

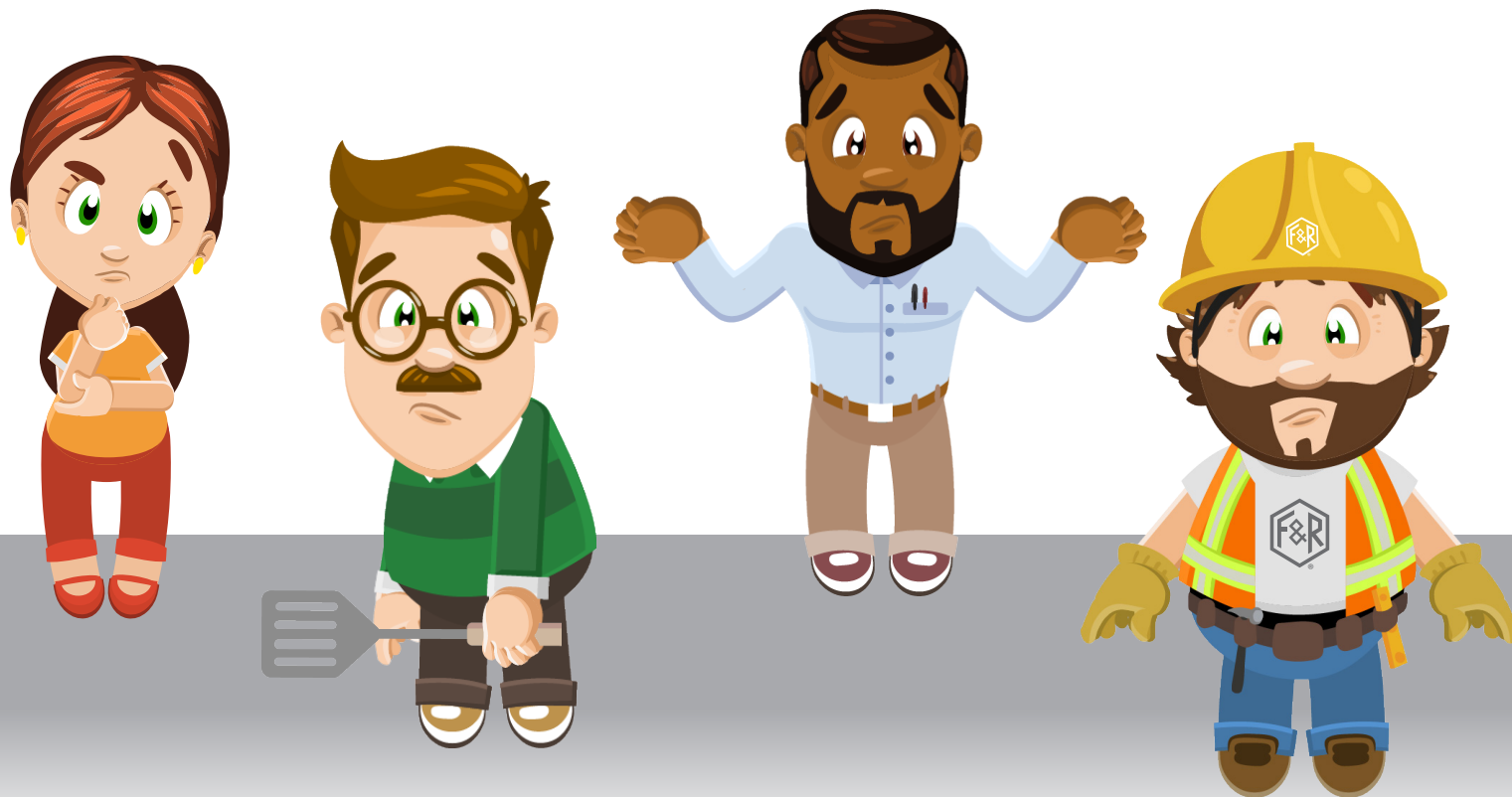


'Twas the Night Before: AN F&R HOLIDAY RECIPE STORY

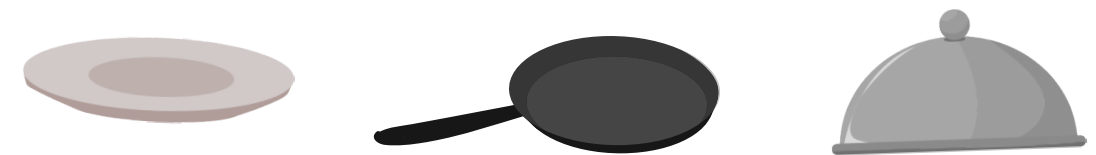


A Gift from Your Friends at Froehling & Robertson

'Twas the night before the feast
when through F&R halls,
Not one single recipe
could the staff recall.



The pots, pans, and dishes
were pulled out with care,
In the hope inspiration
soon would be there.



But try as they might,
no meal ideas came out,
The fate of the feast
was now shrouded in doubt!



When what, to their wondering
eyes did appear,
But F&R Environmental
shouting, "Have no fear!"



“While we’re great at our day jobs
it’s time that you knew,
In our spare time we’re pros
at cooking and baking, too!”



The team then revealed
their secret recipe book,
And the F&R staff
were finally ready to cook!



They ran to the store
to buy an ingredient or two,



Then made a quick change -
they had lots to do!



And then in a flash the tables were full of great treats,
With drinks, entrees, apps, and plenty of sweets!



