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FOR IMMEDIATE RELEASE

Down-Home Kansas Winter Recipes to Warm the Heart and Home

Jan. 18, 2010, Topeka, Kan., ... Inspired from *Kansas! Magazine's* collection of "Taste of Kansas" recipes, the following Kansas-inspired recipes are perfect to warm hearts this winter season. Each of the recipes is a delicious dedication to the tastes and memories of some of Kansas' most favorite restaurants, cafes and diners.

Cranberry Orange Muffins Recipe

Courtesy of WheatFields Bakery Café in Lawrence. *Winter 2009 issue.*

Ingredients:

1 3/4 cups all-purpose flour
3/4 tsp. salt
1/4 cup sugar
2 tsp. baking powder (sift together)
2 large eggs

3 tbsp. melted butter
3/4 cup milk
1/4 tsp. pure vanilla extract
1 cup cranberries, fresh or
frozen
Grated zest of one orange

Directions:

Preheat oven to 375 degrees. Prepare muffin tin by greasing or lining with baking cups. Combine dry ingredients in a bowl and mix with a whisk. In a separate bowl, beat eggs, melted butter, milk and vanilla extract until combined. Add dry ingredients to liquid ingredients and stir until moist. Stir in cranberries and orange zest. Fill tins 2/3 full with batter. Bake muffins for 20 to 25 minutes. Let rest for five minutes in tins before removing.

Apple Butter

Courtesy of The Orchard – Emporia. *Fall 2009 issue.*

Ingredients:

Apples, chopped
1/4 cup lemon juice
1/4 tsp. salt

4 tsp. cinnamon
1/4 tsp. ground cloves

Directions:

Fill a 3-qt. slow cooker with chopped apples. Add lemon juice and spices. Cook six hours on low. Serve and enjoy!

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Old-Fashioned Sweet-Sour Coleslaw

Courtesy of the Brookville Hotel – Abilene. *Summer 2008 issue*

Ingredients:

1 1/2 pounds shredded green cabbage	1/3 cup cider vinegar
1 tsp. salt	1 cup whipping cream
2/3 cup sugar	

Directions:

Place shredded cabbage in covered dish in refrigerator for several hours. Mix ingredients in order given 30 minutes before serving. Chill and serve.

Southwest Chicken

Courtesy of The Teller Room – Oberlin. *Spring 2008 issue.*

Ingredients:

1/2 medium onion, chopped	2 cups sour cream
1 green pepper, chopped	2 cups shredded cheddar cheese
1 4-oz. can diced green chilies	6 boneless chicken breasts,
1 10-oz. can of cream of mushroom soup	seasoned w/ butter and salt

Directions:

Preheat oven to 350 degrees. Sauté onion and pepper in 1 to 2 tbsp. butter. Mix with remaining ingredients, except chicken, in a large bowl. Bake the chicken in a lightly greased baking dish for 15 to 20 minutes. Add sauce; bake until tender (20 to 25 minutes more).

Overnight Caramel French Toast

Courtesy The Teller Room Restaurant, Landmark Inn – Osbourne. *Spring 2008 issue*

Ingredients:

1 cup brown sugar	6 eggs, beaten
1/2 cup butter	1 1/2 cup milk
2 tbsp. corn syrup	1 tsp. vanilla
12 slices white sandwich bread	1/4 tsp. salt

Directions:

Combine first three ingredients in saucepan, cook over medium heat until thickened, stirring occasionally; do not boil or overcook. Pour syrup into bottom of a greased 9x13-inch baking pan. Layer bread in two layers over syrup with six pieces on each layer. Combine remaining ingredients well; pour egg mixture over bread. Cover and chill for at least 8 hours or overnight. Bake at 350 degrees for 35 to 40 minutes.

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