

Dinner Is Served

Garrett Style

Written by **Sara Mullins**
Photography by **Lance C. Bell**

It's Garrett County and the living is busy for a lot of folks who juggle careers and family and fun. A popular pastime for many is the preparation of savory meals to share with friends and family. Below is a sampling of treasured recipes from some local chefs. Bon appétit!

The following write ups are about the folks who submitted recipes and their origins. They all live, visit, or are friends of Deep Creek Lake and Garrett County. Their recipes follow at the end of this article.



Bonnie Bramlette Freeman
"1917 War Cake"

Bonnie Freeman is a native of South Carolina.

Profession: Cotton Mill worker, pie and cake baker for extra income; wife of City of Easley, SC, Chief of Police, James Marion Freeman.

Bonnie's grandson, James Hunt, is a frequent visitor to Garrett County and good friend to Lance Bell and has supplied his Grandmother's War Cake recipe.

Scott and Beth Johnson

"Pork Loin Braised in Milk with Carrots"

Minnesota natives Scott and Beth discovered Deep Creek Lake via a camping trip with a friend. In 1980, they bought property on State Park Road where they built their home.

Professions: Scott is co-owner of Coldwell Banker Deep Creek Realty Co. *See ad on page 3.* Beth serves as public relations chairperson for the Garrett Lakes Arts Festival.

Favorite activities: Skiing, bicycling and cooking, Scott is a Lunch Buddy for Big Brothers Big Sisters, member of the

Table setting at Hugh Umbel's house for Prime Rib dinner.

Wisp Courtesy Patrol and President of the Property Owners of Deep Creek Lake.

Favorite season: All — “We go from one sporting activity to the next,” says Scott.

What they love about Garrett County: “The people are so great, the area is beautiful and it’s just a great place to be.”



The Johnsons



Denise Rinkle
“Spinach Noodle Lasagne”

A native of Allegany County, Denise lives along Sang Run Road near the Youghiogheny River.

Profession: Principal and CPA with Rodeheaver & Associates. See their ad on page 48.

Favorite activities: Relaxing on the deck at home and watching the river, birds and wildlife, boating on the Chesapeake Bay in the family’s 36’ Sabre Trawler. Member of the Greater Oakland Business Association.

Favorite season: Fall

What she loves about Garrett County: “I love the mountains. I don’t like the city.”

Betsy Spiker
“Spinach Pasta with Shrimp”

Betsy is a seventh generation native of Garrett County, with family roots in the timber and log home industry going back more than 150 years. She lives in a log home by Deep Creek Lake.

Profession: Real estate agent with Long & Foster Real Estate.

Favorite activities: Skiing, power boating, relaxing on her dock, walking with her dogs and exploring local history. She volunteers with Habitat for Humanity, PAWS and Adopt-A-Road, and serves on the Vacation Guide and

Marketing Roundtable of the Garrett County Chamber of Commerce.

Favorite season: Summer for water activities and winter for winter sports.

What she loves about Garrett County: “It’s a family tradition to live here, and I could never imagine living anywhere else.”



Betsy Spiker



Loretta Stoner
“Cream Pies & Pie Crust”

A native of Waynesburg, Pa., Loretta and her husband Charlie have lived near Red House, close to the West Virginia border, for the past 34 years.

Profession: For the past three years, she has worked professionally with paint and wallpaper.

Favorite activities: Gardening, baking, sewing and quilting, Sunday dinner with family and camping with their six grandchildren, “our love and joy.” Volunteer work with Habitat for Humanity and their church.

Favorite season: All.

What she loves about Garrett County: “It’s a privilege to live here. The beauty of all four seasons makes living here special.”

Jerry Thayer
“Pluto’s Hot Pepper Salsa”

Jerry Thayer was born and raised in Garrett County with his twin brother, Tommy. “We were the first twins born in the Garrett County Hospital — on Labor Day.” About their names: “My parents had a good sense of humor,” (*Remember those Tom and Jerry cartoons?*) He lives “between the dump and the dogpatch” along the eastern bank of the Youghiogheny River.

