





Trout Almandine with Red Potatoes and Asparagus

Winston Rushing Alachua County Farm Bureau



Boil potatoes. Steam asparagus (use colander over boiler for potatoes)

Melt butter in skillet. Brown almonds and set aside.

Dry fillets. Dredge in egg/milk. Dust in flour. Place in skillet with butter; cook 3 minutes on each side. Medium to medium high heat. Do not burn butter.

Serve on plate with potatoes and asparagus.
Place almonds over fillets, sprinkle with lemon juice. Add parsley to potatoes.

Serves well with Chardonnay or Pinot Grigio.

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-2 lbs. small red potatoes	
-1 stick butter	
-1 cup sliced almonds	
-2 tbsp. lemon juice	
-3 tbsp. chopped parsley	
-1 cup flour	
-1 cup milk	
-1 egg	
-4 large boneless trout fillets (6	5–8 oz.)
-Chopped garlic and shallots to	
-Sea salt	
-Course ground black pepper	
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4/4 Cheese Mac –N–Cheese Past President Darryl Register Baker County Farm Bureau



Preheat oven to 350.

Coat the interior of a 2 ½ quart casserole dish with butter.

Cook macaroni, but undercook by two minutes. Drain and return to pan.

Mix shredded cheeses; add 1 ½ cups to macaroni.

Add Half & Half, processed cheese and eggs.

Add salt and pepper and transfer to casserole dish, sprinkle with remaining shredded cheeses.

Bake until bubbling (about 35 minutes).

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- 1 lb. elbow macaroni
- 1 cup (4 oz.) shredded mild cheddar cheese
- ½ cup (2 oz.) shredded sharp cheddar cheese
- ½ cup (2 oz.) shredded Monterey Jack cheese
- 2 cups of Half & Half
- 1 cup (8 oz.) processed cheese spread, cubed
- 2 eggs beaten
- 1/4 tsp. salt
- 1/8 tsp. black pepper
- 1 stick butter

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Texas Style Chili

Larry White Bay County Farm Bureau



Brown the ground beef with the onion in a skillet, stirring until the ground beef is crumbly. Drain well on paper towels.

Combine undrained tomatoes, undrained kidney beans, vinegar, chili powder, cayenne, salt, TABASCO® and Worcestershire sauce in a large saucepan. Bring to a simmer over low heat.

Add the beef mixture. Simmer covered for 20-25 minutes, stirring occasionally. Yield: 6 to 8 servings.

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Ingredients

- -2 pounds lean ground beef
- -1 cup chopped onion
- -2 (14 ounce) cans stewed tomatoes
- -2 (15 ounce) cans kidney beans
- -1 tbsp. plus 1 tsp. white vinegar
- -1 tsp. chili powder
- -1 tsp. cayenne
- -1 tsp. salt
- -1 tsp. TABASCO® sauce
- -1 tsp. Worcestershire sauce

Grilled Florida Avocado

Tom Schuller Brevard County Farm Bureau



Slice avocado lengthwise and remove the pit. Rub with olive oil and salt and pepper. Place sliced side down on hot grill for 4-5 minutes.

Turn over and cook additional 3 minutes.

Remove from the grill and stuff with fresh tuna or crab salad.

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Ingredients

- -1 ripe Florida avocado
- -Olive oil
- -Sea salt
- -Fresh Black Pepper
- -Fresh tuna or crab salad is optional.

Hearty Vegetable Soup

Fred Segal

Broward County Farm Bureau



Spray a very large pot with cooking spray, preferably olive oil. Then place oil in bottom of pan, heating gently. Add garlic and onion to sauté until soft. Then add the liquid broth. Add vegetables, starting with the toughest. Bring mixture to a boil and then simmer for several hours. Add herbs, salt and pepper and Splenda to taste about ten minutes before serving.

*A small regular cabbage can be substituted (cored and chopped) for the bok choy.

