WE ARE PUGET SOUND

Moment-Us:
Exploring and Embracing Our Diversity

2009 Cookbook
Salads & Appetizers

Arugula Yogurt Salad
Bacon Wrapped Dates
Cranberry Salad Hamm’s
Midwestern Guacamole

Kid-Friendly Fun Food

Jennifer’s Easy Vegetarian Chili Yam Surprise

Entrees & Main Courses

Chicken Adobo
Tice Family Pennsylvania Dutch Chicken Pot Pie
Leonard Family Enchiladas
Pasta Putanesca
Pasta with Pepper, Onion, & Sausage
Tamale Pie

Breads & Side Dishes

Bishop’s Bread
Gold Potatoes
Seeded Bread

Desserts & Pastries

Autumn Cinnamon Rolls
Chewy Ginger-Pecan Bars
Grandma Ciel’s Honey Cake

Beverages

Cranberry Tea
Salads & Appetizers

Featured Photo: Hamm's Cranberry Salad, pg. 4
Arugula Yogurt Salad

A light, refreshing salad the Swedish call Ruccolayoghurt

INGREDIENTS:

✧ 1/2 c. chopped arugula
✧ 3/4 c. shredded cheese
✧ 1 garlic clove, crushed
✧ salt and pepper to taste
✧ 3/4 c. plain yogurt

Combine all ingredients. Chill before serving.

Submitted by...

Liz Howell as given to her by her Swedish grandmother, Olga Olsson
**Bacon Wrapped Dates**

**INGREDIENTS:**

- whole pitted dates
- Parmesan cheese
- bacon

Stuff dates with fresh cut pieces of parmesan cheese.

Cut bacon strip into quarters, wrap dates and secure with a toothpick.

Grill until bacon is crispy. Can probably cook in an oven too, I just haven't tried it.

Submitted by... Gary McCall
Hamm's Cranberry Salad

INGREDIENTS:

- 1 Pkg (6oz) Raspberry Jell-O
- 2 cups of hot water
- 1 Can of (1lbs) of whole cranberries Sauce
- 1/2 crushed pineapple (drained)
- 1/8 cup of lemon juice
- 8 ounces cream cheese chopped in small bits (chopping is easiest if cream cheese is cooled in freezer for 5 minutes)
- 2 cups of whipped cream (optional)
- 1/ cups of chopped walnuts or pecans

PREPARATION:

Dissolve gelatin in water.

Add cranberry sauce, crushed pineapple and lemon juice.

Pour into bowl and add in your pieces of cream cheese and nuts.

Chill until Firm (Cream tends to float to top).

Refrigerate overnight or, at least, for several hours before serving.

You can add the whipped cream upon serving.

Submitted by... Tasha Helton, whose maiden name was Hamm, and inspired by her French and German heritage
Midwestern Guacamole

INGREDIENTS:

- Three large avocados
- One large tomato
- One quarter chopped onion
- Salsa or hot sauce to taste
- Spritz of lemon juice
- Healthy sprinkle of beau monde

Blend in food processor and serve with tortilla chips.

Submitted by... Jack Roundy who got this recipe while living in Iowa
Kid-Friendly Fun Food
Jennifer’s Easy Vegetarian Chili Yam Surprise

INGREDIENTS:

- Can of vegetarian chili
- 4- Medium yams (or sweet potatoes)
- Try to find tube-shaped (as opposed to round) yams for quicker cooking
- Corn, fresh or 1-can
- Tomatoes, diced, fresh or 1-can
- Cilantro
- Any leftover cooked veggies that sound interesting (that’s the “surprise” part)
- Sharp cheddar cheese
- Sour cream
- Salsa

Wrap yams in heavy-duty aluminum foil and:
Bake at 375 for about an hour, flipping over half-way through

OR

Place wrapped yams in established camp fire for about an hour (cooks best in embers), flipping over half-way through

When yams are about done:

Combine chili, corn, tomatoes and veggies in medium pot; simmer over medium-low heat (or edge of campfire) stirring regularly until heated through

Add cilantro and stir through to release flavor
Unwrap yams, slice lengthwise and pour chili mixture over the top
Top with sharp cheddar, sour cream and salsa
Serve with whole-grain tortilla chips and a grin!
Fun camping games with yams-
Hot Yam-I-Am (similar to hot potato)
Yam stamps- Cut Yam in half width-wise, dip in paint and press to paper, amazing pictures appear!
Yam carving contests- pre-cooked fun
Yam-rhyming games, Dr. Seuss style

(serves 4)

Submitted by...