Profession: Operates Garrettland, a real estate appraisal and property management firm.

Favorite activities: Cutting wood, hunting deer, hiking through the woods near his home, fishing, cooking and

canning, especially salsa with ingredients from his dad's garden.

Favorite season: Summer, "especially the last week in August."

What he loves in Garrett County: "It's the best of both worlds – the conveniences of a metropolitan area and the down-to-earth folks living here."



Jerry "Pluto" Thayer



Hugh Umbel
"Boneless Prime Rib
and Roasted Rosemary Potatoes"

Hugh is a county native who came home in 1992 after living in the D.C. area. He lives by Deep Creek Lake, near McHenry.

Profession: Owns two shopping centers - Umbel Enterprises include the following businesses: Umbel-Goodfellow LLC Development Company; Legacy Home Corporation and Development Company; Deep Creek Foodland Fresh, McHenry Beverage Shoppe, Perkins Restaurant & Bakery and Bear Creek Traders. About his businesses, he says, "I have tried to preserve an old-fashioned look that blends into the environment."

Favorite activities: Canoeing, kayaking, power boating, bicycling, spending time with their daughter's family, discovering fine wines to complement their meals.

Favorite season: Fall, for the changes of colors and the weather.

What he loves about Garrett County: "I love the Deep Creek Lake area and surrounding mountains."

The ingredients for Hugh's Prime Rib Dinner were obtained from his businesses: U.S. Prime Angus and other food ingredients – Deep Creek Foodland Fresh.

Wine – McHenry Beverage Shoppe. *See ad on page 15.*



Rosie Versteegen
"Cajun Barbeque Shrimp"

Rosie, a PhD biochemist, hails from Glasgow, Scotland. While working with the National Institute of Health, she bought a "weekend" home at Deep Creek Lake and settled here in 2000.

Profession: CEO of the International Serum Industry Association and consultant.

Favorite activities: Golfing, skiing, boating, swimming, traveling, visiting with her eight grandchildren. Volunteers with Wisp Courtesy Patrol and Deep Creek Lake Art & Wine Festival. Board member of the McHenry Highlands Festival.

Favorite season: "Every day looks different so I never get bored."

What she loves about Garrett County: "What's not to like? It reminds me of home and is small enough that you run into people. It's a very generous community."

Recipes

1917 War Cake

Bonnie Freeman

- 2 cups any fruit preserves
- 1 cup cold water
- 1 teaspoon salt
- 1/2 teaspoon cloves
- 1 teaspoon nutmeg
- 1 tablespoon shortening or lard
- 1 teaspoon soda dissolved in small amount of hot water
- 2 cups flour
- 1/2 teaspoon baking powder

Directions:

Preheat oven to 325°. Mix preserves, cold water, salt, cloves, and nutmeg in a saucepan over medium high heat. Make sure to stir well to keep from burning. Cook 3 minutes after it begins to boil. Set aside. Then add shortening or lard.



Paula Yudelevit
**"Decadent Chocolate Bread Pudding
 with White Chocolate Amaretto Sauce"**

Paula vacationed at Deep Creek Lake while living in Bethesda and finally settled here eight years ago. She enjoys living atop the mountain at Wisp Resort.

Profession: Owner/operator of MarketWorks LLC, a marketing consulting company.

Favorite activities: Gardening, cooking, water-skiing and snowshoeing with her two dogs and "grand-dog." Paula is the co-chair of the Garrett County Art and Wine Festival and has served as chair of the Chamber of Commerce Marketing Roundtable.

Favorite season: All – "I appreciate the summer, but fall is just breathtaking."

What she loves about Garrett County: "I love the beauty and the wildlife."



Sign in Betsy Spiker's Kitchen

Editor's Note: We would like to extend a special thank you to the cooks for preparing and submitting their favorite recipes. A special thanks to Hugh Umbel for a fantastic, first class dinner party that included steamed asparagus and crab stuffed shrimp; due to limited space neither are shown.

