

# HOMEMADE AND HANDED DOWN

A Collection  
of  
Spence Family Recipes

by  
Eileen Clark  
and  
Wendy Whitehill



~The utensils pictured in this cookbook,  
on the cover and throughout the text,  
belonged to Mom.  
They are still being used and treasured by  
Sharon, Eileen and Wendy and bring back special memories  
of our mom.~

Photography by Rich Whitehill

## Homemade and Handed Down

*A Collection of Spence Family Recipes*

© 2006 by Eileen Clark & Wendy Whitehill  
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This cookbook is a collection of favorite recipes, which are  
not necessarily original recipes.

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Gordon & Elva



Sharon



Eileen

This book is dedicated to the memory of our mom, who was able to keep our family of seven well fed on a limited budget. It was from her that we learned the art and joy of cooking. Also, to our families ~ for whom it has always been a labor of love to cook.



Wendy



Wayne



Brian



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God is great  
God is good  
and we thank Him  
for this food  
Amen



# APPETIZERS

~Never eat more than you can lift~

Miss Piggy





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# Chilled Shrimp with Basil Ponzu Sauce

Sharon Aikins

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1 pound cooked, frozen shrimp, tail on

**Basil Ponzu Sauce:**

2 tablespoons low-sodium soy sauce  
2 tablespoons freshly squeezed lime juice  
2 tablespoons freshly squeezed orange juice  
2 tablespoons light brown sugar  
2 tablespoons flavorless cooking oil  
½ teaspoon Asian chili sauce  
1 tablespoon finely minced ginger  
1 clove garlic, finely minced  
¼ cup chopped fresh basil

Thaw shrimp and keep chilled in the refrigerator.

In a small, nonreactive bowl, combine the sauce ingredients and mix well. If not using right away, refrigerate.

The recipe can be completed to this point up to 10 hours before serving.

To serve, toss shrimp with the sauce. Transfer to a serving platter or a decorative bowl and serve immediately.

Serves 6 to 10



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# Coconut Chicken Bites

Sharon Aikins

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1½ cups sweetened flaked coconut  
1 pound boneless chicken tenders  
⅓ cup plain yogurt or buttermilk  
1 teaspoon salt  
¼ teaspoon cayenne pepper  
¾ cup plain bread crumbs

**Sauce:**

1 cup orange marmalade  
¼ cup catsup  
Rice wine vinegar to taste

Preheat oven to 400°.

Spread coconut evenly on a nonstick baking sheet. Bake 6 to 8 minutes, stirring halfway through for even toasting. Remove from oven and cool. Keep oven on.

Cut chicken into 1-inch chunks. In a medium bowl combine yogurt or buttermilk, salt and pepper; add chicken and toss to coat. Set aside.

Spoon the toasted coconut and bread crumbs into the bowl of a food processor with the steel blade attached. Pulse until coconut is ground. Pour crumb mixture into a resealable plastic bag. Add half the drained chicken, close the bag completely, and shake to coat. Remove chicken from bag and place on a nonstick baking sheet. Repeat, coating the remaining chicken. Bake until crisp, 10 to 12 minutes.

Heat marmalade in a saucepan with enough catsup and rice wine vinegar to make a sweet and sour tasting sauce. Serve with the chicken bites for dipping.

Makes 36

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# Won Ton Tassies

Wendy Whitehill

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1 pound cooked pork sausage, drained  
1½ cups grated sharp cheddar cheese  
1½ cups grated Monterey jack cheese  
1 cup prepared Ranch dressing  
½ cup sliced black olives  
½ cup chopped red or green pepper  
1 package won ton wrappers  
Cooking oil

Preheat oven to 350°.

Mix together sausage, cheeses, dressing, black olives and pepper. Set aside.

Lightly brush each side of won ton wrapper with oil and fit into mini muffin pan, forming a cup.

Bake for 5 minutes or until lightly browned.

Remove won ton cups from muffin pans and place on cookie sheet. Fill each cup with filling - 2/3 full. Return to oven for 7 minutes or until cheeses melt. May be served hot or room temperature.

