



PARKS ZEIGLER

Family
Cookbook

2021 edition



KNOWLEDGE + PASSION + INNOVATION

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LOVE is the
best ingredient.

CANDY COOKIES

Fun time with kids!

SERVES 24 | **PREP** 5 mins | **COOK** 10 min | **READY** 15 min

INGREDIENTS

Refrigerated cookie dough,
24 squares

Various candy, we used:

Mini Reese's cups
Rolos
Cadbury mini eggs
Marshmallows
Lindt truffles
Milk Duds

NOTES

We think they all taste good, but the Milk Duds ones are definitely better warm. The truffles ones melted best & were a smooth chocolate lava cookie in your mouth. After they had cooled, we thought sprinkles would have been cool for color. You could even add some icing drizzle. Maybe next time! We kept this quick, easy & tasty fun.



DIRECTIONS

1. Preheat oven to 350°
2. Let dough soften to room temperature.
3. Place a square in each muffin circle and then smoosh with a spoon or fingers to make a well in each cookie muffin.
4. Cook for 5-6 minutes at 350°.
5. Pull pan out of oven and push your candy into the puffed-up cookie centers.
6. Put back in oven for another 3-4 minutes, or until cookies are lightly browned.



WHISKEY BARBEQUE PORK

Great for sliders, on top of nachos or baked potatoes, or even BBQ pizza!!

SERVES 12 | **PREP** 15 min | **COOK** 6 - 8 hours | **READY** 6 hrs 15 mins min

INGREDIENTS

1/2 to 3/4 cup packed brown sugar
1 can (6oz) tomato paste
1/3 cup BBQ sauce
1/4 cup whiskey
2 Tbsp. Liquid smoke
2 Tbsp. Worcestershire sauce
3 garlic cloves, minced
1/2 tsp. Chili powder
1/2 tsp. Salt
1/2 tsp. Pepper
1/2 tsp. Hot pepper sauce, your choice
1/4 tsp. Ground cumin
1 boneless pork shoulder butt roast (3 or 4 lbs.)
1 medium onion, quartered

DIRECTIONS

1. In a bowl, mix first 12 ingredients. Place pork roast and onion in a 5 qt. Slow cooker. Add sauce mixture. Cook, covered, on low until pork is tender, 6-8 hours.
2. Remove roast and onion. Cool the pork and discard onion (optional). Shred pork and return to slow cooker and let heat through.
3. Serve on buns, or baked potatoes.



DUTCH BABY

SERVES 3-4 | **PREP** 15 mins | **COOK** 30-35 mins @ 375° | **READY** 45 min

INGREDIENTS

4 eggs
1 cup whole milk
(works best, can use 2%)
2/3 cup flour
3 Tbsp sugar
½ stick of melted butter
(melt in oven proof pan)
Splash of pure vanilla extract
Thin ¼" slices of apple or pear

NOTES

German Pancake or Dutch Puffs can be made without fruit, and I often do, as I prefer fresh uncooked fruit to eat. In researching this recipe, I found that many folks add various berries and some serve with applesauce, jams or squirt fresh lemon juice on their Dutch Baby. When I first made this recipe, it reminded me of the Yorkshire pudding we would have with roasts. Sure enough, it's almost the same recipe!

DIRECTIONS

1. Mix eggs, milk, sugar, and vanilla in blender.
2. Melt the butter in an ovenproof skillet and then swirl to coat pan.
3. Pour melted (not hot) butter into the blender mixture, mixing all ingredients, but leave frothy.
4. Place a few fruit slices in buttered ovenproof skillet and then slowly pour batter over fruit.
5. Bake until golden.

Your baby will puff up and slide up the side of your skillet. It will be thin so don't feel bad about having a large slice! Serve with a light dusting of powdered sugar, or honey or both.



BEEF FLAUTAS SUPREME

SERVES 2-3 | PREP 10 mins | COOK 30 mins | READY 40 mins

INGREDIENTS

1 small yellow onion
10 ounces ground beef
6 medium tortillas
1 tsp Cayenne pepper
1 tsp Chile powder
1 tsp Cumin
1 tsp Mexican oregano
2 Tbs tomato paste
1/3 c water
1/2 c shredded Mexican blend cheese
1 lime
1 Roma tomato
4 Tbs sour cream
Olive oil

NOTES

I recently enrolled in Hello-Fresh meal kit delivery. It forces me to cook, which in this past year of pandemic isolation has been a challenge for me. It's not difficult to recreate their recipes, as you are given premeasured mixed herbs and sauces. I have found how to make the Tex Mex seasoning used in the Beef Flautas Supreme recipe!