We had so many willing cooks for this story that we had to split it into two parts. Part II is coming in the Fall issue of Mountain Discoveries.

*Thank you all,
 Lance Bell*



Bonnie Freeman's
 1917 War Cake



Jerry Thayer uses this handy little tool to remove seeds from peppers for his salsa. Just cut the end off the pepper, put the hook in, twirl it around and out come the seeds.

When cool add soda that's been dissolved in a small amount of hot water. Add flour & baking powder. Stir, pour into greased tube pan. Bake 1 hr at 325°. Check with toothpick — if it comes out clean it is done. Cool upside down on a cooling rack until sides pull away from pan.

Options: Add nuts or dried fruit — as much as you like. Rum or vanilla sauce poured on cake is fabulous.

Pork Loin Braised in Milk with Carrots
Scott and Beth Johnson

Small boneless pork loin 1-1/2 – 2-1/2 lb
 3 Tbsp. olive oil
 2 Tbsp. butter
 1 medium onion, finely chopped
 1 stalk celery, finely chopped
 8 carrots, quartered and cut in 3-4" lengths
 2 bay leaves

1 tsp. peppercorns
 salt as desired
 2 cups milk, scalded

Directions:

Preheat oven to 350°. Heat oil and butter in a large casserole, add vegetables and cook over low heat until they soften, 8 – 10 minutes. Raise heat, move vegetables to one side (or remove), add pork browning on all sides. Add bay leaves and peppercorns, and salt if desired. Return vegetables, if removed. Pour in hot milk. Cover the casserole and bake for 90 minutes. Baste every 20 minutes. Remove cover final 20 minutes.

Remove pork and keep warm. Remove bay leaves. Press about 1/3 of the carrots and all of the liquids through a strainer. Place remaining carrots around the meat on a serving platter. Place sauce in a pan, taste for seasoning, and bring to a boil. If it seems too thin, boil some more. Slice the meat and serve. Pass the sauce separately.

Spinach Noodle Lasagne

Denise Rinkle

- 1 lb. Spinach Lasagne Noodles
(recipe follows)
- 1 lb. Ground Pork
- 1 lb. Ground Beef
- 2 Tbsp. Olive Oil
- 1 Medium Onion, chopped
- 1 Cup Chopped Mushrooms
- 1 recipe fresh Tomato Sauce
(recipe follows)
- 1 lb. Ricotta Cheese
- 1 lb. Mozzarella, shredded
- 10 oz. Grated Parmesan

Directions:

Preheat oven to 350°. In a frying pan brown the ground pork and beef. Drain and add to fresh tomato sauce. Sauté onion and mushrooms in Olive Oil. Add to tomato sauce and remove from heat.

Spread a thin layer of the sauce on the bottom of the baking dish. Top with a layer of the noodles, a layer of the sauce, a layer of the Ricotta, layer of the Mozzarella and sprinkle with Parmesan cheese. Continue layering, ending with the noodles and a layer of the sauce. Bake for approximately 30 minutes, top with grated Parmesan cheese. Bake until bubbly and cheese is melted an additional 10 - 15 minutes. Let stand for 15 minutes, then cut into serving pieces and serve with garlic bread or breadsticks.

Fresh Tomato Sauce

- 4 Tbsp. Butter
- 6 Strips of Bacon, chopped
- 2 Small Carrots, finely chopped
- 2 Small Onions, finely chopped
- 2/3 Cup Chopped Celery Leaves
- 3 Cups Chicken Stock
- 3-14 oz. Cans of Diced Tomatoes
(in season use fresh plum tomatoes)
- 2 Clove Garlic, mashed
- 2 tsp. Chopped fresh or 1 tsp.
crumbled Dried Basil
- 2 tsp. Chopped fresh or 1 tsp.
crumbled Dried Thyme
- 2 Bay Leaves
- 1 tsp. Sugar
- Salt
- Freshly Ground Black Pepper
- 1/2 Cup Tomato Paste *(optional)*

Directions:

Melt butter and fry the bacon until wilted. Add the carrot, onion and celery and sauté for 5 minutes. Stir in the flour, then the chicken stock, tomatoes, garlic, basil, thyme, sugar and bay leaf. Add 1 teaspoon of salt.

