



PARKS ZEIGLER

*Family
Cookbook*

2022 edition

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MISSISSIPPI CHUCK ROAST CROCKPOT RECIPE FROM TAYLOR

SERVES 8 Servings | **PREP** 5 mins | **COOK** 8 hrs | **READY** 8 hrs 5 mins

INGREDIENTS

3-4 pounds of chuck roast
1 packet ranch dressing mix
1 packet au jus gravy mix
½ c of butter (1 stick)
12 oz jar pepperoncini peppers
and the juice
1-2 cups of beef broth
Side of rice or mashed potatoes



DIRECTIONS

1. Place the chuck roast in the bottom of your crock pot.
2. Sprinkle the ranch and au jus mixes over the top of the roast.
3. Season with salt, pepper, garlic powder and onion powder to taste.
4. Add the butter and pepperoncini peppers and the juice, this is a key step.
5. Pour the beef broth over all ingredients.
6. Place the lid on top and cook over low heat for 8 hours or more.
7. When ready to eat, shred the chuck roast while in the crockpot juices.
8. Prepare white rice or mashed potatoes, then sever over the top of your side dish.

Notes: Some folks like to add small cut up onions (omit onion powder), cut up carrots and/or small cut up potatoes. Be sure to increase the beef broth if you add vegetables.

PUB STYLE SHEPHERD'S PIE

ADAPTED FROM HELLO FRESH

SERVES 8 Servings | **PREP** 10 minutes | **COOK** 35 minutes | **READY** 45 minutes

INGREDIENTS

10 oz ground beef
1 lb Yukon gold potatoes,
cubed small for fast cooking
3 Tbsp sour cream
2 celery stalks, finely diced
1 large carrot, finely diced
1 small yellow onion, finely diced
2 Tbsp dried thyme
1 Tbsp flour
3 Tbsp tomato paste
1 tsp garlic powder
2 Tbsp beef stock concentrate
2 Tbsp butter
1 Tbsp olive oil
½ cup cheese of choice - optional
Salt – pepper to taste

DIRECTIONS

1. Heat broiler to high. Wash and dry produce. Dice potatoes into ½-inch pieces. Trim, peel, and halve carrot lengthwise; slice crosswise into ¼-inch-thick half-moons. Finely dice celery. Halve, peel, and finely chop onion.
2. Place potatoes in a medium pot with enough salted water to cover by 2 inches. Bring to a boil and cook until tender, 15-20 minutes. Saving 1 cup water, drain and return potatoes to pot. Mash with sour cream & butter until smooth and creamy, adding splashes of water as needed.
3. While potatoes cook, heat a drizzle of oil in a medium, preferably oven proof, over medium-high heat. Add carrot, season with salt and pepper. Cook, stirring, until slightly softened, 2-3 minutes. Add celery, onion, and a large drizzle of oil. Cook, stirring, until veggies are just tender, 5-7 minutes. TIP: If veggies begin to brown too quickly, add a splash of water. Stir in garlic powder and thyme. Cook until fragrant, 30 seconds.
4. Add beef to pan with veggies, season with salt and pepper. Cook, breaking up meat into pieces, until browned and cooked through, 4-6 minutes. Add tomato paste and flour; cook, stirring, until thoroughly combined, 1 minute.
5. Gradually pour ½ cup potato water into pan with beef mixture. Stir in stock concentrate and bring to a boil. Cook until mixture is very thick, 1-2 minutes. Turn off heat. TIP: If your pan isn't ovenproof, transfer mixture now to a baking dish. I used a 9x9 glass pan for oven time.
6. Top beef filling with an even layer of mashed potatoes, leaving a gap around edge of pan. Evenly sprinkle with cheddar.
7. Broil until browned, 3-4 minutes.



