

THE FARM STYLE

# *farm wives cook*



*fwc*



FARM WIVES COOK

FARM WIVES COOK

*A recipe has no  
soul. You, as the  
cook, must bring  
soul to the recipe.  
--Thomas Keller*





# *contents*

01 ABOUT	4
02 BREAKFAST	6
03 DINNER	12
04 DESSERT	16

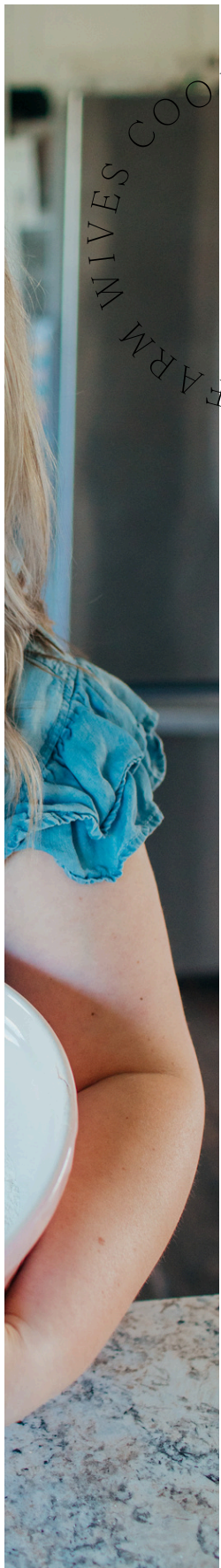
# *about*

Hey!! I'm Kayla, a farm wife in Northern Idaho. We raise wheat, barley, canola, beef cattle and two boys on our farm. I am a former high school math teacher, turned stay at home mom and food blogger. I've made it my mission to help other moms find the joy in cooking dinner for their families by sharing my recipes online.

I never set out to be a food blogger, and honestly 10 years ago I would have never thought that I would enjoy cooking dinner. I have always "known" how to cook and bake, however the process of doing so always felt like a chore that I dreaded each night. Coming home after a long day at work, the last thing I wanted to do was think about what I was going to make for dinner that night.

It wasn't until I was on the other side of being a full time working mom that I realized that the process of cooking dinner wasn't what I disliked. What I actually disliked was the additional mental decision of what I was making each night. So, I started sharing my weekly meal plans to help take one mental decision off other mom's plates. In the process I started cooking more and finding new recipes that I was actually excited to make.





FARM WIVES COOK / THE FARMSTYLE /

This brings us to today! I LOVE experimenting in the kitchen. Trying new recipes and flavor combinations that I know my family will love. And then sharing them online for other families to enjoy alongside us.

I love being a farm wife, I love cooking for my family, and I could not imagine a different life. So, here I'm sharing some of our family's personal favorites for you to share with your family and to take one more mental decision off your plate.

I can't wait to see you see you cooking away!

Want to see more recipes? More of a visual learning and love to see videos or the process. Join me online:

Instagram: @thefarmstyle

TikTok: @thefarmstyle

Pinterest: @thefarmstyle

Facebook: @thefarmstyle

Website: [kaylazenner.com](http://kaylazenner.com)

See you soon!

- kayla

# breakfast

*"Breakfast is an opportunity to nourish not just the body, but the soul."*





## THE FARMER BREAKFAST

Breakfast is my absolute LEAST favorite thing to make. Waking up in the morning and getting straight to making something is NOT my jam. I'm all for making breakfasts that can be made up ahead of time and then reheated in the morning.

You won't see me cooking up a full on farmer breakfast at 5 am, but you can find me reheating some favorites.



