

Breakfasts

IHOP Cheese Blintzes

an accurate copy of the IHOP recipe
Margie Sunn

batter for crepes:

- 1½ cup all-purpose flour
- 2 cup milk
- 3 Tbl butter, melted
- 2 Tbl sugar
- 2 lg eggs
- ½ tsp vanilla
- ½ tsp baking powder
- ½ tsp salt

Butter for the pan



Ingredients for filling:

- 1 cup cottage cheese
- 1 cup soft farmer cheese or softened cream cheese
- ¼ cup powdered sugar
- ¼ tsp vanilla

Ingredients on the side:

- Sour cream
- Frozen strawberries, thawed or Strawberry preserves
- Powdered sugar

Directions: Use an electric mixer to blend together all the crepe ingredients except the butter for the pan in a large bowl. Blend just until smooth. The batter will be very thin. Combine the filling ingredients in a medium bowl and mix by hand. Keep the filling nearby. Preheat a 10" frying pan over medium heat (this size pan tapers to about 8" at the bottom). When the pan is hot, add about ½ teaspoon of butter. When the butter has melted, pour ⅓ cup of batter into the pan. Swirl the batter so that it entirely coats the bottom of the pan. Cook for 1½ to 2 minutes or until golden brown on one side. Use a spatula to lift an edge of the crepe. Grab it with your finger, slip the spatula underneath, and quickly flip it over. Cook for another 1½ minutes or until a bit lighter shade of brown than the first side; slide it out of the pan. Repeat with the rest of the batter, and stack the finished crepes on top of each other to keep them warm. Heat the cheese filling in the microwave for 1 to 2 minutes or

until it is hot. When ready to fill the crepes, place each crepe, dark side down, on a plate. Pour 2 to 3 tablespoons of cheese filling across the center of the crepe. Fold the sides in and turn the entire blintz over (to hide the seam) onto a serving plate. You can use a knife to cut the rounded edges off the blintzes if you like. Repeat with remaining blintzes. Serve 2 to 3 blintzes on a plate with a dollop of sour cream and two dollops of strawberry preserves carefully arranged on the plate next to the blintzes. Sprinkle the blintzes with powdered sugar.

Alternative: If you would like to make this recipe with a low-fat or non-fat filling, replace the cream cheese or farmer's cheese with strained yogurt—a yogurt sold that is thick like cheese. To make it, pour a cup of low-fat or non-fat yogurt into a coffee filter placed inside a strainer. Put the strainer over a bowl and into the refrigerator for 4 to 5 hours so that all of the liquid whey strains out of the yogurt. What you have left in the strainer is a thick, nutritious yogurt cheese that can be used in place of cream cheese or sour cream in this recipe and many others.

The quinine in tonic water causes it to glow bright blue under a black light.

Big Apple Pancake

¼ cup Unsalted butter
 1 lg Apple, cut into ¼" slices
 ½ cup 2% reduced fat milk
 ½ cup All-purpose flour
 4 lg Eggs
 3 Tbl Sugar
 ½ tsp Vanilla
 ¼ tsp Salt
 1 tsp Powdered sugar



Rene' Sunn Williams

Directions: Preheat oven to 450°.

Melt butter in 10" glass pie plate and transfer 2 tablespoons to blender. Cook apple wedges in remaining butter until beginning to soften, 3-5 minutes. While apple is cooking, add milk, flour, eggs, sugar, vanilla, and salt to blender and blend until smooth. Pour batter over apple and transfer pie plate to oven. (Margie makes this by blending ALL ingredients, except the powdered sugar, and pouring it into the pie plate—it is the way Larry likes it.) Bake until pancake is puffed and golden, about 15 minutes. Dust with powdered sugar and serve immediately. Serves 4.

People were using garlic to repel vampires long before Bram Stoker's Dracula was published. Folklorists suggest it is because vampires have a heightened sense of smell and the garlic's strong smell was overpowering. Garlic is proven to be effective against two other bloodsuckers: mosquitoes and ticks (but you'll stink).

Cinnabon Cinnamon Rolls

Dough Ingredients for Bread Machine:

- 2 lg Eggs, room temperature
- 1 cup Warm milk
- $\frac{1}{3}$ cup Melted butter
- 1 tsp Salt
- $\frac{1}{2}$ cup Sugar
- $4\frac{1}{2}$ cup Bread flour
- $2\frac{1}{2}$ tsp Bread machine yeast



Dough Directions: Add ingredients to bread machine in order listed. Insert pan into bread machine and start the dough cycle. When dough is done, turn out onto floured board and allow dough to rest for ten minutes. Roll dough out into a 16" wide by 21" long rectangle, dough thickness should be about $\frac{1}{4}$ ".

