



# HOUSE OF BLACKBURN

# COOKBOOK

## 2023

## EDITION



**Editors:**  
Gerald Blackburn  
Fred Blackburn

**Prepared By:**  
The  
Blackburns

**Revision 14 / 7.4.2023**

# The House of Blackburn CookBook 2023



- We spend almost a third of our lives “eating” (some maybe a little more!). One of the most enjoyable parts of our family picnics is sharing the foods we enjoy.
- Five years ago, Fred and I revived an old idea of gathering the best recipes from the past and maybe the future and putting them into a cookbook for all of us to share.
- So here is the plan today, we have started a draft and included a few sample ideas. Now we want yours.
- Over the next few months and years we will be gathering and editing recipes and suggestions. This is your Family Cookbook reference we hope.
- You can help by submitting your recipes and suggestions. We are also looking for few editor volunteers for some of the content. We need a new editor in chief to take over this legacy for the family. If you are him or her contact us please.
- Let’s Do This.....
  
- Papa & Fred

**Contact us at:**

[blackbga@yahoo.com](mailto:blackbga@yahoo.com)

562.447.5552 or 805.210.9978

# HOB

## Family Recipes

# CONTENTS



- I. Introduction
- II. Credits
- III. Cooks in the Kitchen
- IV. Sources
- V. Tech,Tools/Utensils
- VI. Herbs and Spices
- VII. Drinks/Beverages
- VIII. Appetizers/Starters/Snacks
- IX. Soups/Stews
- X. Side Dishes
- XI. Potluck
- XII. Entrée's
- XIII. Breakfast
- XIV. Lunch
- XV. Dinner
- XVI. Desserts
- XVII. Kids Menu
- XVIII. At the Table /Scrapbook

### Appendices

- Safety
- Storage
- Pet Foods
- Nutrition



Oh Hell with it Let's Go Out to Eat

# HOB Family Recipes



## I. Introduction

"Life is a combination of magic and pasta."  
- Federico Fellini.

It is our hope that this cookbook will become a Legacy to the Blackburn Family members and a historical record of memories. You are encouraged to test these recipes out and contribute your own.

Any errors or corrections please comment on.  
The first publication draft will be distributed at the July 16, Picnic.

Papa

# HOB Family Recipes



## II. CREDITS

“Life is uncertain. Eat dessert first.”

Ernestine Ulmer.

- The Recipe Boxes / Archives
- Research
- Editorials
- Design & Layout
- Graphics
- Publishing

# HOB Family Recipes



## III. Cooks in the Kitchen

"People who love to eat are always  
the best people." *Julia Child.*

*The memories of "Mom's" cooking can be a wonderful thing, ( or not..). But there were many others who were skillfull in the kitchen. Will keep track of them here.*

- Regina Blackburn **1925-2008**
- Grace Miller **1920-1993**
- Kate Pepitone **1890-1970**
- Katherine Blackburn **1942 -2021**
- Gerald Blackburn –*since 1944 Cook Stop's resturaunt, Lynwood 1960-1962*
- Fred Blackburn since 1948
- Sandra Blackburn since 1963
- Pat Blackburn since 1950
- Terry Spiegel – since 1947
- Fran Urrere – since 1954
- Peg Stumpf –since 1947
- Sydney Blackburn since 1987
- Samantha Blackburn – **since 1990**  
*Baker Graduate Le Cordon Blue Institute*



# HOB Family Recipes



## IV. Sources

*“Fish, to taste right, must swim three times — in water, in butter and in wine.”*

*Polish Proverb.*

- Legacy/Heritage
- Experience
- Shared
- Published
  - Cookbooks
  - Product/Labels
  - TV Shows-Food Network
- Other

# HOB Family Recipes



## V. Tech, Tools and Utensils

*"I like the Japanese knives, I like French knives.  
Whatever's sharp." Wolfgang Puck.*

*The days fire and fingers, of open fire pits and grinding stones may be gone but new technologies and tools have changed the world of preparing food. We all have our favorite kitchen utensils here we will share the good the bad and the ugly with everyone.*

- **Stoves, Hot Plates and Campfires**
- **BBQ and Grills**
- **Crock and Insta-Pots**
- **Air Fryers-Convection Ovens**
- **Griddles and Waffle Irons**
- **Blenders, Food Processors**
- **Toaster Ovens**
- **Pots and Pans and Skillets**
- **Knives and Sharpeners**
- ***Spoons and Ladels***
- ***Cookie Sheets and Cake Pans***





# HOB Family Recipes



A Toast from our past!