# HOMEMADE TOASTER PASTRIES

---

MAKES 9 PASTRIES | PREP 20 MINS | COOK 15 MINS

---

## INGREDIENTS —

### Toaster Pastry

- 1/2 cup jam
- 1 cup butter cold
- 2 cups all purpose flour
- 1 tsp salt
- 3-4 tbsp ice cold water
- 1 egg

### Vanilla Icing

- 1 cup powdered sugar
- 1 tsp vanilla extract
- 3-4 tbsp heavy cream

## PREPARATION —

### Homemade Pie Crust

- In a small cup add cold water with a few ice cubes. Set aside for later.
- In a large bowl add shredded cold butter, salt and flour. Using a pastry cutter or two knives cut together the flour and butter until it resembles crumbly flour.
- Slowly add in the ice cold water until the dough starts to come together. Once the dough starts to come together pour onto a counter and use your hands to combine the dough.

### Toaster Pastries

- Preheat oven to 425.
- Roll out pie crust to your desired thickness, cut dough into rectangles (about 3"x4" in size)
- On half of your rectangles spread your jam. I like to use 1-2 tbsp per pastry. Leaving a 1/2" perimeter around your rectangle jam free.
- Top each jam crust with a second layer of crust and use a fork to crimp the edges to seal the two pieces of crust together. Place each crimped tart onto a baking sheet.
- In a small bowl combine 1 egg with 1 tbsp water. Mix to combine.
- Brush each tart with this egg wash and place in oven. Bake for 12-15 minutes until crust is golden brown.

### Vanilla Icing

- While the tarts are baking combine powdered sugar, vanilla extract and heavy cream. Start with a smaller amount of heavy cream and add in enough to create a pourable consistency of frosting.
- Remove tarts from the oven and spread a generous amount of frosting on the top. You can allow these to cool so that the frosting stays on thicker or eat straight from the oven if you have zero patience like me.

# SAUSAGE GRAVY BISCUIT BOMBS

---

8 BISCUITS | PREP 10 MINS | COOK 20 MINS

---



## INGREDIENTS —

1 lb ground sausage  
1/3 cup flour  
2 cups milk  
1 Tbsp Chicken Better than Bouillon  
pepper to taste  
1 pkg refrigerator biscuits

## PREPARATION —

- In a large skillet cook the sausage.
- Add in flour, stir to coat the sausage and cook for about 2 minutes. Add in milk bouillon and pepper. Simmer until thickened.
- Roll the biscuits into a small circle, then fill with about 1/4 cup gravy. Pinch up to middle to seal and place seam side down on a baking sheet. Repeat with remaining biscuits.
- Bake according to biscuit package.

I make up a double batch of these and then reheat in the morning. I prefer to reheat them in the oven or air fryer, but if I'm in a hurry I will microwave them for a minute and then broil them for another minute so that they are not soggy.

# OVERNIGHT CREME BRÛLÉE STUFFED FRENCH TOAST

---

SERVES 6 | PREP 10 MINS | COOK 20 MINS

---

## INGREDIENTS —

### For the Filling

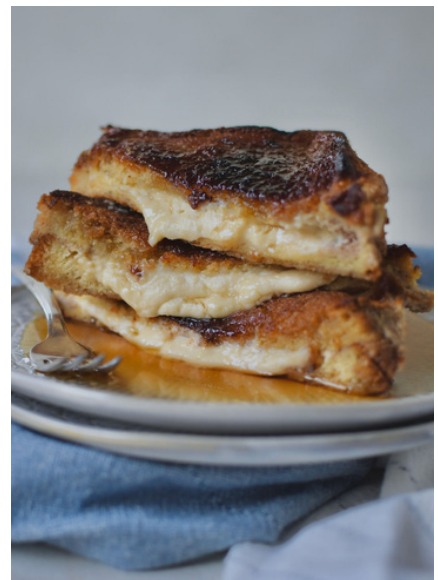
- 8 oz cream cheese softened
- 1 tsp vanilla extract
- 1/4 cup maple syrup

### For the Casserole

- 1 loaf brioche bread 12 slices
- 6 eggs
- 1 cup heavy cream
- 1 tsp vanilla extract
- 1 tsp cinnamon
- 1/2 cup brown sugar
- 1/2 cup butter melted