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Ingredients

- -18 cloves whole garlic, sliced
- -2 tbsp. olive oil
- -2 large onions, coarsely chopped
- -6-8 quarts of water
- -3 beef or chicken bouillon cubes
- -6-8 large carrots, peeled and chopped
- -6 stalks celery, chopped
- -4 sweet peppers, cored and chopped
- -2 large or 8 baby bok choy, chopped
- -6 kohlrabi, peeled and chopped
- -18-20 plum tomatoes, peeled and chopped
- -1 cup torn fresh basil and thyme leaves
- -1 cup Splenda® crystals, (optional)

Steak of "Any Kind"

Charlie Crawford Columbia County Farm Bureau



Add salt and pepper to the cut, and then sear it for eight minutes.

"That's all it takes."

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Ingredients

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- -Salt
- -Pepper

Pulled Pork

Harold Jones Duval County Farm Bureau



"The secret is the rub I put on it-the Everglades® seasoning. I cook it slow at 200 degrees for six to eight hours for a pork shoulder. It will just fall off the bone."

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Ingredients

-Pork Shoulder Roast

-Everglades® Seasoning

Crawfish Etouffee

Jimmy Cunningham Escambia County Farm Bureau



Melt the butter in a saucepan, add the flour and cook over low heat, stirring constantly to make a light brown roux. Add the onion, scallions, celery, green pepper, and garlic. Cook until the vegetables are soft.

Add the crawfish fat and water, season with salt, cayenne and pepper. Simmer for fifteen minutes, stirring occasionally. Add the crawfish and simmer for ten minutes longer. Let it set for 30 minutes before serving.

Serve in preheated soup bowls over a bed of hot steamed rice. Garnish with scallions.

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Ingredients

- -2 lbs. crawfish tails, boiled, cleaned and deveined (about 20 live crawfish)
- -1 large onion, chopped
- -2 scallions with their green leaves, chopped
- -2 ribs of celery, finely chopped
- -1 small green pepper, finely chopped
- -1 stick butter
- -2 cloves garlic, minced
- -2 tbsp. flour
- -2 cups of water
- -Cayenne to taste
- -Salt and pepper to taste

Lawson's Chicken, Tomafoes and Beans

Lawson Taylor Gadsden County Farm Bureau



In a mixing bowl, combine all ingredients EXCEPT chicken. Add 1 tsp. of your favorite seasoning.

Pour into a large baking dish.

Place seasoned chicken thighs on top, skin side up. Bake in pre-heated oven at 425 degrees for 45 minutes to an hour until chicken is 165 and golden brown.

Serve with iced tea and your favorite cornbread. "Mine is super-thin, lacey Hoe Cake."

Ingredients

- -8-10 Chicken thighs seasoned as you wish. "I use LT's seasoning salt. It's not available in stores, sorry."
- -1 15 oz. can each of small red beans, black beans and cannellini beans, rinsed and drained.
- -2 cloves of finely chopped garlic
- -1 large purple onion, diced
- -1 28 oz. can of diced tomatoes, or fresh if you like
- -1/4 cup white wine vinegar
- -2 ribs of celery
- -1 medium fresh pepper of your choice
- -1/2 cup sliced mushrooms (optional)
- -1 tsp. thyme
- -1 tsp. oregano

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Beef Eye Round on the Grill

David Royal

Hardee County Farm Bureau



Beef Eye Round:

- 1) Season the meat with Everglades® seasoning and a little garlic salt. Then place the meat in a large Ziploc and place back in refrigerator. (I prefer leaving the meat in the fridge at least 12 hours).
- 2) Build fire in grill with charcoal or char wood chips on one end of the grill.
- 3) After the fire has been lit and burned down a little, place the meat on the opposite end of the fire and let cook for several hours (two to three pieces depending on their size). The temperature should be 400 degrees. After an hour check with a meat thermometer. You can base the remaining cooking time to doneness. Also roll the meat over at this time. Cook to your preference.

Red Potatoes:

Wash and cut into cubes and place in Ziploc bag and put in garlic salt and olive oil to taste. Shake the bag good to get coverage. Let sit for 20 minutes or so. Place in baking pan and cook in oven at 400 degrees for 45 minutes.

