

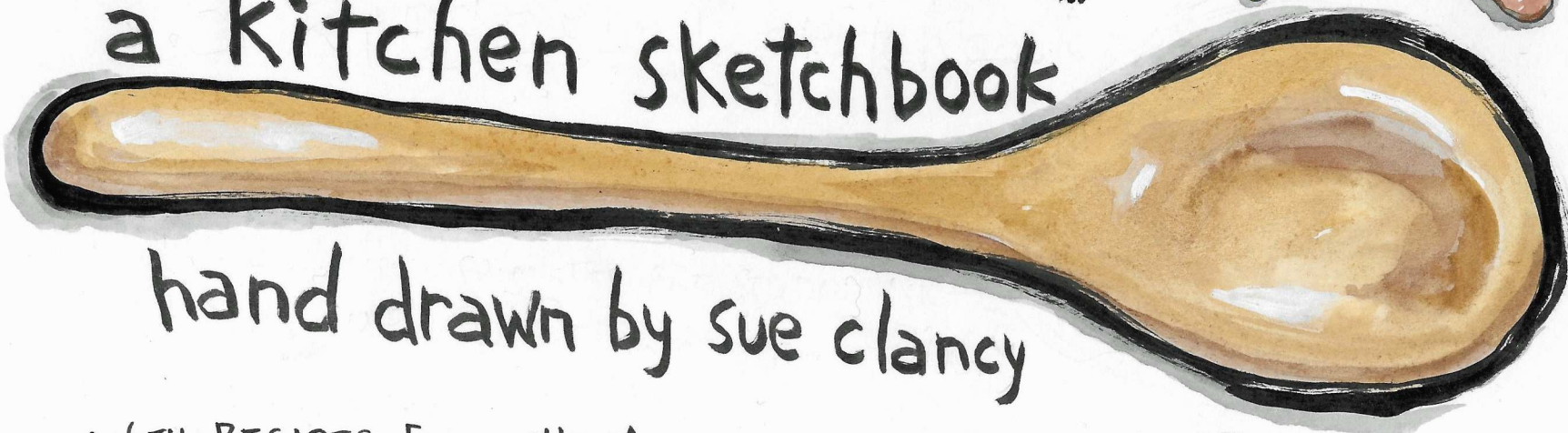
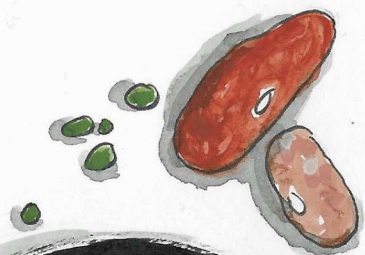
favorites

so far

a kitchen sketchbook

hand drawn by sue clancy

WITH RECIPES FROM THE ART STUDIO KITCHEN OF
SUE CLANCY AND JUDY SULLENS



favorites so far



a kitchen sketchbook

hand drawn recipes from the art studio kitchen of
SUE CLANCY AND JUDY SULLENS





favorites so far

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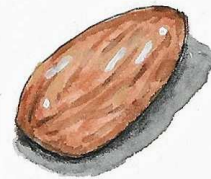
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SUE CLANCY AND JUDY SULLENS

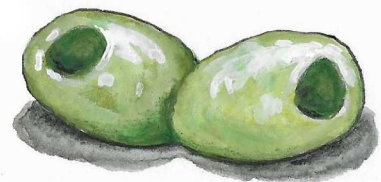
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ANY RESEMBLANCE TO A
PROFESSIONAL CHEF'S WORK
IS PURELY ACCIDENTAL.

MORE INFORMATION ABOUT THE
HAND THAT DREW THESE PAGES
IS HERE: WWW.SUECLANCY.COM



introduction



AFTER 24 YEARS OF COOKING FOR EACH OTHER - AND FOR GUESTS - WE'VE COLLECTED SOME RECIPES THAT ARE RELIABLE PLEASERS AND EASY TO MAKE (WE'RE RUNNING A BUSY ART STUDIO SO EMPHASIS ON "EASY"!). AFTER A BITE JUDY SULLENS WOULD SAY "I LIKE THIS!" AND SUE CLANCY WOULD ADD THE DISH TO A "KITCHEN SKETCHBOOK" (WITH INK AND GOVACHE) SO IT COULD BE FOUND AGAIN. NOW WE'VE DECIDED TO SHARE THIS ORGANIC HAND-WRITTEN HAND-DRAWN SKETCHBOOK, A SORT-OF MEMOIR, OF OUR FAVORITES SO FAR... THAT A READER'S LUNCH COULD BE INSPIRED BY THIS BOOK IS A BONUS!

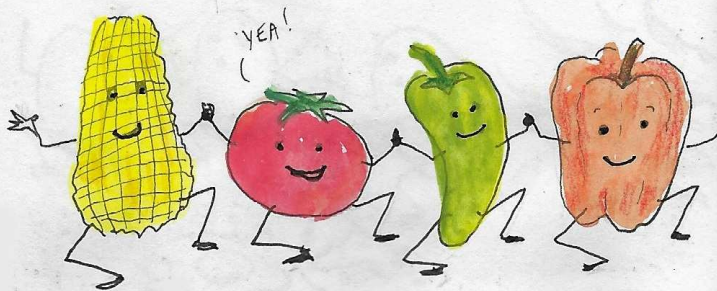
HAVE FUN!

- SUE AND JUDY
AKA "THE AUNTIES"

anything GOES NACHOS

INSTRUCTIONS: PUT A LAYER OF CORN CHIPS ON A FLAT OVEN-SAFE PAN (A CAST IRON GRIDDLE OR A COOKIE SHEET) PUT SHREDDED MOZZARELLA AND CHEDDAR CHEESE ON THE CHIPS THEN ONE 15 OZ CAN OF BEANS* DRAINED OR ABOUT 2 CUPS OF THE MAGIC BEANS (PRECOOKED DRY BEANS). THEN

*PINTO, BLACK OR KIDNEY BEANS



→ CHOOSE 3 TO 5 OF THE FOLLOWING TOPPINGS (CHOP AS NEEDED) AND LAYER ON TOP OF THE BEANS: (ADD MORE CHEESE IF DESIRED)

- FROZEN CORN
- JALAPENO
- ONION (RED, YELLOW, WHITE OR GREEN)
- SPINACH
- ZUCCHINI
- YELLOW SQUASH
- TOMATO
- GARLIC
- OLIVES
- BELL PEPPERS (RED, GREEN, YELLOW)
- POBLANO CHILIS
- CILANTRO
- PRECOOKED CHICKEN OR BEEF FAJITAS
- PRECOOKED PULLED PORK

ALTERNATE TOPPINGS AS YOU LAYER!

THINK ABOUT COLORS OF TOPPINGS!

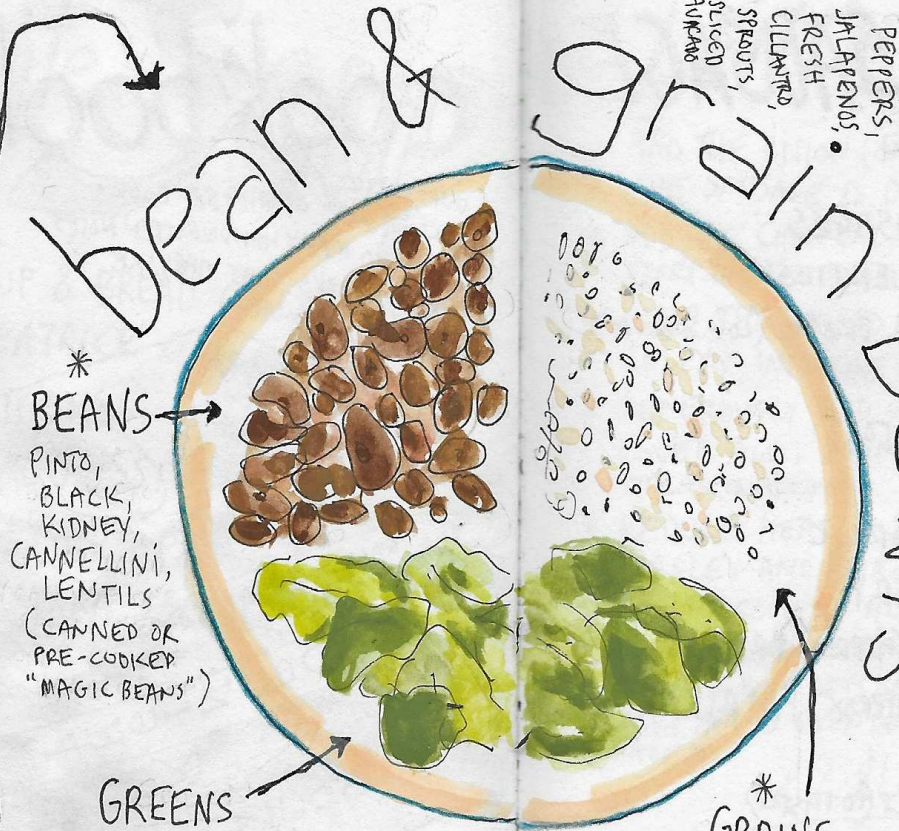
PLAY!!



COOK IN A 400° OVEN 'TILL MELTY TO SUIT!

WATCH CAREFULLY! IT'S QUICK!

INSTRUCTIONS: HEAT BEANS IN WATER OR BROTH (JUST ENOUGH LIQUID TO KEEP BEANS FROM STICKING) COOK THE GRAINS AS PER PACKAGE DIRECTIONS. (CAN HEAT BEANS AND COOK GRAINS TOGETHER IN ONE POT) PUT GREENS IN BOWLS PER PERSON. SPOON COOKED BEANS AND GRAINS INTO EACH BOWL. OFFER CHOICES OF TOPPINGS AND SAUCES AT THE TABLE!



* BEANS
PINTO, BLACK, KIDNEY, CANNELLINI, LENTILS (CANNED OR PRE-COOKED "MAGIC BEANS")

GREENS
SPINACH, ARUGULA, KALE, BUTTER LETTUCE - ANY GREENS YOU LIKE

* GRAINS
BROWN RICE, FARRO, QUINOA, COUSCOUS

* CHOOSE ONE BEAN AND ONE GRAIN - AND/OR USE LEFTOVERS!!

TOPPINGS:
GUACAMOLE, TOMATOES, SHREDDED CHEESE, HUMMUS, NUTS / ^{SOFTENED} SEEDS, GREEN ONIONS, OLIVES, QUICK PICKLED VEG., LEFTOVER ROASTED VEG., HARD-BOILED EGGS, BELL PEPPERS, JALAPENOS, FRESH CILANTRO, SPROUTS, SLICED AVOCADO

SAUCES: SALSA, PICO DE GALLA, SOUR CREAM, SIRACHA, SAUCE, TOBASCO, DIJON MUSTARD, SLAGY SAUCE (www.slagsauce.com), OLIVE OIL, BALSAMIC VINEGAR, LEMON OR LIME JUICE

POW/S

Bob's bowl

When we'd visit Dr. Bob Hoke and his wife Penny (AKA DAD & MOM), Bob would serve bowls of his home-made yogurt with blueberries for breakfast saying "take care of your gut!"