Jennifer Barlow who recommends this for entertaining kids while camping
Main Courses

Featured Photo: Pasta with Pepper, Onion, & Sausage, pg. 19
Chicken Adobo

INGREDIENTS:

- 1 chicken, cut up
- soy sauce
- white vinegar
- handful of black peppercorns
- garlic cloves, peeled (5-15)
- 1 large bay leaf
- cooking oil (something bland like canola oil)

Simmer: Put chicken, peppercorns and bay leaf in a large pot. Crush garlic cloves, remove peel, and add to pot. (You can use less garlic, but note that garlic powder does not give the same taste or quality.)

Add soy sauce & vinegar to pot: 5 parts soy sauce to 3 part vinegar.

Cover, bring to a boil and simmer on medium heat until the liquid is just about gone. Serve with steamed rice.

Tagalog style: There are variations to the way chicken adobo is served depending on the region of the Philippines. Tagalog style is when you add a couple tablespoons of oil when the liquid is almost gone and continues to cook the chicken until it is slightly fried. I like to put the sauce on my rice so I add lots of liquids in the beginning.

Submitted by... Ana Burns-Johnson
Tice Family Pennsylvania Dutch Chicken Pot Pie

This recipe is representative of typical old-style Pennsylvania Dutch fare. They were hard-working farming people who needed hearty meals. Dinner guests should be advised to wear loose-fitting clothing!

INGREDIENTS:

- 1 chicken
- 1 cup julienned carrots (or more, if you prefer)
- ½ cup chopped celery
- 1 tsp. parsley flakes
- 1 onion (you can either chop it or throw it “as is” into the pot, since it will cook down)
- 1 large can chicken broth on-hand (you might need it later depending on how everything cooks down)

Boil chicken and onion in 3 quarts water in a LARGE pot.

Salt & pepper to taste.

When thoroughly cooked, remove chicken from broth and set aside.

Add remaining ingredients to broth, bring to a boil for 15 minutes (or until carrots are tender, depending on their thickness)

While vegetable mix cooks, separate chicken from the bone. It will later be returned to the pot mixture.

NOODLE INGREDIENTS:

Depending on how large of a batch you want to make, the PA Dutch Rule is 1 cup flour to 1 egg, plus 1 for the pot. So, to feed 6 people, combine:

- 7 cups flour
- 7 eggs
½ teaspoon baking powder – and careful not to add too much of this, as the noodles will grow too much!

Knead the above ingredients until well combined

Roll dough on a lightly floured table-top into 1/8 inch thickness, and then cut into 1 ½ inch squares or diamonds.

At this point, the vegetables should be cooked, and the de-boned chicken should be back in the pot. Bring all of it back to a boil.

Take the cut pot pie dough, add them into the pot, and keep stirring so that the soft raw dough does not stick together. Once it gets a little firm, put the lid back on slightly skewed so that steam can escape, and bring the heat down to a simmer for 45 or 50 minutes. Check their consistency from time to time to make sure you don’t overcook them.

The noodles are going to grow quite a bit, so if you need more fluid, add the canned chicken stock that you have on reserve. Serving suggestion: Best served with a brightly-colored side dish, such as green beans or baked acorn squash.

(feeds 6, at least!)

Submitted by… Susan Hollister, a native of PA Dutch Country
Leonard Family Enchiladas

All measurements are approximate.

INGREDIENTS:

- 3 pounds Midget Longhorn Colby Cheddar
- 6 10-ounce cans of enchilada sauce (The key is to buy as many different brands as you can, and mix them together. Get one or two “hot” varieties, and the rest mild.)
- 1 1/2 to 2 cups white onions
- 2 4-ounce cans of green chiles, peeled and chopped
- 1 3.8-ounce can of sliced black olives
- 4 dozen corn tortillas (Get the thinner kind, possibly labeled “for tacos,” not the thicker kind labeled “for table use.”)
- Corn or other vegetable oil, enough to fill a medium-sized frying pan 1/2 inch deep

Grate the cheese. Dice the onions into small pieces. Mix all the enchilada sauces in one bowl. Preheat oven to 325.

