

Main Dishes: - Seafood

Japanese Fried Rice

a Donna Schneider recipe
Nikki Sunn's sister, from Jackie Sunn

Jackie says, “I remember standing in Aunt Donna's kitchen with my cousin Kim and making this—her kids raved about it. I asked my aunt for this dish all the time and, like her kids, rave about it, too! Usually when she makes it, I get a care package to take home. (I've made it myself only twice—Aunt Donna's is better).”

1½ lb Shrimp, pork, or ham
2 lg Eggs, scrambled
1 lg Green pepper
1 lg Onion
1 cup Bean sprouts
1 cup Peas & carrots
Salt & pepper to taste
Soy sauce to taste
3 cup Cooked rice
1 ea Green onion, chopped



Directions: Freeze pork or ham until ice crystals form. Then cut in slivers about 1½ inches long (thinly). Cut green pepper into thin strips, cut onion on the length of the rings. Using a frying pan, heat and add oil for sautéing the pork. (PORK MUST BE THOROUGHLY COOKED; shrimp just slightly cooked) add a little soy sauce

to taste. Push to one side of pan. Add green peppers (and more oil if needed), and sauté about one minute. Push to the side or on top of meat. Sauté onions for about one minute push to the side. Sauté bean sprouts one minute. Add eggs, cooked rice, peas & carrots, and mix. Add a little soy sauce to taste. Sprinkle green onion on top and serve. Serves 4 (adding more rice will increase serving quantity). above, Jackie, Nikki, Mary, Chuck, Julie circa 2010.

You could circle the globe 14 times with the number of jars of Nutella produced world-wide in one year.



At left is Dad dancing with Nikki; Dad did not dance much but Nikki got him to dance with her for a fast song in 1975 at Julie and Smokey's wedding. This picture is sure to be a sibling favorite because of the expression on Dad's face—his sort of impish smile—much like Russ'; it was his expression of joy, indicative of when he was truly happy. Nikki says, “He really liked me as a daughter-in-law and I think that was the only reason he went out on that dance floor.” He did like her and he was very pleased that Chuck added her to the family. She put up with his teasing and jokes and she always had a quick “come-back” for him.

Tuna Noodle Casserole

Caudette “Caudie” Payton
daughter of Julie Stover

I found this recipe in a magazine many, many years ago and I've transferred it into my recipe book—definitely worth the effort to cook this one from scratch! - Caudette

- 7 Tbl Butter
- ½ med Onion, sweet, finely chopped
- 1 ea Celery stalk, finely chopped
- 1 Garlic clove, minced
- Splash of white wine
- ¼ cup Flour, all purpose
- 2 cup milk
- Salt and pepper to taste
- ⅛ tsp Ground red pepper
- ¼ tsp Nutmeg
- ½ tsp Marjoram or thyme (optional)
- 2 cn tuna, drained, flaked
- 1 cup peas
- ¼ cup Parmesan cheese
- 8 oz Egg noodles, cooked
- 3 Tbl Bread crumbs
- 1 cup Cheddar cheese



Directions: Preheat oven to 375° and butter an 8” x 8” casserole dish. Double ingredients for a 9” x 13” pan. Bring a large pot of lightly salted water to a boil. Add one 8-ounce package of egg noodles and cook for 8-10 minutes until al dente; drain. Melt 1 tablespoon butter in a skillet over medium-low heat; sweet onion, celery, and garlic, add wine. Remove from heat; set aside. In a sauce pan, make a roux--melt 4 tablespoons butter, whisk in flour until smooth, gradually whisk in milk; continue cooking 5 minutes until sauce is smooth and slightly thickened. Add: salt and pepper to taste, ground red pepper, nutmeg, and marjoram or thyme. Stir in tuna, peas, parmesan cheese, cooked noodles, and cooked onion, celery, garlic, and wine. Transfer to casserole dish. Melt 2 tablespoons of butter and stir in 3 tablespoons bread crumbs; sprinkle this topping over casserole, then top with cheddar cheese. Bake for 25 minutes or until bubbly and lightly browned.

One of the most popular pizza toppings in Brazil is green peas.