Simmer, stirring occasionally, until the sauce is thick, about 1 hour. Press the sauce through a food mill. Season to taste with salt and pepper. Stir in tomato paste to thicken and improve color of sauce.

Spinach Pasta

- 2 Cups Flour
- 2 Eggs
- 1 tsp. Olive Oil
- 10 oz. Package of Frozen Spinach

Directions:

Thaw spinach. Squeeze it out until it is as dry as you can get it. Add all the above ingredients to a food processor. Pulse until all ingredients are blended. If sticky add additional flour. If dry add another egg. Gather the dough into a ball, wrap in saran wrap, let rest for 30 minutes. I roll out my noodles in a pasta machine through notch 1 to 5. Let rest for 5 minutes and run through again on 5. Cook noodles in boiling water for approximately 4 minutes. Do not overcook. Pat dry.

Spinach Pasta with Shrimp and White Wine Sauce

Betsy Spiker

- 1 lb. Shrimp peeled and de-veined
- 1 small red onion
- Tabasco, salt and ground pepper
- 1/2 lemon
- 2 Tbsp. Brummel & Brown
yogurt butter
- 2 Tbsp. olive oil
- 2 Tbsp. peanut oil
- 1/2 Cup dry white wine
- 1 Cup pitted black olives
- 1/2 roasted red pepper
- 3 large mushrooms, thinly sliced
- 1/4 Cup capers
- 3 cloves garlic, minced
- 1 Tbsp. cornstarch dissolved in
1/2 Cup water

- 1/4 Cup julienne basil
- 1/2 Cup minced parsley
- 1 lb. Cooked spinach pasta
- 1/4 Cup parmesan cheese, to taste

Directions:

Season shrimp with Tabasco, salt, ground pepper and lemon. Start cooking the spinach pasta. Melt yogurt butter and olive oil in large skillet on medium heat and sauté onions and mushrooms for 5-7 minutes. In a separate pan on high heat, sear the shrimp for 1 minute with peanut oil to give color. Then, add shrimp to onions and mushroom mixture and add white wine. Bring to a boil, reduce to a medium/low heat, add roasted red peppers, garlic, black olives, capers and corn starch and let simmer for 5-7 minutes. Drain pasta and put on serving plate. Pour the shrimp and sauce mixture over the pasta. Sprinkle dish with basil, parsley, and parmesan. Garnish with lemon wedges. Serve with French bread.

Janet's Pie Crust Recipe

Loretta Stoner

This recipe was handed down to Loretta from her husband Charlie's grandmother, Janet Stoner. Loretta uses a glass rolling pin filled with Janet's buttons and wears Janet's feedsack apron when making this recipe. She says, "This pie crust is fabulous — flaky, soft and moist."

Makes enough pastry for 2 pies or 1 double-crust pie

- 2 Cups all-purpose flour
- 1 Cup shortening *(I prefer Crisco)*
- 1 Egg
- 1 Tablespoon vinegar
- Cold Water

Directions:

Combine flour and shortening with a pastry cutter until grainy in texture. Add the egg and vinegar to enough cold water to yield 1/2 Cup of liquid.

Using a pastry cutter, add liquid gradually to the flour/shortening mixture until the dough loosely binds together. Place dough onto a floured surface, cut in half and roll out to make two crusts.

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Cream Pies for "Janet's Pie Crust"

- 4 Cups scalded milk
- 1 tsp. salt
- 1 Cup milk
- 6 egg yolks
- 1 3/4 Cups sugar
- 1 tsp. vanilla
- 1/2 Cup cornstarch

Directions:

Combine all ingredients except scalded milk. Using an electric mixer, beat on high speed; add scalded milk. Cook until mixture boils. *(If flavors are desired, then add, as an example, 2 melted chocolate squares or 3/4 cup of coconut).* Makes 2 (9-inch) pies.