MISSISSIPPI POT ROAST

Recipe courtesy of www.thecountrycook.net,
edit by Courtney Montagna

SERVES 6-8 Servings | **PREP** 10 minutes | **COOK** 8 hours

EQUIPMENT

- 4-6 quart slow cooker

INGREDIENTS

- 3 pound chuck roast
- 2-3 tablespoons olive oil or vegetable oil
- salt & pepper
- 1 packet ranch dressing mix
- 1 packet dry onion soup mix
- 1/2 cup (1 stick) butter (try garlic & herb butter)
- 2 cups beef stock
- 8 pepperoncini peppers
- gravy flour (optional)

DIRECTIONS

1. Heat up a large skillet on high. Add oil to hot skillet. You want it really hot here to “sear” the beef quickly.
2. Season with a little bit of salt and pepper. Once the skillet is nice and hot, add the roast, searing both sides for 2-3 each side, until browned.
3. Transfer meat to slow cooker.
4. GRAVY (optional) - add 1 TBS of oil to skillet, once heated, add enough gravy flour to make roux. Add enough water to make gravy and pour in slow cooker.
5. Add beef broth. Sprinkle packets of dry ranch dressing and onion soup mix over pot roast. Top with a stick of butter then place peppers on and around roast.
6. Cover and cook on low for 8 hours.
7. After it has cooked, take two forks and start shredding the meat. Discard any big fatty pieces. Then serve over rice, mashed potatoes or even pasta.

NOTES

- Do not rush this recipe. Do not cook on high. This will only work when cooked slowly on low.
- Be sure to use butter and not margarine. Margarine is basically oil so only use the real stuff.
- Rump roast or sirloin tip will also work in this recipe. Leftovers can be frozen, remove all air in Ziploc bag, for up to 2 months.



ALMOND CAKE

From David Lebovitz

SERVES 8-10 Servings | **PREP** 30 minutes | **COOK** 45 - 60 minutes.

INGREDIENTS

- 1 1/3 cups sugar
- 8 ounces almond paste
- 3/4, plus 1/4 cup flour
- 1 1/2 teaspoons baking powder
- 3/4 teaspoon salt
- 1 cup unsalted butter, at room temperature, cubed
- 1 teaspoon vanilla extract
- 1 teaspoon almond extract
- 6 large eggs, at room temperature
- Powdered sugar

TIP

Warm the bottom of the cake pan directly on the stovetop for just a few seconds, which will help the cake release.

STORAGE

This cake will keep for four days at room temperature, well-wrapped. It can also be frozen for up to two months.

DIRECTIONS

Preheat the oven to 325°

1. Grease a 9- or 10-inch cake or spring form pan with butter, dust it with sugar and tap out any excess. You can also line the bottom of the pan with a round of parchment paper.
2. In the bowl of a food processor or standing mixer, grind the sugar, almond paste, and 1/4 cup of flour until the almond paste is finely ground and the mixture resembles sand.
3. In a small bowl, whisk together the remaining 3/4 cup of flour, baking powder, and salt.
4. Once the almond paste is completely broken up, add the cubes of butter and the vanilla and almond extracts, then process until the batter is very smooth and fluffy.
5. Add the eggs one at a time, processing a bit before the next addition. After you add all the eggs, the mixture may look curdled. Don't worry; it'll come back together after the next step.
6. Gradually add the flour mixture, but do not overmix. You can also hand mix in the dry ingredients, which ensures the dry ingredients get incorporated evenly and you don't overbeat it.
7. Scrape the batter into the prepared cake pan and bake the cake for 45-60 minutes, or until inserted toothpick comes out clean and feels set when you press in the center.
8. Remove the cake from the oven and run a sharp or serrated knife around the perimeter, loosening the cake from the sides of the pan. Let the cake cool completely in the pan.
9. Once cool, tap the cake out of the pan, remove the parchment paper. I use a fine shaker to cover the top with powdered sugar and a cookie cutter to add holiday sprinkles as seen in picture.



PEANUT BUTTER CHOCOLATE BARS

Here's my idea of a protein bar that is tasty!

SERVES 24 | PREP 25 min | COOK 15 min

INGREDIENTS

- 1 ½ cups flour
- 1¼ teaspoons salt
- ½ teaspoon baking soda
- ¾ cup butter
- ¾ cup sugar
- ¾ cup brown sugar
- 1 ½ teaspoons Vanilla
- ¾ and ¾ cup peanut butter
- 2 eggs
- 1 ½ cups quick oats

FROSTING

- ½ cup butter
- 3 ½ cup powdered sugar
- 2 TBSP cocoa
- ¼ cup milk
- 1 teaspoon vanilla

