

THE RECIPE RESTORE ARCHIVE



THE KILLIAN FAMILY

The Killian Family Keepsake Cookbook

Preserved Recipes, Stories, and Memories Across Three Generations



DIGITAL KEEPSAKE EDITION • PRESERVED PERMANENTLY

DEDICATION



Dedicated to Grandma Helen, Aunt Clara, and Nonna Rosa.

*Thank you for gathering us around your tables, teaching us that
love is something you can taste, and giving us traditions that
will live forever.*



OUR HERITAGE

Preserving Our Family Table

Every recipe in this book is an artifact of family love. The handwritten cards preserved within these pages carry the genuine handwriting, kitchen notes, and personal touches of those who came before us.

Don't let your family recipes disappear.

CONTENTS

Table of Recipes

DESSERTS

Grandma Helen's Apple Pie *(Helen Killian) Preserved*

BREADS

Aunt Clara's Skillet Cornbread *(Clara Mae) Preserved*

Grandma Helen's Parker House Rolls *Preserved
(Helen Killian)*

MAIN DISHES

Nonna's Slow Sunday Gravy *(Nonna Rosa) Preserved*

SECTION

Desserts



1 Preserved Family Recipe

DESSERTS

*From the kitchen of **Helen Killian** • November 1964*

🔥 Temp: 375°F

 Cook: 45-50 minutes

 Prep: 25 minutes

Servings: 8 servings

From Helen Killian • Nov. 1964

6 c apples (Granny Smith only! peeled & sliced)
3/4 c sugar, 1 T flour, 1 tsp cinnamon, dash nutmeg
1 T lemon juice, 2 T butter
Pastry for 2-crust 9" pie

Mix apples with sugar, flour & spices.
Line pie plate with pastry. Fill with apples.
Dot with butter. Top with crust & crimp edges.
Bake 375 about 45-50 min till bubbly.

ORIGINAL PRESERVED DOCUMENT

DIRECTIONS

1. Mix apples with sugar, flour, cinnamon, nutmeg and lemon juice.
2. Line pie plate with pastry. Fill with apple mixture.
3. Dot with butter. Cover with top crust, crimp edges, cut vents.
4. Bake 375°F about 45-50 minutes until golden brown and bubbly.

***Note:** Helen never measured the cinnamon – always used a generous hand.*

INGREDIENTS

- 6 cups apples, peeled & sliced thin -
Granny Smith only!
- $\frac{3}{4}$ cup sugar
- 1 tablespoon flour
- 1 teaspoon cinnamon
- dash nutmeg
- 1 tablespoon lemon juice
- 2 tablespoons butter, dot on top
- Pastry for 2-crust 9-inch pie

FAMILY MEMORY & HERITAGE

"Grandma Helen made this every Thanksgiving. She never measured the cinnamon and insisted Granny Smith apples were the only ones worth using."

SECTION

Breads



2 Preserved Family Recipes

BREADS

🔥 Temp: [unclear: 400 or 425?]°F

🕒 Cook: 25 minutes

 Prep: 15 minutes

 Servings: 8 wedges

Aunt Clara Mae • 1972

2 c yellow cornmeal, 1 c flour
1 tsp salt, 1 T baking powder
1/2 c bacon drippings (in hot skillet)
2 eggs beaten, 1 1/2 c buttermilk

Heat cast iron skillet with grease until smoking.
Whisk dry ingredients. Stir in eggs & buttermilk.
Pour into sizzling hot skillet.
Bake at [unclear: 400 or 425?] for approx 25 min

1. Heat cast iron skillet in oven with bacon grease until smoking hot.
2. Whisk dry ingredients. Stir in eggs, buttermilk, and swirl in half the hot grease.
3. Pour batter back into sizzling skillet.
4. Bake at [unclear: 400 or 425?] for approximately 25 minutes until crust is dark golden.