Red Lobster Shrimp Scampi

not a Russell Joseph Sunn recipe
(Russ has NEVER tried shrimp—whatta wuss)

- 1 lb Shrimp, med, peeled, and deveined
- 1 Tbl Olive oil
- 2 Tbl Garlic chopped
- 1½ cup Chardonnay white wine
- ½ ea Lemon juice, fresh
- 1 tsp Italian seasoning
- ½ cup Softened coconut oil
- 1 Tbl Parsley
- ½ cup Parmesan cheese, grated



Directions: Using a skillet on med-high heat, add olive oil and shrimp. Cook until tender and reduce heat. Remove shrimp and set aside. Add garlic and cook 2-3 min. Don't allow garlic to brown. Add white wine and lemon juice. Cook until wine is reduced by half. Add Italian seasoning. Reduce heat to low and add coconut oil. Add the shrimp back into the skillet. Add parsley, salt, and pepper to taste. Add grated Parmesan cheese.

To cut down on odors when cooking cabbage, cauliflower, etc., add a little vinegar to the cooking water.

Cauliflower Couscous with Paprika Shrimp

Margie Sunn

- 1 ea Head cauliflower
- 3 Tbl Olive oil
- ½ cup Dried apricots, chopped
- Salt and pepper to taste
- 2 Tbl Fresh lemon juice
- 20 lg Shrimp, peeled and deveined
- 1 tsp Paprika
- ½ ea Seedless cucumber, cut into ½" pieces
- ¼ cup Mint leaves, chopped



Directions: Remove and discard any leaves from the cauliflower. Thinly slice the head and place it in the bowl of a food processor. Roughly chop the thick stems and add them to the food processor. Pulse the cauliflower until it is finely chopped and resembles couscous (re-pulse any big pieces separately, if necessary). Heat 1 tablespoon oil in a large skillet over medium heat. Add the cauliflower, apricots, and ½ teaspoon each salt and pepper and cook, covered, stirring occasionally, until the cauliflower is beginning to soften, 2 to 3 minutes. Transfer to a large bowl and toss with the lemon juice and 1 tablespoon oil. Wipe out the skillet and heat the remaining tablespoon oil over medium heat. Season the shrimp with paprika and ¼ teaspoon salt. Working in batches, cook the shrimp until opaque throughout, 1 to 2 minutes per side. Add the cucumber and mint to the cauliflower and toss to combine. Serve with the shrimp.

If your loaf of bread is starting to go stale, just put a piece of fresh celery in the bag and close it back up. For some reason, this restores a fresh taste and texture to the bread.

Simply Shrimp

Larry Sunn

Quasi-chef & author extraordinaire, Larry, sez, “So simple, even I can do it.”

- 1 ea Stick of Butter
- 1 ea Lemon, sliced thin
- ½ lb Shrimp, fresh
- 1 pkg Italian seasoning

Directions: Melt the butter. Mix butter with the Italian seasoning. Thoroughly coat fresh shrimp. Pour into 9” x 13” pan; level out. Slice one lemon and layer it on top. Put in the oven and bake at 350° for 15 min.



The salads are actually loaded with propylene glycol to keep the leaves crisp. This ingredient can also be found in antifreeze and sexual lubricant.

Golden Shrimp Shells

Margie Sunn

- 1 Tbl Olive or vegetable oil
- 1½ cup Frozen cooked Salad shrimp thawed, rinsed and drained (from 7 oz. pkg)
- 1 Tbl Parsley, finely chopped, fresh
- ¼ tsp Red Pepper sauce
- 1 ea Garlic clove, finely chopped
- 1 cn Pillsbury crescent dinner rolls or (8 oz) Crescent Recipe Creations
- 1 Tbl Parmesan cheese, grated



Cocktail sauce

Directions: Preheat oven to 375°. In non-stick skillet, heat oil over medium-high heat until hot. Stir-fry shrimp, parsley, pepper sauce, and garlic in oil 1 minute. Remove from heat. Remove dough from can; do not unroll. Cut into 24 slices; place 1 inch apart, cut side down, on ungreased cookie sheet. Press half of each dough slice to flatten. Place about 1 teaspoon shrimp mixture on flattened half of each slice. Fold remaining half of dough slice over shrimp; do not seal (openings may occur between dough layers). Sprinkle each with Parmesan cheese. Bake 11 to 13 minutes or until golden brown. Serve warm with cocktail sauce. To make ahead, prepare as directed above-except instead of baking immediately, cover and refrigerate up to 2 hours. Then uncover, and bake as directed.

