



Caytee Wankier ('08) NAC President

“Tis the season to be a T-Bird! The holidays may be a time for festive decorations and cozy gatherings, but they're also an opportunity for us to come together as an SUU family and share our Thunderbird cheer. This holiday season we challenge you to join us as part of the Alumni Association to reach out in your communities spreading warmth and joy through **Random Acts of T-Birds**. Because at SUU, we learned to serve. Remember, the festive spirit doesn't just light up the campus - it lights up our hearts! Wishing you and your loved ones a T-Bird-tastic holiday season! ”

Christmas Potpourri

YIELD: Makes 1 simmer pot



Mmm...
Smells like Christmas

INGREDIENTS

- 1 medium navel orange
- 6 c. water
- 1/2 c. fresh cranberries
- 3 cinnamon sticks
- 2 T. whole cloves
- 3 pine or rosemary sprigs
- 1 whole star anise

DIRECTIONS

- Slice the orange into 4-5 rounds and put them, along with the rest of the ingredients, into a medium saucepan with water.
- Bring to a boil, then simmer on low for as long as you like, adding water when needed.
- Enjoy the scent of Christmas and refresh ingredients as needed!

Chocolate Dipped Cinnamon Caramels

FROM THE KITCHEN OF:

Mel's Kitchen Cafe

INGREDIENTS:

3/4 c. salted butter

1/4 t. salt

1 c. light corn syrup

2 c. granulated sugar

3 t. cinnamon extract

1 t. red food coloring gel

2 c. heavy whipping cream, divided (meaning, you'll add half at the beginning and half later)

DIRECTIONS

- Butter an 8X8-inch pan and set aside.
- In a medium heavy-bottomed saucepan, combine butter, salt, corn syrup, sugar and 1 cup of the cream. Over low heat, warm the ingredients until the butter is melted. Gently stirring during this part is ok to help combine the ingredients – just take care not to stir too vigorously and splash the liquid high up on the sides of the pan; also, take care to use low heat for this step.
- Once the ingredients are warmed and melted, increase the heat to medium-low (keep stovetop dial between a 3 and 4 the entire time; each stove is different so just keep an eye on the heat). Because these are no-stir caramels, too high of heat will burn the ingredients on the bottom. Moderate the heat of your stove so that the mixture maintains a simmer without burning. If you turn down the heat and the caramel stops simmering, simply increase the heat little by little until a good simmer is reached and then leave it there. You'll be good to go.
- Clip a candy thermometer to the side of the pan and bring the mixture to a simmer. Cook, without stirring, until the mixture reaches 236 degrees F. Pour in the remaining 1 cup cream. Gently swirl the caramel once or twice with a wooden spoon or spatula to incorporate.
- Again, bring the mixture to a simmer and cook until the thermometer registers 245 degrees F.
- Off the heat, carefully stir in the cinnamon and red food coloring.
- Immediately pour the caramel into the prepared pan – don't scrape the sides, just tip the pan until no more drizzles out. Let the pan of caramels cool completely at room temperature before cutting into pieces.
- To dip into chocolate, melt milk, semisweet or bittersweet chocolate in the microwave on 50% power for 1-minute increments or in a double boiler on the stove. Simply drop a caramel into the chocolate, lift out once fully covered with a fork, tap on the side of the bowl to let the excess chocolate drip off, and then carefully slide onto a parchment-lined baking sheet.

Ashlee Nelson ('05) NAC Member





Christmas Morning Ableskivers



FROM THE KITCHEN OF:

Ashlee Nelson

Makes about 105 Ableskivers.

INGREDIENTS:

3 c. milk
3 c. flour
4 eggs
1/4 c. butter
1 T. yeast
1 T. sugar
pinch of salt

DIRECTIONS

- Heat butter in milk until melted.
- Sift flour in bowl. Add half of the butter and milk mixture and beat well. Add salt, sugar, and eggs one at a time. Dissolve the yeast with a little sugar in 1/4 c. warm milk and add to the mixture.
- Add the rest of the ingredients. Stir well. Cover and let rise for 1 hour.
- Heat the Ableskiver iron/pan. Brush with butter. Put a little batter in each cup. When lightly browned turn with a fork and cook until golden brown on both sides. Make sure they are cooked through the middle.
- Toss in cinnamon and sugar mixture and serve with buttermilk syrup.



Christmas Morning Buttermilk Syrup





FROM THE KITCHEN OF:

Ashlee Nelson

INGREDIENTS:

1/2 c. butter
1/2 c. buttermilk
1 c. sugar
1 T. corn syrup
1 t. baking soda
1 t. vanilla

DIRECTIONS

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- In large saucepan bring butter, buttermilk, sugar, and corn syrup to a boil over medium heat. Let boil for 1 minute. Take off heat.
 - Stir in baking soda and vanilla. *Soda makes the syrup grow; you will want to use a large pan.
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Nicole Funderburk ('00) NAC Member

English Trifle

SERVINGS: 10-12

INGREDIENTS

- (2) 3.4 oz packs strawberry jello
- 2 c. boiling water
- 1 pack frozen strawberries
- 2 packs frozen raspberries
- 1 pint vanilla ice cream
- (2) 3.4 oz tapioca pudding
- 2 bananas, sliced
- 1 angel food cake, broken into pieces
- 1 container frozen whipped topping
- Maraschino cherries
- Chopped nuts

DIRECTIONS

- Dissolve strawberry jello in boiling water.
- Add 1 pint of vanilla ice cream, then frozen fruits.
- Pour in a clear glass bowl or trifle dish and allow to set.
- Arrange bananas on top of jello mixture.
- Layer broken angel food cake.
- Cook tapioca pudding according to directions on box and cool.
- Layer pudding and top with frozen whipped topping.
- Decorate with cherries and nuts, if desired.