Dr. Bob, a psychiatrist, was interested in the ways our intestinal health affects our thinking and creativity. Bob also loved art and literature (and wrestling). We had many discussions of the ways art and stories can affect mental and physical health. too. ("BEWARE OF GOOD STORIES") Bob and Penny came to visit us after we'd moved to the Pacific Northwest where →

→ we had been introduced to homemade granola. We served yogurt and fresh blueberries with whole grain granola for breakfast. Bob loved the new addition and asked for my granola recipe. [SEE ELSEWHERE IN THIS BOOK]

To MAKE Bob's bowl: in a small bowl that holds about one cup, layer the following -

- YOGURT (WITH LIVE ACTIVE CULTURES)
- BLUEBERRIES (FRESH OR FROZEN)
- HONEY (OPTIONAL)
- GRANOLA (AS TOPPING)
- MILK (OPTIONAL)



broccoli nests

ingredients: 1 broccoli crown and
1 or 2 Fettuccini nests per person.
italian herb mix (penzeys spices)
lemon pepper, olive oil, shredded
cheese (pecorino-ramano, mozzarella,
or parmesan) salt and pepper

instructions: in a large stock pot
bring water and salt to a boil. chop
the broccoli crown(s) into bite chunks.
drop broccoli into boiling water. add
a dash of lemon-pepper. take one or
two slow deep breaths. add the
fettuccini nests. boil for 5 to 6 mins.
(per pkg directions). drain. fill
serving bowl. drizzle olive oil on
all. sprinkle italian herb mix.
toss with cheese. serve hot.



BUTTERY -

I WAS LUCKY ENOUGH TO ILLUSTRATE A COOKBOOK FOR CHEF KIM MAHAN (WWW.CLASS-COOKING.COM). THE PROJECT WAS FUN IN SO MANY WAYS - TRYING THE RECIPES AT HOME WAS JUST ONE OF THEM. CHEF KIM'S "SWEET-SPICY NUTS" BECAME A FAVORITE THO IT HAD A GLARING OMISSION: THE CHEF DID NOT INCLUDE ANY BUTTER! *SHOCKING I TELL YOU, JUST SHOCKING! HAD TO FIX THAT: HERE IS CHEF MAHAN'S RECIPE WITH THE BUTTER ADDED!



*NEEDS
BUTTER!
SHEEP JUDY

Sweet-Spicy NUTS

- 1 GENEROUS PAT OF BUTTER
- 1/2 CUP WATER
- 1/2 CUP SUGAR
- 1 1/2 TSP CAYENNE
- 1/2 TSP SALT
- 2 CUPS NUTS (PECANS, ALMONDS)



- IN A SAUCE PAN MELT THE BUTTER
- ADD THE NUTS AND OTHER INGREDIENTS
- STIR TO COAT WELL
- POUR ALL ONTO A PARCHMENT COVERED SHEET PAN. SPREAD INTO ONE LAYER
- HEAT IN OVEN AT 350° FOR 5 MINS
- ALLOW TO COOL BEFORE STORING - IF THERE ARE ANY LEFT AFTER TASTING THEM WARM

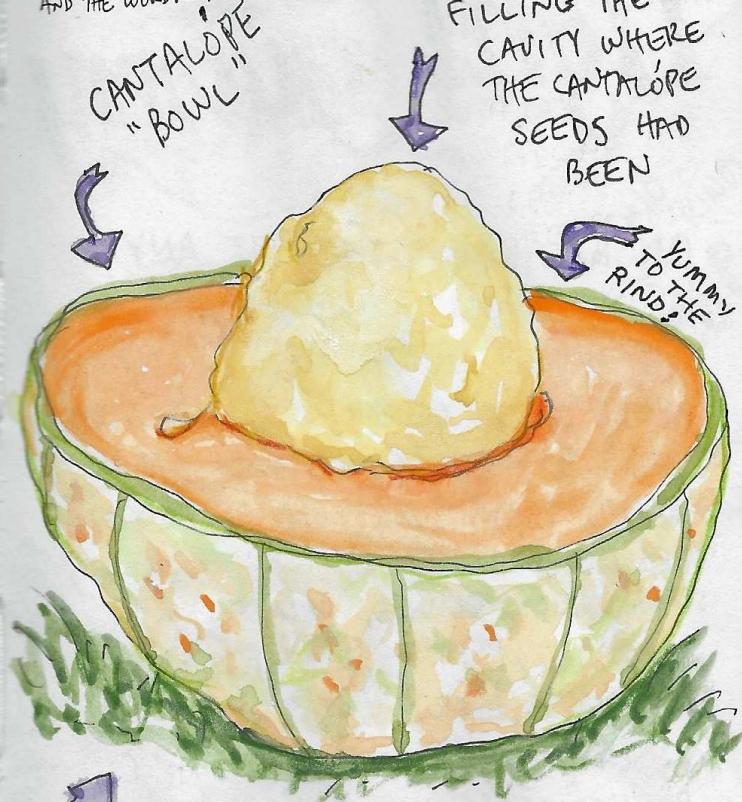
Cantalópe and 'cream 'bowls''

- CUT A RIPE CANTALÓPE IN HALF (HALF A 'LOPE PER PERSON)
- SCOOP OUT THE SEEDS
- FILL THE CAVITY WITH A GOOD VANILLA ICE CREAM
- EAT OUTSIDE - IT'S MESSY! *

* YOU CAN SOMEWHAT CONTAIN THE MESS BY PLACING THE CANTALÓPE "BOWL" INSIDE A CERAMIC BOWL BUT WHERE'S THE FUN IN THAT?

* YES, I KNOW IT'S SPELLED CANTALOUPE BUT A VERY YOUNG FRIEND CALLS THESE "ANTELOPES" AND THE WORDPLAY IS SUCH FUN!

VANILLA ICE CREAM FILLING THE CAVITY WHERE THE CANTALÓPE SEEDS HAD BEEN



EAT ON THE LAWN DURING A BREAK IN A LAWN-GAME !!

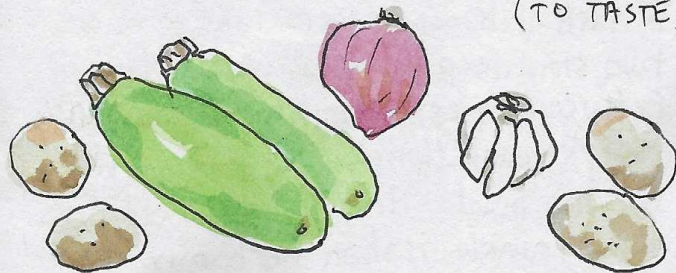
YUMMY TO THE RIND!

delectable delicata squash!

SLICE SQUASH IN HALF LENGTHWISE
AND DE-SEED. SLICE INTO 1/4" SLICES.
CHOP THE REMAINING VEG INTO CHUNKS
TOSS LIBERALLY WITH OLIVE OIL AND SPICES
ROAST IN A 400° OVEN FOR 30 TO 45 MINS
OR UNTIL SOFT.



- 1 SMALL FOOTBALL SIZE (OR OBLONG SOFTBALL SIZE) DELICATA SQUASH
- 7 OR 8 SMALL CREAMER POTATOS (OR RED NEW POTATOS)
- 2 OR 3 LARGE CARROTS
- 2 SMALL ZUCCHINI
- 2 SMALL RED ONIONS
- 7 OR 8 CLOVES OF GARLIC (LEFT WHOLE)
- OLIVE OIL
- GROUND MUSTARD
- SAGE
- THYME
- PARSLEY
- ROSEMARY
- SALT AND PEPPER (TO TASTE)



DESSERT ANATOMY:

(STRAWBERRY SHORTCAKE 101)

WHIPPED CREAM
LOTS OF IT!

FRESH STRAWBERRIES {A WHOLE
LOT OF 'EM!

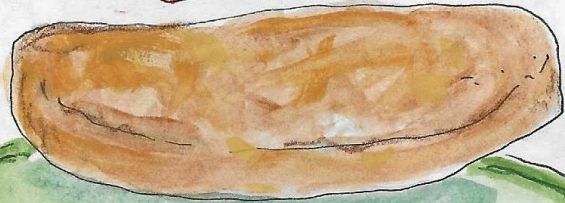
STILL WARM FROM THE
GARDEN SUNSHINE, GREEN
TOPS REMOVED, RINSED
AND CHOPPED COARSELY*

↳ FROM JUDY'S GARDEN!

*SPRINKLE
SUGAR ON
AS PER
TASTE

TRADER JOE'S BRAND
SHORTCAKE BISCUITS

BOWL. THE BOWLS
ARE NEVER BIG ENOUGH.
THAT'S LIFE. JUST ENJOY WHAT
YOU'VE GOT WHILE YOU'VE GOT IT!

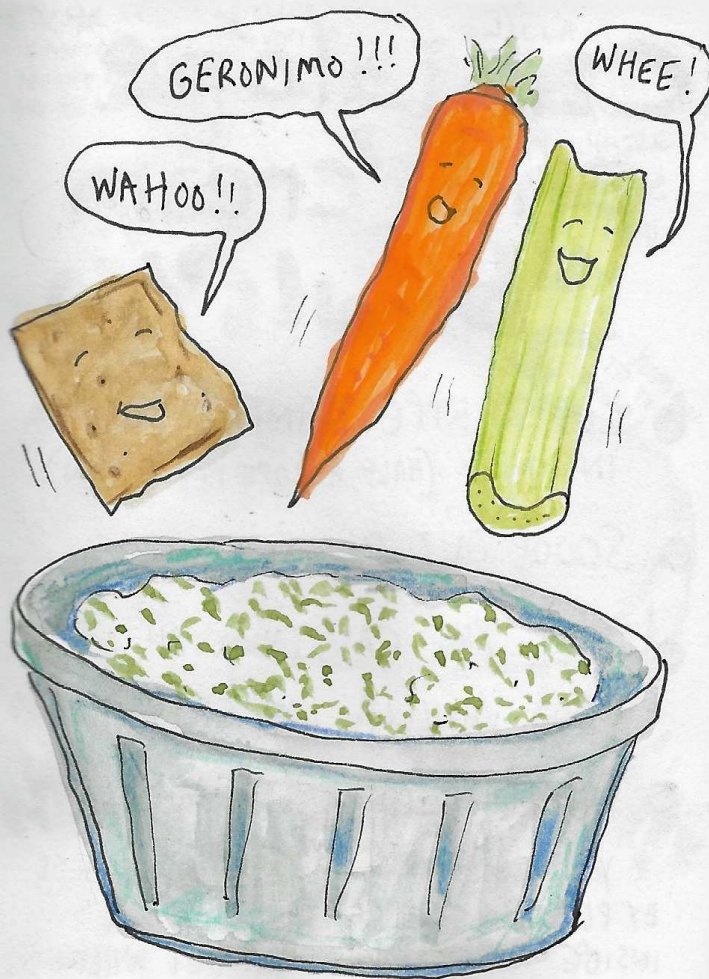


Dill Dip

INTO A SMALL
BOWL PUT:

