



*Spirits
of the
Senses*

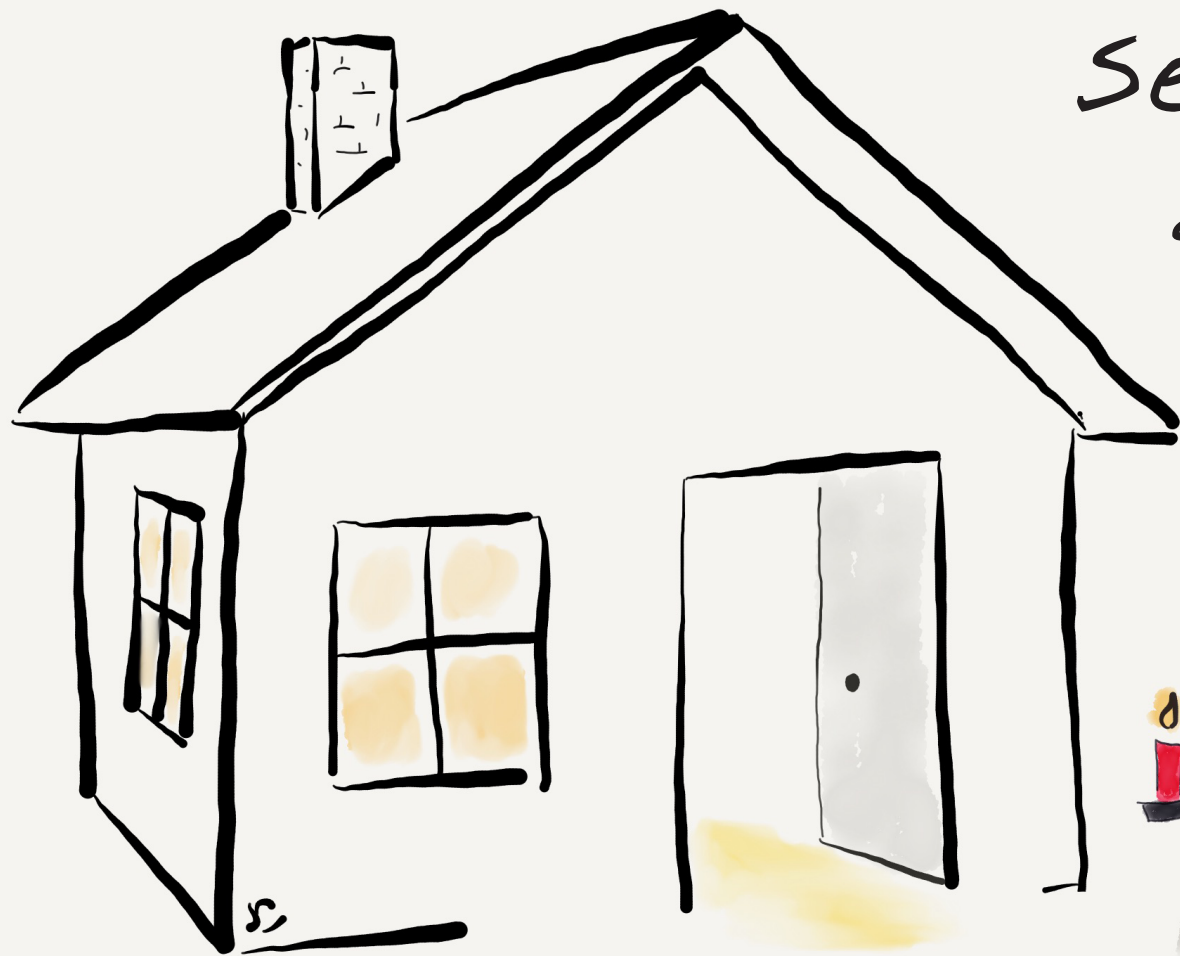
An illustrated book of recipes for five courses.