## VII. Drinks & Beverages

"Over the teeth, over the gums, look out stomach here it comes." *John Blackburn*

- Water
- On Tap Beer
- Moscow Mule
- Egg Nog
- Lemonade
- Arnold Palmer
- Margarita's
- Wines/Coolers
- The Hard Stuff



# HOB Family Recipes



## How it's Organized.....

- Cooks in the Kitchen
- Tools/Utensils
- Herbs and Spices
- Appetizers/Starters
- Snacks and
- Soups/Stews
- Side Dishes
- Salads
- Potluck
- Entrée's
- Breakfast
- Lunch
- Dinner
- Desserts
- Drinks/Beverages
- Reference



# HOB Eating Out !



**Oh Hell with it Let's Go Out to Eat**

## Fast Food

*If you think fast food is hittin a deer at 65 miles per hr.. you might be a redneck*  
*Jeff Foxworthy*

## Family Style

**“It’s not what on the table that matters. It’s who in the chairs.”**

## Dining

One cannot think well, love well, sleep well, if one has not dined well.— *Virginia Woolf*



**House of Blackburn**

# Appetizers



1. Kathy's Crackers
2. Swedish Meat Balls
3. Fred's Tray
4. Onion Flower
5. Dips and Chips
6. Sausa's



# HOB COOKBOOK



# House of Blackburn

TEMPLATE



## Appetizer ?

By: Fred Blackburn

### Name

By: Fred Blackburn

### Source:

Lots of good stuff



### Instructions:

Ask Him.....

### Shopping/Ingredients

- Meat
- Cheese
- Melon

Serves:

Time to Make:



# Kathy's Crackers



House of Blackburn

By: Katherine Blackburn

## Kathy's Crackers

*By Katherine Blackburn*

**Source:** During a surgery recovery in 1997, Kathy discovered a receipt for crackers she prepared for Thanksgiving. This is adapted from Martha Stewarts "Herbed Swatches".

*Here is the recipe for the crackers.*

Now that I read it over, I find that I use other items. Instead of unsalted butter I use Imperial Spread (no table salt required). I've not added the chives- just never had any on hand. I do add rosemary (fresh or dry) and dill. If you have on hand, I also add Herbs of the Providence and French Lavender. When you are all done with the herbs/spices you should have about 2/3 Tablespoons. Kosher or Sea Salt are o.k. I pierce before I cut. Cut them to any size you want.

**Have fun** – add and subtract spices that you like. Crackers do not "keep". I make them the day before and hope for no leftovers.

Pre heat oven to 350' Bake for 13 to 15 minutes (you will know when they are done)

### Pulse

1 cup of all-purpose flour + more for dusting for roll out

1/2 teaspoon table salt

1/4 teaspoon freshly ground pepper

2-3 Tbs of herbs

Add 4 Tbs Butter cut up

1/4 cup or 4 tablespoons sour cream and pulse until dough forms a ball.

Sea Salt or Kosher salt for dusting before baking



### HERBS:

Chives, thymes, oregano plus or less of the ones I mentioned above

Transfer to lightly floured surface. Divide into two (2) balls. Roll out to about 1/8 thick. Sprinkle lightly with Sea Salt or Kosher Salt and prick dough all over. Cut, place on ungreased cookie sheet and bake. Do the same with the other ball. Should make between 2 to 4 dozen depending on the size cut.



# Side Dishes

**House of Blackburn**

---

DRAFT

# HOB COOKBOOK



**House of Blackburn**

---

# Entrees



1. Grandma Columbo's Roni Sauce
2. Sandi's Booger Beans
3. Grandma's Chili

# HOB COOKBOOK



# Grandma's Spaghetti Sauce



House of Blackburn

By: Kate Colombo

## Roni Sauce (1930)

By: Kate Colombo

Source: P. Stumpf, Wisconsin; S. Blackburn, Long Beach

Sauté onion and garlic in oil or lamb drippings

Turn off burner and mix in spices and paste,

Add water ( 3 cans, use paste cans)

Blend well then simmer on low for 3-4 hours. Stirring (and tasting) often.

Note: You can use crockpot with canted lid for 12-16 hours. Remove peppers before serving.

