

Committee members share advice on cookbook process

by Carmen Devney

For most people, running water is a necessity. For those who are less fortunate, it might be a privilege. For the parishioners of the Amelia Bailey United Methodist Church in Moffit, it's a convenience they've chosen to live without for the past 100 years. Someone still brings hot coffee to share over faith and fellowship every Sunday morning. And for those who imbibe in a little too much coffee or water, there is always the outhouse. Not a Spiffy Biff, mind you, but an old-fashioned outhouse that still gets used to this day.

This particular hardship — or adventure, however the parishioners choose to look at it — may soon come to a close. As the centennial approaches, the church members hope to have running water for the first time since the facility was erected in 1909.

In honor of the church's centennial, which will be celebrated in 2010, a committee was formed to re-view a community cookbook that was created 25 years ago. Capital Electric Cooperative members Erin and Laurie Bailey, Gale and Alexis Nicholson, Bertha Renz, Georgene Seibel and Kathy Van Ningen gathered to plan an enhancement and second printing of the original cookbook. Renz, who helped create the first cookbook, served as the guide.

Van Ningen, who had previously put together a family cookbook, researched publishing companies and liked the appearance and features of Morris Press Cookbooks, Kearney, Neb. After paging through other cookbooks for ideas and styles, the cookbook committee chose a format for the revised book and sent out a call to the community for recipes.

After the committee sorted and reviewed recipes, Van Ningen estimates it took more than 200 hours to compile the cookbook. Erin Bailey and Gale and Alexis Nicholson did most of the typesetting. Gale says it went the most smoothly when one person would read the recipe while another typed.

When the copy was entered electronically, the publishing company formatted the text and sent the committee a proof. The ladies wanted a book to stand the test of time, so they chose a hard cover which was illustrated by Patsy Renz, a former member of the church. They also decided on a three-ring metal binder to allow individual cooks to add personal recipes to the book or move favorite recipes to the front.

Putting the "100 Years of Methodist Cooking" community cookbook together was a fairly seamless project, but the committee wants to share some things they learned about the process, for those who are considering a cookbook commitment:

- Allow enough time for compiling recipes, making calls to clarify information, entering copy, proofreading and publishing.
- Proof and make as many changes as possible before submitting the copy to a publishing copy. Changes cost more later.



PHOTOS BY J.C. BILCOCK

Kathy Van Ningen, Georgene Seibel and Gale Nicholson (left to right), many members of the seven-member cookbook committee, tested many of the recipes. Van Ningen works at the U.S. Geological Survey, Nicholson serves the city of Bismarck in the Public Works Department, and Seibel works as a paraeducator in Hazleton. All three ladies live near Moffit and are Capital Electric Cooperative members.

- Formulate a plan to track sales, if more than one person is involved in the distribution, and
- Consider using metal binding, as plastic binding and tabs may age and break.

One final and unexpected thing the committee learned: "It was fun to do!" exclaims Van Ningen.

Nicholson agrees and states, "Prior to the cookbook, we saw each other at church but we didn't get together. The cookbook brought us together for visits."

The recipes

Van Ningen wanted to share recipes with *North Dakota LIVING* that showed the variety of the cookbook. This January, *North Dakota LIVING* is proud to publish two recipes from the cookbook:

- Shrimp and Veggie Alfredo, submitted by Georgene Seibel, Moffit
- Nutty Caramel Bars, submitted by Rose Bailey (Geier) Thompson, Bismarck

The cookbook

"100 Years of Methodist Cooking" contains more than 1,000 recipes. The book costs \$15, along with a shipping charge of \$2.25. It may be purchased by calling (701) 387-4328 or by writing: United Methodist Church, 8603 Hwy. 83 S.E., Moffit, ND 58560. ■



SHRIMP & VEGGIE ALFREDO

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| 1 16-oz. package of fettuccini | 3 T. oil, divided |
| 1/4-1/2 lb. fresh or frozen sugar snap peas, thawed | 2 packages (1 lb.) medium shrimp; cooked, peeled and deveined |
| 1 medium sweet red pepper, julienned | 1 1/2 16-oz. jar Alfredo sauce warmed, or use a white sauce |
| 2 medium carrots, julienned | |
| 2 cloves garlic, minced | |

Cook pasta according to package directions. Meanwhile, in a large skillet or wok, sauté the peas, red pepper, carrots and garlic in 2 tablespoons oil until crisp tender; remove and keep warm. Add remaining oil to skillet. Sauté shrimp in oil. Return vegetables to skillet; mix well. Drain pasta. Place pasta on dinner plates. Drizzle with Alfredo sauce and top with shrimp mixture.