For meringue topping, use 6 egg whites to 6 tablespoons of sugar. For coconut pies I sprinkle coconut on top of meringue prior to baking and only bake until golden brown.

Pluto's Hot Pepper Salsa

Jerry Thayer

- 2.5 - 3 Gallons Hot and Sweet Banana Peppers
- 8 Large Sweet Green Peppers
- 3-4 Cups Sugar
- 1 Cup Light Tasting Olive Oil
- 1 Large Can Diced Tomatoes
- 1 Small Can Diced Tomatoes with Chiles
- 1 Can Tomato Sauce
- 1 - 6 oz. Can Tomato Paste
- 1 - 12 oz. Can Tomato Paste
- 2 - 40 oz. Bottles Ketchup
- 1 Cup Cider Vinegar
- 2 Cloves Garlic
- 1 Teaspoon Celery Seed
- 1 Teaspoon Basil
- 4 Medium Onions

Directions:

Clean and remove seeds from peppers. Course grind peppers, onions and garlic in food processor. Mix remaining ingredients into large kettle and add processed peppers, onions and garlic. Heat 10 minutes, stirring often over medium heat. Pack heated mixture into pint or quart jars, secure lids and rings and process 10 minutes in boiling water bath. Makes a good 10 quarts or so. Removing the seeds makes it mild.

Boneless Prime Rib Eye Roast of Beef

Hugh Umbel

12 to 14 lb. Rib Roast

Have butcher cut bone from rib roast, then tie bone and roast together.

Directions:

Coat with extra virgin olive oil so as to hold the seasoning, then coat generously with kosher salt and Montreal steak seasoning.

Bake on a rack in a shallow pan, rib side down at 350° until temperature of roast reaches 130° for rare; approximately 16 minutes per pound depending on the type of oven. Cover loosely for a while with foil.

Remove and let stand for 15-20 minutes, before carving. Cut string and remove rib before carving. Serves 8.

Roasted Rosemary Potatoes

- 3-4 lbs. Red Bliss B potatoes, quartered
- Steam for 8 minutes – lightly salted

Directions:

Melt 5 tablespoons butter with a 1/4 cup of white wine. Add 4-6 garlic cloves – crushed, 1/2 teaspoon celery salt, 3-4 tablespoons of fresh rosemary – chopped. Add fresh ground pepper to taste. Reduce 3 – 4 minutes, and then pour over drained potatoes. Bake at 350° in flat pan until done, approximately 12-15 minutes.

Cajun Barbeque Shrimp

Rosie Versteegen

- 2 dozen large shrimp
- 1/4 pound plus 5 tablespoons of unsalted butter
- 1.5 teaspoons of minced garlic
- 1 teaspoon Worcestershire sauce
- 1/2 cup chicken stock
- 1/4 cup of room temperature beer

Seasoning mix:

- 1 teaspoon cayenne pepper
- 1 teaspoon black pepper
- 1/2 teaspoon crushed red pepper
- 1/2 teaspoon salt
- 1/2 teaspoon dried thyme

- 1/2 teaspoon crushed dried rosemary leaves
- 1/8 teaspoon dried oregano

Directions:

Combine the above spices in a small bowl. Store in closed container. Rinse the shrimp and drain well. Combine 1 stick of butter, garlic, Worcestershire sauce, and seasoning mix in a large skillet over high heat. When butter is melted add the shrimp. Cook for two minutes shaking the pan in a back and forth motion. Turn the shrimp, add the remaining butter and the stock. Cook, shaking for two minutes more. Add the beer and cover for one minute more, shaking the pan.

Remove from heat and serve immediately in bowls with French bread on the side. Peel and eat the shrimp and dip the French bread!!

This makes two large servings. If you want to make more do so in separate batches.

Chocolate Martini

Paula Yudelevit

- Equal Parts Good Vodka
- 1/3 Part Each:
 - Kahlua
 - Godiva Dark or White Chocolate *(if you want it creamy)*
 - Crème de Cocoa Light

Pour all in Shaker with ice. Shake, strain and serve in cold martini glasses rimmed with shaved chocolate and sugar.