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-Beef Eye Round
-Garlic salt
-Everglades® Seasoning
-Red potatoes
-Olive oil
-Onve on
Fresh green beans or broccoli will also go well with
this meal.
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Florida Snapper with Citrus Sauce

Past President Scott Kirouac Highlands County Farm Bureau



Florida Snapper

Preheat a medium-sized sauté pan over medium-high heat. When the pan is hot, add 1 tablespoon oil to the pan. Lightly season each snapper fillet with salt and pepper and dust the skin side of each fillet with corn starch. Carefully add the seasoned snapper fillets to the hot pan. Cook each fillet for around 3 minutes on each side or until golden brown and completely cooked throughout the thickest part of the fillet. Remove cooked snapper fillets from pan and let cool slightly.

Citrus Sauce

In a small pot, combine orange juice and soy sauce.
Cook over medium heat until reduced by half.
Reduce heat and add butter. Swirl the pot until the butter is incorporated. Remove from heat, taste and adjust seasoning with salt and pepper. Serve warm.

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Ingredients

Florida Snapper

- -1 1/2 pounds snapper, cut into four 6-ounce fillets, skin on
- -Canola or olive oil for cooking
- -Corn starch for dusting

Citrus Sauce

- -1 cup Florida orange juice
- -2 tbsp. low sodium soy sauce
- -1-2 tsp. unsalted butter
- -Sea salt and fresh ground pepper to taste

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Sweet and Sour Pork Chops

Damon Deas Hamilton County Farm Bureau



Rub pork chops with a teaspoon of brown sugar and place in baking dish. Cover with dressing and bake at 350 degrees for one hour, covered.

Remove cover and bake an additional 15 minutes. Serve with turnip greens and brown rice.

Ingredients

- Pork chops
- Old Dutch® Sweet and Sour Dressing
- Brown Sugar

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Fried Green Tomatoes

Gary Reeder
Manatee County Farm Bureau



Cut tomatoes into thin slices and soak in vinegar and sugar for 10 minutes.

Add a mixture of 2/3 flour and 1/3 finely ground cornmeal.

Deep fry in peanut oil or canola oil.

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Ingredients

- -Green tomatoes
- -White Vinegar
- -Flour
- -Cornmeal
- -Frying Oil

"My Wife's Macaroni and Cheese"

Past President Jimmy LeFils Marion County Farm Bureau



Cook noodles 8-10 minutes. Mix the rest on stove (don't let boil).

Cook covered at 350 degrees for 30 minutes.

Uncover and cook for additional 30 minutes.

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Ingredients

-1	$1/_{2}$	cups	of no	odles

- -1 ¹/3 cups of milk
- -2 eggs
- -1 tsp. mustard
- -4 cups of cheddar cheese
- -2 tbsp. butter
- -1/2 tsp. salt
- -1/8 tsp. cayenne pepper
- -1 tbsp. onion flakes

Chicken and Dumplings

Tom Ford Nassau County Farm Bureau



Heat the first four ingredients in a 3 quart saucepan, stirring frequently.

Stir Bisquick mix and milk until soft dough forms.

Drop dough by 8 spoonfuls into chicken mixture
(Not directly into liquid). Sprinkle with paprika.

Cook uncovered on low heat for 10 minutes. Coverand cook ten minutes longer.

nd cook ten minutes longer.

Ingredients

- -1 ½ cups of milk
- -1 cup of frozen green peas and carrots
- -1 cup of cut up cooked chicken
- -1 10 ³/₄ oz. can of cream of chicken and mushroom soup
- -1 cup original Bisquick mix
- -1/3 cup of milk

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Rare Roast Beef

Rob Taylor Martin County Farm Bureau



Rub roast with Everglades® seasoning and put it in the oven at 450 degrees for 20-40 minutes. Turn the oven off and let the roast sit in the oven for an additional one-and-a-half to two hours, depending on the size.

Take the juice that came out of the fat and make gravy and biscuits.

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Ingredients

- 3 lb. bottom round roast
- Everglades® Seasoning

Venison Kabobs

Jacob Larson Okeechobee County Farm Bureau



"One of the things that I enjoy making, especially now that my kids are also deer hunters, is venison kabobs. The simplest way we do it is to take a venison backstrap and slice it thin into quarterinch or less pieces of meat. Make it a little round piece of meat.

