

The background is a solid teal color. Overlaid on this background are two faint, semi-transparent silhouettes: a whisk on the left and a wooden spoon on the right. The text is centered and reads:

**Long  
Reach  
Village  
Cookbook**

The concept for this cookbook came about in the midst of the COVID-19 pandemic. During a time where so many of us turned to food for comfort and routine, we wanted to collect and share our favorite recipes. While we couldn't necessarily gather for block parties and pot lucks, through this cookbook we were still able to connect through food. Thank you to all of the residents who took the time to submit their recipes.

Note: These submissions have not have been tested. Long Reach Community Association does not provide any assurances nor accept any responsibility or liability with regard to their originality, quality, nutritional value, or safety. Please take care when preparing these recipes and follow proper food safety. Submissions may have been edited for clarity.

Published May 2021

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# **Poppy Seed Chicken**

**from Julie Heiliger**

About this recipe: I first tried this dish when I attended a progressive dinner as a teenager. When I got married, the lady that hosted me for the progressive dinner gave me this recipe as part of a bridal shower gift because she remembered how much I enjoyed it. I usually serve this dish when we have people over for dinner. As long as you have all of the ingredients ready to go, it's a quick and easy meal to assemble.

## Notes:

- You can double the soup/sour cream mixture for a creamer casserole.
- You can substitute low fat soup, sour cream and crackers and use less margarine for a low fat/low calorie version of this recipe.
- In a time crunch you can mix all the ingredients except for the cracker/poppy seed mixture, put it in a 9X13 baking dish and top with all the crackers.

## Ingredients:

- 40 Ritz crackers (1 package), crumbled
- 2 tablespoons poppy seeds
- 1 stick of butter
- 2-3 lbs. shredded boneless, skinless chicken
- 1 can cream of mushroom soup
- 8 oz. sour cream

## Instructions:

- Melt the margarine in frying pan over low heat
- Add crackers and poppy seeds - mix well
- In a bowl, mix soup and sour cream
- In a 2 1/2 qt. greased casserole dish or a 9x13 glass dish, layer 1/2 the chicken, 1/2 the soup mixture, and 1/2 the cracker mixture. Repeat layer - top with cracker mixture
- Bake at 350 degrees for 45-60 minutes
- If desired, serve over rice.



# **White Chili and Macaroni**

## **from Sharon Cohen**

About this recipe: I made this out of desperation when I needed something for dinner one night, and these were the ingredients I had at hand. I know the gravy is unorthodox but it seems to do well in this recipe. What I love is you can make this recipe totally to fit your taste and it still turns out great. It can be a vegetarian dish also; just add more beans and buy gravy accordingly. I make this during the colder months. Great to warm up.

### Ingredients:

- approx. 2 - 3 cups left over chicken OR browned ground turkey
- 5 small jars Heinz (or your preference) chicken gravy
- 1 jar chunky salsa 32 oz or more. (spicy as you like it)
- 4 cans cannellini beans (drained)
- 1 box of macaroni and cheese (you favorite brand)
- 8 oz shredded cheddar cheese
- Extras: you can add corn, cut up red peppers, etc.

### Instructions:

- In a large pot mix chicken, gravy, salsa, beans and cheese packet from mac and cheese, and extras
- Cook over medium heat, stirring occasionally until beans are soft approx. 30 min
- Simmer on low stirring occasionally
- Boil the macaroni and drain well
- Serve white chili over the macaroni - sprinkle with the cheese
- ENJOY!

# **Shrimp Skewers**

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## **from Emily Brown**

### Ingredients:

- 1 bunch cilantro
- 1 habanero pepper
- 4 shallots
- zest of 2 lemons
- zest of 2 limes
- 1/4 cup lime juice
- 1 cup coconut milk
- 1/4 cup soy sauce
- 1/4 cup oil (sesame oil for a stronger flavor, olive oil also works)
- 2 lbs shrimp

### Instructions:

- Chop cilantro, habanero pepper and shallots into small pieces
- Add all ingredients to a blender and blend until smooth
- Reserve 1 cup sauce for topping
- Marinate Shrimp for 2-4 hours
- Skewer 8-10 shrimp and grill for 3-4 minutes, flipping part way through. Serve with rice

# **Black Bean Coconut Rice Dish**

## **From Debby Bors**

About this recipe: This dish was inspired by my husband's and my trips to Bermuda, where we sometimes ordered fish with banana on top! Delicious. Bermudians also often use their local sherry pepper sauce, which is hard to find in the US. You can add pieces of cooked salmon to this dish if you want more protein, but as is, it is very filling and yummy, with the sweetness of the coconut milk and the banana. It can be a main dish or a side dish. The nice thing is that it's a two-pot meal, with the rice prepared in one pot and all the rest of the ingredients cooked in a skillet. Try adding other spices that you enjoy.