“But wait,” they all thought,
“What good is all this,
If our clients and friends
can’t share in this bliss?”



So here they are,
F&R’s holiday dishes,
Shared with all of you now
with all our best wishes!



Spinach and Artichoke Dip

OVEN TEMPERATURE: 350 °F

INGREDIENTS:

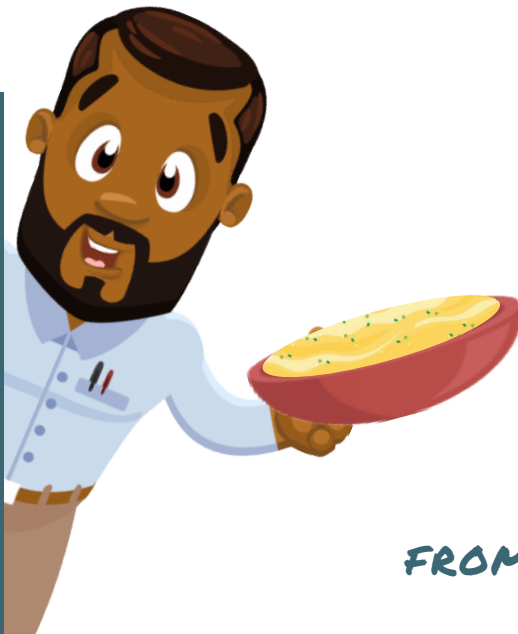
- 1 6.5 oz jar of marinated artichokes, drained
- 5 oz frozen spinach, cooked and drained/squeezed
- 1/2 cup mayo
- 1/2 cup grated Parmesan cheese
- 1 1/4 cups grated Monterey Jack cheese
- 1 garlic clove

DIRECTIONS:

1. Preheat oven to 350 °F
2. Combine artichokes, spinach, mayo, parm, 1 cup of the Monterey Jack cheese and garlic in the food processor and mix until combined
3. Spread the mixture into a casserole dish and sprinkle with remaining cheese
4. Bake for 15 minutes until hot and bubbly
5. Serve with tortilla chips, crackers, veggies, or pita chips

STEPHANIE SAYS:

This is a recipe that we enjoy while watching football or at a party. It's always a fan favorite.