DIRECTIONS

1. Preheat oven to 350°. Mix flour, baking soda and salt together, set aside. In a large mixing bowl, cream together butter, sugars, ¾ cup peanut butter, eggs, and vanilla until light and fluffy.
2. Gradually add dry ingredients, just until incorporated. Then, stir in the oats. Spread onto a greased 11 x 15 jelly roll pan. Bake for 12-15 minutes, or until golden brown. Cool for 10 minutes. The frosting is a two step process.
3. First, whip the remaining ¾ cup peanut butter until it becomes lighter colored and fluffy. Carefully spread the whipped peanut butter over the pan cookie. In a medium saucepan, melt the butter then add the milk and cocoa. Cook over medium heat, stirring constantly just until boiling.
4. Remove from heat and add vanilla then gradually add the powdered sugar, stir until thickened. Pour the mixture over the peanut butter and gently spread over the cookie. Cool completely, and slice into bars. I like to use crunchy peanut butter in the bars and creamy for the frosting.

Warning – you cannot eat just one!



CHIA SEED PUDDING

Looking for something light, cold, and perfect for a summertime snack? Try Chia Seed Pudding.

SERVES 2 | PREP 5 min | COOK 2-3 hours

INGREDIENTS

- 2 tablespoons of chia seeds
- ½ cup of almond milk
- Banana slices
- Strawberries
- Coconut

I know I may be late to the chia seed pudding party, but Carnival Cruise Line makes a delicious variety that I recently enjoyed. There are so many variations, with different milk additives and of course the plethora of fruit available this time of year.

You can add a teaspoon of honey, or maple syrup, some cinnamon, vanilla extract, or maybe even some cacao powder. There's black, white, and/or organic chia seeds available and I found them in the international section of my grocery store. I love this chia seed pudding for breakfast or late at night when I'm craving something but don't want to grab chips or anything too heavy.

DIRECTIONS

1. Measure out 2 tablespoons of chia seeds and a ½ cup of almond milk (I have found that light coconut milk is a tish creamier).
2. Mix the chia seeds and milk together well in a container with a spout. Wait a few minutes and stir again, to ensure it's not clumpy.
3. Pour the mixture into individual ½ pint, wide mouth mason jars. Cover and let sit in the refrigerator overnight. You should find it has turned into a pudding texture and seeds have plumped after 2-3 hours.
4. Top with with thin banana slices, chopped strawberries, and/or a sprinkle of coconut.

This chia seed pudding will store for up to one week.



Festive Rice Krispies Treats

Need a quick, easy, and fun dessert for summer?

Everyone loves Rice Krispies Treats!

Versatile and delicious, you can decorate them for any theme or event.

SERVES 10 – 15 | **TOTAL TIME** 1 Hour

INGREDIENTS

- 3 tbsp. butter
- 10 oz. mini marshmallows
- 6 c. Rice Krispies cereal
- 1 package white chocolate chips
- Sprinkles of your choosing
- 10-15 small craft sticks

DIRECTIONS

1. In large saucepan melt butter over low heat then add marshmallows and stir until completely melted.
2. Remove from heat, add cereal, and stir until well coated.
3. Using buttered spatula evenly press mixture into 13 x 9 x 2-inch pan coated with cooking spray or wax paper.
4. Cool, then cut into squares.
5. Melt the chips in a glass measuring cup or bowl.
6. Place craft stick in middle bottom of each square then dip in the chocolate and scrape off any excess.
7. Add sprinkles, place on wax paper, refrigerate until dry/cooled, and serve.



Corn Cakes

Crispy on the edges, soft in the middle and so delicious, these little corn cakes are so easy to put together and make a great side dish.

SERVES 4 | **PREP TIME** 10 MIN | **COOK TIME** 8 MIN

INGREDIENTS

- 2 c. corn
- ¼ c. cornmeal
- ¼ c. flour
- 1 tsp. smoked paprika
- 1 egg
- 1 clove of chopped garlic (optional)
- ½ c. grated parmesan cheese
- 1 tbsp. lime juice
- 1 tbsp. oil
- Chopped cilantro or green onion (optional)
- Sour cream (optional)

DIRECTIONS

1. Mix the corn, cornmeal, flour, paprika, egg, parmesan, garlic, and lime juice in a large bowl.
2. Add a little water if the mixture is too dry.
3. Heat the oil in a pan.
4. Spoon the corn mixture into the pan to form patties and cook until golden brown on both sides, about 4 minutes per side.
5. Garnish with a dollop of sour cream & cilantro. Enjoy!