Makes 30 to 36



*How many pots can Wendy juggle at the same time?*

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## Little Weenies

Whitehill Family

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- 1 package appetizer weenies
- 1 package refrigerator crescent dinner rolls

Preheat oven to 375°.

Open package of crescent rolls and unroll dough. Smoosh the perforated line so that two of the rolls are stuck together to make a rectangle. Cut the rectangle crosswise into about ½-inch slices. Wrap a slice of dough in a spiral around each weenie lengthwise. Try to keep the beginning and end of the dough slices on the same side of the weenie so that when you put it on a cookie sheet the ends are down.

Bake for 8 to 10 minutes or until nicely browned.

Serve with mustard for dipping.

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## Deviled Eggs

Wendy Whitehill

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- 6 hard-cooked eggs, peeled and halved lengthwise
- ¼ cup mayonnaise
- 1 teaspoon cider vinegar
- 1 teaspoon mustard
- ⅓ teaspoon salt
- Dash pepper

Remove yolks from eggs and mash well. Combine with remaining ingredients. Mix well till fluffy. Refill whites. Sprinkle lightly with paprika.

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## Crabmeat-Stuffed Jumbo 'Shroom Caps

Wayne Spence

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- 8 large or 16 medium fresh mushrooms
- 1 teaspoon butter, melted
- 1 tablespoon olive oil
- 1 tablespoon minced green onions
- 1 tablespoon white wine Worcestershire sauce
- ¼ cup lo-fat cottage cheese
- 2 tablespoons dry bread crumbs, divided
- 1 cup crab meat

Remove stems from mushroom caps. Finely mince stems and set aside. Coat a broiler pan with cooking spray. Place caps upside down on the pan and brush with butter.

In a skillet, heat oil. Add minced stems and green onions and sauté over medium heat for 4 to 5 minutes. Remove from heat. Add Worcestershire sauce, cottage cheese, and 1 tablespoon of the bread crumbs. Stir to blend; fold in crab meat. Mound mixture in caps, sprinkle with remaining bread crumbs and broil at least 4 inches from heat for 6 to 8 minutes or until browned on top. Serve hot.

Makes 4 servings.



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## Williamson Family Stuffed Mushrooms

Ellie Whitehill

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1 pound large mushrooms  
1 stick (½ cup) butter, room temperature  
About ½ a head of garlic, minced  
About 1½ cups of grated Swiss cheese  
About 1 cup of Italian seasoned bread crumbs  
White wine

Combine butter, garlic, cheese and bread crumbs with enough white wine to make the mixture the texture of ground meat. Take the stems out of the mushrooms, fill the caps with the mixture and broil them until they are golden brown. Near the end of the broil close the oven door and let them bake for about 5 minutes with the oven off, or until the mushrooms look cooked.

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## Martha's Jailhouse Quesadillas

Melanie Hughes

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Flour tortillas  
Shredded mozzarella cheese  
Red bell pepper, cleaned and sliced into thin strips  
Jalapeños (jarred/sliced)  
Goat cheese

Cover tortilla with mozzarella cheese. Place slices of bell pepper and jalapeños on top of cheese. Use a fork to kind of crumble the goat cheese and add to quesadilla; depending on how much you like goat cheese you may want a lot or a little. Cook on a skillet until melted and toasty. Salsa may be okay with these, but because of the goat cheese they really don't need anything additional.

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# Bruschetta

Wendy Whitehill

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8 seeded, chopped plum tomatoes  
5 leaves fresh basil, chopped  
2 cloves garlic, minced  
1 pinch dried oregano  
1 pinch salt  
1 pinch ground black pepper  
1 dash crushed red pepper  
1 tablespoon olive oil  
¼ cup freshly grated Parmesan cheese  
1 baguette French bread

Preheat broiler.

In a mixing bowl, combine all ingredients except bread. Use more olive oil if necessary to coat the entire mixture. Allow the mixture to sit for 10 minutes.

Slice the bread into ¼-inch slices. Arrange the slices in a single layer on a baking sheet. Brown both sides of the bread slightly in the oven. Remove the slices from the oven. Spread the tomato mixture on the slices. Broil 2 to 3 minutes, or until the mixture is hot but not cooked.