FROM STEPHANIE GOLEMBESKI, BUSINESS DEVELOPMENT DIRECTOR

Glazed Pecans

OVEN TEMPERATURE: 225 °F

INGREDIENTS:

- One large egg white
- 1 tsp rum
- 1 pound large pecan halves
- 1/3 cup granulated sugar
- 2 T brown sugar
- Pinch of salt
- 3/4 tsp ground cinnamon

DIRECTIONS:

1. Preheat oven to 225 °F
2. Whisk egg white in a large bowl until frothy
3. Whip rum into egg white, add nuts, and toss until well-coated
4. Add sugars, salt, and cinnamon and toss well.
5. Spread nuts onto a greased cookie pan and put in oven
6. Bake for a total of one hour, 15 minutes, but remove from oven every 15 minutes and turn nuts to separate and bake evenly

STEPHANIE SAYS:

This is a recipe from my husband's side of the family. These nuts are always a treat during the holiday season. They make a great hostess gift or present for the neighbors.



Bread

FROM LUKE NELSON, PH.D., INDUSTRIAL HYGIENIST

OVEN TEMPERATURE: 350 °F

YIELD: Two loaves

TOOLS NEEDED: Two 9x5 loaf pans, stand mixer with dough hook (optional)

INGREDIENTS:

5 1/3 cup bread flour
1 T salt
1 T yeast
1 1/3 cup milk
4 eggs
1/4 cup honey
1/4 cup butter (melted)

DIRECTIONS:

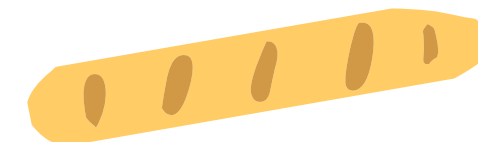
1. Heat milk to approximately 110-115 °F
2. Add honey to milk and stir
3. Add yeast and proof for about 5 minutes
4. While yeast is proving, add flour and salt to bowl and mix
5. Add eggs, melted butter, and milk mixture to flour mixture; stir until incorporated
6. If using a stand mixer, knead about 8-10 minutes; if kneading by hand on a floured surface, knead for 10-12 minutes
7. Proof dough in a bowl covered with a tea towel in a warm location until it doubles in size, about an hour to an hour and a half
8. Turn dough out on a lightly floured surface and knead for about a minute
9. Divide dough into 2 equal pieces and shape into loaves
10. Place loaves into buttered and floured loaf pans and cover with a clean tea towel
11. Proof until loaves have doubled in size, about an hour
12. Place loaf pans in an oven preheated to 350 °F; bake for about 30 minutes until bread sounds hollow when tapped
13. Cool bread in pans on cooling rack for about 5 minutes, then remove from pans and let cool completely on cooling rack

LUKE SAYS:

My family believes experience is the best teacher. As such, there are few family recipes written down. My grandmother often made three to five pies at a time; when asked for the recipe, the instructions she offered were to mix flour, salt, and fat “until about right,” add water, and roll out the dough on a floured surface. When questioned further, she would become annoyed: She had given you all the information she had and all that was necessary.

As for this bread recipe, it is not an old family recipe. My mother got it from somewhere about 20 years ago. Undoubtedly, she altered it as she was apt to do and passed it along to me with actual ingredient quantiles. I've been making this recipe twice a month for about 15 years. It is a very forgiving recipe and easy to alter. If you want healthier bread, substituting 1 1/3 cups of bread flour with wheat flour and two tablespoons of honey for molasses are good options. If you want a more attractive loaf, braiding the dough before placing it in the pan for proving makes a pretty loaf that bakes evenly.

This bread is good for sandwiches or to accompany soups. It is great out of the oven with a bit of butter. If you've ever wondered why sliced bread is the benchmark for the best things it is because you've never had this bread before.



Linguine Salad

FROM ALYSSA BUDLONG, PG, DUE DILIGENCE PRACTICE LEADER

YIELD: 8-10 servings

TOOLS NEEDED: Large pot, strainer, 9x13" pan

INGREDIENTS:

- 1 pound linguine noodles
- 1 cucumber, diced
- 2 cups tomatoes, diced
- 1 onion, diced
- 3/4 bottle McCormick Salad Supreme (2.75 oz bottle)
- 1 16 oz bottle Italian dressing

DIRECTIONS:

1. Cook noodles according to directions, drain, and cool
2. Mix all ingredients together
3. Soak for 24 hours in a 9x13" pan
4. Serve cold



ALYSSA SAYS:

My aunt makes this for every family get together in the summer. It's a huge hit, and the flavors just get better the longer it sits!