Decadent Chocolate Bread Pudding

This is a different twist on bread pudding and has a wonderful density. But it's not just the chocolate that makes it so different. The pudding stays rich and moist even after it cools. And it's easy!

- 2 cups (12 oz.) semi-sweet chocolate chips
- 1 cup brown sugar
- 1 stick unsalted butter, cubed
- 2 cups whole or 2% milk
- 3 eggs
- 2 Tbsp. vanilla extract
- 2 tsp. instant espresso powder
- 1/2 tsp. salt

13 slices (1 lb.) Texas toast* or thick white bread, staled & cut into 1" cubes (*use the crumbs too— they will act as a binder in the pudding*).

Powdered sugar (*for dusting top of cake*)

Directions:

Preheat oven to 350°. Coat a 9" spring form pan with 1 Tbsp. of unsalted butter. Melt chocolate chips with brown sugar and butter in a saucepan over low heat, stirring frequently until chips are smooth, about 8 minutes. Whisk together milk, eggs, vanilla, espresso powder and salt and pour over bread cubes. Toss well so the bread absorbs most of the liquid and begins to lose its shape. Fold the melted chocolate into the bread mixture then transfer to the prepared pan. Bake for 1 hour or until the center springs back when gently pressed. Cool on a rack for 15 minutes, remove the sides of the pan and dust with powdered sugar. Can be made a day ahead. To reheat, warm in 300° oven for 15-20 minutes. You want it gooey! Serve with White Chocolate Amaretto sauce (*recipe below*).

*Texas toast is white bread only thicker. You can also use a thick white bread like Pepperidge Farms Hearty White. Stale bread is a must. To stale the bread leave out overnight on a baking sheet or dry them in a 200° oven for about an hour so it's hard like croutons.

White Chocolate Amaretto Sauce

4 ounces white chocolate, chopped (*be sure cocoa butter is listed in the white chocolate ingredients*)

2/3 cup heavy cream
2 Tbsp. powdered sugar
Pinch salt
2 Tbsp. Amaretto
2 tsp. cornstarch
Fresh Raspberries

Directions:

Melt the chocolate with the cream and sugar in a sauce pan over low heat stirring constantly until smooth, about 8 minutes. Combine Amaretto and cornstarch to make a slurry then stir into the chocolate mixture. Increase heat to medium and bring to a boil for 1 minute or until slightly thickened. Cool to room temperature. To serve, spoon sauce over wedges of warm bread pudding and garnish with raspberries.

Coming July 2008

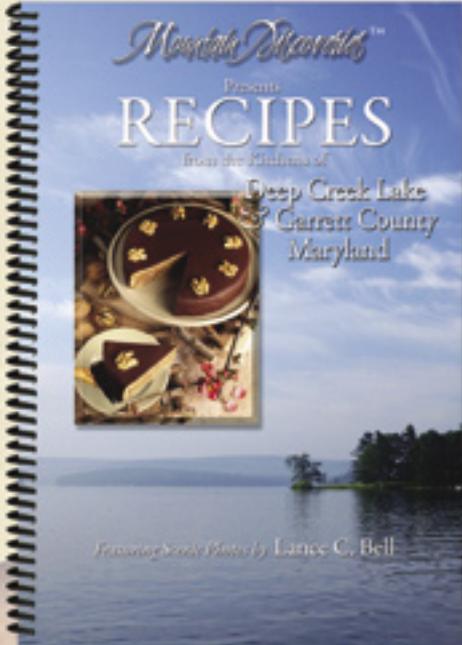
Mountain Discoveries

Presents

RECIPES

from the Kitchens of

Deep Creek Lake & Garrett County Maryland



A collection of favorite recipes from local residents, chefs, and second home owners with beautiful scenic photography by Lance C. Bell.



This 100-page full color cookbook will sell for \$19.95 and features a heavy laminated cover and a high-quality spiral binder to allow the book to fully open, making it easy to use.

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