Shepherd's Bread Dip

SERVINGS: 8-12

INGREDIENTS

- 1 round Shepherd's bread
- 1 loaf rye bread
- Knorr vegetable soup mix
- (1) 10 oz box frozen chopped spinach
- 16 oz sour cream
- 1 c. mayonnaise

DIRECTIONS

- Mix soup mix, spinach, sour cream, and mayonnaise together and chill.
- Just before serving, hollow out Shepherd's bread to make a bread bowl to hold the dip.
- With remaining Shepherd's bread and rye bread, tear into bite-sized pieces for dipping.

Shrimp Cocktail Drink

INGREDIENTS

- 3 quarts tomato juice
- (1) 14 oz bottle ketchup
- 1 T. horseradish
- 1 c. finely chopped celery
- 3 T. worcestershire sauce
- 3 T. sugar
- 1/2 t. salt
- 1/2 t. garlic salt
- Juice of 1 lemon
- 2 cans of shrimp

- Combine all ingredients and chill.
- Serves 25.

“These cherished dishes have been staples at our annual Bingham Christmas party, bringing back treasured memories of my grandparents. Their delicious recipes inspired me to start a special tradition in 2002 - creating an annual recipe collection to share with loved ones. For twenty years, each Christmas has brought a new cookbook featuring favorite recipes discovered throughout the year, connecting generations through the joy of cooking.”



Vanilla Ginger Cookies



INGREDIENTS

COOKIES:

1 c. salted butter (room temp)
 1/4 c. sugar
 1/4 c. light brown sugar
 2 t. lemon zest
 1 T. vanilla
 2 1/2 c. flour
 1/2 t. salt
 1/2 t. ground ginger
 1/4 t. ground cinnamon
 1/8 t. ground cardamom

GLAZE:

2 c. powdered sugar
 1 T. vanilla
 1 T. water

DIRECTIONS

- Cream together butter, sugar, brown sugar, lemon zest, and vanilla until fluffy. Add in flour, salt, ginger, cinnamon and cardamom, beating until combined and it begins to form a ball.
- Roll out the dough between floured sheets of parchment to 1/4' thickness. Cut out cookies.
- Transfer to a parchment paper lined cookie sheet, cover with plastic wrap and freeze about 10-20 mins.
- Preheat the oven to 350, bake on the middle rack for 12-14 minutes, until lightly golden brown. Cool on baking sheet 5 minutes before transferring to the cooling rack.
- To make the Glaze: beat together the powdered sugar, vanilla and 1 Tbsp water until the glaze is smooth and drizzly, if needed add water 1 tsp at a time until drizzly.
- Dip the cookies in the glaze, letting excess drip off. Transfer to a wire rack and decorate as desired.



Jamie Shaw (96) NAC Member





Mike Moon ('05, '11) NAC Member

“My grandma made these for us for our extended family Christmas celebrations. I remember making these for a group of SUU housing and residence life RAs and they loved them. They're so easy that you can make them in a dorm kitchen!”

Naughty Knots

INGREDIENTS

<i>1/2 c. cranberry sauce (optional)</i>	<i>5 cloves garlic, finely chopped</i>
<i>All-purpose flour, for dusting</i>	<i>1 T. chopped fresh rosemary</i>
<i>1 lb. store-bought or homemade pizza dough</i>	<i>1 chopped fresh sage</i>
<i>Garlic powder, for sprinkling</i>	<i>1/4 t. kosher salt</i>
<i>3 oz. brie, cut into 8 pieces (optional)</i>	<i>1/4 c. finely grated Parmesan, divided</i>
<i>5 T. unsalted butter</i>	

DIRECTIONS

- If your cranberry sauce is particularly chunky, roughly chop until small pieces of cranberries remain. Preheat oven to 400° and line a large baking sheet with parchment.
- On a lightly floured surface, divide dough into 2 pieces. Roll out one piece to a 12"-by-6" rectangle. Sprinkle with garlic powder. Dollop 4 to 5 tablespoons cranberry sauce onto rectangle. With long side of rectangle facing you, tightly roll dough into a log.
- With a sharp knife, slice down center of log lengthwise so you have 2 strips of dough with exposed cranberry interior. Cut each strip into 2 pieces crosswise.
- Place a piece of brie in center of strip. Carefully tie a knot around cheese (don't worry if it isn't perfect). Transfer to prepared sheet, tucking in any exposed ends to make a neat knot. This will be a messy process, and you may lose some filling, but that's okay! Repeat with remaining dough.
- Bake knots until golden brown, 22 to 25 minutes.
- Meanwhile, in a small saucepan over medium heat, melt butter. Add garlic and rosemary and cook, stirring, until fragrant, 2 to 3 minutes. Remove from heat. Add sage and salt and stir to combine.
- Transfer knots to a large bowl. Pour garlic butter over and sprinkle with 3 tablespoons Parmesan, then gently toss to combine.
- Arrange knots on a platter and sprinkle with remaining 1 tablespoon Parmesan. Enjoy!