Makes 12 servings

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## Spanakopita

Wendy Whitehill

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½ of a 1 pound package frozen phyllo dough, thawed in refrigerator overnight (about 12 sheets)

½ cup butter, melted

1 10-ounce package frozen chopped spinach, thawed

¾ cup finely chopped onion

¼ cup chopped green onion

1 tablespoon olive oil

¾ cup crumbled feta cheese

¼ cup ricotta cheese

2 tablespoons snipped fresh dill

2 tablespoons fine dry bread crumbs

1 egg, beaten

¼ teaspoon pepper

Drain spinach and squeeze dry with paper towels; set aside.

Cook and stir onion and green onion in hot olive oil over medium heat for 5 minutes or till tender. Add spinach and cook till moisture has evaporated. Transfer to a bowl. Stir in feta, ricotta, dill, bread crumbs, egg and pepper.



Preheat oven to 375°.

Unroll phyllo dough; cover with plastic wrap to prevent drying. Place one sheet on a flat surface; brush lightly with some of the melted butter. Be sure to brush edges. Place another phyllo sheet on top of the first; brush with butter. Cut the layered sheets crosswise into six even strips, about 3 inches wide. For each triangle, spoon about 1 tablespoon filling 1 inch from a short edge of a strip; bring a corner of the short edge over filling so that the short edge lines up with a long edge, forming a triangle (like you're folding a flag). Continue folding to end of strip. If there is any leftover phyllo at the end of the strip just turn it under. Repeat with remaining sheets of phyllo, butter, and filling.

Place triangles on ungreased baking sheet and brush with remaining butter. Bake for 12 to 15 minutes or till golden. Or, instead of baking, freeze unbaked triangles, well brushed with butter, on a baking sheet; transfer to a freezer bag and freeze up to a month. Bake as directed above. These are handy to have in the freezer for unexpected company.

Makes 36

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# Brie Cheese in French Bread

Eileen Clark

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1 large French bread round

¼ to ½ cup butter, melted

3 cloves garlic, minced (or more, if you **really** like garlic)

Brie cheese, enough to fill the bread cavity - about 3 large wedges

Preheat oven to 300°.

Stir the melted butter and garlic together in a small bowl. Cut the top off of the French bread round about ⅓ of the way down. Scoop out the inside of the bread round leaving mostly the crust. Brush the inside of the bread and the under side of the top generously with the butter and garlic. Pack the inside of the bread with the brie cheese, cutting it to fit, and place the top on. Place the bread on a large piece of aluminum foil (I fold two pieces together so I have one very large piece). Carefully cut down through the bread in both directions so you have about ¾-inch squares of bread. Cut into the bottom crust, but not all the way through. Wrap the foil tightly around the bread. Bake for about 1 hour.

To serve, open foil at top and fold/roll it down to bottom of bread. Scoop cheese out with bread squares.

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## Mango Salsa

Janet Lawson

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- 1 mango, chopped
- 1 plum tomato, chopped
- 2 tablespoons red onion, finely chopped
- 1 tablespoon cilantro, chopped
- ¼ teaspoon salt
- 1 tablespoon fresh lime juice

Combine all ingredients in a bowl and mix! Serve immediately or chill before serving.

\*\* Add ¼ to ½ teaspoon crushed red pepper to make the salsa spicy! \*\*



*Larry, Rich & Ken doing what guys do best in the kitchen!*

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## Avocado Salsa

Wendy Whitehill

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1 16-ounce package frozen corn, thawed  
2 2¼-ounce cans sliced ripe olives, drained  
1 medium red pepper, chopped  
1 small onion, chopped  
5 garlic cloves, minced  
⅓ cup olive oil  
¼ cup lemon juice  
3 tablespoons cider or white vinegar  
1 teaspoon dried oregano  
½ teaspoon each salt and pepper  
4 medium ripe avocados  
Tortilla chips

In a large bowl, combine corn, olives, red pepper and onion. In a small bowl, combine garlic, oil, lemon juice, vinegar, oregano, salt and pepper; mix well. Pour over corn mixture and toss to coat. Cover and refrigerate overnight. Just before serving, chop avocados and stir into salsa. Serve with tortilla chips.