- RICOTTA CHEESE APPROX 1/2 CUP
 - OLIVE OIL APPROX 1 TEASPOON
 - FRESH DILL* APPROX 1 TABLESPOON
- * CAN USE A GOOD QUALITY DRY DILL HERB LIKE FROM PENZEYS.COM

- STIR TO MIX ALL INGREDIENTS
ADJUST AS PER TASTE
- SERVE WITH FRESH VEG, CRACKERS
OR FRENCH BREAD TOASTS (OR USE AS
A SANDWICH SPREAD)



favorite SOUP

- THE SOUP & BREAD COOKBOOK
BY BEATRICE OJAKANGAS
- SOUP NIGHT
BY MAGGIE STUCKEY
- THE BIG BOOK OF SOUPS & STEWS
BY MARYANA VOLLSTEDT

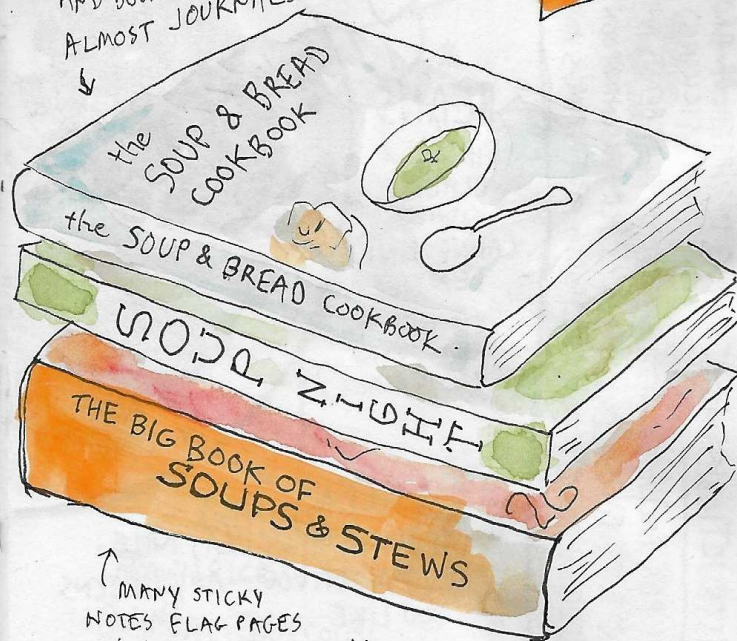
"A CRUST OF BREAD, A BOWL OF
SOUP, A WARM SAUNA AND A
BED AWAIT YOU..."

- OJAKANGAS

← TO
THAT
WE'D ADD
"A GOOD
BOOK..."

cookbooks

OUR COPIES OF
ALL THREE OF THESE BOOKS
HAVE SO MANY HANDWRITTEN NOTES
AND BOOKMARKS THAT THEY'RE
ALMOST JOURNALS



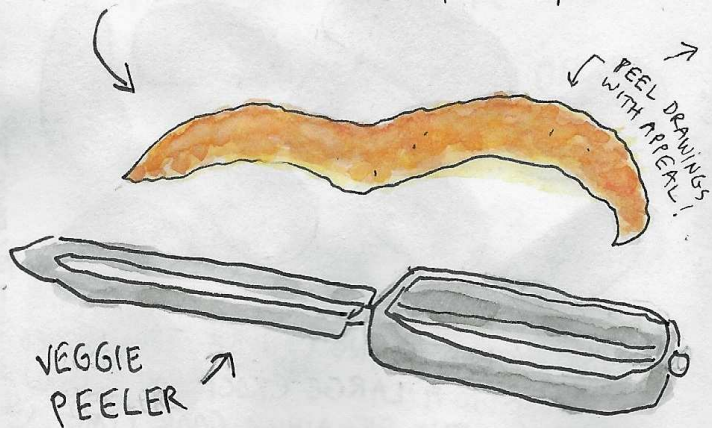
↑ MANY STICKY
NOTES FLAG PAGES
WITH "JUDY LIKED THIS!"

FLATIRON Martini

1/4 OUNCE (OR LESS) COINTREAU

2 OUNCES VODKA

ORANGE PEEL GARNISH



Hummm...us!

HARMONIZES WELL WITH PITA CHIPS,
BAGUETTE BREAD AND VEGETABLES
LIKE CELERY, CARROTS AND BROCCOLI...



IN A CUISINART OR BLENDER PUT :

1 CAN (15 OZ) CHICKPEAS (GARBANZO)
- LOW SODIUM

1 TABLESPOON TAHINI (OR PEANUT BUTTER)

1/2 OF A SMALL ONION

1 OR 2 CLOVES OF GARLIC

OLIVE OIL, LEMON JUICE, PAPRIKA,
BLACK PEPPER, PARSLEY AND SALT.

BLEND ALL OF
THE ABOVE UNTIL
SMOOTH AND
CREAMY.

ADJUST
OIL,
LEMON
JUICE
AND THE
OTHER
SPICES
TO TASTE

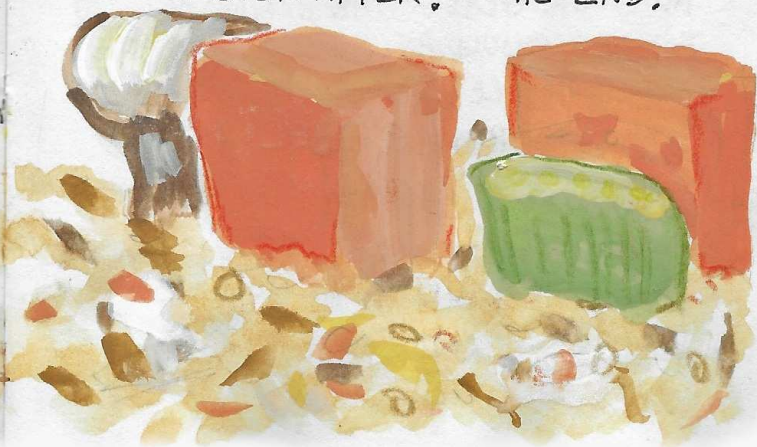


In a land far Farro away...

THERE LIVED A LARGE DIVERSE FAMILY:
BUTTERNUT SQUASH, CELERY, ONION, GARLIC,
MUSHROOMS, SAGE, PARSLEY, BLACK PEPPER
AND, OF COURSE, LITTLE OLIVE OIL.
THEY ALL LIVED HAPPY AND CONTENT
NEAR THE ANCIENT ITALIAN WHOLE
GRAIN FARRO PERLATO.
AND THEN ONE DAY...



... LITTLE TABLESPOON OLIVE OIL WAS
PUT IN A SAUCE POT ALONG WITH 2 CUPS
OF WATER, 1 CUP OF FARRO, HALF OF THE ONION,
2 GARLIC CLOVES, 2 STALKS OF CELERY - ALL
ROUGHLY CHOPPED - ABOUT 2 CUPS OF THE
BUTTERNUT SQUASH (CHUNKS) AND 1 4OZ CAN
OF SLICED MUSHROOMS. 1 HEAPING TABLESPOON
OF SAGE, A DASH OF PARSLEY, BLACK PEPPER.
THE FAMILY WAS BOILED, STIRRED, THE HEAT
REDUCED TO SIMMER. A LID CLAPPED ON AND
THE POT COOKED FOR 25 TO 30 MINS. THEN
2 GIANTS ATE THEM ALL UP AND LIVED
HAPPILY EVER AFTER! THE END.



ITALIAN SAUSAGE & LENTIL SOUP!

INGREDIENTS:

- 2 ITALIAN SAUSAGES
- 1.5 CUPS DRY LENTILS
- 32 OZ CHICKEN BROTH (LOW SODIUM)
- 1 ONION
- 1 LARGE POTATO
- 2 CARROTS
- 5 CLOVES GARLIC
- 1 RIB CELERY
- 1 TABLESPOON (APPROX) DRY PARSLEY
- 1/2 TEASPOON (APPROX) PAPRIKA
- OLIVE OIL
- PEPPER / SALT (TO TASTE)

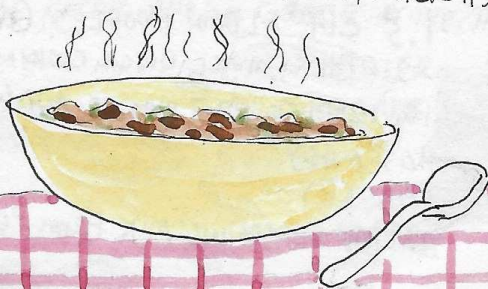
INSTRUCTIONS:

- IN A LARGE SOUP POT PUT A BIT OF OLIVE OIL, THE TWO SAUSAGES (CHOPPED) ↗

→ AND THE ONION (CHOPPED) SAUTÉ TILL THE SAUSAGE IS DONE

- ADD THE CHICKEN STOCK, THE DRY LENTILS (SORT THE LENTILS FIRST)
- CHOP THE POTATO, CARROTS, GARLIC AND CELERY INTO THE SAME POT
- GENEROUSLY ADD WATER ENOUGH TO COVER ALL. BRING TO A BOIL. STIR OCCASIONALLY
- REDUCE HEAT TO SIMMER. ADD THE PARSLEY AND PAPRIKA
- LET IT COOK AN HOUR*, STIR OCCASIONALLY TASTE, ADJUST SEASONINGS AND SERVE!

*NOTE: THIS SOUP GETS BETTER THE LONGER IT COOKS AND IS EVEN BETTER THE DAY AFTER ITS MADE!!



Irish Coffee

Fill a large mug half full of hot coffee. Add 2oz of Irish Whiskey, $\frac{1}{2}$ to 1oz of Irish cream. Top with whip cream.

- Whipped cream
- Irish cream
- Whiskey
- Hot coffee



Iwish Coffhee

Fill a large mug o' shot Coffheee. Iwish whiskey Iwish Cream. whoopsing



cream...
yum!
ish good
on cold
days.
yeah...
hollydaze
mmmhum...

