

CUT IT OUT! Recipes® by Terri Gillespie

A novel by *Terri Gillespie*

The **Hair**
mavens
Book Two

Cut it Out!



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Simple Russian Tea Cakes¹

Katya remembers her mother making this simple recipe during the winter holidays. Even though they didn't celebrate their Jewish heritage, these little treats made Hanukkah special when money was tight.

Ingredients

- 1 cup butter
- 1 teaspoon vanilla extract
- 6 tablespoons confectioners' sugar
- 2 cups all-purpose flour
- 1 cup chopped walnuts (Katya prefers pecans)
- 1/3 cup confectioners' sugar for coating

□

Directions

Step 1

Preheat oven to 350 degrees F (175 degrees C).

Step 2

In a medium bowl, cream butter and vanilla until smooth. Combine the 6 tablespoons confectioners' sugar and flour; stir into the butter mixture until just blended. Mix in the chopped walnuts (or pecans 😊). Roll dough into 1-inch balls and place them 2 inches apart on an ungreased cookie sheet.

Step 3

Bake for 12 minutes in the preheated oven. When cool, roll in remaining confectioners' sugar. Katya thinks they look prettier if the little cakes are rolled a second time in the sugar.

¹ Based on recipe on <https://www.allrecipes.com/recipe/10192/russian-tea-cakes-i/>

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Beef Stroganoff—serves 4

Yes, this dish started in Russian. However, Katya has adapted her mother's recipe—Katya doesn't make her own noodles for one thing. Still, she makes one batch and eats it for days. That is until she has a certain someone, she could share this delicious meal.

The longer the meat simmers the more tender and delicious so plan on at least a few hours prep.

Ingredients

- 6-8 oz steak (Katya waits for the sales, then sticks it in the freezer), still slightly frozen
- 8-16 oz bella mushrooms, sliced (Katya loves mushrooms so she uses a full pound)
- 2 Tablespoons of Butter
- 2 Tablespoons Olive Oil
- Pinch salt
- Dash or two of Smoked Paprika
- 8-16 oz Beef broth (low sodium)
- ¼ to ½ cup dry red wine (Katya uses Cabernet Sauvignon)
- 8-16 oz bag of Mrs. Weiss' Kluski Enriched Egg Noodles (they're the best, but wide egg noodles can work)
- 8+ oz sour cream

Directions

Katya has her mama's old iron skillet but use whatever 10-12" skillet you have.

Step 1

Begin heating skillet on medium setting. Slice mushrooms about 1/8" thick and cook in dry skillet until reduced and slightly brown on edges, stirring frequently. Remove and place in bowl.

Step 2

While mushrooms cook, thinly slice the near frozen steak. The thinner the better, think 1/16ths. Pat dry and season lightly with salt.

Step 3

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Once the mushrooms are cooked and the meat is sliced, melt the butter with the olive oil in the same skillet on medium-high setting.

Step 4

Once the butter begins to brown, put in the steak and stir fry. Get a nice browning on the meat as best you can. Then add the cooked mushrooms.

Step 5

Carefully add ½ the beef broth—it will splatter—then the wine. Stir and reduce temp to medium low. Add a couple dashes of the paprika.

Step 6

Be patient and check on the skillet for the next hour or so, stirring and adding more broth as needed. The more the meat and mushrooms cook together, oh my, the more delicious. Try a piece, you'll know if it is ready.

Step 7

The meat and mushroom mixture should not be “soupy” for the final steps. Follow package instructions for the noodles.

Step 8

While the noodles are cooking, add ¾ of the 8 oz of sour cream to the meat and mushroom mixture. Stir until mixed well. Taste to see if more salt or paprika is needed.

Step 9

Once noodles are cooked and drained, pour into meat and mushroom mixture and gently mix together. At this point, you'll probably want to add more sour cream, so it coats everything.

Step 10

Enjoy!

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The Most Delicious Popcorn Ever—serves 2-4

Katya's mama, like many of the babushkas in the old country, rendered fat from a chicken or goose, then poured it through cheesecloth to create a substance called *schmaltz*. Before you turn up your nose over this buttery "goo" as Katya would call it, it has recently been discovered to have healthy benefits for skin, hair, nail, and lowering cholesterol. And is Keto-friendly.

Schmaltz is made by using those fatty tissues of poultry that you normally throw away and melting them so the drippings can be collected. The schmaltz is filtered and clarified, yielding its lard-like or buttery-like consistency.

But, if you don't want to go through the hassle, you can use oil. 😊

Ingredients

- 2-3 quart sauce pan with lid
- 3 tablespoons schmaltz (or peanut or vegetable oil)
- ½ cup unpopped popcorn
- ¼ tsp salt

Directions

1. Heat oil in saucepan over medium-high heat until schmaltz melts.
2. Pour in popcorn kernels and sprinkle the layer of popcorn with salt.
3. Immediately cover pot with lid.
4. When the first two kernels pop, begin shaking and/or swirling the pot over the burner. Be careful to press the lid down.
5. When there's more than 2 seconds between popping, remove from burner.
6. Pour into your favorite popcorn bowl and enjoy!

Katya said that if you *must*, you can add 2 tablespoons of butter to step 2, but it seems sacrilegious to her. No one knows how well the leftovers store because there's never anything left.