### Herbs and Spices:

Thyme

Rosemary

Oregano

Sweet basil

Marjoram

Slowly add Salt to taste pt to 1TB

*Measurement  
by guess  
based on what  
ever Kate had in  
her hand!*

Freezes Well



### Shopping/Ingredients

- 3 cans Tomato Paste ( Contadina)
- water
- 3 Dried red peppers
- 6 Chopped garlic cloves
- 2 med. Chopped onions
- ¼ cup olive oil/ lamb drippings

Makes about 4 Qt. Jars



# Grandma's Chili Dish



House of Blackburn

By: Kathy Blackburn



## Chili Casserole

By: Kathy Blackburn

5  
★★★★★

Source:: Mary Dahlstrum

- 1 40 oz. can Dennison Chili
- 14 oz. Whole tomatoes + Liquid (Quarted or diced )
- 1 10oz can Enchilada Sauce
- 1 ½ Oz Sour cream
- 2 Cups shredded Cheddar Cheese
- 1 Bag Dip Size Fritos Corn Chips



## Instructions:

Combine ingredients into a 2 ½ - 3 quart Baking dish.

Top with Shredded Cheese and Remaining chips

Bake uncovered @ 350F for 20-30 minutes.

## Shopping/Ingredients

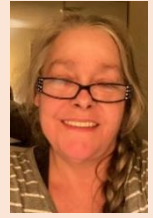
- 40 oz. can Dennison Chili
- 14 oz. can Whole Qtrd Tomatoes
- 1 Bag Corn Chips (Dip)
- Shredded Cheddar Cheese

Serves: 4-6

Time to Make: 20 minutes



# Booger Beans



House of Blackburn

By: Sandra Blackburn

## *Cheap Meals My Mom Made*

Suggested by: Fred

Source: Family Recipe

- 1 pound ground beef
- 1 16 oz. can Pork & Beans
- ½ cup of diced onions



### Instructions:

- Fry ground beef with onions until fully cooked, Then drain oil.
- Add can of pork and beans and warm together for 5 minutes

**Serve with  
buttered bread  
& cold Beer.**



### Shopping/Ingredients

- 1 16oz can pork & beans
- ½ Cup diced onions
- 1 Pound ground beef

*Serves: Four, or one hungry  
redneck*

Time to Make: 15-20 min.



# S.O.S.\*



## House of Blackburn

By Fred Blackburn:

### Shit - On - Shingle \*

By: Fred Blackburn

**Source:** Mon would make this for Dad. During WWII this was served frequently to enlisted men overseas. As you can tell it is simple, cheap and easy to make. I think it was an inquired taste.

- 1 Pound ground beef
- ¼ Cup Cup all purpose flour
- 1 cube beef boullion
- ¾ Teaspoon salt
- 1 Pinch ground black pepper
- 2 ¼ Cups of milk

*Mom would substitute  
Chipped Beef.*

### Instructions:

Brown beef in a large skillet over medium heat, stir in flour, beef boullion, salt, pepper....

Saute all together for about 5 min. or until flour is absorbed..

Gradually stir in milk bring all to a simmer, stirring constantly...

Cook until thickened about 5-10 minutes

Serve over 2 pieces of toast.

### Shopping/Ingredients

- 1 lb. Ground beef
- 1 t salt
- ¼ cup All purpose flour



Serves: 2

Time to Make: 15 minutes



TEMPLATE

# Chili



House of Blackburn

By: Fred Blackburn

## Name

By: Fred Blackburn

## Source:

1 Box Vanilla Wafers-Crushed

1 Cup Powder Sugar (extra for rolling)

3T Cocoa

1 Cup Walnut (small pieces)

3 T Corn Syrup

1/4 Cup Bourbon

Blend first 4 ingredients

Mix in next 2

Roll into walnut size ball

Roll in powder sugar

Store in airtight foil lined container for 3-4 weeks before serving

## Instructions:

## Shopping/Ingredients

- 6 Cups all-purpose flour
- 1 t salt
- 1 Pound Crisco or 2 1/3 cups

Serves:

Time to Make:

PICTURE



# Mac 'n Cheese

House of Blackburn

By: Blackburn

## Name

By: Blackburn

## Source:

- 1 Box Vanilla Wafers-Crushed
- 1 Cup Powder Sugar (extra for rolling)
- 3T Cocoa
- 1 Cup Walnut (small pieces)
- 3 T Corn Syrup
- 1/4 Cup Bourbon

