

McAvoy Family
Recipe Book

Table of Contents

[Table of Contents](#)

[Breakfast](#)

[Hungarian Pancakes](#)

[French Toast](#)

[Mini Quiches](#)

[Entrees](#)

[Pineapple Casserole](#)

[Candied Sweet Potatoes](#)

[Green Bean Casserole](#)

[Mashed Potatoes](#)

[Vegetarian Gravy](#)

[Dessert](#)

[Buttercream Icing](#)

[Lemon Meringue Pie](#)

[Mock Apple Pie](#)

Breakfast

Hungarian Pancakes

1 cup all-purpose flour
1 Tablespoon baking powder
1/4 teaspoon salt
1/4 cup regular granulated sugar
2 eggs, slightly beaten
1 stick melted butter (1/4 pound)
1 1/2 cups warm milk (I use skim milk and warm it for 30-40 seconds in microwave)

Combine flour, baking powder, salt and sugar in a bowl. Combine the eggs, butter and milk and add to flour mixture. Mix with wire whisk until smooth but not overmixed. Pour approximately 1/8 cup into preheated greased frying pan and spread thin. I use butter or butter flavor Pam to grease frying pan but you can use regular Pam. Use your judgment when to flip pancake and enjoy!

French Toast

Sliced bread (preferably white or bakery bread)

Eggs

Milk

Butter

Sugar

Cinnamon

Whip eggs with a touch of milk until well mixed. Dip bread in egg mixture. Add butter to frying pan and add egg-dipped bread. Cook until golden brown on both sides. Immediately add butter while hot. Sprinkle sugar and cinnamon to taste and eat warm.

Mini Quiches

Recipe for crust: <https://cooking.nytimes.com/recipes/12884-basic-short-crust-pastry?mcubz=0>

Recipe for quiches: <http://www.geniuskitchen.com/recipe/mini-quiche-105651>

My variations:

For the crust: I didn't use a food processor. I first tried to mix everything with a spoon but that didn't work very well so instead I just mixed the dough with my hands, forming it into a ball and using that ball to incorporate any flour that stuck to the edges of the bowl, and that worked really well. I didn't let the crust rest after making it. I chilled it in the fridge for about 5 minutes and then used it right away (out of lack of patience). So instead of rolling it out and making circles (which wasn't tenable since it was so soft from not being chilled) I just took small dough balls and pushed them into my pre-greased (with Pam) muffin tins to make them into crust shapes.

For the quiches: I used Morningstar farms fake bacon (pre-cooked), mozzarella cheese (string cheese cut into chunks), and cooked green beans (also pre-cooked) as the filling (just based on what I had on hand). Instead of adding two teaspoons to each crust I just distributed the whole egg mixture to all 12 tins. Then I baked at 400 for about 25-30 minutes (but checked on it every 10-12 minutes as the original recipe called for; didn't know how long it would take so I waited until they were puffed up and golden as the recipe instructed).

Crust Recipe

Ingredients

- **145 grams all-purpose flour (about 1 cup)**
- **½ teaspoon kosher salt**
- **1 stick cold unsalted butter (1/4 pound), cut in 1/8-inch pieces**
- **3 tablespoons ice water**

Preparation

1. Put flour and salt in the bowl of a stand mixer or food processor. Add butter and quickly cut it into flour until mixture resembles coarse meal.
2. Add ice water and mix briefly, about 30 seconds, to form a soft dough. Remove dough, shape into a thick disk, wrap in plastic and refrigerate for at least 2 hours or overnight. Bring to cool room temperature before rolling.
3. To roll, lightly flour dough and counter. Roll out gradually, periodically letting dough rest for a moment before continuing. This makes rolling easier and will keep dough from shrinking back during baking.
4. Roll dough to a thin round approximately 13 inches in diameter, then trim to make a 12-inch circle (refrigerate and save trimmings for patching). Lay dough loosely into a 9

1/2-inch fluted tart pan with removable bottom, letting it relax a bit. Fold overlap back inside to make a double thickness, then press firmly against the pan so the finished edge is slightly higher than the pan. Refrigerate or freeze for an hour before pre-baking.

Quiche Recipe

Directions

- Mix together with the eggs, cream, cheese, parsley and salt and pepper.
- Using a cookie cutter or glass, cut 12 circles from each pastry sheet.
- Use these to line a mini muffin pan.
- Place about 2 teaspoons of the egg and bacon mix in each pastry base.
- Bake in a moderate oven for about 12 minutes per tray (or until puffed, golden and set).
- repeat with remaining pastry sheets and mix.

Entrees

Pineapple Casserole

Ingredients

1 cans pineapple bits (drain juice)
3 tbps flour – $\frac{1}{4}$ cup
 $\frac{3}{4}$ sugar to $\frac{1}{2}$
Shredded cheddar cheese 1 $\frac{1}{2}$ cups
1 roll ritz crackers + 2 tbsp of sugar
1 roll – 1 stick of butter, 8 tbsp – $\frac{1}{2}$ cup

Instructions

1. Mix pineapple, flour, sugar, cheese.
2. Spray casserole dish with pam
3. Put in 1st layer – pineapple with cheese, etc.
4. Extra shredded cheese on top
5. Melt butter
6. Mix melted butter and crushed ritz crackers
7. Crushed cracker sugar butter on top spread on top
8. Bake at 350 15-20 minutes

Candied Sweet Potatoes

Ingredients

Two sweet potatoes

Butter

Light brown sugar

Instructions

1. Cook sweet potatoes by adding to a pot of water and boiling until sweet potatoes are somewhat soft in the center as tested by a fork.
 2. Remove skin from cooked sweet potatoes.
 3. Slice potatoes and immerse in butter in a frying pan.
 4. Cover with brown sugar.
 5. Cook until candied.
- *Note: Never add water! Candying should occur with only butter and brown sugar.