- 2 cups yellow cornmeal
- 1 cup flour
- 1 teaspoon salt
- 1 tablespoon baking powder
- ½ cup bacon drippings, melted in hot iron skillet
- 2 eggs, beaten
- 1 ½ cups buttermilk

"Aunt Clara baked this in her 1930s Griswold cast-iron skillet on Sunday afternoons. She taught everyone that the skillet must be smoking hot before the batter goes in."

Grandma Helen's Parker House Rolls

BREADS

From the kitchen of **Helen Killian** • Thanksgiving 1952

Temp: 400°F

Cook: 12-15 minutes

Prep: 30 minutes (plus rising)

Servings: 24 rolls



INGREDIENTS

- 1 package active dry yeast, dissolved in ¼ cup warm water
- 1 cup milk, scalded & cooled to lukewarm
- ½ cup sugar
- 1 teaspoon salt
- 1 egg, beaten
- ½ cup butter, softened
- 4 to 4 ½ cups flour, sifted
- Extra melted butter, for brushing and glaze

DIRECTIONS

1. Mix yeast, milk, sugar, salt, egg & half the flour.
2. Beat smooth. Stir in softened butter & remaining flour.
3. Knead 8-10 minutes until smooth & elastic.
4. Let rise in greased bowl until doubled (about 1 ½ hours).
5. Punch down. Roll out to ¼ inch thickness on floured board.
6. Cut into 2 ½ inch rounds. Brush with melted butter, make crease with back of knife, and fold off-center.
7. Place close together in buttered pan. Let rise 45 minutes.
8. Bake 400°F for 12-15 minutes until golden brown.
9. Brush tops generously with hot melted butter immediately out of the oven.

Note: Two-sided heirloom card: front contains ingredients & dough; back contains folding & baking instructions.

FAMILY MEMORY & HERITAGE

"Grandma Helen made these Parker House rolls every Thanksgiving since 1952. She folded each round by hand and brushed them with melted butter while still steaming hot from the oven."

SECTION

Main Dishes



1 Preserved Family Recipe

Nonna's Slow Sunday Gravy

MAIN DISHES

From the kitchen of *Nonna Rosa* • Fall 1958



Temp: low simmer



Cook: [unclear: 3 to 4?] hours



Prep: 30 minutes



Servings: 6-8 servings

Nonna's Slow Sunday Gravy

Nonna Rosa • Fall 1958

2 cans (28 oz) San Marzano tomatoes, crushed

1 lb Italian sausage links, 1 lb beef chuck

1 med onion diced, 4 cloves garlic smashed

2 T tomato paste, 1/2 c red wine, fresh basil

Brown meats thoroughly in olive oil; set aside.

Soften onion & garlic. Add paste & wine.

Add tomatoes & meats. Simmer low [unclear: 3 to 4?] hrs.

ORIGINAL PRESERVED DOCUMENT

DIRECTIONS

1. Brown meats thoroughly in deep pot with olive oil; remove to plate.
2. Soften onion and garlic. Stir in tomato paste and cook 2 minutes.
3. Deglaze with red wine. Add tomatoes and return meats.
4. Simmer very low for [unclear: 3 to 4?] hours, stirring often so bottom does not burn.
5. Toss basil in at the very end.

Note: Always serve with rigatoni and freshly grated Pecorino.

INGREDIENTS

- 2 cans whole San Marzano tomatoes, 28 oz each, crushed by hand
- 1 pound Italian sausage links, sweet and hot
- 1 pound beef chuck or pork ribs
- 1 medium onion, diced fine
- 4 cloves garlic, smashed
- 2 tablespoons tomato paste
- ½ cup red wine
- Fresh basil leaves

FAMILY MEMORY & HERITAGE

"Nonna Rosa simmered this gravy for hours every Sunday. The entire neighborhood could smell the garlic and sausage before anyone even walked through the door."

RECIPE RESTORE
DIGITAL PRESERVATION ARCHIVE



Don't let your family recipes disappear.

This digital keepsake cookbook was restored and compiled by Recipe Restore. Original handwritten documents, recipe cards, and personal family notations have been preserved permanently in the project archive.

Archive Reference: RR-0C763958
Theme: Heritage • Preserved Digitally