## PREPARATION —

- In a medium size bowl combine cream cheese, vanilla extract, and maple syrup. Mix to combine. Set aside for later.
- Combine the melted butter and brown sugar. Pour into the bottom of a 9x13 casserole dish. Set aside for later.
- On half the brioche bread spread cream cheese mixture. Keeping to the center of the bread. Layer the second half of the brioche bread on top. Set the brioche sandwiches in the casserole dish on top of the sugar mixture.
- In a medium sized bowl combine eggs, heavy cream, vanilla extract, and cinnamon. Mix to combine, pour over bread.
- Cover the dish and refrigerate overnight (at least 6 hours).
- Preheat oven to 350 and bake for 30-35 minutes.
- Remove from oven, flip over each piece and then place back in the oven on broil until the tops have browned. Watch carefully. DO NOT WALK AWAY. Do not be like me. Resist the urge to walk away and watch carefully. Once brown remove from the oven.
- Top with maple syrup and enjoy!



# dinner

*The best memories  
are made around  
the dinner table.*





## DINNER + FAMILY TIME

Dinner is one of my favorite times of the day. If the season allows it we always try to sit down at the table as a family and eat. Obviously it doesn't always happen, but if we can eat as a family we do.

This is our time of day to catch up. We always ask each other what our favorite and least favorite thing of the day was. It just helps move past the typical "good" answer when you ask "how was your day?".

Then after catching up I ask the kids to rate our dinner. This encourages them to try at least one bite of something new. My oldest likes to play a game where he isn't sure if he likes it or not, so he has to take another bite. This sometimes ends in him asking for seconds before he will give me a rating on dinner. It also will occasionally end in him taking a bite and tell me it is two thumbs down. Either way he tried a bite and I'm happy.

# JALAPEÑO POPPER STUFFED STEAK PINWHEELS

---

SERVES 4 | PREP 15 MINS | COOK 15 MINS

---



## INGREDIENTS —

- 1 1/2 lb skirt steak
- 8 oz cream cheese
- 2 jalapeños diced
- 1/2 lb bacon cooked + crumbled
- 2 cups cheddar cheese shredded
- salt and pepper

## PREPARATION —

- Preheat oven to 350.
- In a small bowl combine cream cheese, diced jalapeños and shredded cheese.
- Layout skirt steak and season with salt and pepper.
- Spread cream cheese mixture onto steak. Then sprinkle on cooked and crumbled bacon.
- Roll steak tightly into pinwheel and tie with cooking twine in two or three spots depending on your desired thickness. Cut between each piece of twine.
- Place into a baking dish and cook for 10 minutes. Remove from oven and let rest for 5 minutes. Enjoy!



# BIG MAC SKILLET

---

SERVES 6 | PREP 15 MINS | COOK 25 MINS

---

## INGREDIENTS —

### Casserole

- 1 1/2 lbs ground beef
- 1 onion diced
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp salt
- 1 tsp paprika
- 1 tbsp mustard
- 1 1/2 cups cheddar cheese shredded
- 1 lb yukon potatoes diced

### Big Mac Sauce

- 1/4 cup ketchup
- 1/4 cup mayonnaise
- 1 tbsp mustard
- 2 tbsp pickles diced
- 1 tbsp onion diced

## PREPARATION —

- Preheat oven to 400.
- In a skillet add ground beef and diced onion. Cook until no longer pink.
- Season meat with onion powder, garlic powder, salt, and paprika.
- Add in diced potatoes, mix to combine. Top with shredded cheese.
- Bake for 25-30 minutes.
- While the casserole bakes mix together Big Mac sauce ingredients.
- Once the casserole comes out of the oven top with sauce and favorite burger toppings.