Judy's biscuits

2 CUPS ALL-PURPOSE FLOUR

1 TSP (OR LESS) SALT

2 TSP BAKING POWDER

2 TSP SUGAR

1/3 CUP CANOLA OIL

3/4 CUP BUTTERMILK

→ MIX-KNEAD THE ABOVE IN A BOWL

→ FLATTEN DOUGH ON A COOKIE SHEET

→ CUT INTO BISCUIT SHAPES

BAKE AT 450° FOR 10 MINUTES *

← THESE ARE ONE OF OUR
FAVORITE LAZY MORNING
INDULGENCES: HOT BISCUITS,
READING MATERIAL AND CONVERSATION!

↓ BISCUITS CUT IN THE
SIZE OF A MEDIUM
COOKIE



* SERVE HOT BISCUITS WITH BUTTER
AND JELLY! (JUDY LIKES FRUIT BASED JELLY
SUE LIKES SPICY HOT PEPPER JELLY)

P.S. BISCUITS ALSO GO WELL WITH
IRISH COFFEE!

The land of Nod: Hot Milk & Honey

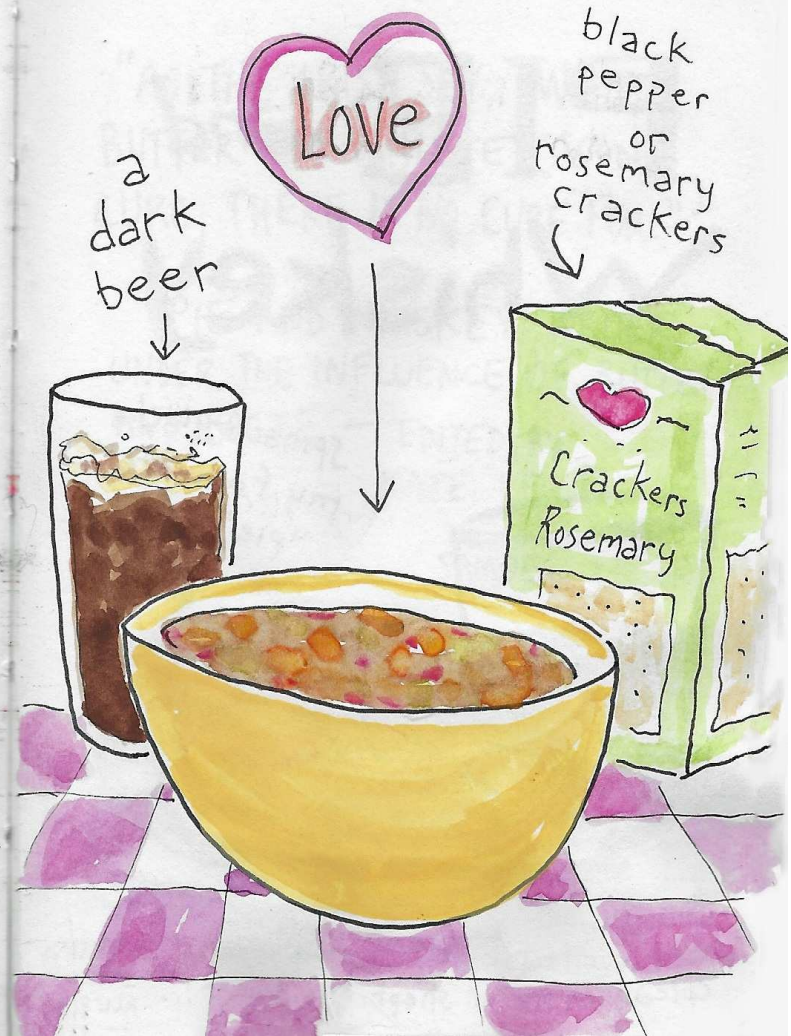
- ABOUT 45 MINS BEFORE BEDTIME:
 - POUR COLD MILK INTO MUGS
 - TRANSFER THE MILK-ENOUGH-FOR-THE-MUGS TO A SAUCEPAN (STOVETOP)
 - ADD SOME HONEY (TEASPOON OR LESS?)
 - ADD A DASH OF VANILLA (EITHER LIQUID VANILLA OR POWDERED)
- BRING THE ABOVE TO A SIMMER. STIR CONSTANTLY 'TILL HOT AND FROTHY BUT NOT BOILING.
- POUR THE HOT MILK, CAREFULLY, INTO THE MUGS
- SIT LUXURIOUSLY IN A QUIET-ISH ROOM, IN A COMFY CHAIR, WITH A READING LAMP AND A NOVEL, SIPPING MILK 'TILL ZZZZZZZZ (ONE OF OUR FAVORITE THINGS TO DO IN WINTER ESP.!)



Lenient Lentil Soup

INGREDIENTS: LENTILS (GREEN OR BROWN), GARLIC CLOVES, POTATOS, CARROTS, ONIONS, (1 CAN) DICED TOMATOS, OLIVE OIL, CELERY, WATER AND/OR VEGETABLE STOCK, BAY LEAVES, THYME, ROSEMARY, BOUQUET GARNI, LEMON PEPPER, SALT AND PEPPER

INSTRUCTIONS: IN A LARGE STOCK POT PUT 1 TO 2 CUPS OF LENTILS (SORTED), OLIVE OIL (DASH), WATER TO COVER. BRING TO A BOIL. CHOP AND ADD TO THE BOILING LENTILS THE OTHER VEG IN WHATEVER AMOUNTS SEEM GOOD. (IT'S LENIENT!) REDUCE HEAT. ADD VEG STOCK OR WATER. ADD SPICES. COOK FOR AN HOUR (MORE OR LESS). SERVE HOT!

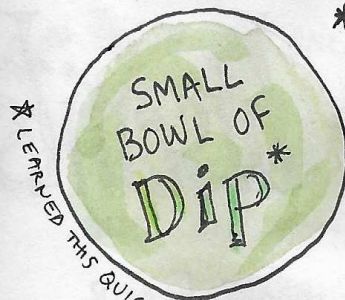


light and yummy

ON A LARGE PLATE PUT ANY OF THE FOLLOWING IN ANY AMOUNTS DESIRED:

APPLE SLICES, CELERY SLICES, BELL PEPPER SLICES, BROCCOLI, CAULIFLOWER, CARROTS, GRAPES, PEACH SLICES, ORANGE SLICES, FRESH BLUEBERRIES, RASPBERRIES, STRAWBERRIES, OLIVES, WALNUTS, ALMONDS, CASHEWS, PEANUTS, KIWI SLICES, MANGO SLICES...

... SOME GOOD CRACKERS, BAGUETTE SLICES OR SOURDOUGH BREAD SLICES... PITA BREAD...

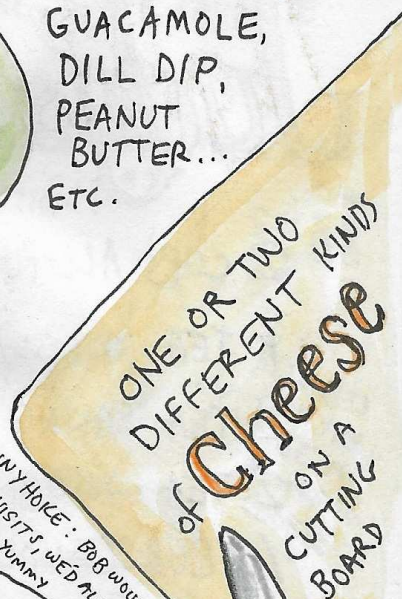


* LEARNED THIS QUICK MEAL TRICK FROM PENNY HOKE *

* HUMMUS, GUACAMOLE, DILL DIP, PEANUT BUTTER... ETC.



DURING OUR VISITS, WE'D ALL BE TALKING, READING AND SUDDENLY YUMMY FOOD WOULD APPEAR!



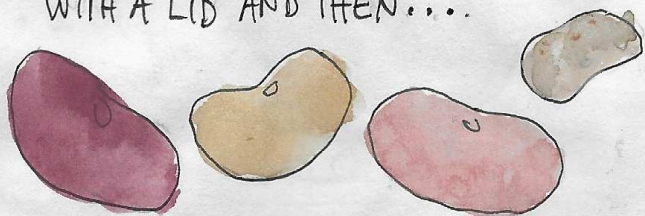
BOOKS AND NOTES OUT

Magic Beans

2 CUPS DRY BEANS
(PINTO, BLACK, KIDNEY ETC.)
CANNELLINI,
12 CUPS WATER
1 TABLESPOON OLIVE OIL

FAST
SORT TO
REMOVE ANY
ROCKS!

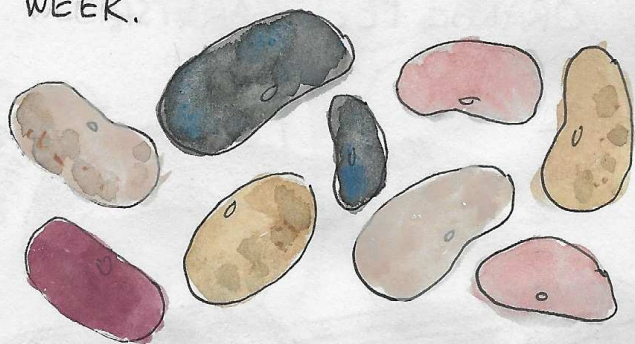
PUT THE ABOVE INTO A LARGE POT
WITH A LID AND THEN....



★ A CLAY POT IS THE MOST MAGIC!

SEE THE 'MUSA CALDERO' POT

... BRING TO A BOIL. * REDUCE
HEAT TO A LOW SIMMER. COOK
FOR 3.5 TO 4 HOURS - TILL BEANS
TASTE DONE. ADD SALT. COOK
ANOTHER 10 TO 20 MINUTES. DRAIN.
PUT INTO A TIGHT LIDDED CONTAINER
AND STORE IN THE FRIDGE. USE THE
COOKED BEANS IN TACOS, BURRITOS,
SOUPS ETC. RECIPES OVER THE NEXT
WEEK.