Filling Ingredients:

- 1 cup Brown sugar, packed
- $2\frac{1}{2}$ Tbl Cinnamon, Makara, or Korintje
- *Combine brown sugar and cinnamon in a bowl until well mixed.
- $\frac{1}{3}$ cup Butter, softened

Directions: Spread softened butter over the surface of the dough leave 1" on bottom edge clean. Sprinkle cinnamon/sugar mixture evenly over the dough. Roll dough jelly-roll fashion and cut into 12 slices. Place rolls into a 9" x 13" pan. Bake at 350° for approximately 25 minutes or until light brown on top or, for 'doughier' rolls, bake at 400° for 15 minutes.



Cream Cheese Icing Ingredients:

- 4 Tbl Butter, softened
- 3 oz Cream Cheese
- $1\frac{1}{2}$ cup Powdered sugar
- $\frac{1}{2}$ tsp Vanilla extract
- $\frac{1}{8}$ tsp Lemon extract

Cream Cheese Icing Directions:

Blend icing ingredients in a mixing bowl. Frost cinnamon rolls with icing while rolls are still in the baking pan.

At left Julie and Caudie—both 29 years old (just kidding). Julie has been the family glue that holds us all together. At any family get-together, if anyone needs anything, they go to Julie's because she brings the gadget world with her—no matter the occasion; to Julie—love family.

Sausage & Vegetable Egg Bake

- 1 med Red pepper, diced
- ½ cup Onion, diced
- 5 oz Frozen spinach, thawed and squeezed to remove moisture
- 2 ea Chicken sausage links, chopped
- 6 lg Eggs
- 4 oz Cheese, grated
- 1½ cup Milk
- 3 cup Bread, cubed (Italian loaf or a baguette work well)

Black pepper, to taste

1 tsp Paprika

Optional: ½ tsp cayenne pepper

Directions: If serving immediately, preheat oven to 350°.

Alternatively, you may cover prepared mixture with plastic wrap and refrigerate overnight for baking the next day. Combine all ingredients in a large bowl and mix until well combined. Spoon into a greased 9" x 9" baking pan. Bake at 350° for 50-60 minutes, until desired degree of doneness is reached.



Bread has become the prime symbol of nourishment and sharing bread is often a symbolic gesture. The word "companion" is derived from Latin come, 'together,' and pan is, 'bread.'

Pimiento Grits with Fried Egg

- 3 cup Water
- 1 cup Corn grits
- 4 lg Eggs
- ½ cup Cream cheese
- ¼ cup Jarred pimiento peppers, drained

Chives, for garnish

Salt and pepper to taste

Directions: In a medium saucepan over medium heat, whisk together water and grits. Bring to a simmer and cook until creamy, stirring occasionally, about 10 minutes. Meanwhile, fry eggs in a large saucepan over medium heat until whites are set and yolks still runny, 3 minutes. Stir cream cheese and pimientos into grits. Divide grits among four bowls and top with a fried egg. Garnish with chives and season with salt and pepper.



In 1970, consumption of broccoli was only a half a pound per person. Today, the average person in the United States eats four and one half pounds a year.

Birthday Cake Batter Pancakes

C.J. Spinning

1st daughter of Rene' Sunn Williams***For Pancakes:***

$\frac{3}{4}$ cup All-purpose flour
 $\frac{1}{3}$ cup Yellow cake mix
 2 tsp Sugar
 $\frac{1}{2}$ tsp Baking powder
 Pinch of salt
 1 lg Egg
 $\frac{1}{2}$ tsp Vanilla extract
 $\frac{3}{4}$ cup Milk
 assorted sprinkles
 whipped cream and additional
 sprinkles for topping, optional

For Glaze:

1 cup Powdered sugar
 $\frac{1}{2}$ Tbl Milk
 $\frac{1}{2}$ tsp Vanilla extract
 assorted sprinkles



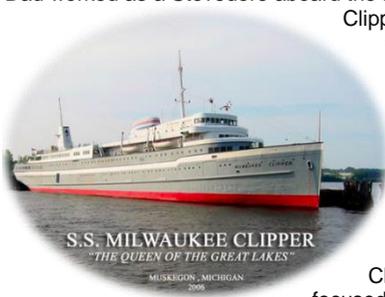
Directions: Combine flour, cake mix, baking powder, sugar, and salt in a bowl and mix. Add $\frac{1}{2}$ cup of milk, egg, and vanilla extract; stir until smooth. You want the batter to look like regular pancake batter; not too thin, not too thick. This will vary greatly on the brand of cake mix you use. Start with $\frac{1}{2}$ cup of milk and add more if needed. Preheat a skillet on medium heat. Fold desired amount of sprinkles into batter. Pour batter in $\frac{1}{4}$ cup measurements onto skillet and let cook until bubbles form on top, about 2-3 minutes. Flip and cook for 1 minute more. Serve with vanilla glaze.