## Instructions:

Blend first 4 ingredients

Mix in next 2

Roll into walnut size ball

Roll in powder sugar

Store in airtight foil lined container for 3-4 weeks before serving

## Shopping/Ingredients

- 6 Cups all-purpose flour
- 1 t salt
- 1 Pound Crisco or 2 1/3 cups

Serves:

Time to Make:



**House of Blackburn**

---

# Salads



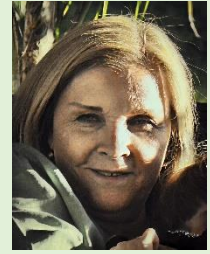
1. Terry's Potato Salad
2. Fran's Chicken Salad

DRAFT

# HOB COOKBOOK



# Potato Salad



House of Blackburn

By: Aunt Terry's

## Name

By: Name

Source:

1 Box Vanilla Wafers-Crushed

1 Cup Powder Sugar (extra for rolling)

3T Cocoa

1 Cup Walnut (small pieces)

3 T Corn Syrup

1/4 Cup Bourbon

Blend first 4 ingredients

Mix in next 2

Roll into walnut size ball

Roll in powder sugar

Store in airtight foil lined container for 3-4 weeks before serving

## Instructions:

## Shopping/Ingredients

- 6 Cups all-purpose flour
- 1 t salt
- 1 Pound Crisco or 2 1/3 cups



Serves:

Time to Make:





# Spaghetti Salad



House of Blackburn

By: Katherine Blackburn

**Spaghetti Salad:** By: Katherine Blackburn

*Source:* Roberta Innes 5<sup>th</sup> grade teacher McKibben School, 1978 from a potluck lunch offering.....

Cook one (1) pound spaghetti, drain and rinse  
In large serving bowl add:  
Cooked Spaghetti  
1 each cucumber, green bell pepper and red onion  
chopped  
1 16 oz. jar Catalina Salad Dressing  
Mix all together

**Options:**

*Add peas or other veggies  
Add tomatoes just before serving*

Top with poppy seeds about 2 tablespoons  
Refrigerate at least 2 hours or over night  
-Great as leftovers-



**Notes:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Shopping/Ingredients**

- 1# spaghetti
- 16 oz. Salad Dressing-Catalina
- Vegetables (peas) optional
- Tomatoes cucumber, red onion, green bell pepper
- Poppy seeds

HOB COOKBOOK



# Chicken Salad



House of Blackburn



By: Fran Urrere

## Chicken Salad

By: Fran Urrere

Source: *From*

- 1 Head of Cabbage med. chopped
  - 1 Pkg frozen peas
  - 1 Pkg Slivered Almonds
  - 3 Chicken breasts cooked and shredded
  - 2 Stalks green onions chopped
  - 1 Pkg (Red) ichaban\* noodles uncooked And crumbled . \* (Top Ramen)
- Toss all above in a salad bowl.

## DRESSING

- 1 Pkg of soup base from noodles.
  - 1/3 cup of sugar
  - Pepper to taste
  - 6 TBS Japanese Vinegar
  - 2/3 cup of oil
- Mix well than toss in salad

## Shopping/Ingredients

- 1 Med Cabbage
- Salt
- Sugar
- Pepper
- oil
- 5 oz., slivered almonds
- 3 Skinless boneless Chicken Breasts
- 2 stalks green onions
- Ichaban Noodles
- Japanese Vinegar





**House of Blackburn**

---

# Desserts



1. Kathy's Christmas Cookies
2. Mom's No Bake Cookies
3. Italian Cookies

# HOB COOKBOOK



# Christmas Cookies



House of Blackburn

By: Katherine Blackburn

## **BOURBON BALLS** (MAKE 4 WEEKS BEFORE SERVING – LAST FOREVER\*)

By: Katherine Blackburn

*\*Except at Whittier Household*

Source: *From care package recipe to Vietnam Soldiers -1965*

1 Box Vanilla Wafers-Crushed

1 Cup Powder Sugar (extra for rolling)

3T Cocoa

1 Cup Walnut (small pieces)

3 T Corn Syrup

1/4 Cup Bourbon

Blend first 4 ingredients

Mix in next 2

Roll into walnut size ball

Roll in powder sugar

Store in airtight foil lined container for 3-4 weeks before serving

### **Shopping/Ingredients**

- Vanilla Wafers
- Powdered sugar
- Cocoa
- Walnuts
- Corn syrup
- ¼ cup Bourbon

### **“Noel Balls”**

**Katherine Blackburn**

Source: *LA Times “Home Section” December 1961*

**CRISCO COOKIE DOUGHT BASE (MAKES 7 TO 8 CUPS OF MIX STORE IN TUPPERWARE FOR NO LONGER THAN 2/3 MONTHS**

6 Cups all-purpose flour

1 t salt

1 Pound Crisco or 2 1/3 cups

Mix well – will look like pie dough (last forever)