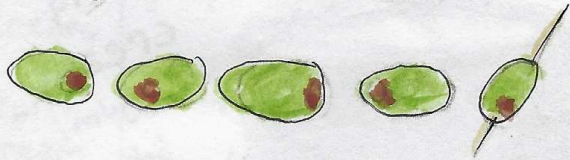


* JUST BOILED BEANS CAN BE TRANSFERRED
WITH WATER TO A LARGE CROCK POT - SLOW
COOKER FOR THE REMAINING COOK TIME. (IF
YOU NEED TO LEAVE THE HOUSE)

Vodka Martini

2 oz vodka

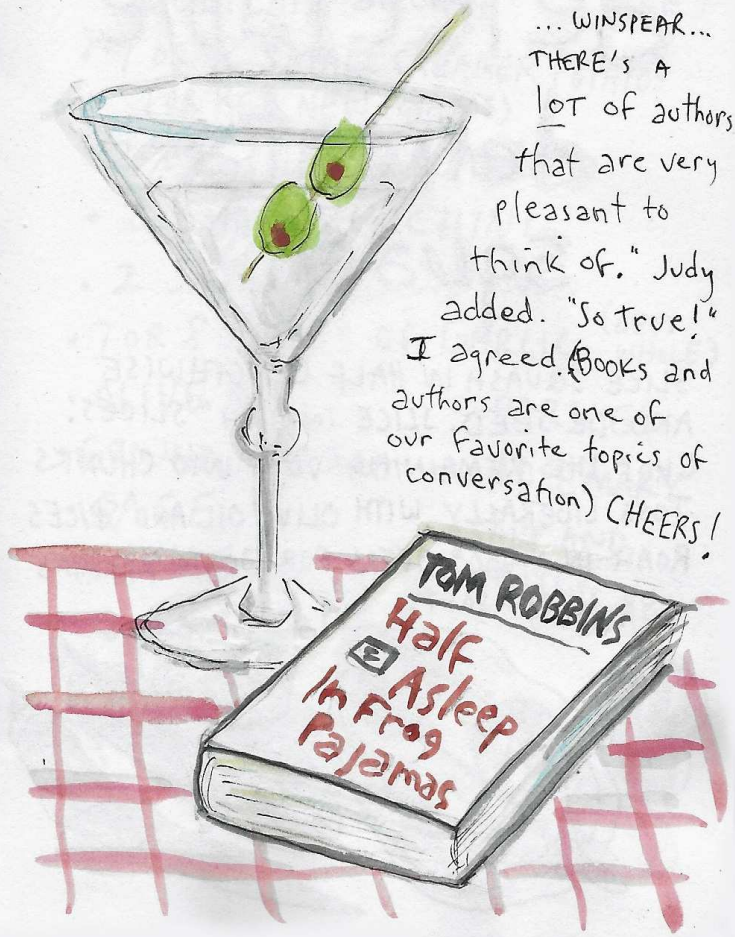
1 oz dry Vermouth
garnish with olives



after two of these it's really
easy to say "MARTOONI" -
which reminds me of my
favorite tom robbins novel.
"half asleep in frog pajamas"
- a very pleasant thought...

... "and so are books by LOUISE PENNY,
JULIA GLASS, RICHARD RUSSO, CHARLES TODD,
... WINSPEAR...

THERE'S A
LOT of authors
that are very
pleasant to
think of." Judy
added. "So true!"
I agreed. (Books and
authors are one of
our favorite topics of
conversation) CHEERS!



Mason Jar Mint Julep



USE ONE PINT SIZE MASON
JAR WITH A LID* AND PUT:

2 oz BOURBON
(LARGE DIGGER OR SHOTS)

6 TO 8 MINT LEAVES

1 LARGE ICE CUBE

1 TBS SIMPLE SYRUP*

* PER PERSON

PUT THE LID FIRMLY ON
THE JAR AND SHAKE

TAKE THE LID OFF AND
DRINK! Cheers!

* IN A SMALL SAUCE PAN HEAT 1 CUP SUGAR AND
1/2 CUP WATER 'TILL SUGAR MELTS. POUR INTO A
KEEPER, COOL, STORE IN FRIDGE 'TILL COLD BEFORE USE

Mmmmm Meatball Stew

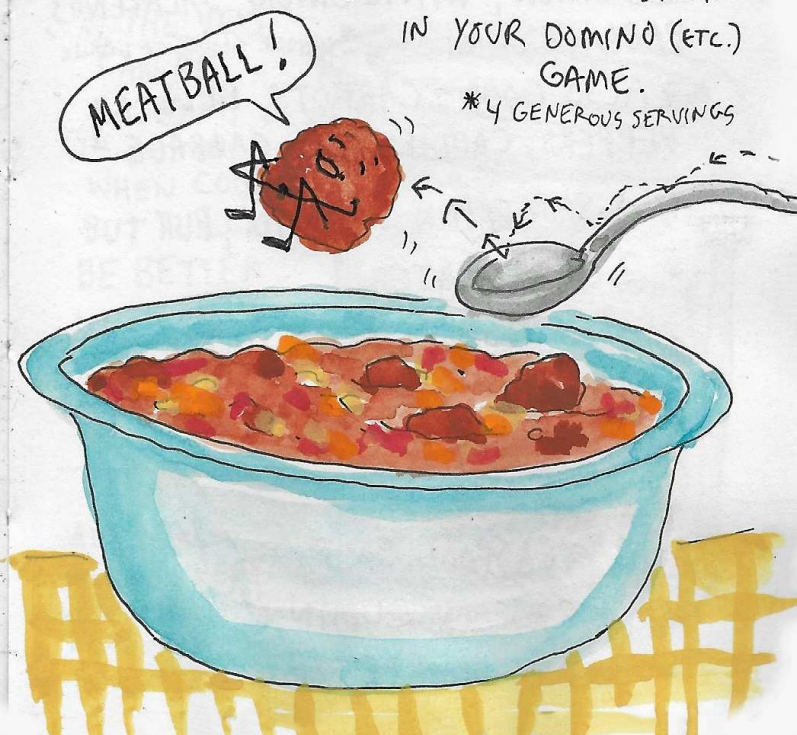
INTO A LARGE STOCK POT, STOVETOP,
PUT THE FOLLOWING INGREDIENTS:

- 12 TO 15 PRE-COOKED MEATBALLS
(CAN BE FROZEN)
- LOW SODIUM CHICKEN BROTH (32 OZ)
- 1 CAN DICED TOMATOS (14 OZ)
- 1 CAN CANNELLINI BEANS (15 OZ)
DRAIN BEANS FIRST [OR USE MAGIC
BEANS VERSION]
- 1 ONION DICED
- 2 OR 3 CLOVES GARLIC DICED
- 2 OR 3 CARROTS CHOPPED
- 2 TEASPOONS DRIED OREGANO
- 1 CUP DRIED PASTA SHELLS ↗

→ ADD WATER AS NEEDED TO COVER ALL.
BRING TO A ROLLING BOIL. REDUCE
HEAT TO SIMMER FOR 25 TO 30 MINUTES
AT LEAST, 'TILL PASTA AND VEG ARE SOFT.
ADD PEPPER TO TASTE. SERVE HOT IN

BOWLS* DURING A BREAK
IN YOUR DOMINO (ETC.)
GAME.

*4 GENEROUS SERVINGS



Mother's Cornbread *

* JUDY'S ADAPTATION OF HER MOTHER, ELINOR SULLENS' CORNBREAD RECIPE

Ingredients

- 1 CUP CORNMEAL
- 1/2 CUP ALL-PURPOSE FLOUR
- 1 TSP SALT
- 1 TSP BAKING SODA
- 1 TSP BAKING POWDER
- 1 EGG
- 1 CUP BUTTERMILK
- 4 TBLS SUGAR
- 3 TBLS CANOLA OIL

Instructions

- ① POUR 3 TBLS CANOLA OIL INTO A CAST IRON SKILLET AND PUT INTO THE OVEN AS IT PRE-HEATS TO 475°
- ② MIX IN A LARGE BOWL CORNMEAL, FLOUR, SALT, BAKING SODA, SUGAR AND BAKING POWDER
- ③ STIR IN UNBEATEN EGG AND BUTTERMILK
- ④ BEAT WELL / MIX VIGOROUSLY
- ⑤ CAREFULLY POUR THE HOT OIL INTO THE BOWL WITH INGREDIENTS
- ⑥ MIX QUICKLY AND POUR EVERYTHING RIGHT BACK INTO THE STILL HOT AND OILY CAST IRON SKILLET
- ⑦ BAKE AT 475° FOR 20 MINUTES

8 INCH LODGE
CAST IRON SKILLET →



hot cornbread goes well with hot fresh magic beans, salsa and cheese for the beans and butter for the cornbread!

MUSHROOM

INGREDIENTS:

GOOD SLICED BREAD (SOURDOUGH)
DIJON MUSTARD
BUTTER
CHEESE (GRUYERE, MOZZARELLA)
THICKLY SLICED MUSHROOMS
(PORTABELLA, WHITE ... ETC)
OVEN WITH A "BROIL" SETTING

TOASTIE

INSTRUCTIONS:

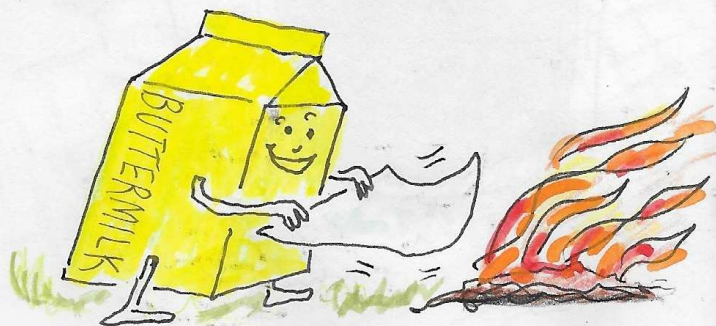
BUTTER ONE SIDE OF BREAD SLICES.
LAY BUTTER SIDE DOWN ON A CAST IRON
GRIDDLE OR OTHER OVEN SAFE PAN.
COAT THE TOP SIDE OF THE BREAD (THE NOT-
BUTTERED SIDE) WITH DIJON MUSTARD.
PUT A BIT OF CHEESE ON THE MUSTARD.
COVER WITH THE MUSHROOM SLICES.
COVER THE MUSHROOM SLICES WITH CHEESE.
TURN THE OVEN ON "BROIL". LET IT HEAT.
PUT PAN IN THE OVEN - WATCH CAREFULLY.
PULL IT OUT WHEN THE CHEESE IS
MELT-Y AND TOAST-Y TO SUIT.