Heat the oil until a piece of tortilla dipped into it starts to sizzle. If the oil starts smoking, it is too hot.

The best way to assemble the enchiladas is with two people: one dips the tortillas into the oil; the other one assembles the enchiladas.

Dip tortillas one at a time into the hot oil. Do not cook them. The purpose of this is to warm them and make them pliable. Pull them out of the oil almost immediately and put them onto a stack of paper towels, so that some of the oil drains off.

While they are still hot, dip, the tortillas one at a time into the enchilada sauce. Turn so that both sides get a thin coating of sauce. Place flat on a
plate. Put about 2 tablespoons of cheese in a snug pile that goes the width of the tortilla, not quite on the center line. Sprinkle about 1 teaspoon of the onions, 1/4 teaspoon of olives, and 1/4 teaspoon of green chiles across the top of the cheese. These should be enough of these three ingredients to make a fairly solid line across the cheese.

Roll the tortilla snuggly, so that the finished enchilada is about the size and shape of a hot dog. Place in a glass baking dish.

About fifteen enchiladas will fit in a standard rectangular baking dish. Divide the remaining sauce among the dishes, and pour over the top of the enchiladas. Sprinkle the remaining onions, olives, and green chiles on top.

Bake in a low oven (about 325 degrees) for about 20 minutes, until the cheese is bubbling.

Serve with tacos, refried beans, Spanish rice, and shredded lettuce.

Submitted by…

Patt Leonard, a native of Phoenix, Arizona. The Learnards are of Irish, Scottish and Swiss descent, but their family has been living in Arizona for 100 years, and their favorite meals are Mexican-style foods.
**Pasta Putanesca**

(Ingredient amounts are an approximation.)

For a big batch, buy the following ingredients:

- Olive oil
- 4 onions
- 2 heads of garlic (you want LOTS of garlic)
- red pepper flakes
- oregano, fresh or dried
- 2 28 oz. cans diced tomatoes
- jar of capers
- pitted Kalamata olives
- pine nuts
- Feta cheese, about 8 oz. solid
- Penne pasta

Using a big, heavy pot or two cast iron pans, heat 1/2 cup or more of olive oil and sauté chopped onions and coarsely chopped garlic until translucent and beginning to caramelize.

Add a healthy pinch of red pepper flakes and enough oregano to smell good and stir those in and let them cook a bit. (You can always add more red pepper later. Sometimes I do a "kids" pot and an adult pot that's hotter).

Drain the tomatoes and add to the onions and garlic and olive oil mixture. (You might want to add another 15 oz. can of tomatoes, too.)

Continue cooking over low heat for a couple of hours, uncovered.

Add capers (at least 1/2 cup), Kalamata olives (about 1 cup), and pine nuts (about a handful).
Stir and cook for another 1/2 hour or so.

Just before serving, dice the feta into small cubes and stir in and heat through. The feta will mellow out the heat of the pepper flakes so adjust seasoning as you like.

Cook your Penne and top with the putanesca sauce.

Submitted by... Betsy Gast and this recipe is her daughter’s favorite!
Pasta with Peppers, Onion, & Sausage

Serves 4

This recipe pays homage to the sausage, pepper, and onion sandwich, a classic combo in New Jersey where I grew up. –Lori Ricigliano

INGREDIENTS:

- 1 lb. Italian sausage, bulk or links, drained
- Olive oil
- 1 green bell pepper, sliced
- 1 onion, thinly sliced
- 3-4 cloves crushed garlic
- Oregano
- Salt
- Ground black pepper
- ½ cup chicken stock
- 28 oz. can crushed tomatoes
- 1 lb. rigatoni or penne

Cook sausage in skillet. If using links, add 1 inch of water and 1 tablespoon of olive oil.

Bring water to a boil then reduce heat.

Allow all the liquid to cook away and brown the links.

Remove from pan and drain on paper towels. Slice links.

Cook pasta in boiling, salted water until al dente.

Sauté pepper, onion, and garlic in olive oil until tender.

Season with salt, black pepper, and dried oregano.
Add cooked sausage and heat through.

Deglaze the pan with chicken stock.

Stir in crushed tomatoes.

Bring to a bubble and then reduce heat to low.

When sauce thickens, add pasta.

Combine and heat through.