### Ingredients:

- 1 small can coconut milk
- Boiling water
- $\frac{3}{4}$  cup brown rice
- 3 tablespoons olive oil
- 1-2 cloves garlic, finely chopped
- 1 medium onion, diced
- 1 bell pepper, diced
- 1 can black beans
- 2 small or 1 large banana, ripe
- $\frac{1}{3}$  cup slivered or sliced almonds
- 1 teaspoon cilantro
- $\frac{1}{4}$  teaspoon cumin
- $\frac{1}{4}$  teaspoon pepper
- $\frac{1}{4}$  teaspoon salt, or to taste
- Few dashes sherry pepper sauce (optional)
- Hot sauce, if desired

### Instructions:

Pour or spoon coconut milk into 2-cup measuring cup. Add water to  $1\frac{1}{4}$  cup. Put water and coconut milk into small saucepan and heat to boiling. Add rice, stir briefly, cover, and turn to lowest setting, making sure rice continues to simmer. Cook rice for 45 minutes or until done. It may be saucy.

Pour olive oil into large skillet. Add garlic, onion, and bell pepper. Saute for 10 minutes over medium-low heat, stirring occasionally.

Onion should become translucent. Add black beans in their juice, and stir occasionally while cooking. If the can of beans has a lot of juice, you will need to cook the dish longer, or just let it be more saucy. Add the almonds, herbs, pepper, and salt, stirring to incorporate. Simmer on low for about 5 minutes longer, stirring occasionally. Turn off heat. Slice banana(s) ¼ inch thick and then cut each round in half and add them to the bean mixture, stirring to heat them up. Add the sherry pepper sauce and stir to combine.

Put about ¾ cup of the cooked coconut rice into a bowl or onto a plate, if the bean mixture is not too runny. Put about 1 cup of the beans on top. Add hot sauce if desired. Enjoy!



## **Sausage, Pineapple, and Peppers**

**from Theo Karr**

About this recipe: My recipe is very simple. Ingredients are to taste. I have made it for large gatherings and it has always been a big hit. I have served it over rice and as a sub (without the rice). Kids like it over spaghetti or macaroni. People tend to like the kielbasa and pineapple together so I usually add one or two more cans of pineapple (with the juice). I have made this dish for as many as 25 people and have never come home with left-overs

Ingredients:

- 4 peppers (I like to use all colors)
- 1 can chunk pineapple
- 1 ring kielbasa (any kind – turkey, Polish, beef, etc.)

Instructions:

I first pan fry the kielbasa and drain the fat. I then take a large pan and add the kielbasa, cut up peppers, add the juice from the pineapple (and water if necessary to cover the bottom of the pan). Cook to a boil. Lower heat to simmer. When the peppers are to your taste (mushy, firm - whatever) add pineapple. I usually add the pineapple last because I don't want them to get too soft.

# Sweet or Savory Beer Bread

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## from Emily Brown

About this recipe: This recipe is from my days in college - I didn't drink beer so when there was a leftover one or two from my roommate's six-pack I found creative ways to use them, and making bread without needing to buy expensive yeast was one of my favorites. Experimenting with different varieties of beer and different toppings is great fun. In October, a pumpkin lager topped with honey and nuts makes for a great harvest loaf. Generally I make this recipe on the weekend and then eat the bread during the week. The cheese and onion bread makes a good ham sandwich!

### Ingredients:

- 3 cups all purpose flour
- 1/4 cup sugar
- 1 teaspoon baking powder
- 12 oz bottle of beer
- 1/4 melted butter
- Toppings (1/4 cup honey and 1/4 cup chopped nuts for sweet, 1/4 cup cheddar cheese and 1/4 cup green for savory, baker's choice)

### Instructions:

- Preheat oven to 375 degrees F
- Mix solids, then liquids
- Pour batter into standard bread loaf pan
- Top with desired toppings
- Bake for 1 hour
- (Alternatively, pour into muffin pans and bake for 45 minutes for beer biscuits)

# Mushrooms Sal

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## from Blaine Milner

About this recipe: This recipe was quoted to me by my late Italian Barber Sal on November 23, 1994 while I was getting a haircut in his shop in Ellicott City, Maryland. I have made this recipe a number of times for special dinner occasions and it has always been enjoyed.

### Ingredients:

- 4-5 lbs fresh mushrooms - small to medium size
- 2 cups Progresso bread crumbs - Italian flavor
- 1 cup fresh grated Romano cheese
- 5-6 cloves of garlic, pressed or finely chopped
- 1/2 cup olive oil (non-virgin)
- 1/2 tsp salt
- 1/4 tsp pepper
- fresh parsley

### Instructions:

- Clean and cut off dried ends of the mushrooms
- Parboil mushrooms about 2 minutes - drain
- Place in large sheet cake baking dish
- Add salt and pepper
- Sprinkle with a little water
- Sprinkle alternately, bread crumbs, cheese, pressed garlic and parsley
- Mix ingredients
- Sprinkle with a little water
- Pour olive oil evenly over top of mushrooms
- Bake in heated oven at 350 degrees 30-40 minutes
- Stir and mix at 20 minutes check - don't let them dry out

# **Coconut Cream Pie**

## **From CB Lovell**

About this recipe: Have used it for decades. It's good anytime.

### Ingredients:

- 2 cups milk
- 3/4 cup sugar (I sometimes use less)
- 1/2 cup bisquick or flour
- 1/4 cup butter
- One and a half teaspoons vanilla
- 1 cup shredded coconut

### Instructions:

- Mix first five ingredients in a blender for three minutes.
- Pour into greased deep 9 inch pie pan.
- Let's stand five minutes.
- Sprinkle with one cup of coconut.
- Bake at 350 degrees for 40 minutes or more until knife and center comes out clean.
- Serve warm or cold.