DIRECTIONS

1. Preheat oven to 425°.
2. Line a baking sheet with foil and brush with olive oil.
3. Mince some slices of yellow onion until you have 1 TBSP for pico, thinly slice remaining onion. Heat a drizzle of oil in pan over medium-high heat. Add slices of onion; cook for 3 minutes. Add beef and spices; cook, breaking up meat into pieces until beef is browned and onion is softened, 4-6 minutes. Stir in tomato paste and 1/3 cup water. Simmer until mixture is thickened and beef is cooked through, 2-4 minutes more. Turn off heat.
4. Meanwhile, drizzle tortillas with olive oil brush or rub to completely coat outside. Place tortillas on a clean work surface. Once beef filling is done, add a heaping 1/4 cup filling to inside of each tortilla, then sprinkle each with Mexican cheese. Roll up tortillas to create flautas. Place seam sides down on prepared sheet.
TIP: Make sure the flautas are snug on the sheet—this will prevent them from unrolling. Bake on middle rack until golden brown and crispy, 8-12 minutes.
5. While flautas bake, finely dice tomato. Zest and quarter lime. In a small bowl, combine tomato, minced onion, half the lime zest, and a squeeze of lime juice. Season with salt. In a separate small bowl, combine sour cream, remaining lime zest, and a squeeze of lime juice. Add water 1 tsp at a time until mixture reaches a drizzling consistency. Season with salt.
Divide flautas between plates. Top with pico de gallo and lime crema. Serve.



STRAWBERRY BLISS BALLS

A healthy strawberry recipe, these balls are low in sugar and pretty in pink!

SERVES 20 Balls | **TIME** 30 - 40 min | **CHEFS NOTE** My Kids Lick The Bowl

INGREDIENTS

1 to 1.5 cups strawberries
1.5 cups oats
1 cup sunflower seeds
1/2 cup desiccated coconut
1 Tbsp maple syrup
1 tsp pure vanilla extract
2 Tbsp desiccated coconut,
for coating



DIRECTIONS

1. Prepare your strawberries, i.e. wash, and remove the tops. You will need a rounded cup of sliced strawberries, if you don't cut up your strawberries it may be closer to 2 cups.
2. Place the strawberries and all the other ingredients in a food processor. Whizz, whizz, whizz, it will take some time, be patient. Eventually it becomes a fine paste and will come together as a rollable dough.
3. At this point, you may need to refrigerate the mix for a short time (15 mins) this will make it easier to form the strawberry balls. If you have used frozen berries you can probably skip this step.
4. Use a tablespoon to scoop portions. A tip here is to use a damp tablespoon, this stops the mix sticking to the spoon.
5. Using your hands roll the strawberry ball dough into smooth balls. Damp hands will stop the mix sticking to you.
6. Put a few tablespoons of desiccated coconut in a small bowl and roll each ball in the coconut to cover it.
7. Refrigerate for 2 hrs or overnight before serving.

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TIPS

Be patient, just when you think the mix will never come together in the food processor, it suddenly will.

Damp hands & equipment. No matter what bliss ball, energy bite or protein ball you are making, the mix is usually quite sticky. Use damp hands and a damp spoon and the strawberry balls will be much easier to roll.

Storage

These bliss balls do best stored in the fridge for up to 3 days or stored in the freezer for up to 3 months.

SUBSTITUTIONS

Strawberries: You can use either fresh or frozen strawberries. I have also made this recipe using blueberries, (many of my readers have too) and you get a lovely purple ball.

Desiccated coconut: This can be substituted for coconut flour, I used to list coconut flour in the ingredients, but have since realized not everyone has it in their cupboard, and most people were substituting for desiccated coconut so I switched up the recipe.

Rolled oats: If you need a gluten-free option, quinoa flakes work as do gluten-free Weetabix.

Sunflower seeds: These can be subbed for any mild flavored nut, I like cashews or macadamia nuts in this recipe, almonds work too. Pumpkin seeds will work but they give a slightly funny color to these strawberry balls.

