny Dee's Applejack



Ingredients:

- ½ cup butter
- 1 cup brown sugar, divided
- 1 teaspoon cinnamon, divided
- ¼ teaspoon nutmeg
- 1 teaspoon pure vanilla extract
- 7-8 cups apples, peeled and sliced into ¼-inch slices (usually 4-6 apples, depending on size)
- 2 cups Bisquick (regular or Gluten Free)
- 2 cups whole milk
- Warmed milk or cream to serve with prepared applejack

Directions:

- Preheat oven to 375 degrees.
- Melt butter, ½ cup brown sugar, and vanilla in 13" x 9" baking dish in oven.
- In a large bowl, mix apple slices, ½ cup brown sugar, ½ teaspoon cinnamon, nutmeg.
- Spread apples in baking dish over melted butter/sugar mixture.
- In a separate bowl whisk Bisquick, ½ teaspoon cinnamon, and milk together.
- Spread Bisquick dough over apples.
- Bake for 35 minutes or until apples are tender and biscuit topping is lightly browned.
- Remove from oven and allow pan to rest on rack ten minutes.
- Cut into squares.
- Serve apples-side-up in bowls.
- Top with warmed milk or cream as desired and enjoy!

*When I was a child, Mom often made this for a one-dish Saturday night supper. It's a special treat on a cold autumn or winter night.

Bethany's Slow Cooker Roast Beef



Ingredients:

- 3 Tablespoons olive oil
- Large chuck roast (the largest that will fit in your slow cooker)
- 3 sweet onions, quartered
- 1 cup red wine
- 1/2 cup reduced sodium soy sauce
- ½ Tablespoon granulated garlic
- 1 bay leaf

Directions:

- Heat olive oil in dutch oven or large pan.
- Seer chuck roast on all sides. Place in slow cooker.
- Lightly sauté onions. Add to roast in slow cooker.
- Mix red wine, soy sauce, and granulated garlic. Pour over roast
- Add bay leaf to top of roast.
- Cover and set slow cooker on low for 8 hours.

Roast will be fall-apart tender and delicious. The remaining liquid makes wonderful gravy.

*This recipe came from my dear friend, Terri Gillespie.

Bethany's Yorkshire Pudding

Ingredients:

¼ teaspoon salt

1 cup all-purpose flour

2 eggs, beaten

1 cup milk

Pan drippings from roast (if you don't have enough pan drippings, melt ½ cup butter to use instead.

Directions:

Preheat oven to 400 degrees.

In small bowl, beat eggs until froth.

In another bowl, mix salt and flour.

Beat eggs into flour.

Stirring constantly, add milk.

Divide pan drippings from roast beef into muffin tins.

Place tins in preheated oven for three minutes.

Remove from oven and pour the egg, flour, salt and milk mixture into the muffin tin.

Return tin to oven and bake approximately 20 minutes or until fluffy and golden brown.

Reduce heat to 350 degrees and bake 4-5 minutes. This will help them maintain their shape, and keep them from collapsing.

Remove from tins right away and serve immediately.

*Serve Yorkshire Pudding with roast beef and brown gravy.

Yorkshire Pudding was served with roast beef at my first meal on England's shores. I was fifteen and visiting my grandmother's cousin. Making it now kindles many fond memories!