Hartranft
Lighting
Design





*Sense
the spirits
within our
midst*

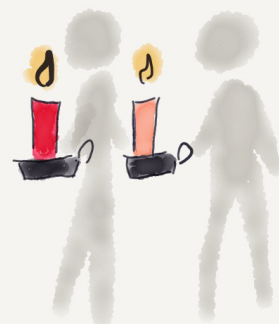


See

good souls

smile with

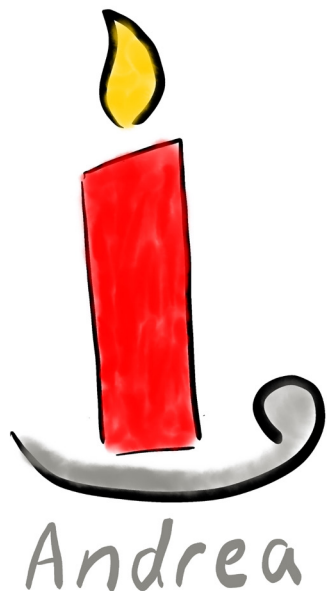
light



SPARKLING CRANBERRY AND BRIE BITES

INGREDIENTS

2 cups fresh cranberries
1 cup good maple syrup
1 cup granulated sugar
16 water crackers
8 ounces brie cheese
1/2 cup cranberry chutney or cranberry relish
Fresh mint, for garnish



PREPARATION

Rinse the cranberries and place in a medium bowl. Heat the syrup in a small saucepan until just warm. Pour over the cranberries. (Make sure the syrup is warm, not hot, or the cranberries may pop.) Gently stir with a spoon to coat all the berries. Cool, cover, and let soak in the refrigerator overnight.

The next day drain the cranberries in a colander. Place the sugar in a large bowl or baking dish. Add half of the cranberries and roll them around until lightly coated in sugar; repeat with the other half. Place on a baking sheet and let dry, about 1 hour.

To assemble, top the crackers with one slice of Brie, a light layer of cranberry chutney, and four or five sugared cranberries. Garnish with fresh mint sprigs.

Makes about 16 bites.

These are delicious and pretty, and fun to assemble together! I always make more cranberries than we need - great for snacking and very addictive!

appetizer

PICKLED MUSHROOMS AND NALYSNYKY

(Ukrainian stuffed, baked crepes)

INGREDIENTS: Nalysnyky

Crepes:

4 eggs
1 c milk
6 Tbs water
1 c sifted flour
1/4 tsp of salt
1/4tsp fresh grated nutmeg (optional)
canola oil

Filling:

2 c ricotta (or small curd cottage cheese, well drained)
2 egg yolks
2 Tbs of heavy cream
1/4 teaspoon of salt
1/4 c minced pecans, lightly toasted (optional)



Preparation: Pickled Mushrooms (make ahead)

Brine: combine 1c white vinegar, 1c water, 1tbs sugar, 1tsp salt. Bring it to a boil for 1-2 minutes until sugar and salt are dissolved.

Wipe dirt off of 1lb of white button mushrooms (preferably small) with damp cloth. Layer mushrooms in jar with slices of white onion, three bay leaves, and 15 peppercorns.

Pour brine over the top of mushrooms. Pour 1tb of good quality oil on the top. Pickle the mushrooms for 2-3 days. Flip jar once or twice. And voila, you have pickled mushrooms!

continued next page...

Christmas dinner is a 7-10 course traditional Ukrainian dinner for my family, in honor of our Ukrainian/Latvian heritage. This appetizer is a spin off a traditional dish started by my sisters and favorite of mine for its balance of tangy and mellow, cold and hot, and of course all the lovely textures!

appetizer

PREPARATION: *Nalysnyky*

Beat the eggs until light, add milk and water, beat again. Gradually add the flour and salt, continuing to beat as you add the flour. Lightly oil the surface of a non stick pan and heat on medium.