Submitted by... Lori Ricigliano
Tamale Pie

INGREDIENTS:

- 1 ½ Lb. Hamburger
- 2 med. onions chopped
- 1 bell pepper, chopped
- 1 c. tomato sauce (15 oz)
- 1 can cream corn
- 11/2 tsp chili powder
- 2 eggs
- 1 c. cornmeal
- 1 can ripe chopped olives
- salt and pepper to taste

Cook hamburger, onions and pepper slowly.

Add tomato sauce and a small amount of water.

Cook on simmer for 30 min., add corn and chili powder.

Stir thoroughly.

Beat eggs and add to mixture.

Put in a baking dish and add 1 cup cornmeal and olive and stir.

Bake 1 hour at 350 degrees.

Submitted by... Virginia Ervine
Breads & Side Dishes
Bishop's Bread

INGREDIENTS:

- 1/2 cup butter
- 2/3 cup sugar

Cream butter and sugar together until light and fluffy

- Add 6 eggs one at a time and beat lightly

Mix together:

- 1 cup flour
- 1/2 tsp. baking powder

Toss the nuts, raisins, currants, ginger and chocolate chips (preparations described below) with the flour/baking powder mixture

- 3/4 cup almonds (toasted for 10 minutes to enhance flavor)
- 1/2 cup golden raisins soaked in 1/3 cup sherry or brandy
- 1/2 cup currants
- 1/3 cup candied ginger chopped finely
- 6 oz. Chocolate chips

Place batter in 2 small loaf pans well greased

Bake at 325° for 30-35 minutes or until tester comes out clean

This bread stores well.

Submitted by... Sally Sprenger
Gold Potatoes

INGREDIENTS:

- 2 large onions
- 4-6 tsp. butter or margarine
- 2 lb. baking potatoes (about 4 -5 medium sized)
- 1 lb. carrots or parsnips (or 1/2 lb. each)
- 3 cups broth
- 1/3 cup milk or light cream

Coarsely chop onions and combine with butter in a wide frying pan.

Cook over medium heat, stirring occasionally, until limp and golden, about 15 minutes.

When cooked, keep warm.

Meanwhile, peel potatoes, carrots and parsnips, and cut them into about 1" chunks.

Place vegetables in a three or four quart saucepan and add broth.

Bring to a boil, cover, and simmer 20 minutes or until pieces pierce easily.

Drain (reserve liquid for soups or other cooking).

Mash vegetables smoothly, adding 1/3 cup or more milk until potatoes are the desired consistency.

Stir in onion mixture.

Season with salt and pepper.

Submitted by... Lisa Ferrari
Seeded Bread

INGREDIENTS:

- 1/4 cup pumpernickel flour
- 1 cup 12-grain flour called “King Arthur Flour”
- 2 cups bread flour
- 1-1/2 teaspoons salt, plus a bit more
- 4 teaspoons quinoa
- 4 teaspoons millet
- 1 teaspoon teff (sometimes called lovegrass)
- 2 Tablespoons amaranth
- 3 Tablespoons small sunflower seeds more or less
- 2 Tablespoons pumpkin seeds
- 2 teaspoons sesame seeds or black sesame seeds
- 2 teaspoons poppy seeds
- 2 teaspoons flax seeds
- 2 teaspoons hulled hemp seeds

Optional: I often cook up 1/2 cup of wheat berries (takes about as long as cooking brown rice) and then toss into the mix about 1/3 cup of the cooked wheat berries (and refrigerated the rest for next loaf)

- 1/4 teaspoon (heaping) instant yeast
- 1-1/2 cups warm water + a Tablespoon or so of white vinegar

Optional: 2 Tablespoons or so yoghurt or some buttermilk

Seed Topping enough for 3-4 loaves; mix beforehand and put in an empty spice jar with a top having pretty large holes so the large fennel seeds will shake out. Just before the loaf goes in oven, I make a slit on top of the loaf.
Then I wet my hands and run them over loaf to moisten it, so the seeds will stick.

- 1 Tablespoon amaranth
- 2 Tablespoons sesame seeds
- 2 Tablespoons poppy seeds
- 1 Tablespoon anise seeds
- 1 Tablespoon fennel seeds

Not everyone likes the seed topping, largely because the anise and fennel seeds have such a strong taste. Originally this recipe called for 2 Tablespoons of fennel and anise, but I've cut back both to 1 Tablespoon. I'm considering putting the fennel and anise in a separate spice jar.