### **Shopping/Ingredients**

- 6 cups All purpose flour
- 1# Crisco
- Salt





Grandpa's

# Chocolate Chip Cookies



House of Blackburn

By: John C. Miller Jr.

## CC Cookies

By: John Miller Jr.

Source: *Him*

1 cup Crisco

 $\frac{3}{4}$  cup sugar $\frac{3}{4}$  cup packed light brown sugar

1 tsp vanilla

2 eggs

2-1/4 cup unsifted all purpose flour

1 tsp baking soda

 $\frac{1}{2}$  tsp salt

1-12 oz. Pkg Chocolate Chips

1 Cup chopped nuts



## Instructions

### *John Miller*

Cream (whip) Crisco, sugar, brown sugar and vanilla until light and fluffy, add eggs; beat well. Combine flour, baking soda and salt; gradually beat into creamed mixture.

Stir in chips and nuts

Drop by teaspoon full onto ungreased cookie sheet.

Bake at 375F for 8-10 minutes or until light brown.

Cool slightly; Remove from cookie sheet.

Makes 6 dozen cookies

## Shopping/Ingredients

- Vanilla
- Granulated sugar
- Eggs
- Walnuts
- Crisco
- Chocolate Chips
- Baking soda





# Italian Cookies



House of Blackburn

By: Esther/Grace

## Italian Cookies

By:

Source: Esther Lister

- 4 eggs
- 1 ½ cups of sugar
- 1/2 Cup margarine or butter (melted)
- 3 tsp baking powder
- 1 tsp Anise
- 3 ¾ cups flour
- ½ cup chopped almonds



## Instructions:

Boil all ingredients in a sauce pan for 1 minute

## Shopping/Ingredients

- 3 Cups Flour
- ½-3 t anise
- ½ -1 cup chopped almonds

Serves: 6-10

Time to Make: 45 min



# No Bake Cookies



House of Blackburn

By: Mom

## No-bake Cookies

By:

Source: Regina Blackburn

- 2 Cups sugar
- 3 Cups oatmeal
- 1/2 Cup margarine
- ½ cup milk
- ½ Cup cocoa

## Instructions:

Boil all ingredients in a sauce pan for 1 minute



Keep Refrigerated

## Shopping/Ingredients

- 3 Cups Oatmeal
- ½ t vanilla
- ½ Cup peanut butter

Serves: 10 or 1 Papa  
Time to Make: 45 min



# Baked Stuff

**House of Blackburn**

---

1. Cupcakes
2. Missi's Birthday Cake Recipe
3. Cookies

DRAFT

# HOB COOKBOOK





# References

## House of Blackburn

---

1. Vegetable Cooking Chart
2. Table of Measurements
3. Herbs and Spices
4. Kitchen Tools

# HOB COOKBOOK

# Cooking Measurements







House of Blackburn

By: Gerald Blackburn



kidspot.com.au

## VEGGIE COOKING Cheat sheet

VEGETABLE	BOILED	STEAMED	MICROWAVE
 Asparagus	Not recommended	8-10 min	2-4 min
 Beetroot	30-60 min	40-60 min	9-12 min
 Bok choy	Stalks for 3 - 4 min Leaves for 1 - 1 ½ min	Stalks for 6 min Leaves for 2 - 3 min	2-4 min
 Brussels sprouts	Bring to boil and simmer for 5-7 min	8-10 min	4-6 min
 Broccoli (cut into florets)	4-6 min	5-6 min	2-3 min
 Cabbage (shredded)	5-10 min	5-8 min	5-6 min
 Cauliflower	4-6 min	3-5 min	2-3 min
 Carrots (sliced)	5-10 min	4-5 min	4-5 min
 Corn on the cob	5-8 min	4-7 min	1 ½ - 2 min
 Eggplant (sliced)	Not recommended	5-6 min	2-4 min
 Beans	6-8 min	5-8 min	3-4 min
 Mushrooms	Not recommended	4-5 min	2-3 min
 Peas	8-12 min	4-5 min	2-3 min
 Capsicum	Not recommended	2-4 min	2-3 min
 Potatoes (cut)	15-20 min	10-12 min	6-8 min
 Spinach	2-5 min	5-6 min	1-2 min
 Zucchini	3-5 min	4-6 min	2-3 min