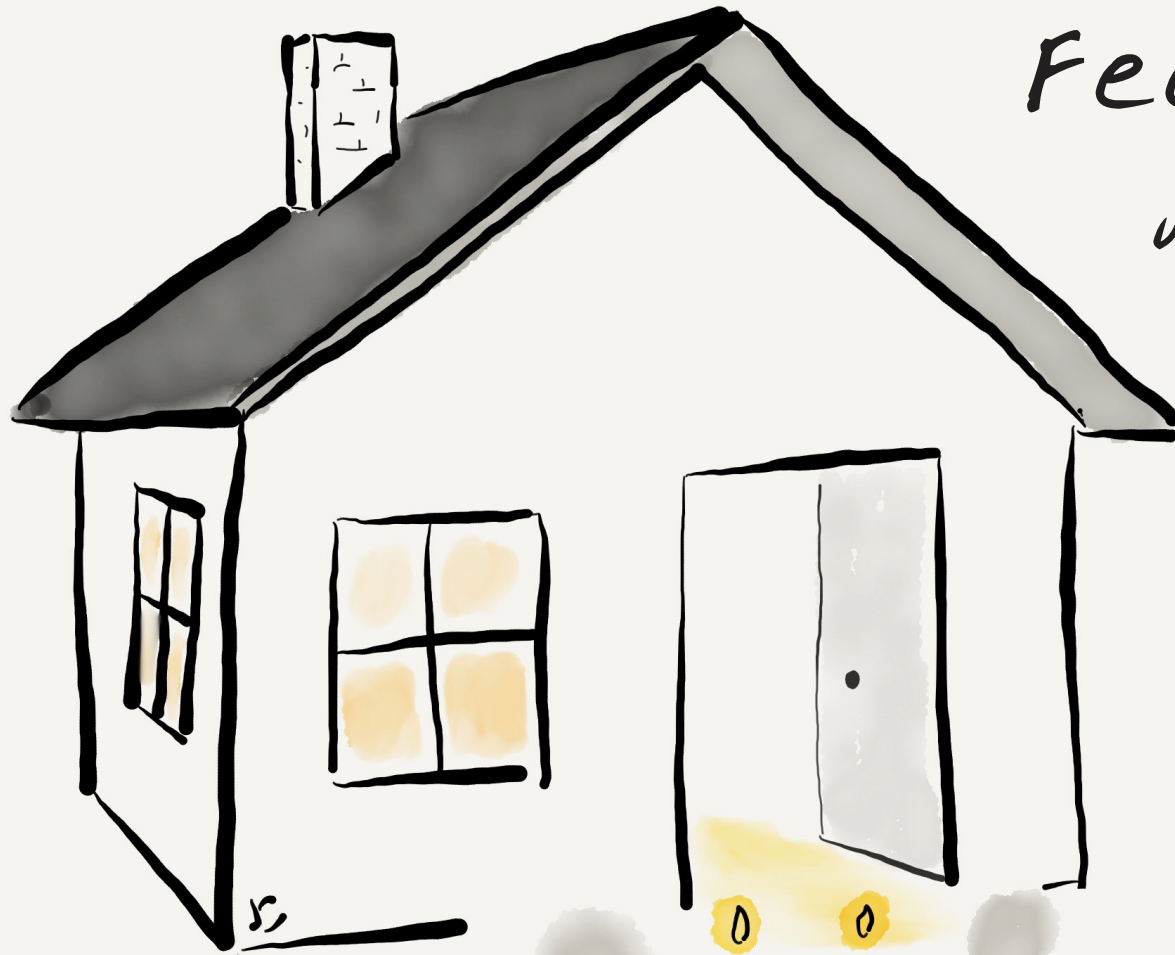
Holding the pan above the burner, pour roughly 3 tablespoons of batter into the center of the pan, tilting the pan in a circle to evenly distribute the batter. Cook over low/ med-low heat, flip crepe as soon as it is firm enough structurally, set aside. Repeat until batter is used.

Combine the cottage cheese, egg yolks, heavy cream, and salt. Spread the filling down the center of each crepe. Tuck sides and roll into a tube. Lay the Nalysnyky side by side in a buttered casserole dish.

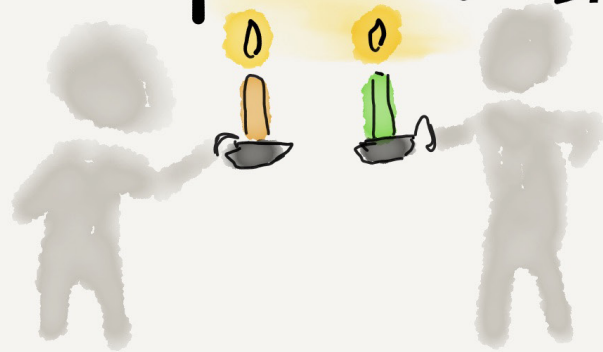
Cover with foil and bake at 325deg F for 30 minutes. Uncover and bake another 5 minutes.

Serve hot out of the oven with chilled pickled mushrooms.

appetizer



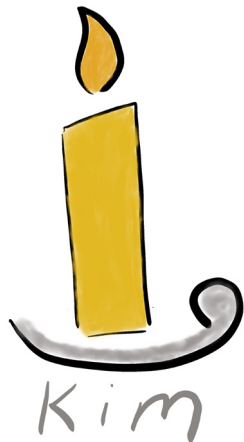
Feel the
warmth of
welcoming
hearts



BUTTERNUT SQUASH SOUP

INGREDIENTS

1 whole butternut squash
1/2 medium onion
1 teaspoon minced garlic
1/2 lb peeled shrimp
8oz corn kernels
16oz vegetable stock
1 16oz can coconut milk
1 teaspoon fermented chile paste
1 tablespoon maple syrup
3 tablespoons butter
4 tablespoons olive oil
Salt and pepper



PREPARATION

Cover baking sheet with aluminum foil, pour 2 tbsp olive oil on sheet and sprinkle with salt and pepper.