Directions for Glaze: Mix milk, vanilla extract, & powdered sugar until glaze forms. Add a little more sugar or water/milk to reach desired consistency. Mix into glaze and drizzle on pancakes.

Dad worked as a Stevedore aboard the Milwaukee Clipper. He drove vehicles off the Clipper when it arrived in Milwaukee carrying cars and trucks from Muskegon, Michigan.

Because of his work and the fact that he almost died while the ship was docking, the Clipper has always fascinated the family; the ship's history also fascinates.

In 1904 (predating the building of the Titanic by seven years) the Erie & Western Transportation Company, commissioned the American Shipbuilding Company of Cleveland, Ohio, to build a 361-foot passenger focused & package freight steamer for service on the



Great Lakes. Her name was *Juniata*, and she was powered by a 3,000 horsepower steam engine, (one of only seven such engines built for Great Lakes passenger service). Carrying 350 passengers in staterooms, the *Juniata* was the epitome of first class travel and sailed between Buffalo, New York, and Duluth, Minnesota. Highly varnished mahogany woodwork and wicker furniture was in evidence, and a great oak staircase greeted passengers boarding the steamer, and cuisine worthy of the finest hotels awaited them. Twice remodeled to suit the Great Lakes passenger trade, the *Juniata* operated on the Great Lakes through the 1936 season. In 1937, when new fire safety features were instituted for passenger ships of American registry, the *Juniata* was retired from service because of her flammable wooden superstructure.

In the late 1930s Max and Mark McKee of Muskegon conceived the plan of building a steamer for cross-lake service but because of high construction costs they redesigned the plans to refurbish an existing ship. They purchased the *Juniata*. Late 1940 it was taken to the Manitowoc Shipbuilding Company where her wooden superstructure was removed and replaced by an all steel, streamlined, superstructure, the first design of its type in the world. Completely fireproof, the ship featured air conditioned staterooms, children's playground, movie theatre, and live entertainment, complete with dance floor. On June 2, 1941 her name was changed to *S/S Milwaukee Clipper*, and on June 3rd she made her maiden voyage to Muskegon.

From 1941 to 1970 the *Milwaukee Clipper* carried thousands of passengers and vehicles between Muskegon and Milwaukee. It was during this time (circa 1961-64) that Dad worked the *Clipper*. He was always uneasy about taking trips on the *Clipper* (although he did—1963 photo at right) because he did not know how to swim. More on that in a bit. During the war years of 1942 to 1945 the *Milwaukee Clipper* operated between Milwaukee and Chicago during week days and between Milwaukee and Muskegon on weekends. She operated year round between the years of 1946 to 1963. From 1964 to 1970 she operated only in the summer months.



In 1977 the *Milwaukee Clipper* was sold to a Chicago businessman who proposed to operate her in 3-hour excursions. That failed and she was renamed *S/S Clipper*, moved to a new home at Navy Pier in Chicago, and was operated as a maritime museum. Moved in 1990 to Hammond, Indiana she was renamed *Milwaukee Clipper*. In 1996 the *Milwaukee Clipper* was moved from the Hammond Marina to make room for a casino boat, and was offered for sale. In 1997 the Great Lakes Clipper Preservation Association was formed, dedicated to preserving the now legendary steamer. Able to gain ownership, on December 2, 1997, the group returned the *Milwaukee Clipper* to Muskegon, after an absence of 20 years; she sits there today at 2098 Lakeshore Dr., Muskegon, MI.



In 1961 Dad was getting ready for work on the *Clipper*; it was approaching the dock. When he was walking along the dock, he turned to look at something and then stepped backward slightly. He lost his balance, fell off the edge of dock, and “into the drink.” His fall placed him in the water between the dock and the arriving ship! His account later was not so much that he was in fear of his life; it was that, as he was sinking he feared he would not be present at his children's high school graduations. Us graduating high school was an important milestone that Dad set for himself. He valued education and, given his inability to graduate because he had to go to work, he wanted his kids—all of us—to graduate with at least a high school education. We all did.