# COWBOY CASSEROLE

---

SERVES 6 | PREP 15 MINS | COOK 30 MINS

---

## INGREDIENTS —

- 1 lb ground beef
- 1 lipton onion soup mix packet
- 2 cans cream of mushroom
- 1/4 cup milk
- 1/4 cup sour cream
- 1 cup shredded cheese
- 30 oz shredded hash browns
- 1/2 lb bacon cooked + crumbled

## PREPARATION —

- Preheat oven to 400.
- Cut bacon into small pieces and cook in a large cast iron skillet. Remove bacon from the pan and remove most of the bacon grease.
- Add ground beef to the skillet and cook until brown.
- Add Lipton onion, cream of mushroom soup, milk, sour cream, 1/2 cup cheese, and cooked bacon. Stir until combined.
- Pour hashbrowns on top of cooked meat mixture and top with remaining cheese. (Tip: you can toss the hashbrowns in the bacon grease prior to topping the meat mixture for extra flavor).
- Bake for 25-30 minutes. Enjoy!



# SHEET PAN STEAK FAJITAS

---

SERVES 6 | PREP 10 MINS | COOK 15 MINS

---

## INGREDIENTS —

- 1 1/2 skirt or flank steak sliced
- 3 bell peppers sliced
- 2 onions sliced
- 2 tbsp fajita seasoning
- 12 tortillas
- olive or avocado oil
- fajita toppings

## PREPARATION —

- Preheat oven to 400
- On a large sheet pan combine steak, peppers, onions, and fajita seasoning. Drizzle with oil and mix to combine.
- Bake for 15-20 minutes until steak is fully cooked and peppers are soft.
- Enjoy with tortillas and desired toppings



# IDAHO BITE SIZE STEAK

SERVES 4 | PREP 10 MINS | COOK 20 MINS

## INGREDIENTS —

- 2 sirloin steaks cut into chunks

### Marinade Mixture

- 28 oz beef broth
- 2 Tbsp honey
- 3 cloves garlic minced
- 2 tsp garlic powder
- 1/2 tsp pepper
- 3 Tbsp Worcestershire Sauce

### Breading Mixture

- 1/4 cup cornstarch
- 1 1/2 cup flour
- 1/4 cup cornmeal
- 1 tsp garlic powder
- 1 tsp salt
- 2 tsp pepper
- 1/2 tsp paprika