Once you have sliced them all, you season them with whatever you like. If you like them hot, you can roll a jalapeno in it. Then wrap a piece of bacon around it and put on a skewer. We also put some cream cheese in the center and roll that up. You can roll tomatoes or anything else in them, whatever you want.

Keeping them small and slicing the meat thin is the key. Once you've prepared it all, just put it on the grill. Grill it on each side. The bacon might catch on fire and turn black but the meat will be moist and cooked in the middle. It's good."

-Venison	
-Preferred seasoning	
-Bacon	
-Cream cheese	
-Tomato	
-10mato	
	Page 35

Ingredients

Knox Family Squash Casserole

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Past President Monty Knox Orange County Farm Bureau



Peel the squash then cut into ½ inch thick slices, seeds and all. Steam the squash until it is about ¼ of the way cooked, only about 5-6 minutes.

Preparing the white sauce is very easy. Melt the butter in a mixing bowl and mix the flour and milk incrementally with a fork. Add salt and pepper.

Cut the cheese in 1/8 in. slices. Spray baking dish with Pam.

Lay one layer of squash on bottom of baking dish. Spread a thin layer of crackers. Next add one layer of white sauce, then add layer of cheese. Repeat these steps ending with cheese on top. Bake with lid at 375 degrees until the top starts to bubble. Then remove lid and turn heat off. Keep casserole in the oven for 10-15 minutes so that the cheese can crisp. Remove and cover. Let sit for 15-30 minutes.

Ingredients

-4 large or 5 medium yellow squash
-4 tbsp. of flour
-4 tbsp. of salted butter
-2 cups of milk
-4 cups crushed Waverly captain's crackers
-1 lb. sharp cheddar cheese
-Buttered flavor Pam®
-Salt and pepper to taste
-sait and pepper to taste

Beef Rib Steak with Swamp Cabbage

Herbert Harbin Osceola County Farm Bureau



Rub steak with salt and pepper and cook on an oak wood fire with a side of boiled swamp cabbage.

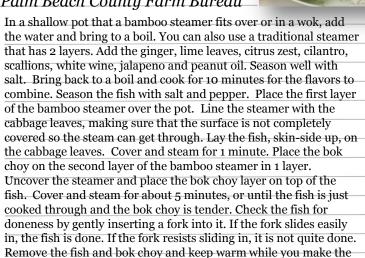
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-Beef Rib Steak	
-Salt	
-Pepper	
-Swamp cabbage	
-Oak wood	
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Asian-Style Steamed Snapper with Baby Bok Choy

Roland Yee

Palm Beach County Farm Bureau



sauce. Heat a medium sauté pan over medium-high heat. Add the

peanut oil and heat. When the oil is hot, add the ginger, garlic, and

jalapeno and sauté until just translucent, about 3 minutes. Do not allow the vegetables to brown. Add 4 ounces of the steaming liquid

and the soy sauce and boil for 2 minutes. Do not season with salt as

the soy sauce is salty. Add the sugar and boil for 1 minute, or until

the sugar is completely dissolved. Lower the heat and whisk in the

Top the bok choy with the snapper, skin-side up. Spoon the sauce

over the fish. Garnish with the scallion greens and cilantro sprigs.

butter. Add the scallion whites, stir, and remove from the heat. Place some jasmine rice on a plate. Top with the steamed bok choy. Ingredients

Steaming liquid:

- -1 quart water
- -1 (3-inch) piece ginger, sliced
- -4 kafir lime leaves, optional
- -1 (1 by 3-inch) piece lime peel
- -1 (1 by 3-inch) piece lemon peel
- -4 sprigs cilantro, plus more for garnish
- -3 scallions
- -1 cup white wine
- -1 jalapeno, cut into large pieces
- -2 tbsp. peanut oil
- -Salt
- -4 (4-ounce) pieces red snapper fillet, skin on
- -4 large Napa cabbage leaves
- -Salt and freshly ground black pepper
- -6 baby bok choy, halved lengthwise