Aunt Robin's Cheese Grits

FROM ZACH PARKER, PMP, ENVIRONMENTAL REGIONAL MANAGER

OVEN TEMPERATURE: 350 °F

INGREDIENTS:

- 1 cup of grits (I usually use stone ground)
- 1 stick of butter
- 1 cup of sharp cheddar
- 2 eggs, beaten
- 1/2 cup milk
- 1/4 tsp garlic powder
- 1/4 tsp salt (or to taste)

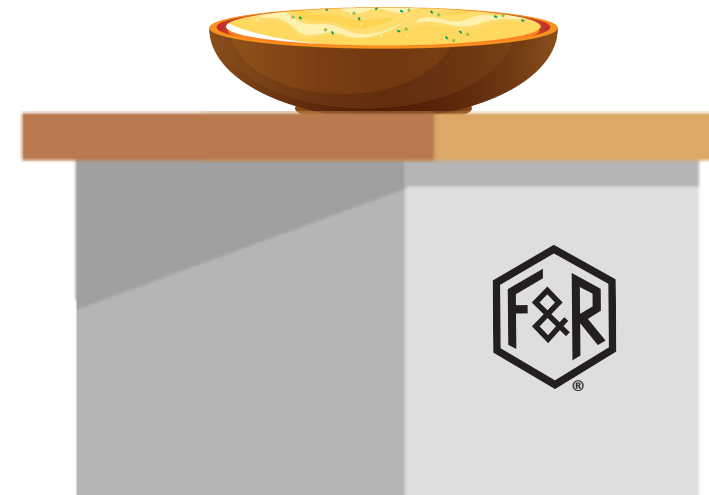
DIRECTIONS:

1. Cook your grits according to the package instructions – typically 4 cups water to 1 cup grits
2. Once your grits are thickened, take off of the heat and stir in the cheese and butter
3. In a separate bowl mix your eggs, milk, garlic powder, and salt
4. Add about a 1/2 cup of the warm grits mixture to your eggs and stir to temper the mixture and avoid scrambling your eggs
5. Now add the egg mixture back into the grits, stir to combine, and pour into a greased 2-quart casserole dish
6. Bake at 350 °F for around 45 minutes or until the middle just shakes slightly – it will set up more as it cools to serving temperature

ZACH SAYS:

These are my Aunt Robin's famous cheese grits; no family dinner on my mother's side would be complete without them. They go well with all kinds of Southern food, and I like them with seafood such as crab cakes or fried oysters.

You can make the grits early in the day or the day before, just stop the recipe prior to baking them and store them covered in the refrigerator. Allow them to come to room temperature prior to baking or plan on an extended baking time. I like to double this recipe for larger groups by using a 4-quart casserole and extending the baking time to 60-70 minutes.



Beef Tenderloin with Cherry Sauce

FROM ALYSSA BUDLONG, PG, DUE DILIGENCE PRACTICE LEADER

OVEN TEMPERATURE: 425 °F

YIELD: 8 servings

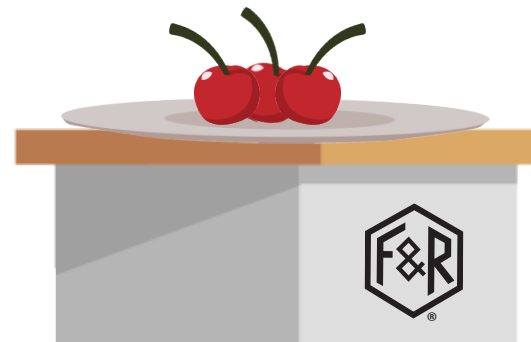
TOOLS NEEDED: Skillet, jelly roll pan

INGREDIENTS:

2 pounds beef tenderloin, trimmed
3 T unsalted butter, divided
1/4 cup sliced shallots
1/2 cup balsamic vinegar
1/2 cup cherry preserves
1 tsp salt
1 1/2 tsp black pepper

DIRECTIONS:

1. Preheat oven to 425 °F
2. Sprinkle beef with 3/4 tsp salt and 1/2 tsp pepper
3. Melt 1 T butter in a large skillet over medium-high heat
4. Add beef and cook 2 minutes per side or until browned
5. Transfer beef to a jelly roll pan coated with cooking spray
6. Bake at 425 °F for 25 minutes or until a thermometer registers 135 °F (or desired degree of doneness)
7. Remove beef from oven; let stand 10 minutes
8. Return skillet to medium heat
9. Add shallots and cook 3 minutes or until translucent, stirring occasionally
10. Add 1 tsp black pepper, 1/4 tsp salt, vinegar, and preserves
11. Bring to a boil, scraping pan to loosen browned bits
12. Reduce heat to low, and simmer 6 minutes or until sauce slightly thickens
13. Stir in remaining 2 T of butter
14. Serve sauce with beef



ALYSSA SAYS:

This started out as an internet recipe I found while looking for new recipes to try during COVID. It has turned into a family favorite and is now requested for birthdays and holiday celebrations by our extended families.

Moroccan Kefta Tagine

FROM ZACH PARKER, PMP, ENVIRONMENTAL REGIONAL MANAGER

YIELD: 4 servings

TOOLS NEEDED: Tagine or a deep skillet with a lid, grater

INGREDIENTS:

Meatballs

- 1 lb ground lamb (you can also use beef, or a 50/50 mix)
- 1/2 large onion, grated
- 2 T of parsley, chopped
- 2 T of cilantro, chopped
- 1 tsp each of cumin, paprika, black pepper, and salt

Tomato Sauce

- 2 lbs fresh tomato, grated (you can use canned whole if tomatoes aren't in season, but it's not the same)
- 1/4 cup olive oil
- 1 large onion, chopped
- 4 cloves garlic, chopped
- 2 tsp of cumin, paprika, salt
- Black or cayenne pepper to taste (optional)
- Chopped parsley and cilantro to taste (optional)

Additions: 4 eggs



DIRECTIONS:

1. Heat the olive oil in your tagine or skillet
2. Saute onion until translucent and then add garlic and saute until fragrant
3. Add the grated tomatoes and spices and simmer – it usually comes together in around 30 minutes, depending on your tomatoes
4. While the sauce simmers, make the meatballs
5. Combine the meatball ingredients with your hands in a large bowl until well mixed
6. Form into small, bite-sized meatballs roughly the size of a walnut or as small as a cherry
7. After the sauce achieves a good consistency, stir in the cilantro/parsley and then add the meatballs directly to the sauce to poach
8. Cover and simmer the meatballs until they are cooked through, approximately 10-15 minutes – don't overcook them or they will be tough and crumbly
9. Once the meatballs are almost done simmering, crack 4 eggs directly onto the top of the sauce, cover, and cook until the whites are just set
10. Take the tagine or skillet to the table and serve

ZACH SAYS:

My wife and I learned to make this from a wonderful woman named Laila on our honeymoon in Morocco, and it has become a family favorite. It comes together fast enough to have on a weeknight once you get the hang of it. Serve it with fresh crusty bread, oil-cured olives, and a green salad.

Steak Teriyaki

FROM STEPHANIE GOLEMBESKI, BUSINESS DEVELOPMENT DIRECTOR

INGREDIENTS:

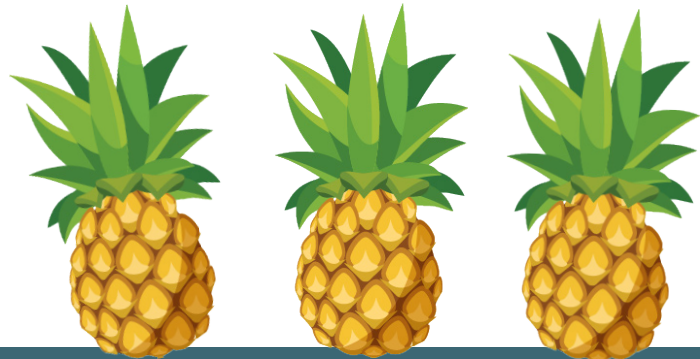
1 beef flank, skirt, or flap steak
Scallions