Cut off ends of squash and halve lengthwise, swirl squash halves cut side down in oil/s&p mixture.

Roast in oven at 350 F degree oven for 30min (squash should be super soft), then remove from oven to cool.

Using a min 5qt stock pot:

While squash is cooking chop onion and then sauté onion and garlic in 2tbs olive oil until onion is soft (3-4 min).

Add chile paste and mix/heat for 1 min longer, add vegetable stock, maple syrup, and butter and remove from heat.

Peel skin from cooled squash (should come right off), break into chunks and add squash to blender.

Add stock/onion mixture to blender and blend until smooth (may require batches, depends on volume).

Pour blender mixture back into stock pot, pour coconut milk into blender and mix with residual squash mixture.

Pour back into stock pot, add shrimp and corn and on medium heat soup until shrimp cook through (turn pink)- But DO NOT boil!

This butternut squash soup will delight your tastebuds as well as warm your insides. Plus you can modify to your liking. Don't forget to add a dash of love!

SOUP

SNOW DAY CHICKEN AND DUMPLINGS

INGREDIENTS: Stew

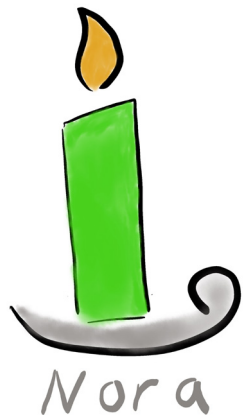
5 lbs chicken thighs; bone-in, skin-on
4 tsp vegetable oil
4 Tb unsalted butter (½ stick)
4 carrots, peeled and sliced
2 ribs celery, sliced
1 large onion, minced
6 Tb all-purpose flour
¼ cup dry sherry
4½ cups chicken stock
¼ cup whole milk
1 tsp fresh thyme, minced
2 bay leaves
1 cup frozen green peas
3 Tb fresh parsley, minced

INGREDIENTS: Dumplings

2 cups unbleached all-purpose flour
1 tablespoon baking powder
1 teaspoon table salt
1 cup whole milk
3 tablespoons reserved chicken fat or unsalted butter

While others crowd the grocery stores buying milk and bread ahead of a winter storm, I stock up on the ingredients for this filling stew. It's perfect for cooking on a quiet day when you're not in a rush, and for filling hungry bellies after a day of sledding and snowball fights.

Years ago, Cook's Illustrated replaced this old recipe with a "low-fat" version, but a snow day calls for the heartiness of the original. The secret is saving fat from browning the chicken to make the dumplings.



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SNOW DAY CHICKEN AND DUMPLINGS

PREPARATION: Stew

Pat the chicken dry with paper towels, then season with salt and pepper.

Heat 2 teaspoons of the oil in a large Dutch oven or stock pot over medium-high heat until just smoking.

Add half of the chicken and cook until golden on both sides, about 10 minutes. Transfer the chicken to a plate and remove the browned skin.

Pour off the chicken fat and reserve.

Return the pot to medium-high heat and repeat with the remaining 2 teaspoons oil and the remaining chicken. Pour off and reserve any chicken fat.

Add the butter to the Dutch oven and melt over medium-high heat. Add the carrots, celery, onion, and $\frac{1}{4}$ teaspoon salt and cook until softened, about 7 minutes.

Stir in the flour. Whisk in the sherry, scraping up any browned bits.

Stir in the broth, milk, thyme, and bay leaves.

Nestle the chicken, with any accumulated juices, into the pot.

Cover and simmer until the chicken is fully cooked and tender, about 1 hour.

Transfer the chicken to a cutting board. Discard the bay leaves. Allow the sauce to settle for a few minutes, then skim the fat from the surface using a wide spoon.

Shred the chicken, discarding the bones, then return it to the stew.

PREPARATION: Dumplings

Stir the flour, baking powder, and salt together.

Microwave the milk and fat in a microwave-safe bowl on high until just warm (do not overheat), about 1 minute.

Stir the warmed milk mixture into the flour mixture with a wooden spoon until incorporated and smooth.