NORTHWOODS Fire EGGS

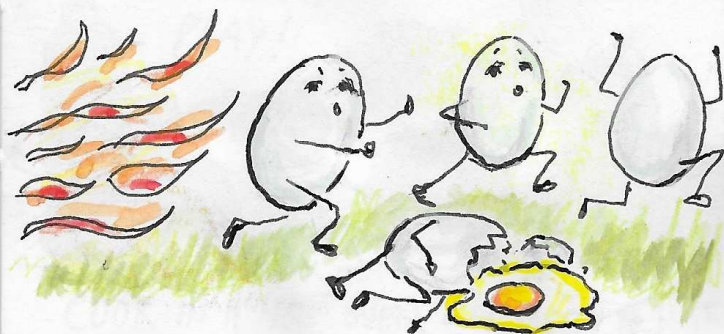
ingredients:

- 4 LARGE EGGS
- 1 TBS BUTTERMILK
- OLIVE OIL
- BUTTER
- NORTHWOODS FIRE SEASONING
FROM WWW.PENZEYS.COM



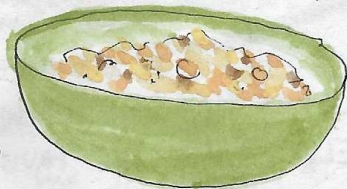
instructions:

PUT SOME OLIVE OIL IN A CAST IRON SKILLET. HEAT 'TILL HOT ENOUGH TO MELT A PAT OF BUTTER INSTANTLY. WHILE THE SKILLET HEATS CRACK AND BEAT FOUR EGGS PLUS BUTTERMILK (AND START BACON, SAUSAGE OR TOAST, TOO, IF YOU DARE) POUR THE EGGS INTO THE HOT SKILLET. DUST, LIBERALLY, THE TOP OF THE STILL COOKING EGGS WITH THE NORTHWOODS FIRE SEASONING. STIR THE EGGS 'TILL COOKED. SERVE IT UP!



our dublin

IN LATE 2001, EARLY 2002, I PARTICIPATED IN AN ART EXHIBIT IN IRELAND. POLITICS HAD MADE SHIPPING BETWEEN THE USA AND OTHER COUNTRIES "INTERESTING." AS THE IRELAND ARTS CENTRE DIRECTOR AND I WORKED OUT SHIPPING DETAILS HE GAVE ME HIS RECIPE FOR "CODDLE". HE USED IRISH POTATO SAUSAGES WHICH I COULDN'T FIND IN THE U.S. BUT OTHER SAUSAGES WERE GOOD IN THIS RECIPE! QUICKLY "CODDLE" BECAME OUR GO-TO RECIPE FOR ITS FLEXIBILITY: MORE PEOPLE COMING OVER? ADD ANOTHER POTATO... AND THE LONGER IT COOKS THE YUMMIER IT GETS!



↗ JUDY LIKES TO BAKE BREAD AND CODDLE IS A GREAT SIDEKICK!

coddle

AKA "IRISH STEW"

- 1 OR 2 SLICES OF BACON
- 1 OR 2 SAUSAGES
- 2 ONIONS
- 2 LARGE POTATOS
- 3 CARROTS

- WATER, CHICKEN BROTH OR BEER TO COVER ALL
- PARSLEY, GROUND MUSTARD, SALT AND PEPPER TO TASTE

- IN A LARGE STOCK POT PUT THE MEAT CUT INTO BITE CHUNKS AND BROWN IT. CUT ALL VEG TO BITE SIZE AND TOSS ONTO THE MEAT. COVER WELL WITH LIQUID. ADD THE SPICES. BOIL. REDUCE HEAT. COOK 2 HOURS OR SO. STIR OCCASIONALLY. ADJUST SPICES TO TASTE. SERVE WITH BREAD AND BUTTER. (AND BEER OF COURSE!)

PASTA

CONCOCTION NBR 442

by sue

because
sometimes fast
and easy is
virtuous!

INGREDIENTS:

OLIVE OIL

1 ONION CHOPPED ROUGHLY

6 CLOVES GARLIC SORT OF CHOPPED

1 LARGE CARROT CHOPPED

1 RIB CELERY CHOPPED

1 CAN DICED TOMATOS

1 CAN TOMATO SAUCE

1 CAN CANNELLINI BEANS

(OR PRECOOKED LEFTOVER MAGIC BEANS)

1.5 CUP* ELBOW NOODLES (OR ANY
OTHER SMALL QUICK COOKING PASTA)

LIQUID TO COVER: WATER AND/OR BROTH

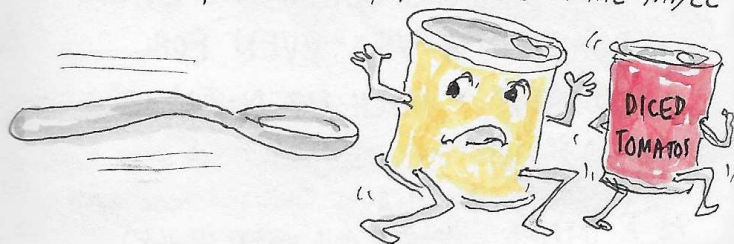
ROSEMARY

PARSLEY

ITALIAN SEASONING MIX FROM PENZEYS.COM

* APPROX. (CAN
USE 1 CUP PASTA)
ONLY

INSTRUCTIONS: IN A SAUCE PAN PUT
A BIT OF OLIVE OIL AND THE CHOPPED
ONION. SAUTE ON LOW HEAT, STIR OCCASIONALLY
WHILE CHOPPING THE OTHER VEG.
ADD ALL CHOPPED VEG TO THE POT AND
SAUTE WHILE OPENING ALL THE CANS.
DUMP CONTENTS OF CANS ON TOP OF THE
SAUTEING VEG. STIR. ADD THE PASTA,
THE BROTH AND/OR WATER TO COVER
ALL. BRING TO A BOIL. STIR.
REDUCE HEAT TO SIMMER. ADD SPICES
(JUST SHAKE SOME IN, COME ON! WE'RE HUNGRY!)
STIR OCCASIONALLY AND COOK FOR
TEN MINUTES OR 'TILL PASTA IS DONE.
- ADD SALT, PEPPER AND/OR CHEESE AT THE TABLE



PIE and Whiskey

spinach quiche
my favorite
"pie" *



* or maybe
my favorite pie is
colcannon pie or shepherds pie or ...

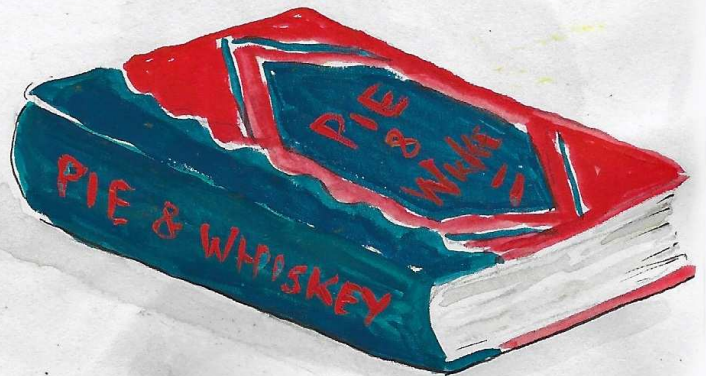
JUDY SAYS
"I LIKE
ALL PIE!"

"AS THE IRISH SAY, "WHAT
BUTTER AND WHISKEY WON'T
CURE, THERE IS NO CURE FOR.""

PIE AND WHISKEY: WRITERS
UNDER THE INFLUENCE OF BUTTER
AND BOOZE — EDITED BY

KATE LEBO
AND

SAMUEL LIGON



Quick Pickled Veg

- 1 FILL TWO PINT MASON JARS WITH VARIOUS CHOPPED VEG:
→ OUR FAVORITE MIX IS: GARLIC,* RED ONION, WHITE ONION, JALAPENO'S, PABLANO CHILI'S *WHOLE CLOVES OF GARLIC
→ ALSO GOOD: CARROTS, BELL PEPPERS, CAULIFLOWER, CABBAGE

- 2 IN A SAUCE PAN, STOVE TOP, PUT:
- 2 CUPS WATER
 - 1.5 CUPS VINEGAR (APPLE CIDER OR RED WINE VINEGAR OR A MIX)
 - 3 TABLESPOONS SUGAR
 - 2 BAY LEAVES
 - 1/2 TEASPOON SALT
 - 1 TEASPOON CUMIN { COULD SUBSTITUTE OREGANO, CILANTRO OR
 - DASH OF BLACK PEPPER

- 3 BRING THE "BRINE" IN THE SAUCE PAN TO A ROLLING BOIL THEN REMOVE THE BAY LEAVES AND...
4 ...VERY CAREFULLY POUR THE BRINE OVER THE VEG IN THE MASON JARS
5 PUT LIDS ON THE JARS. LET THEM COOL ON THE COUNTER. REFRIGERATE

- THE VEG CAN BE EATEN (IN 30 MINS) WHEN COOL BUT WILL BE BETTER IN 12 HOURS. USE WITHIN 2 WEEKS.

ADD PICKLED VEG TO EGGS, TACOS, NACHOS, BEAN-AND-GRAIN BOWLS, SALADS ETC.



ROASTED BROCCOLI

(AND
ETC.
VEG)

*
CAN ALSO USE
CAULIFLOWER
OR ROMANESCO

- CHOP BROCCOLI CROWNS* INTO BITE CHUNKS
- TOSS IN A BOWL WITH A BIT OF OLIVE OIL, PEPPER AND LEMON JUICE (MASSAGE WITH HANDS)
- PUT ALL THE BROCCOLI ON A PARCHMENT (OR FOIL) LINED BAKE SHEET SPREAD OUT IN ONE LAYER
- ROAST IN A 450° OVEN FOR 10 MINS. WATCH FOR DONENESS

(ROASTED BROCCOLI GOES WELL OVER PASTA WITH MORE LEMON JUICE AND OR SOME CHEESE. ALSO GOOD AS A TOPPING FOR BEAN AND GRAIN BOWLS)



Satisfying Sandwich Anatomy

GOOD STURDY BREAD
(ROLLS, WRAPS, PITA, NAAN, POCKET BREAD, BAGUETTE...)

SPREAD (ONE OF THESE OPTIONS)

- * - MAYONNAISE AND A BIT OF MUSTARD
- CREAM CHEESE OR BRIE (IF USING OMIT CHEESE SLICES FROM CONTENTS)
- GUACAMOLE
- * - HUMMUS
- RICOTTA "DIP" (AKA: DILL DIP)

CONTENTS (LAYER 5 OR MORE OF THESE OPTIONS)

- * - TOMATOES SLICED
- * - CARROT SHREDDED OR SLICED
- CELERY SLICED
- * - GREEN ONION SLICED
- * - SPROUTS
- MUSHROOMS SLICED
- * - CRUCIFEROUS SALAD MIX } often in the grocery
- * - SPRING HERB MIX } salad bag section
- * - SPINACH
- * - SUNFLOWER SEEDS
- * - CHEESE SLICES (MONTEREY JACK, SWISS, GRUYERE...)
- HARD BOILED EGG SLICED
- BELL PEPPER SLICED THINLY
- * - AVOCADO SLICED
- FRESH CILANTRO OR PARSLEY