Sauce:

- -2 tbsp. peanut oil
- -1 tbsp. chopped ginger
- -2 cloves garlic, thinly sliced
- ½ jalapeno, thinly sliced
- 1/4 cup soy sauce
- -1 tbsp. sugar
- -2 tbsp. butter
- -2 scallions, thinly sliced on the bias, white and green parts kept separate
- -Cooked jasmine rice, accompaniment

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Mac - N - Cheese

Past President Kyle Story Polk County Farm Bureau



Preheat oven to 375. Prepare macaroni in a six-quart saucepan according to the package directions using three tablespoons of salt. Drain and set aside.

Melt three tablespoons of butter in large saucepan over medium heat, three to four minutes. Whisk in flour and cook one minute. Gradually whisk in milk, cream and salt; cook, stirring constantly for eight to 10 minutes until thickened.

Stir in one-and-a-half cups of each cheese and remaining spices. Stir in pasta. Pour into buttered 9 x 13 in. baking dish. Sprinkle with remaining cheeses.

Bake for 30 minutes until golden brown.

Serves eight people.

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Ingredients

- -8 oz. macaroni
- -4 tsp. salt
- -5 tbsp. butter (divided)
- -1 tsp. onion powder
- -2 tbsp. all-purpose flour
- -2 cups milk
- -1 cup heavy cream
- -2 cups shredded cheddar cheese
- -2 cups shredded smoked Gruyere cheese
- -1/2 tsp. ground mustard
- -¹/4 tsp. ground red pepper
- -1/8 tsp. ground nutmeg

Jeb's French Fries and Steak

Jeb Smith
Putnam/St. Johns County

Farm Bureau



The first step to Jeb's favorite French Fries is to get a Hastings potato. Hastings is known as the "Potato Capitol of Florida." Jeb prefers the Sebago variety but says it is getting harder and harder to find. The Sunlight or Sunlight Gold varieties are acceptable substitutes for the Sebago.

Heat the oil up to about 400 degrees. "It has to be peanut oil," Smith said. "Preferably a peanut pressed between Ocala and Pensacola." You want your potato sliced about 3/8 inch in diameter and ease them in that grease. "Keep them there until they're crisp. You have to stir them on occasion and make sure they don't stick to the bottom."

"A good Hastings potato will end up being something that would 'make a bulldog break a chain," Smith said. "That is my favorite thing and I pair it with a good Delmonico cut steak seared in a cast iron skillet for two to three minutes with a little touch of garlic salt and pepper."

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-1 Hastings potato	
-Peanut oil	
-Delmonico cut steak	
-Garlic salt	
-Pepper	
- SPP -	
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Crusty Pound Cake

Jerry Davis Santa Rosa County Farm Bureau



Cream butter well in a large mixing bowl; add sugar gradually, mixing until texture is fine and mealy.

Add eggs, one at a time, beating after each addition. Add flavorings.

Combine flour and salt; stir flour mixture into batter, beating until flour is moistened. Do not overbeat.

Pour into a greased and floured 10-inch tube.
(Do not pre-heat oven.) Bake at 325 degrees for 1 hour and 25 minutes, or until a toothpick inserted comes out clean and cake shrinks slightly from side of pan.

Cool in pan 15 minutes. Turn out onto a wire rack; turn right side up and complete cooling. Yield: one 10 inch cake

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-1 ½ cups butter, softened	
-1 tsp. almond extract	
-3 cups sugar	
-3 cups all-purpose flour	
-6 eggs	
-½ tsp. salt	
-1 tbsp. vanilla extract	
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Sour Cream Cake David Register Volusia County Farm Bureau Beat butter, sugar, eggs and vanilla. Combine dry ingredients. Alternate dry and wet ingredients and add sour cream. Bake at 300 degrees for one hour and 30 minutes.