Green Bean Casserole

Ingredients

- 1 can (10 1/2 ounces) Campbell's® Condensed Cream of Mushroom Soup
- 1/2 cup milk
- 4 cups cooked cut green beans
- 1 1/3 cups French's® French Fried Onions

Instructions

- **Tips**
 - *For the cooked green beans:* Use 2 cans (14.5 ounces each) green beans, drained, about 1 1/2 pounds fresh green beans or 16 to 20 ounces frozen green beans, thawed, for this recipe.
- **Step 1**
Stir the soup, milk, beans and 2/3 cup onions in a 1 1/2-quart casserole.
- **Step 2**
Bake at 350°F. for 25 minutes or until the bean mixture is hot and bubbling. Stir the bean mixture. Sprinkle with the remaining onions.
- **Step 3**
Bake for 5 minutes or until the onions are golden brown.

Mashed Potatoes

Ingredients

3 Russet potatoes

Butter

Sour cream

Milk

Salt and pepper to taste

Instructions

1. Skin potatoes and cut into small to medium sized cubes.
2. Boil until potato cubes are soft as tested by fork.
3. Drain potatoes and mash with a fork or masher.
4. Add copious butter (about half a stick added in smaller pats).
5. Once butter is melted and mixed in, add sour cream (a tablespoon or so to taste).
6. Add a small amount of milk for texture (about a teaspoon or so).
7. Mix well and add more butter or sour cream as necessary.
8. Add a small amount of salt and all individuals to salt and pepper to taste.

Vegetarian Gravy

Ingredients

3 Tablespoons butter

3-4 Tablespoons of flour

Better than bullion/veggie stock

Milk

Instructions

1. Melt butter in pot, add flour, whisk into a roux.
2. Add veggie stock, whisk well.
3. Add milk and mix until desired consistency and flavor.
4. Salt and pepper to taste.

Dessert

Buttercream Icing

2 cups powdered sugar
1/2 stick butter (room temperature but do not melt!)
1 teaspoon vanilla extract
2 tablespoons milk

Combine softened butter and vanilla extract and add sugar and milk - measurements are approximate so use your judgment. You may need to use a little more butter depending on how much icing you need. If after combined it seems too thick add a little more milk; if too thin add a little more sugar.

Lemon Meringue Pie

Deep dish pie crust

3 eggs

$\frac{1}{4}$ teaspoon cream of tartar

1 can sweetened condensed milk

$\frac{1}{2}$ cup lemon juice

$\frac{1}{3}$ cup sugar

1. Preheat oven to 350 degrees.
2. Bake pie crust as directed (usually for ~10-15 min with holes poked in crust by fork).
3. Separate whites and yolks of three eggs.
4. Make meringue by adding cream of tartar to egg whites and whipping on medium to high speed.
5. Slowly add sugar to whipped egg whites little by little until two stiff peaks are formed.
6. Combine yolks, sweetened condensed milk, and lemon juice in a separate bowl.
7. Add lemon mixture to baked pie crust first and then add meringue to the top.
8. Bake for 15 minutes.
9. Let cool completely before eating.

Mock Apple Pie

Ingredients

- 2 cups granulated sugar
- 1 3/4 cups water
- 2 teaspoons cream of tartar
- 2 tablespoons lemon juice
- 1 teaspoon of vanilla extract
- 2 unbaked pie crusts (homemade or ready-made pie pastry)
- 36 Ritz crackers (coarsely broken)
- 1/2 teaspoon ground cinnamon
- 2 tablespoons butter (cold, cut into small pieces)

Instructions

1. In a large saucepan, combine the granulated sugar and cream of tartar.
2. Gradually whisk in the water. Place the saucepan over medium-high heat and bring to a boil.
Reduce the heat to medium-low and continue to cook for 15 to 20 minutes, stirring frequently.
The mixture should be reduced to 1 1/2 cups and will be syrupy in consistency.
3. Remove the sugar mixture from the heat and add the lemon juice, and vanilla; whisk to blend. Set the mixture aside to cool for about 30 minutes.
4. Roll the bottom crust out to about 11 inches in diameter (one inch larger than the pie plate).
5. Line a 9-inch pie plate with the pastry.
6. Put the broken crackers in the pie shell and toss gently with the cinnamon.
7. Preheat the oven to 425 F.
8. Pour the cooled sugar mixture over the crackers in the pie shell. Dot with the small pieces of butter.
9. Roll out the top crust to about 11 inches in diameter. Cover the filling with the top crust. Seal and flute the edge as desired.
10. Cut several small slits in the top of the pie to allow steam to escape.
11. Bake for about 30 minutes or until the crust is golden brown.