Hooper's refinement of Jim Lahey's original no-knead bread recipe (New York Times November 8, 2006):

In a large bowl combine flour, yeast, and salt and whisk to distribute evenly.

Add the 1-1/2 cups WARM water (plus a tablespoon or so of white vinegar--seems to make the bread less bland), and stir and knead by hand until blended; dough will be shaggy and sticky.

Cover bowl tightly with plastic wrap. Let dough rest 12-18 hours, at room temperature. In fact, I've found even 18-24 hours works well with the heavily seeded bread.

Using some flour to keep dough from sticking to work surface and hands, fold the dough over on itself a good few times (I guess you could say I knead the bread but not all that much) and then shape the dough into a round or into a more traditional loaf shape.

Cover loosely with the plastic wrap (or I just turn over my mixing bowl), and let rise for about 2 hours. When it is ready, dough will be about more than double in size.
About 1-1/2 hours into the 2-hour rise, put a cast iron Dutch oven in the oven and preheat oven to 500 degrees. (I use a Staub 6-Quart enamel-coated cast iron Dutch oven.)

A few minutes before 2 hours are up, cut a slit lengthwise along top of loaf with a very sharp knife. Moisten your hands and run them along the top of the loaf; apply the topping-seed mixture (since loaf is wet, the seeds won't just fall off).

At 2 hours, remove pot from oven. Carefully put the dough in the pot; it may look like a mess, but that is OK. Shake pan a few times if dough is unevenly distributed; it will straighten out as it bakes. Put top back on Dutch oven.

Bake at 450 degrees for 25 minutes (preheating the oven at 500 degrees but then opening the door will basically bring the temp down to 450 so it's important to preheat at the higher 500 degrees), then bake about another 25 minutes at 425, or until loaf is brown.

Cool the loaf on a rack for a good few hours before cutting into it. I tend not to cut into the loaf until it has cooled--otherwise the slice of bread is really moist and I feel I have to put the slice in the toaster.

Submitted by...Kent Hooper
Desserts & Pastries

Featured Photo: Chewy Ginger-Pecan Bars, pg. 30
Autumn Cinnamon Rolls

INGREDIENTS for Rolls:

- ¼ cup lukewarm soymilk
- 1 ½ packages yeast
- 1 cup pumpkin (canned or pureed fresh)
- ¼ cup soymilk
- ¼ cup melted Earth Balance margarine (natural, non-hydrogenated, and dairy-free)
- 1 teaspoon blackstrap molasses, optional
- 2 tablespoons brown or raw sugar
- 2 ½ cups unbleached flour plus extra for kneading and rolling (“white whole wheat” flour works)
- 1 teaspoon salt
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg
- ½ teaspoon ground ginger

INGREDIENTS for Filling:

- 6 tablespoons brown or raw sugar
- 1 tablespoon flour
- 2 teaspoons cinnamon
- 1 teaspoon ginger
- 2 tablespoons margarine

Optional:

- Candied ginger, chopped finely (can be found at Trader Joe’s)
- Chopped pumpkin seeds or pecans (toasted are best)
INGREDIENTS for Topping:

- 3 tablespoons shredded coconut, optional
- Glaze
- ¾ cup powdered sugar
- 1 ½ tablespoons soymilk
- ¼ teaspoon vanilla extract
- Splash (1/8 teaspoon or less) of lemon juice

Dissolve yeast in lukewarm soymilk, letting sit for ten minutes. Combine pumpkin, soymilk, margarine, and sugar with the yeast slurry. A teaspoon of molasses can be added for a rich flavor and an iron boost. In a separate bowl, combine flour, salt, cinnamon, nutmeg, and ginger. Add to liquid mixture and stir just until combined.

Remove the dough from the bowl and knead for about ten minutes.

Sit the dough in a floured bowl. Cover with a damp towel, place in fridge, and let rise overnight.

Remove dough from fridge. Preheat oven to 375°.

Combine sugar, cinnamon ginger, and flour. Rub in margarine until mixture is crumbly. Set aside.

Roll the dough out into a half inch thick square. Sprinkle with sugar mixture. Optional: dot with chopped pumpkin seeds/pecans and candied ginger. Roll up the rectangle like a sleeping bag. Cut roll into thick slices (the ones on the ends will be less beautiful). Place in a greased pan with high sides (not a cookie sheet) with the sides of the rolls touching. You may need to use two pans. Cover with a towel and let rise five more minutes.