The 31-ounce ‘trenta’ size cup at Starbucks is larger than the average capacity of a human stomach.

Main Dishes: - Meatless & Miscellaneous

Elephant Stew

Larry Sunn

1 med Elephant
 100 gal Broth
 500 lb Vegetables,
 assorted, chopped
 700 tsp Salt
 Pepper, to taste
 650 cn Brown gravy (10 oz)
 2 ea Rabbits (optional)



Directions: Remove tusks; wash well; cut into chunks - takes about 2 weeks. Place meat in large kettles; season with salt and pepper. Cover with water and gravy. Cook over kerosene fire at 455° for about 4 weeks, or until tender. This should serve about 3,800 people; however, if more guests are expected, you may add 2 rabbits the last hour of cooking, but do so only if necessary because most people do not like to find hare in their stew.

The most popular carrots used to be purple.

Sweet Potato Casserole

Kevin Sunn

2nd son of Russ and Sandy Sunn

3 cup Mashed sweet potatoes
 ¾ cup Sugar
 2 lg Eggs, beaten
 ½ cup Melted butter
 1 tsp Vanilla
 ⅓ cup Milk



Directions: Mix above ingredients and put in 8" x 8" x 2" pan.



Topping:

½ cup Brown sugar
 ¼ cup Flour
 2½ Tbl Butter
 ½ cup Chopped pecans

Directions: Mix flour and sugar together. Add butter and pecans. Pour on top of sweet potato mix. Bake at 350° in oven for 25 minutes.

Ounce by ounce, nutritious food costs up to 10 times more than junk food.

Spaghetti Hot Dogs

a Larry Sunn specialty

Directions: Cut hot dogs into small inch long pieces. Stick 5 - 7 pieces of un-cooked spaghetti lengthwise through each hot dog piece till it has even length on each side. Cook in a large pot of boiling water according to spaghetti instructions. Once spaghetti is cooked then enjoy with your favorite sauce.



Some lobsters are electric blue.

Happy Home

a Sunn family and friends special recipe

Directions: To ½ cup of friendship, add ¾ cup of thoughtfulness. Cream together with pinches of powdered tenderness (lightly coated). In a bowl of loyalty and with 1 cup of faith, 1 cup of hope and 1 cup of charity. Add a spoonful each of gaiety that sings and ability to laugh at little things. Moisten with a sudden tear of heartfelt sympathy, bake in a good natured pan; serve repeatedly.



Various cooking methods include boiling, simmering, steaming, sautéing, pan frying, and deep-frying.

One Pan Quinoa [KEEN-wah]

Jill Price

- 1 Tbl Olive oil
- 2 ea Garlic cloves, minced
- 1 ea Jalapenos, minced
- 1 cup Quinoa
- 1 cup Vegetable broth
- 1 cup Corn kernels
- 1 tsp Chili powder
- ½ tsp Cumin
- Salt and pepper, to taste
- Juice of 1 lime
- 2 Tbl Fresh cilantro chopped
- 1 can Black beans (15 oz), drained and rinsed
- 1 can Fire-roasted, diced tomatoes (14.5 oz)
- 1 med Avocado, halved, seeded, peeled, and diced



Directions: Heat olive oil in a large skillet over medium high heat. Add garlic and jalapeno, and cook, stirring frequently, until fragrant, about 1 minute. Stir in quinoa, vegetable broth, beans, tomatoes, corn, chili powder, and cumin; season with salt and pepper, to taste. Bring to a boil; cover, reduce heat and simmer until quinoa is cooked through, about 20 minutes. Stir in avocado, lime juice, and cilantro.

P popcorn's nutritional value comes from the fact that, like other cereal grains, its primary function is to provide the body with heat and energy.

Chili Relleno Casserole

a Larry Sunn favorite
Margie Sunn

- 1 lb cheddar cheese, grated
- 1 lb Monterey jack cheese, grated
- 1 can (Ortega) chilies (4 oz.) diced
- 4 lg eggs
- 1 Tbl flour
- 1 can evaporated milk



Directions: Mix above ingredients all together, with hands, put in bottom of casserole dish. 4 eggs, separated, beat egg yolks and add 1 tbsp. flour and 1 small can ($\frac{2}{3}$ cup) evaporated milk. Beat egg whites stiff, pour yolk mixture into whites, folding them in gently. Pour over cheese and chili mixture. Bake at 350° for approximately 1 hr.