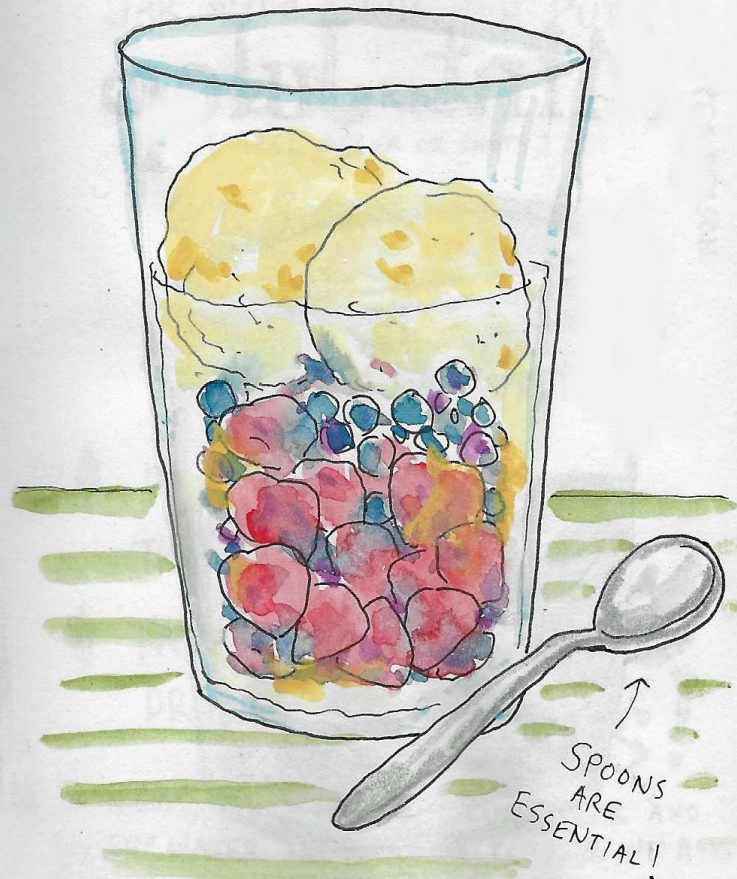
* OUR FAVORITE INGREDIENT COMBOS - MOST OFTEN USED IN VARIOUS COMBOS

NOTE: THIS SANDWICH CAN BE MESSY SO USE STURDY BREAD AND LEAN OVER SOMETHING



SLOPPY* Milk-Shakes

- HALF FILL A TALL GLASS WITH FRESH STRAWBERRIES AND/OR FRESH (OR FROZEN) BLUEBERRIES
- PUT A BIT OF HONEY ON THE BERRIES
- FILL THE TOP HALF OF THE GLASS WITH A GOOD VANILLA ICE CREAM (TYPICALLY JUST A SCOOP OR TWO)
- POUR JUST ENOUGH MILK OVER IT ALL TO "FILL IN THE CRACKS" SERVE IT UP! * WHAT MAKES IT "SLOPPY" IS THAT NO BLENDING IS DONE.

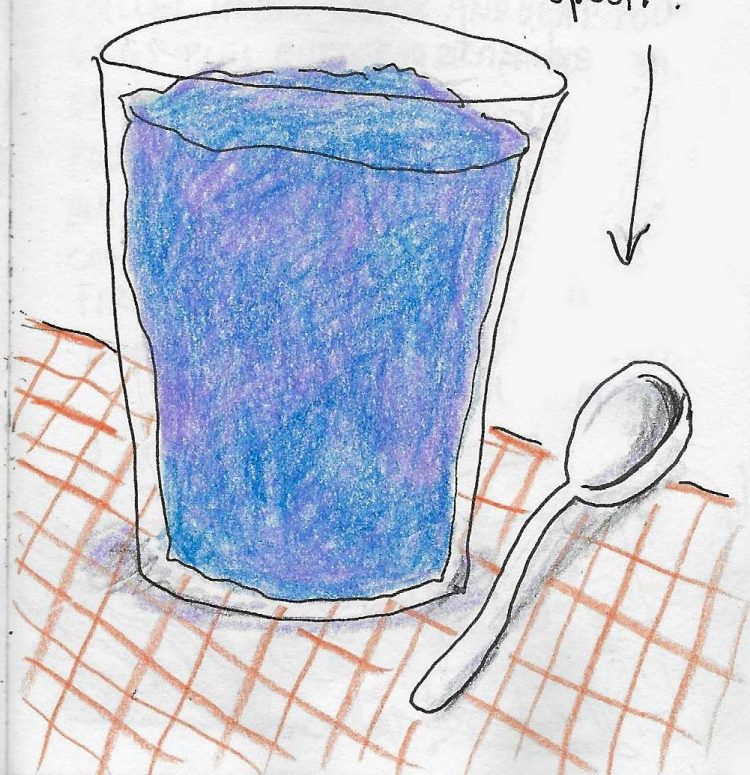


Sooooo Berry Smooth

- fill a two cup measure (liquid measuring cup) with:
 - 1 ripe banana (peel & chunk)
 - frozen blueberries (lots)
 - 1 TBS cashew butter
 - fill with rice milk (unsweet) to the 2 cup level approx.

BLEND WELL WITH A STICK BLENDER OR TRANSFER TO OTHER BLENDER DEVICE

sometimes
its so thick
we need a
spoon!



Sue's granola elsewhere in this book recipe

- PRE HEAT OVEN TO 350°
- IN A SAUCE PAN, STOVETOP, MELT 3 TABLESPOONS OF BUTTER
- ADD TO SAUCEPAN 3 TABLESPOONS OR SO OF HONEY

STIR ON LOW HEAT WHILE BUTTER MELTS

- ADD 1.5 CUP (APPROX) WALNUTS
PECANS, SLIVERED ALMONDS
- ADD A DASH OF SALT, STIR TO MIX AND COAT ALL WITH BUTTER AND HONEY.
TURN OFF HEAT

- IN THE STILL WARM PAN PUT 2 CUPS ROLLED (UNCOOKED) OATS
 - ADD 1 TEASPOON VANILLA EXTRACT
 - * • ADD 1/2 CUP OR SO OF RAISINS AND/OR CRAISINS AND/OR DRIED CRANBERRIES
- STIR WELL TO MIX →

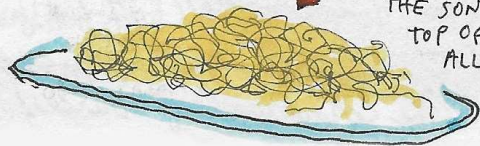
- ↗
- ON A PARCHMENT LINED BAKING SHEET SPREAD OUT THE MIXTURE AND PLACE IN THE HOT OVEN FOR 10 TO 20 MINS - STIR AS NEEDED - UNTIL ALL IS TOASTY TO SUIT. * CAN ADD RAISINS ETC AFTER
 - REMOVE FROM OVEN, LET IT COOL, THEN TRANSFER TO A STORAGE CONTAINER



AS A VARIATION - MAPLE SYRUP CAN BE USED IN PLACE OF HONEY. CINNAMON AND NUTMEG CAN BE ADDED BEFORE BAKING

sue's Simple Sauce

- INTO A SAUCE PAN PUT:
 - 1 TBS OLIVE OIL
 - 1 TEASPOON (HEAPED) FENNEL SEED
 - TURN STOVE TO MEDIUM HEAT AND STIR ABOUT ONE MINUTE 'TILL FENNEL BROWNS A BIT
 - ADD AND STIR IN:
 - 1 CAN (15oz) TOMATO SAUCE
 - ADD AND STIR IN: (REDUCE HEAT TO SIMMER)
 - 1 TEA DRY BASIL -OR 8 TO 10 LARGE LEAVES OF FRESH BASIL (TORN UP BITE SIZE)
 - 1 TEA DRY OREGANO
- (CAN SUBSTITUTE PENZEY'S "ITALIAN SPICE MIX", OR THE "PASTA SPRINKLE" - USE 2 TEA OF MIX IN PLACE OF BASIL AND OREGANO.)



SAUCE GOES HERE LIKE THE SONG SAYS... "ON TOP OF SPAGHETTI ALL COVERED WITH CHEESE..."

use for pasta, pizza... etc...

- FOR PASTA: COOK THE SAUCE FIRST AND KEEP WARM WHILE PASTA COOKS IN ANOTHER PAN ACCORDING TO DIRECTIONS. WHEN PASTA IS DONE LADLE SAUCE OVER COOKED PASTA (DRAIN PASTA FIRST!)
- ▲ VARIATION: AFTER ADDING FENNEL SEED TO THE OLIVE OIL ADD VEG (CHOPPED) LIKE ONION, GARLIC AND BELL PEPPER AND SAUTE WITH FENNEL AS PART OF THE SAUCE (WHICH WILL BE CHUNKIER)
- ▲ VARIATION: HEAT FROZEN READY-TO-USE MEATBALLS ALONG WITH THE FENNEL SEED
- FOR PIZZA: COOK THE SAUCE FIRST (COULD ALSO BE COLD LEFTOVER SIMPLE SAUCE FROM PASTA NIGHT - NO NEED TO RE-HEAT FIRST)
 - ROLL OUT A PIZZA DOUGH CRUST FROM TRADER JOE'S (OR ANOTHER READY-TO-USE CRUST)
 - SPREAD SAUCE ONTO THE CRUST
 - ADD CHEESE AND TOPPINGS AND BAKE ACCORDING TO DOUGH-CRUST DIRECTIONS
- FOR ETC. SPOON WARM SAUCE OVER ROASTED VEG OR OVER A FARRO AND CANNELLINI BEAN BOWL OR USE AS A DIP...

terrific toddy

(hot citrus toddy)

- PEEL OFF A GENEROUS STRIP FROM A NAVEL ORANGE WITH A VEGETABLE PEELER
- PLACE 1 TEASPOON OF HONEY AND 1 TABLESPOON OF LEMON JUICE IN THE BOTTOM OF A HEAT-PROOF MUG OR GLASS. (THE BOTTOM OF THE MUG SHOULD BE COVERED WITH HONEY AND LEMON JUICE)
- ADD THE ORANGE PEEL AND 2 OUNCES OF BOURBON TO THE MUG
- FILL THE MUG WITH BOILING WATER, STIR TO COMBINE

GREAT
DRINK!
RECIPE!
(ESP.
AFTER
A WINTER
HIKE!)