Return the stew to a simmer, stir in the peas and parsley, and season with salt and pepper.

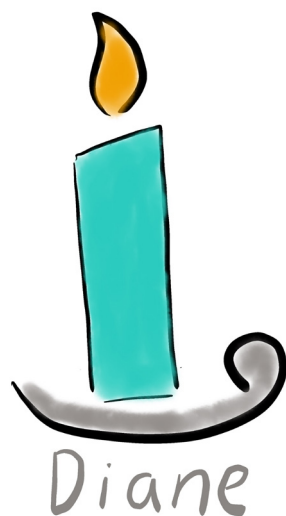


Hear the
harmonies
of
hope

HAM LOAVES

INGREDIENTS

- 1 lb. ham (ground)
- ½ lb. sausage
- ½ lb. beef
- 1 C. fine cracker crumbs
- 2 T. onion
- 2 T. celery
- 1 T. green pepper
- ½ t. salt
- ¼ t. pepper
- 2 eggs, beaten
- 1 C. milk



PREPARATION

- Mix all together well.
- Shape into 10 small loaves.
- Bake in a shallow pan (325 degrees) for one hour.
- Spoon off grease.
- Baste with **tangy sauce**.
- Bake for another half hour.

Tangy Sauce

- 8 oz. can tomato sauce
- 3 T. vinegar
- 1 t. mustard
- 1 C. brown sugar

Heat. Baste loaves as noted. Remainer sauce can be heated and served.

Can be made 1-2 days ahead, refrigerated, and re-heated.

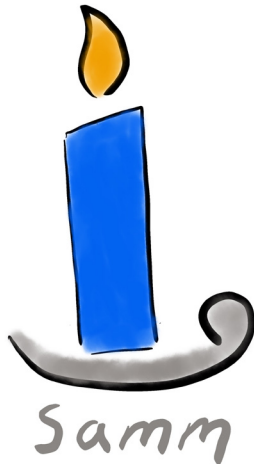
I was never a real meat eater growing up... but these were a holiday favorite for me. Like that they can be done ahead and re-heated!

entrée

RACK OF LAMB WITH FIGS

INGREDIENTS

2 racks of lamb (2lbs each)
1 teaspoon salt, divided
1 cup of water
1 small onion, finely chopped
1 tablespoon canola oil
1 garlic clove, minced
2 tablespoons cornstarch
1 cup port wine (or ½ cup grape juice plus ½ cup beef broth)
10 dried figs, halved
¼ teaspoon pepper
½ cup coarsely chopped walnuts, toasted (optional)



PREPARATION

PREP: 30 min | BAKE: 45 min | MAKES: 6-8 servings

Rub lamb with ½ teaspoon salt. Place meat side up on a rack in a greased roasting pan. Bake, uncovered, at 375°F for 45-60 minutes or until meat reaches desired doneness.

Remove to a serving platter; cover loosely with foil. Add 1 cup water to roasting pan; stir to loosen browned bits from pan. Using a fine sieve, strain mixture; set drippings aside.

In a small saucepan, sauté onion in oil until tender. Add garlic; cook 1 minute longer. Stir in cornstarch until blended; gradually add the wine, drippings, figs, pepper and remaining salt. Bring to a boil. Reduce heat to medium-low; cook uncovered, until figs are tender, and sauce is thickened, about 10 minutes, stirring occasionally.

Sprinkle walnuts over lamb; serve with fig sauce.

Every year around holiday time, my family chooses a new recipe to try and make as a group. My mom specifically got a holiday cook book for us to choose from, and we flip to a random page and make it. This lamb was this year's pick.

entree

The scent
of fond
memories
hangs in the
air



'UNBEATABLES' (or SEVEN LAYER BARS)

INGREDIENTS

- ½ cup unsalted butter
- 1 ½ cups graham cracker crumbs
- 1 cup semisweet chocolate chips
- 1 cup butterscotch chips
- 1 (14 oz) can sweetened condensed milk
- 1 cup shredded coconut
- 1 cup of chopped walnuts

PREPARATION

PREP: 15 min | COOK: 25-30 min | MAKES: 24 servings

Preheat oven to 350 degrees F (180 degrees C).

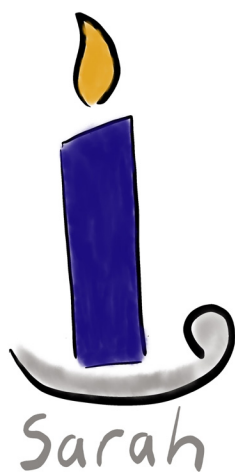
Place butter in 9x13 inch pan and melt in the oven. Swirl to coat bottom and sides with butter.