Invented by 11-year-old Frank Epperson in 1905 after he left a soda outside in the cold with a stick in it, Epperson originally called the frozen treat an Epsicle. Nearly two decades later he applied for a patent for the "frozen ice on a stick" his children dubbed it the "Pop-sicle."

Family Stew

Sunn siblings



Take one large pot. Mix together assorted sizes, shapes, and temperaments of mom & dad. Add children gradually with care and love. Sprinkle on dreams, encouragement, patience, honesty, and pride. Stir in work, friends, pets, school, life's ups & downs, church, picnics, parents, grandparents, brothers, sisters, as well as nuts and bolts. Add some craziness, kisses, 7 hugs, fanny pats, and a bit more patience. Mix in tooth fairies, Santa Claus, angels, witches, gremlins, and goblins. Take a large scoop of luck and abundance of energy. Keep blending constantly with all the other ingredients. Bring to a boil—then simmer for 20 or more years over a very moderate flame. If the stew becomes too thick after 15 years or so turn heat off (teen years). Stew can turn unpredictable at this time. All stews are original and need generous amounts of imagination, fortitude, and tolerance to keep from turning rancid. The magic of this incredible stew is that after 50 years the aroma still lingers and the pot never empties, although the flavor may vary depending on taste, preference, and seasonings. Bon Appétit!

Castoreum, which is used as an artificial vanilla flavoring in candies, baked goods, etc., is actually a secretion from the anal glands of beavers. So sorry to inform you; yep, Beaver butt goop.

Easy Burrito Bowls

- 1 cup Uncooked rice
- 1 cup Salsa
- 3 cup Romaine lettuce, chopped
- 1 can Whole kernel corn (15.25 oz), drained
- 1 can Black beans (15 oz), drained, rinsed
- 2 ea Roma tomatoes, diced
- 1 lg Avocado, halved, seeded, peeled, diced
- 2 Tbl Fresh cilantro, chopped
- 1 cup Sour cream

Jill Price



Ingredients for the Chipotle Cream Sauce

- 1 Tbl Chipotle paste
- 1 ea Garlic clove, pressed
- Juice of 1 lime
- ¼ tsp Salt, or to taste

Directions for Spinach Dip: Whisk together sour cream, chipotle paste, garlic, lime juice, and salt; set aside. In a large saucepan with 1½ cups water, cook rice according to package instructions; let cool and stir in salsa; set aside. To assemble the bowls, divide rice mixture into serving bowls; top with lettuce, corn, black beans, tomatoes, avocado and cilantro. Serve immediately, drizzled with chipotle cream sauce.

If you happen to over-salt a pot of soup, just drop in a peeled potato. The potato will absorb the excess salt.

Caramelized Onion Twice-Baked Potatoes

Margie Sunn

- 4 lg Russet potatoes
- 3 Tbl Olive oil
- Salt and pepper to taste
- 2 med Red onions, thinly sliced
- 1 c Sour cream
- 3 ea Scallions, finely chopped



Directions: Heat oven to 375°. Rub the potatoes with 1 tablespoon oil, sprinkle with ½ teaspoon salt and transfer to a large baking sheet. Bake until tender in the center, about 1 hour 15 minutes. While the potatoes are baking, heat the remaining oil in a large skillet over medium heat. Add the red onion and cook, stirring occasionally, until tender and lightly golden brown, 15 minutes. Once the potatoes are cool enough to handle, cut them in half crosswise. Scoop out the insides, leaving a ¼" border, and transfer to a large bowl. Mash with the sour cream and ½ teaspoon each salt and pepper. Fold in the scallions and onions. If necessary, slice a thin piece off the rounded sides of each potato so they can stand upright. Transfer the potato skins back to the baking sheet. Divide the filling among the potato halves (about ½ cup each) and bake until heated through, 15 to 20 minutes. Sprinkle with additional scallions and pepper, if desired.

After boiling pasta or potatoes, cool the water and use it to water your house plants. The water contains nutrients that your plants will love.