Larry Sunn

Country Griddle Cakes

Makes 8 to 10 pancakes. If you have never had country griddle cakes, you have to try them! They are delicious. They used to serve these at IHOP. I love the texture. They get their unique flavor from Cream of Wheat instant cereal. They are a great change from plain old pancakes.

1¼ cup all-purpose flour
 1½ cup buttermilk
 ⅓ cup instant Cream of Wheat (dry)
 1 lg egg
 ⅓ cup granulated sugar
 1 tsp baking powder
 1 tsp baking soda
 ¼ cup vegetable oil
 ½ tsp salt

Cooking spray as needed

Directions: Preheat a skillet over medium heat. Apply nonstick spray. Combine all ingredients in a large bowl. Mix at high speed of electric mixer until smooth - batter will be thin. Pour the batter by ⅓ cup portions into hot skillet and cook 1 to 2 minutes per side or until brown. Repeat with remaining batter.



Master of suspense Alfred Hitchcock filmed the gruesome shower scene in the 1960 thriller Psycho using chocolate syrup as blood. Oh, the splendor and simplicity of black and white.



From left, Larry (Wow! Look at those ears; he looks like a taxi cab with the doors open), Julie, Al Jr., and Russ. It was at about this time and we were about this age when Julie, the kind-hearted, loving sister that she is, decided she could put the swing (at Julie's right shoulder) to better use than could Larry—he disagreed. Seeking no arbitration, she took said swing, threw it at Larry . . . and knocked him out . . . cold.

The tomato is technically a fruit, not a vegetable. It was also the first genetically engineered whole product and went on the market in 1994. Since then, more than 50 other genetically engineered foods have been deemed safe by the FDA.

Egg in the Basket

2 ea thick slices sourdough
bread
2 Tbl butter, softened
2 lg eggs
salt to taste

On the side:

sausage
thick-sliced bacon



Directions: Heat a large frying pan or griddle over medium heat. Spread the butter evenly over one face of each slice of bread. Use a biscuit cutter or any jar or container you can find with a diameter of about 2¼" to cut a circle out of the center of each slice of bread. Grill the bread and the hole you cut out, butter side down, in the hot pan



for 2 minutes or until it just starts to turn brown. Drop a little butter in the hole of each slice of bread, and then carefully crack an egg into each hole. Be sure not to break the yolks. Salt lightly. When the eggs have cooked for 1 to 2 minutes, carefully flip each

one over without breaking the yolks or flinging raw egg goo all over the stovetop. Also, flip the cut-out "holes." Cook for another minute or so until the eggs are cooked the way you like them. Serve the eggs, grilled bread, and "holes" with hash browns or Hash Brown Casserole, and bacon or sausage.

A horn worm can eat an entire tomato plant by itself in one day!

Happy Day Starter

1 cup Friendly words
2 cup Understanding (heaping)
4 tsp Time and patience (heaping)
Pinch of warm personality
Dash of humor

Directions: Measure words carefully. Add heaping cups of understanding. Use generous amounts of time and patience. Keep temperatures low. Do not boil. Add dash of humor and a pinch of warm personality. Season to taste with a spice of life. Serve in individual molds.

some Sunshine



Pic: Sydney Orlowski (Circa 1999)

Before modern refrigeration, people put LIVE FROGS in their milk to help preserve it.

Swedish Pancakes

- 1 lg egg
- 1 cup milk
- ½ cup all-purpose flour
- 1 Tbl sugar
- 1/8 tsp salt
- 2 TBL melted butter

Oil, for griddle

Sour Cream, as accompaniment

Lingonberry jam, as accompaniment

Directions: Preheat a Swedish pancake pan (round, cast-iron pan with shallow 3-inch indentations for pancakes) over medium heat. Beat the egg and milk in a small bowl. In a large bowl, combine the flour, sugar, and salt. Add the milk mixture, stirring to make a thin batter, being careful not to over mix. Fold in the melted butter. Grease each round cup in the pan with oil. Pour about 2 tablespoons of batter into each of the greased cups and cook until bubbles form on the top, about 1 minute. Turn with **a spatula** and cook on the second side until golden, about 1 minute. Remove from the pan and repeat with the remaining batter. Serve hot with sour cream, or lingonberry jam.



The warriors of Attila, king of the Huns, (A.D. 450) preserved their meat by placing fresh meat under their saddles. All the bouncing squeezed fluids from the meat, and the horse's sweat salted the meat and removed more moisture. When the warrior stopped to eat, they had a dried and salted meal.