Spread graham cracker crumbs evenly over the bottom of the pan.

Evenly sprinkle (or pour) the remaining ingredients one by one over the crumbs to form layers, beginning with the chocolate chips, followed by the butterscotch chips, sweetened condensed milk, and coconut. Finally, top with chopped walnuts.

Bake in preheated oven until edges are golden brown and the middle is set, about 25-30 minutes.

Allow to cool completely before slicing. Enjoy!



My grandmother often made this dessert around the holidays during my childhood. Our family appropriately named them 'Unbeatables' because they were the preferred dessert at our gatherings. I have many fond memories of making these with my siblings as the holiday music played in the background, then quickly consuming them before they had a chance to completely cool from the oven.

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BAKLAVA

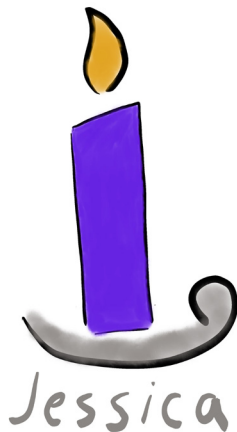
INGREDIENTS

Baklava:

- 1 lb butter
- 1 lb phyllo
- 1-2 lb almonds
- 1 lb walnuts
- 2/3 cup sugar
- 2 tsp cinnamon
- 1 tsp allspice
- 3 dozen whole cloves (optional)

Syrup:

- 2 cups (each) honey, water, sugar
- 2 cinnamon sticks
- 1 tsp orange peel
- 1 tsp vanilla



PREPARATION

PREP: 1-2 hours | BAKE: 45-55 min | MAKES: 12+ servings

1. In a saucepan, mix all syrup ingredients and bring to boil. NOTE: watch it carefully!! The syrup will boil over so be prepared to lower the temperature immediately (if on an electric stove, have a second burner set to low standing by).
2. Simmer the syrup for 10 minutes, then remove from heat and remove the cinnamon sticks. Allow the syrup to cool.
3. Preheat Oven to 350 degrees. Defrost your phyllo dough (be careful – the dough can become too wet and cling together, but also dry out and fall apart.)
4. Grind the nuts in a food processor to your desired coarseness (some chunks are good).
5. Combine ground nuts, sugar, cinnamon, and allspice in a medium-sized bowl.

continued next page...

One of the best parts of a Greek family is amazing food! Baklava, spanakopita, and lamb are key features of any Krometis holiday. I am happy to share the baklava recipe this year that takes some time and commitment, but it's well worth it!

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BAKLAVA

PREPARATION (continued)

6. Melt the butter in a boil boiler.
7. Take a 9" x 13" pan and brush a generous layer of butter along the bottom and the walls of the pan. Lay a sheet of phyllo dough across the bottom of the pan and brush the top of it with more butter. Repeat this process of laying a sheet and buttering it until you have at least ten sheets across the bottom. You will probably want to off-center each sheet, alternating sides of the pan, so the dough comes up the sides of the pan.
8. Spread a thin layer of the nut/sugar mixture across the entire pan. Layer 3-4 sheets of phyllo, buttering in between each.
9. Repeat this process of a thin spread of nuts and then 3-4 sheets of phyllo until you run out of nut mixture, then layer and butter the remaining sheets of phyllo to build a sturdy top shell.
10. Using a big sharp knife, cut the pastry first into squares, then triangles. (This will set the portions and allow the syrup to eventually infuse the entire dish. Decide for yourself how big you want your pieces. Watch out! The top layer will slide on you as you cut!!)
11. Place cloves in pieces across the top of the dish.
12. Bake at 350 for 45-55 minutes, until the dish is brown and crispy. Discard the cloves.
13. Pour on syrup and let it cool. (Use your discretion as to how much syrup you want. I pour about half of it on the dish, and my family prefers about that much, but that will leave the bottom half syrupier and the top few layers dryer and crispier. If you want the whole thing stickier, use more. I save the additional syrup as a simple syrup for cocktails.)
14. Serve at room temperature with strong black coffee.

The leftovers will stay good if refrigerated for a few days.