Maple syrup: This can be substituted for honey or left out entirely. When my children were younger, they were quite happy with the sweetness level with just strawberries so I could leave it out.

SKINNY GRILLED SRIRACHA CHICKEN WITH GARLIC CILANTRO RICE

SERVES 4 | PREP 45 mins | COOK 10 mins | READY 55 mins

After a year of isolation, it's a great time to get outside and throw a Summer Solstice Celebration!

Check our website for recipes like crab pie, blackened sea scallops, Lia's summer salad, island pork tenderloin, cucumber salsa, and many more!

Here's a new griller recipe. **Skinny Grilled Sriracha Chicken with Garlic Cilantro Rice.**

CHICKEN INGREDIENTS

8 (8-inch) bamboo skewers
1 teaspoon vegetable oil
1 tablespoon Sriracha sauce
1 tablespoon gluten-free reduced-sodium soy sauce
1 teaspoon grated gingerroot
1 lb boneless skinless chicken breasts, cut into 32 pieces
(about 1 1/2 inches each)
Grilling spray

RICE INGREDIENTS

1 cup uncooked jasmine rice
1 3/4 cups water
4 cloves garlic, finely chopped
1/4t easpoon salt
1/2cup chopped fresh cilantro
Lime wedges, if desired

DIRECTIONS

1. Soak skewers in water 15 minutes.
2. In medium bowl, mix oil, Sriracha sauce, soy sauce and gingerroot. Add chicken pieces; toss to coat. On each skewer, thread 4 pieces of chicken; cover and refrigerate until ready to grill.
3. In 2-quart saucepan, heat rice, 1 3/4 cups water, the garlic and salt to boiling over high heat. Stir; cover and reduce heat to low. Cook 20 minutes. Remove from heat; cover and let stand 5 minutes. Fluff with fork; stir in cilantro. Cover to keep warm.
4. Meanwhile, spray grill with grilling spray. Heat gas or charcoal grill. Place chicken skewers on grill over medium heat. Cover grill; cook 8 to 10 minutes, turning occasionally to cook on all sides, until chicken is no longer pink in center.
5. Serve skewers over rice with lime wedges.



PROSCIUTTO, MELON SKEWERS

YIELDS 12 | **TOTAL TIME** 30 mins

INGREDIENTS

1 melon of choice
12 fresh basil or spinach leaves
12 small mozzarella balls
12 thin slices of prosciutto
Balsamic glaze, for drizzling

DIRECTIONS

1. Cut the melon in half, scrape out and discard seeds. Using a melon ball scooper, make nice round balls.
I had about 50 from my cantaloupe.
2. Dry the cheese balls. I did not find small balls of cheese, so I bought a big one and created smaller scoops.
3. Layer the melon, prosciutto, spinach leaf, mozzarella, prosciutto and a second ball of melon. Once you have a tray full, drizzle the balsamic glaze over the skewers and serve.
4. You could even go with several melon types & longer skewers.
5. You could also grill them for a quick few seconds to bring out the sweetness in the melons and have cheese melty – but it melts quickly, so I would not leave on grill.



EGG ROLL IN A BOWL

Egg Roll in a Bowl also happens to be Paleo, Whole30, and low carb. It's full of shredded cabbage, loaded with carrots, and is bursting with Asian flavors from soy sauce and rice vinegar.

SERVES 4 Servings | **PREP** 10 mins | **COOK** 20 mins | **READY** 30 mins

INGREDIENTS

2 Tbsp. olive oil divided
1 lb. ground chicken or pork
1 ½ c sweet onion finely diced
1 c shredded carrots
½ tsp. ginger paste or minced
ginger 3 cloves garlic crushed
¼ c chicken broth regular sodium
5 c shredded cabbage cut into
¼-inch shreds
2 Tbsp. soy sauce or Tamari
2 tsp. rice wine vinegar or apple
cider vinegar
½ tsp. salt to taste
¼ tsp. pepper to taste
1 tsp. toasted sesame oil

Optional:

Toasted sesame seeds
Chopped green onion

DIRECTIONS

1. In a large sauté pan over medium heat drizzle 1 tablespoon olive oil and add meat. Cook for 5-6 minutes, or until meat is almost cooked through.
2. Push meat to the side of the pan and add onion and 1 tablespoon of oil. Sauté for 3-4 minutes.
3. Add shredded carrots, garlic, and ginger and sauté for 2 minutes. Stir the vegetables and meat together.
4. Pour chicken broth in the pan and scrape the bottom to deglaze it.
5. Add cabbage, soy sauce, vinegar, salt, and pepper. Stir well and cover with a lid. Reduce heat to medium-low and cook for 12-15 minutes, or until cabbage is to your desired tenderness.
6. Just before serving add toasted sesame oil and top with green onions and sesame seeds. Serve over rice, cauliflower rice, or eat it in a bowl by itself. Enjoy!



SCANDINAVIAN DANISH KRINGLE

This recipe requires some time but is worth the effort.

SERVES 10 Servings | **PREP** 30 mins | **COOK** 20 mins | **READY** 1h 50 mins

INGREDIENTS

8 Tbsp soft butter
1 .5-2 c all purpose flour
1 .25 oz pack of active dry yeast
2 Tbsp warm water
¼ c half & half
2 Tbsp sugar
¼ tsp salt
1 large beaten egg
½ c almond paste
1 large beaten egg white
¼ c sugar cookie crumbs
2 Tbsp sliced almonds

DIRECTIONS

1. Cream together 6 Tbsp butter and 2 Tbsp flour. Spread into an 8x4 rectangle on wax paper. Cover with wax paper and refrigerate.
2. Dissolve yeast in water. Add cream, sugar, salt and egg. Beat until smooth. Stir in enough flour to form a soft dough.
3. Turn onto a floured surface and knead until smooth and elastic. Roll into an 8x8 square. Remove wax paper from butter mixture and place widthwise into thirds. Roll into a 12x6 rectangle. Fold into thirds. Repeat rolling and folding twice. Wrap in wax paper and refrigerate for 30 minutes.
4. On a floured surface, roll into 24x5 rectangle. Beat almond paste and 2 Tbsp soft butter until smooth. Spread lengthwise down the center of dough. Fold dough over filling to cover and pinch to seal. Place on greased baking sheet. Shape into a pretzel. Flatten lightly. Cover and let rise in a warm place for about 1 hour. Preheat oven to 350°.
5. Brush egg white over dough and sprinkle crumbs and almonds. Bake until golden brown, 20-25 minutes. Remove to wire rack to cool.



BUFFALO MEATBALL PUMPKINS

SERVINGS 75 meatballs | **PREP** 30 minutes | **COOK** 3 hours | **READY** 3 hours 30 min

INGREDIENTS

2-2.5 lbs frozen meatballs
38 pretzel rods, or other pretzel sticks
1 bunch of fresh parsley
1/3 c butter
1/2 c buffalo sauce
1/4 c pumpkin puree
2 Tbsp ranch dressing

BUFFALO SAUCE DIRECTIONS

1. Melt butter.
2. Stir in buffalo sauce, pumpkin puree and ranch dressing.



DIRECTIONS

1. Place meatballs in slow cooker and cook on high for approximately 3 hours.
2. When meatballs are almost ready, make buffalo sauce.
3. Pour over meatballs and stir to ensure all meatballs are coated in sauce.
4. Place each meatball on serving platter.
5. If using pretzel rods, break off ends and insert one in each meatball.
6. Add a small parsley leaf, sticking to sauce at base of pretzel rod.

Enjoy!

COCONUT-PECAN CHOCOLATE TASSIES

YIELDS 3 Dozen | **TOTAL TIME** 30 mins

INGREDIENTS

1 package chocolate cake mix
1/2 cup quick cooking oats
1 large egg
6 Tbsp melted butter
3/4 cup coconut-pecan frosting
pecan halves

DIRECTIONS

1. Mix cake mix and oats.
2. Stir in egg and melted butter.
3. Shape mixture into 1-inch balls.
4. Press into the bottom & sides of a greased mini-muffin cup.
5. Bake just until set, about 8-10 minutes.
6. Cool slightly before removing to wire racks, cool completely.
7. Top each one with a teaspoon of the frosting. If desired, you can add a pecan half on top.

If you want to get fancy, you can melt some chocolate chips and drizzle on top.

A nice dessert bite for those big holiday meals where you're stuffed but really want a sweet bite of something!