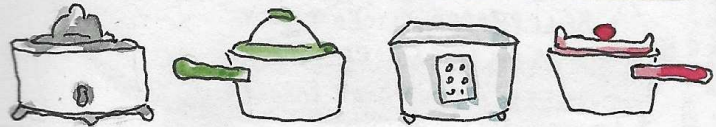
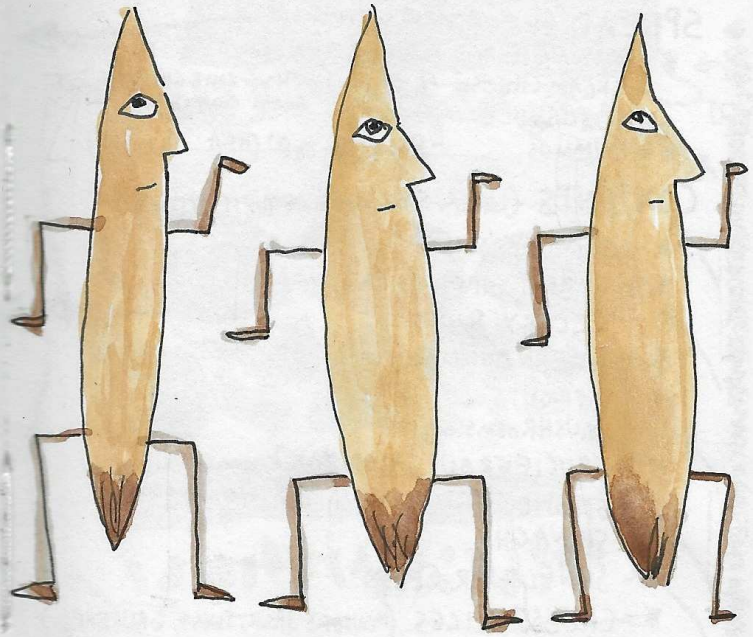
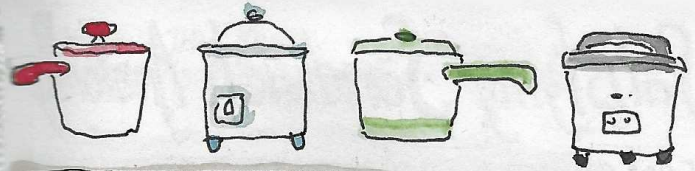
ORANGE
PEEL
DRAWING
FAIL!!
↙



the Farro

- TAKE ONE CUP OF EMMER FARRO (THE WHOLE GRAIN, OFTEN SOLD IN BULK, NOT THE QUICK COOKING KIND)*. SPREAD ON A PLATE OR SHALLOW BOWL AND REMOVE IMPURITIES.
- PUT SORTED FARRO IN A SAUCE PAN WITH A LID AND COVER WELL WITH WATER
- LET IT SOAK FOR 8 HOURS OR SO (I DO THIS JUST BEFORE GOING TO BED)
- BRING TO A BOIL. REDUCE HEAT TO A SIMMER. SIMMER FOR 2 HOURS - LID ON NO STIRRING! [A CROCK POT OR RICE COOKER IS HANDY FOR SOAKING AND COOKING]
- WHEN COOKED DRAIN THE WATER AND PUT COOKED FARRO IN A KEEPER IN THE FRIDGE FOR USE IN BEAN AND GRAIN BOWLS (ETC.) OVER THE NEXT WEEK.

* TRADER JOE'S QUICK COOKING FARRO IS GOOD TOO - FOLLOW PKG DIRECTIONS



"2 BUSY 2 COOK" AND HUNGRY NOW!

INTO A 64 OZ (OR SO) LIDDED CONTAINER -
FOOD STORAGE KEEPER PUT THE FOLLOWING
AND STIR TO MIX:

- 2 CANS BLACK BEANS (DRAINED)
 - 1 CAN DICED TOMATOS (JUICE AND ALL)
 - 1 4OZ CAN GREEN CHILI'S (JUICE AND ALL)
 - DASH OF OLIVE OIL (TEASPOON?)
 - 1/2 TO 1 CUP FROZEN SWEET CORN
 - 2 GREEN ONIONS CHOPPED (IF AVAILABLE)
 - CILANTRO (FRESH OR DRIED - TO TASTE)
 - CUMIN (GROUND - AMOUNT TO TASTE)
 - CHILI POWDER (AMOUNT TO TASTE)
 - LIME JUICE (1/2 OR 1 FRESH LIME APPROX)
 - SALT AND PEPPER TO TASTE
- STIR TO MIX WELL!

"2B2C" SERVING OPTIONS:

- SPOON 2B2C MIX COLD OVER SPINACH
OR OTHER SALAD GREENS.
- ADD OLIVES, CHEESE, AVOCADO TOO.
- SPOON 2B2C MIX ONTO TORTILLAS OR
TACO SHELLS WITH OR WITHOUT GREENS,
OLIVES, CHEESE ETC. EAT COLD
- HEAT 2B2C IN A MICROWAVE, OR WOK
STOVETOP, BEFORE ADDING GREENS ETC

STORE LEFTOVERS IN A FRIDGE

2B2C MEAL WAS HERE. IS NOW GONE.
SAME WITH THE EATERS.



WHOLLY HOLY GUACAMOLE

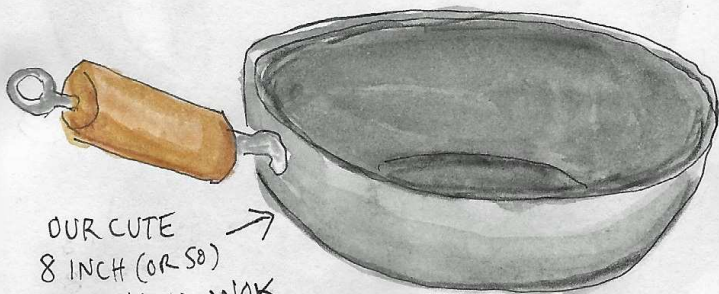
INGREDIENTS: 3 TO 4 AVACADOS, 4 CLOVES OF GARLIC, 1 JALAPENO, 1 TOMATO, 1 SMALL ONION, LIME JUICE, CILANTRO, SALT, PEPPER, OLIVE OIL

INSTRUCTIONS: FINELY CHOP ONION AND GARLIC DRIZZLE OLIVE OIL IN A SMALL SKILLET AND SAUTE UNTIL TENDER. TRANSFER TO A BOWL. INTO THE BOWL ON TOP OF THE ONION AND GARLIC ADD COARSELY CHOPPED TOMATO AND JALAPENO. STIR. PEEL, PIT AND ROUGHLY CHOP THE AVACADOS AND ADD THEM TO THE BOWL. VERY COARSELY MASH UNTIL CREAMY BUT STILL CHUNKY. ADD SOME LIME JUICE, CHOPPED CILANTRO, SALT AND PEPPER. STIR. TASTE. ADJUST SEASONINGS AS YOU ARE INSPIRED.



SUE'S WOK THEORY

GENERAL THEORY: A WOK IS FOR COOKING MORE THAN ASIAN DISHES (THO THERE'S THAT TOO!) WOK'S CAN QUICKLY RE-HEAT PREVIOUSLY COOKED BEANS AND GRAINS (ALONG WITH VEG ETC.) FOR BEAN AND GRAIN BOWLS OR TACOS, BURRITOS OR HEAT A CURRY*
* THAI OR INDIAN CURRY



OUR CUTE
8 INCH (OR SO)
KEN HOM WOK
WWW.KENHOM.COM

← GOOD WOK CARE
INFO THERE TOO.

PRACTICAL THEORY:

- CUT, ASSEMBLE OR GATHER ALL OF THE INGREDIENTS FIRST (AND A WOOD SPOON!)
 - PUT THE EMPTY WOK ON THE STOVETOP AT MEDIUM HEAT 'TILL POT RADIATES HEAT TO A HOOVERING HAND
 - PUT OIL (OR WATER) IN THE HOT WOK. WAIT 'TILL STEAM RISES OR OIL SHIMMERS
 - ADD PROTIEIN IF USING (COULD BE EGG, TOFU, PRE-COOKED CHICKEN...) STIR! STIR! STIR!
 - ADD VEG (ONION, GARLIC, PEPPERS, CELERY, CARROTS...) STIR, STIR, STIR! (WOOD SPOON!! YES!)
 - ADD PRE-COOKED BEANS (ANY BEANS), STIR!
 - ADD GRAINS (ANY PRE-COOKED GRAIN) STIR!
 - ADD SAUCE (COULD BE SILAGY SAUCE, SALSA OR A CURRY SAUCE... ANYTHING YUMMY!) STIR!
- WHEN EVERYTHING SEEMS HOT ENOUGH ★
TRANSFER EVERYTHING TO SERVING BOWLS (OR TORTILLAS) WITH GREENS AND ANY TOPPING'S DESIRED
- ★ AN OPTION IS TO ADD GREENS, LIKE SPINACH, TO THE WOK AT THE LAST MOMENT AND HEAT THE GREENS TILL JUST WILTED. (STIR!)

resources

IMUSA BEAN POT
"MAGIC BEAN POT"
AKA "CALDERO"
WWW.IMUSAUSA.COM

KEN HOM WOK
WWW.KENHOM.COM

PENZEYS SPICES
WWW.PENZEYS.COM

LODGE CAST IRON
COOKWARE
WWW.LODGEMFG.COM

AROMA RICE COOKER
WWW.AROMA-HOUSEWARES.COM

CUISINART STICK BLENDER
WWW.CUISINART.COM

COOKING CLASSES
BY CHEF KIM MAHAN
WWW.CLASS-COOKING.COM

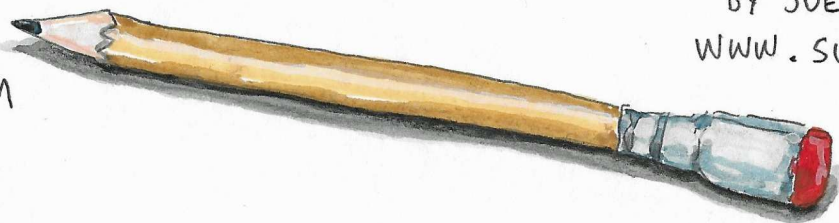
TRADER JOE'S
WWW.TRADERJOES.COM

FOR SKETCHBOOKS AND PENS
WWW.OBLATIONPAPERS.COM

FOR GOUACHE PAINTS
AND ETC. ART SUPPLIES
WWW.ARTISTCRAFTSMAN.COM

FOR BOOKS MENTIONED
IN THIS BOOK
WWW.POWELLS.COM

FOR MORE SKETCHBOOKS, FINE ART,
ARTIST BOOKS AND ETC. FUN STUFF
BY SUE CLANCY
WWW.SUECLANCY.COM





about us

WE MET IN 1996 AND IT WAS LOVE AT FIRST SIGHT FOR BOTH OF US! QUICKLY WE DISCOVERED WE BOTH LIKED ART, BOOKS, MUSIC, HIKING, TRAVEL, DOGS, CATS AND EACH OTHERS COOKING. WE'VE BEEN TOGETHER HAPPILY EVER AFTER, STILL COOKING JUST TO HEAR THE OTHER SAY "YUM!"

-SUE CLANCY AND JUDY SULLENS
"THE AUNTIES"

about

ARTIST SUE CLANCY
KEEPS A SKETCHBOOK
IN THE KITCHEN, FILLING
IT FULL OF HER OWN AND
JUDY SULLENS' FAVORITE
RECIPES ... SO FAR.
THIS SKETCHBOOK IS
A SORT OF MEMOIR, A
WAY OF REMEMBERING
24 YEARS OF COOKING
TOGETHER - FOR EACH

this book

OTHER AND FOR GUESTS.
THIS IS A HAND DRAWN
AND HAND WRITTEN BOOK.
THAT A READER COULD
MAKE THEIR OWN MEAL
FROM THESE PAGES IS
A HAPPY BONUS!

- SUE AND JUDY
AKA
"THE AUNTIES"