The flavors
of life
feed the
way forward

CRANBERRY MOSCOW MULE

INGREDIENTS

Crushed ice

4 oz ginger beer

4 oz cranberry juice cocktail

2 oz dark rum or vodka

1 lime – cut in half

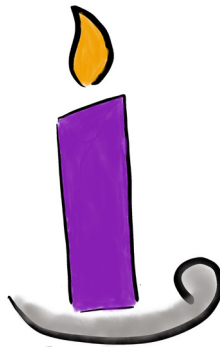
Fresh cranberries, a lime slice or two and mint sprig for garnish

PREPARATION

Fill copper mug or glass with crushed ice.

Add remaining ingredients.

Give a stir and garnish.



Paula

It's festive!

cocktail

BAILEY'S HOT CHOCOLATE

INGREDIENTS

1.5 oz Baileys Original Irish Cream

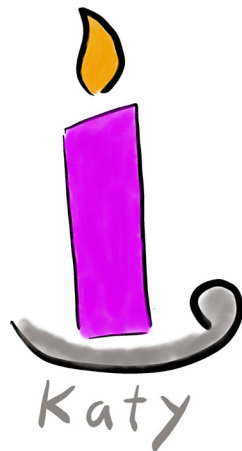
1 tsp hot chocolate powder

½ cup milk

A dollop of cream

Chocolate sprinkles, chocolate brownies, chocolate fingers, chocolate sauce, chocolate anything to garnish

Optional if desired: 1 tbs of sugar and a dash of cinnamon.



PREPARATION

In a small saucepan over medium heat combine milk, hot chocolate powder, and sugar and cinnamon if using, constantly whisking until chocolate is fully incorporated.

Add Baileys, continuing to whisk for 1 minute.

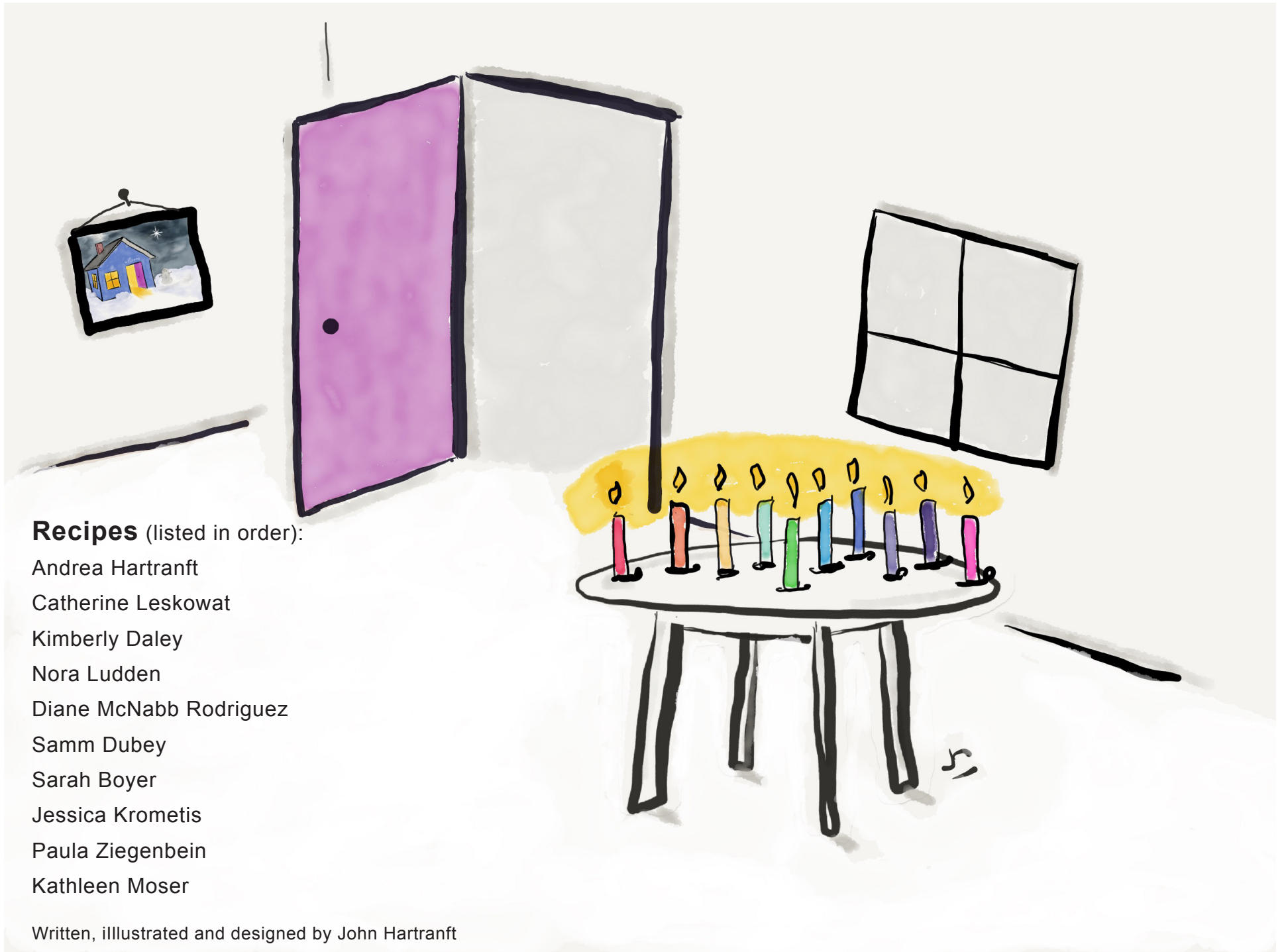
Add to favorite mug and garnish with whip cream, marshmallows, or any other favorite hot chocolate toppers.