Tube Steaks

a Larry Sunn culinary art form

Tube steaks are as versatile as the names used to describe them. Whether you like your franks grilled, fried, boiled, baked, or nuked, the humble hotdog can be prepared every way imaginable, and it has been paired with every condiment that ever entered the mind of man. Break out the ketchup and mustard—and the coleslaw, onions, or even the mango chutney. There are a million different ways to cook and serve tube steaks, and nearly all put a smile on a Sunn family child's face.

Directions: Heat hotdogs until the internal temperature registers 160° or until they are steaming hot. Cooking times are estimates and may vary.

Grill: Grill hotdogs over medium heat 4 to 7 minutes, turning frequently.

Stovetop: Place hotdogs into boiling water; cover and boil 1 minute. Turn off heat and let stand 4 to 7 minutes.

Microwave: Place hotdogs on microwave-safe plate. Microwave on High (100% power) for 3 to 3½ minutes, rearranging hotdogs after 1½ minutes. Let stand 1 minute before serving. For 1 hotdog, microwave on High for 30 to 35 seconds.

On a Stick a la Iron River: This is a recap of a family tradition perfected by Ellie & Emily, (below) Kimmy, Amanda, Ashley, Noah, and Smokey Joe.



Place the tube steak on the stick inserting it far enough into the hotdog until it is secured (you don't want to lose a wiener you like when it's hot and you're cooking). Cook said hotdog over the fire. Keep

rotating the stick during the cooking process; this helps cook the meat evenly without burning one side. Hotdogs are precooked, so you will not have to leave them over the fire for more than two to four minutes (the hotdog is ready once the outside is bubbling and browned—burned if you are Russ). Remove the hotdog from the heat. Use a fork, knife, or grip it with your buns—er your hotdog bun—and slide the hotdog off of the stick. Eat it naked (topless) or top it with any desired condiments, including relish, onion, mustard, or ketchup.

Warnings: Never leave a campfire unattended. While cooking hotdogs over an open flame, do not wear loose clothing. Once you are done with the campfire, extinguish completely; only you can prevent forest fires.

- L to R Joanne Sunn, Julie Stover, and Russ Sunn in Iron River, MI; 2011



Fried Rice

Fusayo Trujillo

spouse of Leo Trujillo, friend & bowling partner of Larry and Margie Sunn

- 6 cup Cooked rice
- ¾ cup Frozen peas
- 1 lg Carrot, diced
- ¼ cup Soy sauce
(for tasting)
- 3 lg Eggs, beaten
- 3 Tbl Butter
- 3 Tbl Vegetable oil
- 4 Tbl Onion flake
- Salt & pepper to taste



Directions: Start by cooking your rice and setting it to the side. In a fry pan add your 3 tablespoons of oil, then your peas and carrots and onion flake; sauté. Add in rice and incorporate the veggies into the rice. Then add soy sauce to taste and season with salt and pepper. Close the fry pan with a lid and keep the heat at a medium temperature. Do this for a few minutes, but stir the rice mix a few times and return cover. Last, create a whole in the center of fried rice pushing the rice to the sides of the fry pan, add butter and 3 beaten eggs. Scramble and cook eggs, in the center of the fry pan. Once the eggs are cooked, incorporate all the fried rice mixture. Season with more onion flake, soy sauce, salt, and pepper to taste.

In the United States, lettuce is the second most popular fresh vegetable.

Broccoli Alfredo Stuffed Shells

Jill Price

- 3 cup Alfredo sauce
- 2 cup Broccoli florets, cooked
- ½ cup Mozzarella cheese
- 1 cup Parmesan cheese,
shredded, divided

Parsley to serve



Directions: Preheat oven to 350°. Spray a casserole dish with cooking spray. Spread 1 cup of alfredo sauce in the bottom of the dish. In a large bowl combine remaining alfredo sauce, broccoli, mozzarella cheese, and ½ cup parmesan cheese. Stir until combined. Spoon broccoli mixture into pasta shells. Place side by side in baking dish (it's okay if they're touching). Sprinkle remaining cheese over shells. Bake for 15-20 minutes until heated through and cheese is melted. Sprinkle with chopped parsley if desired, serve.

In the winter, apple trees need to "rest" for about 900-1,000 hours below 45 degrees Fahrenheit in order to flower and fruit properly.