Optional: sprinkle with shredded coconut (it should toast to a golden crisp while baking). Bake the rolls for 20 minutes. While rolls are cooling, make the glaze.
Combine soymilk, vanilla, and powdered sugar in a small pan. Simmer over very low heat until smooth and desired consistency – adding more soymilk or sugar as necessary. Stir in lemon juice. Drizzle over rolls. Serve warm.

Submitted by… Leah Coakley
**Chewy Ginger-Pecan Bars**

(Makes 24 servings)

INGREDIENTS for crust:

- 1 cup all-purpose flour
- 1 cup “flour” made from gingersnap cookies, processed very finely in food processor (Nabisco makes hard crunchy ones in a yellow box that work well.)
- 4 tbs sugar
- ¾ cup butter at room temp
- ¼ tsp salt
- Pinch of cayenne pepper

INGREDIENTS for filling:

- 4 eggs, lightly beaten
- 1 ½ cups dark corn syrup
- 1 ¼ cups sugar
- 3 tbs melted butter
- 1 tbs Kahlua
- 1/3 cup candied ginger, chopped medium-fine (crystallized ginger is similar, but candied is better.)
- 2 ½ cups pecans, roughly chopped

Process:

Make crust by combining, plain flour, cookie flour, sugar, butter, salt and cayenne in a bowl until it binds. (Best to work with hands.) Add a little more butter if crust does not pull together. Press crust very firmly into a greased 15 in x 10 in pan.
Bake crust at 325 degrees for 20 minutes. At the same time, put your chopped pecans on a cookie sheet and toast them in the 325 oven for about 3 mins. Remove pecans.

In a bowl, combine first five ingredients of filling: beaten eggs, corn syrup, sugar, melted butter, Kahlua. When combined, stir in candied ginger by sprinkling a little at a time (it sticks together.) Finally, stir in the lightly toasted, chopped pecans.

When crust has pre-baked, remove it from oven, pour the filling over the hot crust and return pan to oven. Increase temp to 350 degrees and bake 25-30 mins, or until set. Cool thoroughly on a wire rack before cutting into the chewy ginger-pecan bars.
Grandma Ciel’s Honey Cake

(For the Jewish New Year in September)

It is traditional serve items with apple and honey for a sweet new year.

INGREDIENTS:

- ¼ cup raisins (soaked in apple juice or brandy)
- 2 Tbsp apple brandy or apple juice (for soaking raisins)
- 2-1/4 cups all purpose flour
- 2-1/4 teaspoons of baking flour
- ¾ tsp baking soda
- 1 tsp cinnamon
- 3 large eggs
- 1-1/3 cups brown sugar
- 1/3 cup honey
- 2/3 cup canola oil
- ½ cup plus 2 Tbsp of unsweetened applesauce
- ½ cup semisweet chocolate chips
- ½ cup blanched almonds, chopped.

Preheat oven to 350.

Lightly grease a 9-inch square pan.

Line it with wax paper and grease the paper.

Sift together: flour, baking powder, baking soda, and cinnamon.

Beat eggs lightly. Add sugar and honey and beat until smooth. Gradually add the oil.

Mix the flours into the egg mixture, adding applesauce to keep moist.
Fold in choc chips, almonds, raisins, and their liquid.

Bake for 30 minutes. Cool for 15 minutes. Cut into squares or bars.

Makes 9-12 servings.

Submitted by... Judith Kay
Beverages

Featured Photo: Students enjoying the Cranberry Tea, pg. 35
Cranberry Tea
(Ironically, not tea at all!)

INGREDIENTS:

- 2 QT of Real Cranberry Juice
- 1 Large Can of OJ
- 1 Large Can of Lemonade Frozen Concentrate
- 1 bag (16oz) of Red Hots
- 3 QT of Water
- 1/2 cup of sugar
- Cut Orange Wedges (optional)

PREPARATION-

Take one cup of water, 1/2 cup of sugar and Red Hots to a boil in a 5 QT pot. Simmer Red Hots until dissolved.

Add cranberry juice, OJ and Lemonade. Bring to a small simmer- this usually takes 20-30 minutes.

Slowly add water or to desired taste. Add orange wedges for appeal. Serve.

You can serve this beverage HOT or COLD.

Submitted by... Tasha Helton