Published in "100 Years of Methodist Cooking"
Submitted by Georgene Seibel, Moffit
Capital Electric Cooperative

Cookbook committee test notes: We rinsed the noodles before adding them to the boiling water, which contained a little oil. About two pounds of chicken could be substituted for the shrimp. Seibel prefers to make this recipe using a wok because all sides are consistently heated.

NUTTY CARAMEL BARS

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| 1 1/2 cup butter, divided (3 sticks) | 3/4 cup honey |
| 1/2 cup granulated sugar | 3/4 cup firmly packed brown sugar |
| 1 egg | 3/4 cup heavy cream, whipped |
| 1 tsp. vanilla | 1 12-oz. can lightly salted mixed nuts |
| 2 cups all-purpose flour | |

Preheat oven to 350 degrees. Butter 13- by 9-inch baking pan; set aside. In large bowl, beat one cup (2 sticks) butter and granulated sugar until light and fluffy. Beat in egg and vanilla, and stir in flour until well-mixed; press evenly into prepared pan. Bake until edges are brown and center looks dry; about 15 minutes. Remove from oven while preparing topping. Maintain oven temperature. In saucepan over medium heat, heat remaining 1/2 cup (1 stick) butter and honey until butter is melted. Stir in brown sugar, and bring to a boil. Boil without stirring for exactly 2 minutes; then remove from heat. Stir in cream and nuts. Immediately spoon caramel nut mixture evenly over crust. Bake until caramel bubbles, about 10 minutes. Cool and set into bars.

Published in "100 Years of Methodist Cooking"
Submitted by Rose Bailey (Geler) Thompson, Bismarck
Capital Electric Cooperative

Cookbook committee test notes: The caramel will bubble around the edges, but it is better if the middle of the bars are starting to bubble before taking them out of the oven.

History of the Amelia Bailey United Methodist Church

Some of the first church services held in Moffit were hosted by E.M. Charles, or at the White School House north of Moffit in 1907. In April 1908, a Sunday school was organized at the Long Lake School House. Sunday school was held at 2 p.m. followed by "preaching" at 3 p.m. every other Sunday in August, D.J. Bailey rallied support to build a church in Moffit.

In November, ladies organized the Ladies Aid Society of the Methodist Episcopal Church to assist in the building of a Methodist Episcopal Church in Moffit and to contribute to the maintenance upon completion. The organization had 12 women and six men, who donated \$1 in order to join.

In December, a board of trustees was organized. The parent church donated \$250 and the people in the community were asked to "subscribe" whatever they could afford without hardship on themselves or their families. The first load of stone has hauled Dec. 23, 1908.

In January 1910, the board of trustees gave D.J. Bailey the privilege of naming the new church because he was the largest contributor. He named it "The Amelia Bailey Memorial Church" as a memorial to his late wife.

In February, 50 new songbooks were presented to the church in February by the Village Improvement Society.

The church was first dedicated Oct. 20, 1910, although it wasn't completely finished. By the time construction was completed, the church cost around \$2,500.

In May 1952, the church was moved onto land donated by Fred Burns Bailey. It was placed on a basement, a furnace was installed, and it was completely remodeled. The church was then rededicated Feb. 22, 1953.

Currently, about 30 members belong to the Amelia Bailey United Methodist Church in Moffit. Now a tri-parish, it shares a pastor with two other churches. ■



The original Methodist Cooking cookbook was typed on a typewriter. If the typesetter made a mistake, the sheet was discarded and the page started over.