Bailey's hot cocoa is has become a household favorite starting at Halloween all through the winter. We have taken it to Sunsets on beaches, and Christmas Light Shows. It's also perfect for making any at-home movie night feel like an event.

I use Nicaraguan drinking cocoa from Xocolatl: <https://xocolatlchocolate.com/collections/pantry-provisions/products/single-origin-nicaraguan-drinking-chocolate>, but any favorite hot cocoa mix works, perfectly!

Cocktail





Recipes (listed in order):

Andrea Hartranft

Catherine Leskowat

Kimberly Daley

Nora Ludden

Diane McNabb Rodriguez

Samm Dubey

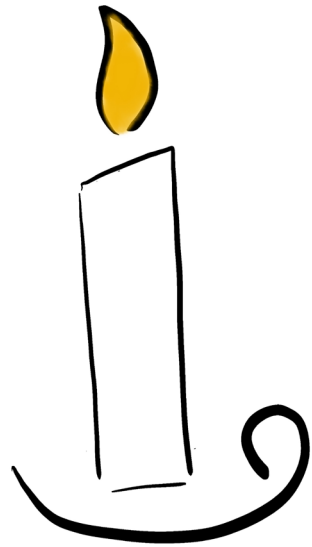
Sarah Boyer

Jessica Krometis

Paula Ziegenbein

Kathleen Moser

Written, illustrated and designed by John Hartranft



We are grateful to all who shine light in our world with their good deeds.

Each of us at Hartranft Lighting Design chose an organization to support with a shout out here and with our donations.

Listed are ten organizations that do their humanitarian work in the spirit of goodness.

Abide Women's Health Services
www.abidewomen.org

New Endeavors By Women in DC
nebw.org

The ALS Association
www.als.org

Outright Action International
outrightinternational.org

The Sylvia Rivera Law Project
srhp.org

Rosie's Place
www.rosiesplace.org

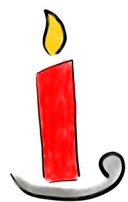
Uncommon Threads
uncommonthreads.org

Angel Flight
www.angelflightsoars.org

Toys for Tots
www.toysfortots.org

World Central Kitchen
wck.org

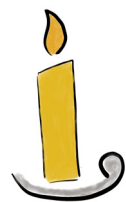
may this holiday season
and the coming year bring you
warming embers of grace and hope,
songs in the calming breeze,
nourishing embraces,
and light upon the paths forward.



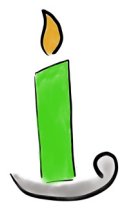
Andrea



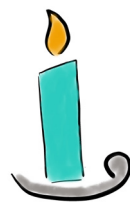
Catherine



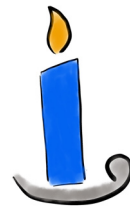
Kim



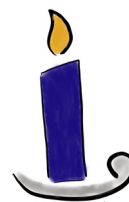
Nora



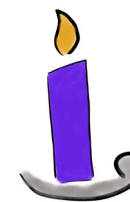
Diane



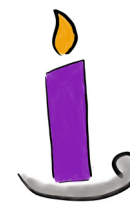
Samm



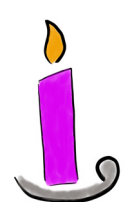
Sarah



Jessica



Paula



Katy