Marinade

1/2 cup soy sauce, tamari, or coconut aminos
1/2 cup sake or sherry wine
2 T chopped garlic
2 T chopped ginger
Zest and juice of 1 orange

DIRECTIONS:

1. Combine all ingredients in the marinade in a bowl
2. Pour marinade over steak to cover the meat and refrigerate overnight
3. Preheat the grill and grill the meat, flipping once until meat reaches desired temperature
4. Let stand for 10 minutes before slicing across the grain of the meat
5. Garnish with scallions and serve with rice and fresh pineapple chunks



STEPHANIE SAYS:

This is a recipe that my mother Vicki Parker made when I was growing up and was a family favorite. I now serve it at my house, and it's always a big hit!



Dutch Baby (Liam's Birthday Breakfast Surprise)

FROM JESSE PHILLIPS, CIH, CSP, INDUSTRIAL HYGIENE PRACTICE LEADER

OVEN TEMPERATURE: 400 °F

YIELD: 2-4 servings depending on the crowd

TOOLS NEEDED: 10" Cast iron skillet, mixing bowl, whisk

INGREDIENTS:

1/2 cup milk

1/2 cup all-purpose flour

1/4 cup sugar

2 large eggs, room temperature

4 tablespoons (1/2 stick) unsalted butter (salted is fine, too)

Optional toppings:

Maple syrup

Preserves (strawberry, blueberry, whatever!)

Powdered sugar

Sautéed fruit

Lemon zest cream cheese spread

Chef's choice

DIRECTIONS:

1. Whisk together the milk, flour, sugar, and eggs
2. Melt the butter in the pan over medium heat on the stove top
3. Tilt the pan to coat bottom and sides with butter
4. Pour the egg mixture into the skillet (still medium heat) and cook it for approximately 60 seconds without stirring it
5. Place the skillet in the preheated oven and bake for 12-15 minutes, until golden and puffing up
6. Pull it out and serve immediately to maximize spectacle, since it will fall right away (Don't worry, it is cooked – that is not uncooked batter; rather, it's a pool of hot butter!)
7. Serve with optional topping(s) – but, truly, there is no need



JESSE SAYS:

We pulled this recipe out of a cookbook we received as a wedding gift. The first time we made it was as a breakfast surprise when our first child, Liam, turned one year old. That was 14 years ago! Every October 27 at night we set out the all the ingredients except the milk so that on October 28, his birthday, everything is ready to go.

It's a favorite in our family and is even more special having it only once a year. We split it four ways with Liam's sister, Lucy, as well as my wife, Jen. Even splitting it four ways and enjoying it once a year is... plenty.

Buttery Hamantaschen Cookies

FROM ALYSSA BUDLONG, PG, DUE DILIGENCE PRACTICE LEADER

OVEN TEMPERATURE: 350 °F

YIELD: 36 cookies

TOOLS NEEDED: Large mixing bowl, electric mixer, sifter, rolling pin

INGREDIENTS:

3/4 cup unsalted butter, room temperature

2/3 cup sugar

1 large egg, room temperature

1 tsp vanilla

2 1/4 cups flour

1/4 tsp salt

Jam/preserves of choice for filling

1 to 5 tsps water (as needed)

1 tsps grated orange zest (optional)

DIRECTIONS:

1. Slice butter into small chunks and place in mixing bowl
2. Add sugar to bowl and use electric mixer to cream the butter and sugar together for a few minutes until light and fluffy
3. Add the egg, vanilla, and orange zest (if using) to the bowl and beat again until creamy and well mixed
4. Sift flour and salt into the bowl and mix with the electric mixer on low until a crumbly dough forms
5. Knead dough with hands until a smooth dough ball forms, but do not overwork the dough – if the crumbles are too dry to form a smooth dough, add water 1 teaspoon at a time until the dough is tacky to the touch
6. Form dough into a flat disk and wrap with plastic wrap then place in refrigerator 3 hours or overnight
7. Preheat oven to 350 °F
8. Lightly flour a smooth surface, unwrap the dough, and place on the floured surface
9. Use a rolling pin to roll the dough to slightly less than 1/4-inch thick (may be very tough to roll in the beginning)
10. Use a 3-inch diameter round glass to cut circles out of the dough, getting as many as you can
11. Gather scraps and re-roll, then cut more circles; continue this step until you run out of dough
12. Place a teaspoon of filling in the center of each circle being careful not fill to the edges and leaving a rim of dough around the filling – DO NOT overfill or the cookies will open and the filling will spill during baking
13. This is the tricky part: Grasp the left side of the circle and fold it towards the center to make a flap (only cover about 1/3 of the circle), then grasp the right side of the circle and fold towards the center, overlapping the upper part of the left side flap and creating a triangular tip at the top of the circle so that you still see a small amount of filling in the center
14. Grasp the bottom of the circle and fold upward to create a third flap and complete the triangle, tuck the left side of this flap under the left side of the triangle, and leave the right side to overlap the right flap (like a pinwheel)
15. Pinch each corner of the triangle gently but firmly to secure the shape, and if there are any cracks, use your fingers to smooth them out
16. Repeat for remaining circles
17. Place the filled cookies on a lightly greased baking sheet, evenly spaced
18. Bake for 15 minutes or until lightly golden (I start checking the cookies at 10 minutes and they can take up to 25 minutes, depending on the thickness of the dough)
19. Cool on a wire rack and enjoy

ALYSSA SAYS:

During COVID, my children had Zoom calls with my parents and nephews on Sundays. We called them “Nana’s Lunchtime Laughs and Crafts,” and every week we did something different. My kids had a blast making these cookies with their grandparents and cousins and trying several different kinds of filling to pick their favorites. Our favorites were apricot and cherry, but my nephews loved strawberry the best. These are my children’s request every time we make cookies now!



Chocolate Chip Cake

FROM CHRISTY SLAW, ASP, DIRECTOR OF ENVIRONMENTAL SERVICES

OVEN TEMPERATURE: 350 °F

YIELD: One cake

TOOLS NEEDED: Mixer, measuring cups, tube pan



CHRISTY SAYS:

I'm unaware of how the recipe entered our family; however, we have been making this cake for special occasions my whole life. My grandmother was a very good baker, my mother is an excellent baker, and my daughter and I have followed in their footsteps. This cake was our go-to for holidays and other special occasions. We made it so much that I had memorized the recipe by fourth grade and would provide it whenever anyone asked how to make it. Although one time, I misspoke about the 1/4 cup of oil and stated it was four cups of oil. That lady has never let me live that one down!

INGREDIENTS:

1 Box Devils Food Cake mix
1 small package chocolate instant pudding
1 cup sour cream
3/4 cup water
1/4 cup vegetable oil
4 eggs
1 12 oz package chocolate chips
shortening for greasing the pan
flour for greasing the pan

DIRECTIONS:

1. Preheat oven to 350 °F
2. Add all ingredients EXCEPT chocolate chips into bowl and mix until blended
3. Stir in chocolate chips
4. Grease and flour the tube pan
5. Pour cake batter into pan and place pan in oven
6. Cook for 50-60 minutes until a wooden stick or sharp knife comes out clean



Dream Bars

FROM HILLARY BATTLE, PROJECT MANAGER/ENVIRONMENTAL SCIENTIST

OVEN TEMPERATURE: 350 °F

YIELD: 24 bars

TOOLS NEEDED: Mixer (hand or stand), mixing bowl, ungreased 9x13" baking pan

INGREDIENTS:

Crust

1/2 cup butter (softened)