Larry's 4th grade class at Sagola Elementary School. Larry is in the third row, second from the left. His best friend, Greg Kramer, is in the top row, center. It was under these very steps, three years before that the renowned earthmoving and excavation company, Kramer & Sunn was founded (1951)—we were first grade entrepreneurs. We built roads, moved dirt, shaped cities, and paid no attention to girls—they were icky. We had road graders, bulldozers, and

dump trucks. On rainy days we were marbles-in-the-aisles champs. Winter recesses would find us "ski-jump" sliding on the ice puddle at the southeast corner.

Occasionally, a hen will produce double-yolked eggs throughout her egg-laying career. It is rare, but not unusual, for a young hen to produce an egg with no yolk at all.

Margie Sunn

Crème Brûlée Texas Toast

- 1 Tbl Light Corn Syrup
- ¼ Cup Butter/Margarine [½ stick]
- ½ Cup Brown Sugar [light or dark]
- 5 ea Slices of Texas Toast
- 3 lg Eggs
- ¾ Cup Half and Half
- ½ tsp Vanilla
- 1 tsp Caramel flavoring [Watkins]
- ¼ tsp Salt



Directions: Grease an 8" x 8" baking pan. In a sauce pan, combine corn syrup, butter and brown sugar. Simmer until mixture reaches a syrupy consistency and pour into baking pan. Cut bread in half diagonally and lay slices on top. Whisk eggs, half and half, vanilla, caramel, and salt together. Pour over bread, cover, and refrigerate overnight. When you are ready to cook, preheat oven to 350°.

Real aged balsamic vinegar actually costs anywhere from \$75 to \$400 or more.

Egg Muffin Sandwich

Larry Sunn

- 1 ea Whole wheat English muffin, split and toasted
- 1 lg Egg
- 1 tsp Water
- 2 Tbl Cheese shredded
- Salt and pepper to taste
- 1 Tbl Mayonnaise
- ½ tsp Dijon mustard



Optional ingredients: spinach, tomato slices, Canadian bacon, ham, sausage patty, and crisp regular or turkey bacon.

Directions: Crack an egg into a microwave-safe container which is similar in size to the English muffin - coffee mugs work great. Add water and beat the egg until well mixed. Sprinkle shredded cheese on top of the egg mixture. Place container in the microwave and cook for 35-40 seconds until all the liquid is cooked off. While the egg is cooking, spread mayonnaise on each half of the English muffin as well as Dijon mustard to one side. When the egg is ready, place it on top of the bread and top it off with the other half of the bread. The egg will be hot; be careful not to bite into it too soon.

Pasta is one of America's favorite foods. Last year, 1.3 million pounds of pasta were sold in American grocery stores. If you lined up 1.3 million pounds of 16 oz. spaghetti packages, it could circle the Earth's equator almost nine times!

Margie Sunn

Ham or Turkey Cups

½ lg Egg per cup
 A little heavy cream (or milk)
 Some grated cheese
 Onions and peppers, diced small
 A small pat of butter
 A couple of young green onions
 Ham or turkey slices, a little thin
 Salt and pepper to taste



Directions: Sauté the onions by adding a bit of butter to frozen onions/peppers microwaving for 2 minutes. Spray muffin tin cups with non-stick cooking spray and line each with a slice of ham or turkey. Add the cooked onions/peppers; sprinkle in some shredded cheese. Pour in the egg mixture (eggs, cream, salt and pepper) and beat well with a fork. Chop a small green onion top and divide onto each. Bake at 350° for 20 - 25 minutes.

Puffed Egg Omelet

3 lg Eggs, separated
 ⅓ Cup Mayonnaise
 2 Tbl Water
 2 Tb Butter
 ½ Cup Shredded Cheese

Directions: In a large bowl, beat egg whites

Rene' Sunn Williams
 daughter of Larry and Margie Sunn



until soft peaks form. In a small bowl, mix egg yolks, mayonnaise, and water. Pour over egg whites and fold in gently. Melt butter in a 9" pie plate and swirl to coat dish. Pour egg mixture into pie plate. Microwave at medium (50% power) for 6-8 minutes until set. Cover with shredded cheese and microwave for 1 minute. Slide spatula around edge and under. Fold over and slide onto serving plate.



At left: Russ and Sandy's family in 1981.
 From left, Mike, Michelle, Russ, Sandy,
 Kevin, Andrew.