**Notes:**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

HOB COOKBOOK

# Cooking Measurements



House of Blackburn

By: Gerald Blackburn

HOB COOKBOOK

## Notes:

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

### Table of Measurements



3 teaspoons = 1 tablespoon

2 tablespoons = 1 fluid ounce

4 tablespoons = 1/4 cup

8 tablespoons = 1/2 cup

16 tablespoons = 1 cup (8 oz)

2 tablespoons sugar = 1 ounce

2 cups granulated sugar = 1 pound

2 - 3/4 cups brown sugar = 1 pound

2 - 3/4 cups powdered sugar = 1 pound

4 tablespoons flour = 1 ounce

4 cups of flour = 1 pound

3 cups cornstarch = 1 pound

3 cups corn meal = 1 pound

4 cups dried currants = 1 pound

2 cups seeded raisins = 1 pound

2 tablespoons of butter = 1 ounce

4 tablespoons of butter = 1/4 cup

2 cups of butter/lard/shortening = 1 pound

10 medium sized eggs = 1 pound

2 cups milk (& other fluids) = 1 pint (16 oz)

1 pound = 16 ounces

1 dash = 1/8 teaspoon

a pinch = 1/16 teaspoon

a smidge or smidgen = 1/32 teaspoon

Tori B. AHWT



# Herbs & Spices

House of Blackburn

By: Papa

<p><i>Saffron</i></p>  <p>Saffron, called zafrane in Morocco, is expensive to buy, but thankfully only small quantities are needed as it is potent in both colour and taste. Saffron is used as a basis in a family of Moroccan sauces.</p>	<p><i>Paprika</i></p>  <p>Known as fellla hlouwa in Morocco, paprika is the most commonly used of the peppers. It is the basis for many tomato dishes, indispensable for many sauces &amp; also appears in veg tagines, salads &amp; kefta.</p>	<p><i>Cayenne Pepper</i></p>  <p>Known as fellla soudaniya or simply fellla in Morocco. A yellow-orange coloured spice used mostly in southern Morocco cooking, where the influence of hotter, spicier African dishes is stronger.</p>	<p><i>Sesame Seeds</i></p>  <p>Known in Morocco as jinjelan. Sesame seeds are used in Moroccan breads and desserts, and when toasted as a garnish for some tagines.</p>	<p><i>Caraway Seeds</i></p>  <p>Largely cultivated in Morocco where it is known as karwiya. It is used very infrequently but turns up in the famous harissa sauce.</p>
<p><i>Allspice</i></p>  <p>A reddish-brown berry with a taste that combines the flavours of cinnamon, nutmeg and cloves, called noioura in Morocco. It is used in some chicken dishes and regional varieties of kefta and bisteeya.</p>	<p><i>Cumin Seeds</i></p>  <p>This is an essential spice in Moroccan food, called kammoon in Morocco. In its seed form it smells like hay, but when ground in a mortar the aroma and taste released is sensational.</p>	<p><i>Cinnamon</i></p>  <p>Mostly used in stick form, there are two types: Ceylon cinnamon, called dar el cini in Morocco, pale and light in taste; and cassia cinnamon, called karfa in Morocco, dark and strong in taste.</p>	<p><i>Tumeric Roots</i></p>  <p>Called quekoum in Morocco, turmeric belongs to the ginger family and has a clean and bitter taste. Often mixed with saffron to give extra colour and flavour, most often because saffron is so expensive.</p>	<p><i>Black Pepper</i></p>  <p>Known as elbezar in Morocco. This spice has a coarse taste and is added in many savoury dishes. Add early for the taste to mellow.</p>
<p><i>Ginger</i></p>  <p>Called skinjbir in Morocco. A sweet, peppery spice often seen in Moroccan cooking with black pepper and coarse salt; especially in tagines.</p>	<p><i>Cloves</i></p>  <p>Called oud el nouar in Morocco. It is seldom used except in some couscous dishes.</p>	<p><i>Coriander Fruits</i></p>  <p>Not to be confused with fresh coriander, used frequently in Moroccan cooking. Coriander seeds, or kesbar, are ground and used as a spice to give a somewhat pungent flavour.</p>	<p><i>Fenugreek</i></p>  <p>A dry and yellow seed of the aromatic plant of the same name. It is native to Morocco, where it known as helbah, and favoured by Berbers in making flat bread.</p>	<p><i>Aniseed</i></p>  <p>Known as habbt hlawa or nafaa in Morocco. Aniseed has a strong, warm flavour and is used in seed form to flavour Moroccan bread, sweets and milk drinks.</p>