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Ingredients

- 3 sticks of butter
- 3 cups of sugar
- 6 eggs
- 2 tbsp. vanilla
- 3 cups all purpose flour
- ½ tsp. salt
- ½ tsp. soda
- 1 cup of sour cream

Zucchini Bread

Keith Free

Okaloosa County Farm Bureau



	ed ingredients into two loaf pans that ar with Pam® and bake at 350 degrees for nutes.
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Ingredients

- -3 cups of plain flour
- -2 tsp. baking soda
- -1 tsp. salt
- -1/2 tsp. baking powder
- -1 tsp. cinnamon
- -1/2 tsp. cloves
- -2 cups of sugar
- -4 eggs
- -2/3 cup of vegetable oil
- -2 tsp. vanilla
- -3 cups of shredded zucchini
- -2 cups of chopped nuts (pecans or walnuts)

Prize Pecan Pie

Wilton Simpson Pasco County Farm Bureau



Pre-heat oven to 350 degrees.

Mix eggs, sugar, syrup, and butter thoroughly. Add pecans and mix well.

Pour combined ingredients into pie shell and bake for approximately 50 minutes.

The pie will become firm after cooling.

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Ingredients

- 1 cup of dark brown sugar
- 1 cup of white Karo syrup
- 1 tbsp. of butter or margarine, softened
- 1 cup of chopped Farm Bureau pecans
- 3 eggs
- 1 large unbaked pie shell

Pineapple Pound Cake

Jeremy Rolling Holmes County Farm Bureau



Grease and flour a 10-inch tube pan. Sift together the flour and baking powder, set aside.

In a large bowl, cream together the shortening, one cup butter and sugar until light and fluffy. Add the eggs one at a time, beating well with each addition, then stir in vanilla. Add the flour mixture alternately with the milk; beat well. Stir in the ³/₄ cup crushed pineapple with juice.

Pour into 10-inch tube pan. Place in cold oven.
Turn oven on to 350 degrees and bake for 90
minutes or until the top springs back when
touched. Remove from oven and let stand for 10
minutes. Remove carefully from pan.

To make glaze: In a small saucepan, combine ¼ cup of butter, confectioners' sugar and one cup drained crushed pineapple. Heat and stir until melted. Pour over cake as soon as it comes out of the pan.

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Ingredients

For the cake:

- ½ cup shortening
- 1 cup butter
- 1 ³/₄ cup white sugar
- 6 eggs
- 3 cups all purpose flour, sifted
- 1 tsp. baking powder
- 1/4 cup milk
- 1 tsp. vanilla extract
- ¾ crushed pineapple with juice

For the glaze:

- ½ cup butter
- 1 ½ cups confectioners' sugar
- 1 cup crushed pineapple, drained

Carrot Cake

Tim Eckert Lee County Farm Bureau



Preheat oven to 350 degrees. Combine oil, sugar and eggs. Beat well. Stir in grated carrots, nuts, pineapple and vanilla. Add flour, salt, soda and cinnamon and beat well. Pour into a greased and floured 9-inch Bundt pan. Bake 1 hour and 15 minutes. Let cool before frosting.

Mix cream cheese and butter. Add sugar and vanilla. Beat until smooth. Stir in nuts.

Ingredients

Cake:

- -1 1/4 cups of vegetable oil
- -2 cups sugar
- -4 eggs
- -3 cups grated raw carrots
- -1 cup chopped nuts
- -1 8-ounce can crushed pineapple, drained
- -2 tsp. vanilla extract
- -2 cups sifted all-purpose flour
- -1 tsp. salt
- -2 tsp. baking soda
- -2 tsp. cinnamon

Cream Cheese Nut Frosting:

- -1 8-ounce package cream cheese, softened
- -½ cup butter or margarine, softened
- -1 1-pound box confectioners' sugar
- -2 tsp. vanilla extract
- -1 cup chopped nuts

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Polly Crisp

Debby Laramee
Pinellas County Farm Bureau



Preheat oven to 350 degrees. Dice apples in small chunks and place in an unbaked, nine inch pie shell.

Mix remaining ingredients and place on top of apples. Bake for 40 minutes until gold and brown.

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Ingredients

- 1 nine inch pie shell
- 4 apples diced small
- ½ cup flour
- ½ cup butter
- ¾ cup brown sugar
- 3/4 cup oatmeal
- 1 tbsp. cinnamon