1/2 cup brown sugar (packed)

1 1/2 cup all-purpose flour (sifted)

Topping

3 eggs

1 1/2 cups brown sugar (packed)

1 tsp vanilla extract

1/4 cup all-purpose flour (sifted)

1 1/2 cups sweetened flaked coconut

1/2 cup chopped pecans or walnuts

1/2 cup semi sweet or milk chocolate chips (optional)

DIRECTIONS:

1. For the crust, cream the butter in a mixing bowl
2. Add brown sugar and cream until light
3. Stir in flour until the mixture turns into crumbs
4. Press firmly into bottom of 9x13" pan
5. Bake at 350 °F for 15 minutes
6. For the topping, beat eggs until foamy
7. Gradually add brown sugar and beat until thick
8. Blend in flour and vanilla
9. Stir in coconut, nuts, and chocolate chips (if using)
10. Spread mixture over crust
11. Bake at 350 °F for 20 minutes or until top is golden brown
12. Allow to cool completely before cutting



HILLARY SAYS:

It is safe to say that we probably had more desserts than entrees around the holidays in my house growing up. These bars would be the first thing to disappear regardless if it was a party, holiday, or just a typical Monday. These bars have become a must-have any time!

Grands Monkey Bread with Reese's Peanut Butter Cups

FROM GLENN HARGROVE, CIH, CSP, CHMM, PG, INDUSTRIAL HYGIENE PRACTICE LEADER

OVEN TEMPERATURE: 400 °F

YIELD: 8-10 servings depending on hunger level

TOOLS NEEDED: Bundt Pan, Large Bowl, Small Bowl, Measuring Cup (Microwaveable)

INGREDIENTS:

2 cans Pillsbury Grands! Southern Homestyle Butter Tastin' Biscuits

1 cup of sugar

1/4 cup cinnamon

Oil or butter for Bundt pan

1 cup of brown sugar

1/4 cup honey

1/2 cup of butter

Reese's Peanut Butter Cups, small size

DIRECTIONS:

1. Preheat the oven to 400 °F
2. Mix 1 cup of sugar and 1/4 cup of cinnamon and place in small bowl
3. Open the canned biscuits and cut each in half
4. Flatten out the biscuit half, place the unwrapped Reese's Peanut Butter Cup in the middle and then fold up and shape into a ball
5. Grease the bundt pan with margarine, shortening, or spray oil
6. Roll the dough ball in the sugar/cinnamon mix until it is coated all over
7. Place the dough balls one at a time in the Bundt pan and try to distribute evenly
8. In a microwave or on the stove top, melt the half stick of butter and add the brown sugar and honey and stir until blended
9. Pour the butter/brown sugar/honey mix over the dough balls and place in the oven
10. Bake for 20 to 25 minutes
11. When baked, place a plate larger than the Bundt pan on top of the pan and carefully flip over – this is best done as soon as possible

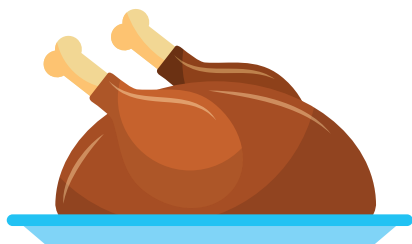


GLENN SAYS:

I was off a couple of days this past summer, and Cathey was up in Ann Arbor with our daughter. I knew my step-grandson, Julien (in his mid-20s), was home and not doing much. I asked him if he wanted to come over and try out some recipes I had found on TikTok. He said sure and came over, and we did a pizza and this Monkey Bread, and he had fun doing it. His mom, my step-daughter Shannon, also came over, so it was a fun day in the middle of the week when otherwise they would not have been doing much. After, Shannon said to Julien, 'Now that I know you can cook, I won't have to cook as much for you!'"

We hope you enjoy their culinary best,
While F&R staff take a well-earned rest.
But first they exclaim with all of their might,

“Happy holidays to all,
and to all a good night!”



**FROEHLING &
ROBERTSON**

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