# HOB COOKBOOK


# Baking Measurements










House of Blackburn

By: Gerald Blackburn

**BAKING  
CONVERSION  
CHART**

  
www.letsgetcookingnow.com

 <p><b>FLOUR</b></p> <p>1/4 cup = 32 g        1/3 cup = 43 g        1/2 cup = 64 g        2/3 cup = 85 g        3/4 cup = 96 g        1 cup = 128 g</p>	 <p><b>BUTTER</b></p> <p>1/4 cup = 57 g        1/3 cup = 76 g        1/2 cup = 113 g        2/3 cup = 142 g        3/4 cup = 171 g        1 cup = 227 g</p>	 <p><b>SUGAR</b></p> <p>1/4 cup = 50 g        1/3 cup = 67 g        1/2 cup = 100 g        2/3 cup = 134 g        3/4 cup = 150 g        1 cup = 201 g</p>						
 <p><b>BROWN SUGAR</b></p> <p>1/4 cup = 45 g        1/3 cup = 60 g        1/2 cup = 90 g        2/3 cup = 120 g        3/4 cup = 130 g        1 cup = 180 g</p>	 <p><b>ICING SUGAR</b></p> <p>1/4 cup = 30 g        1/3 cup = 45 g        1/2 cup = 60 g        2/3 cup = 75 g        3/4 cup = 90 g        1 cup = 120 g</p>	 <p><b>COCOA POWDER</b></p> <p>1/4 cup = 30 g        1/3 cup = 45 g        1/2 cup = 60 g        2/3 cup = 75 g        3/4 cup = 90 g        1 cup = 120 g</p>						
 <p><b>LIQUID</b></p> <table border="0"> <tr> <td>1/4 cup = 60 ml</td> <td>2/3 cup = 150 ml</td> </tr> <tr> <td>1/3 cup = 90 ml</td> <td>3/4 cup = 180 ml</td> </tr> <tr> <td>1/2 cup = 120 ml</td> <td>1 cup = 240 ml</td> </tr> </table>			1/4 cup = 60 ml	2/3 cup = 150 ml	1/3 cup = 90 ml	3/4 cup = 180 ml	1/2 cup = 120 ml	1 cup = 240 ml
1/4 cup = 60 ml	2/3 cup = 150 ml							
1/3 cup = 90 ml	3/4 cup = 180 ml							
1/2 cup = 120 ml	1 cup = 240 ml							

**Notes:**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# Our Blackburn Family Recipes



## At the Table

“ Always keep one recipe that is yours...”

*Grace and Katherine Miller*





Title

House of Blackburn

By:

**Name**

**By: Name**

**Source:**

1 Box Vanilla Wafers-Crushed

1 Cup Powder Sugar (extra for rolling)

3T Cocoa

1 Cup Walnut (small pieces)

3 T Corn Syrup

1/4 Cup Bourbon

Blend first 4 ingredients

Mix in next 2

Roll into walnut size ball

Roll in powder sugar

Store in airtight foil lined container for 3-4 weeks before serving

**Instructions:**

PICTURE

**Shopping/Ingredients**

- 6 Cups all-purpose flour
- 1 t salt
- 1 Pound Crisco or 2 1/3 cups

**Serves:**

**Time to Make:**



# Frankie the Food Critic....



1  
★



2  
★★



3  
★★★



4  
★★★★



5  
★★★★★

1. Don't bother. This needs to be buried some where!  
*Well at least you tried.*
2. I'm really trying here but it's just not going down.
3. I see some potential here, worth another try at least.
4. Ok this is definitely a keeper? I need some more to be sure?
5. Why have you been keeping this a secret? Got any more?