## PREPARATION —

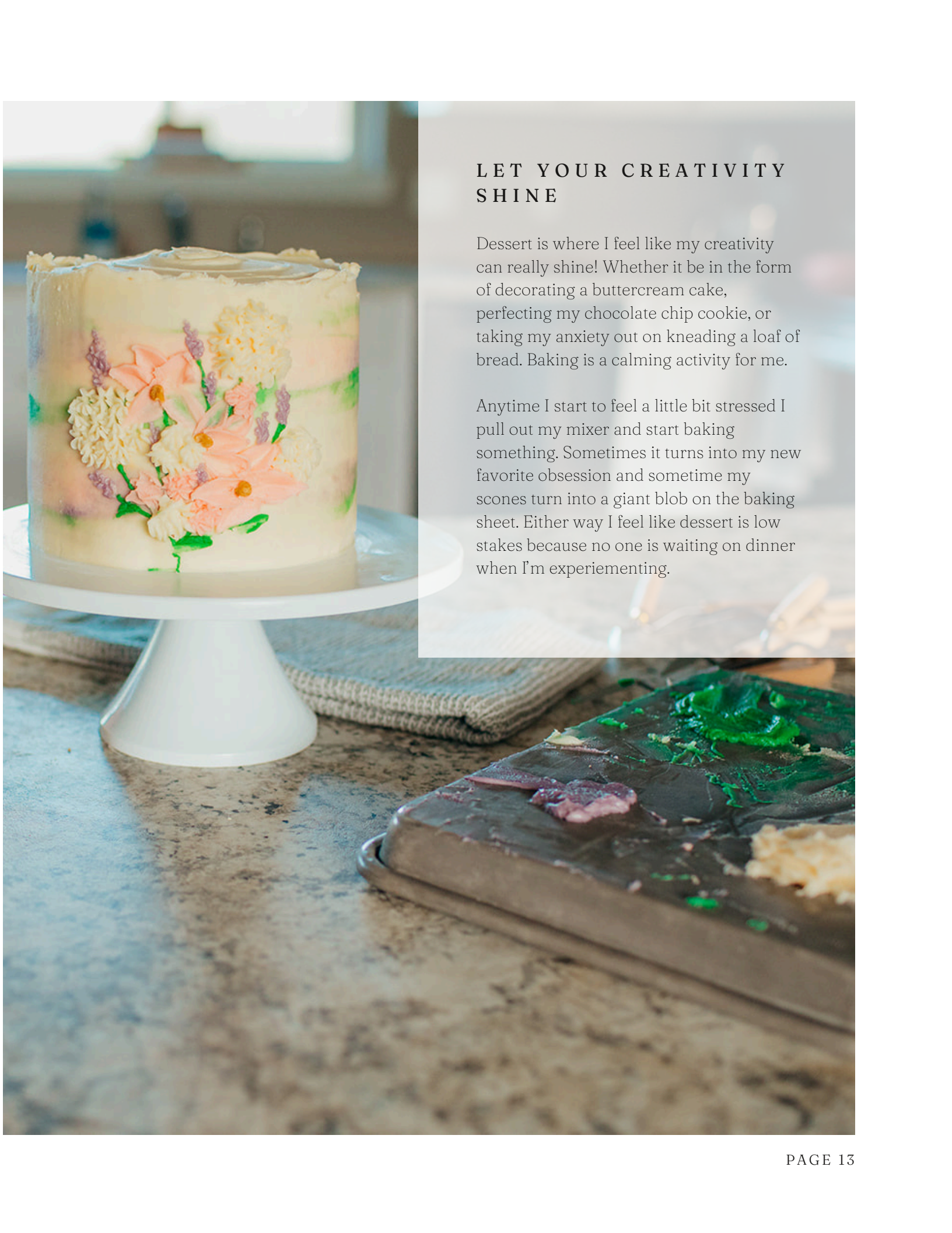
- Cut sirloin steak into 1" cubes. Place marinade ingredients and steak into a ziplock bag and marinate for 24 hours.
- In a bowl combine all ingredients for the flour mixture.
- Drain meat from marinade and toss in flour mixture until covered.
- Heat about 0.5" of oil in a deep pan and fry bites for 2-3 minutes per side.
- ENJOY!!



# dessert

*When people you  
greatly admire  
appear to be thinking  
deep thoughts, they  
probably are thinking  
about lunch.*





## LET YOUR CREATIVITY SHINE

Dessert is where I feel like my creativity can really shine! Whether it be in the form of decorating a buttercream cake, perfecting my chocolate chip cookie, or taking my anxiety out on kneading a loaf of bread. Baking is a calming activity for me.

Anytime I start to feel a little bit stressed I pull out my mixer and start baking something. Sometimes it turns into my new favorite obsession and sometime my scones turn into a giant blob on the baking sheet. Either way I feel like dessert is low stakes because no one is waiting on dinner when I'm experimenting.

# APPLE FRITTER SKILLET CAKE

---

SERVES 6 | PREP 30 MINS | BAKE 45 MINS

---

## INGREDIENTS —

### APPLE FILLING

- 6 cups apples diced
- 4 tbsp butter
- 3/4 cup brown sugar packed
- 1 tsp cinnamon

### APPLE FRITTER CAKE

- 2 1/2 cups flour
- 1 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp salt
- 1/2 tsp cinnamon
- 1/4 tsp ground nutmeg
- 1/2 cup butter melted
- 1/2 cup brown sugar packed
- 1/2 cup apple butter or applesauce
- 2 tsp vanilla extract
- 2 large eggs room temp
- 1/2 cup milk

### ICING

- 1 cup powdered sugar
- 1/4 cup heavy cream

## PREPARATION —

- Preheat oven to 350.
- In a cast iron skillet add diced apples, butter, brown sugar, and cinnamon. Cook over medium heat until apples are soft and a slightly thickened syrup has formed. Remove from heat.
- In a large bowl combine all cake ingredients. Mix to combine.
- Remove 1 cup of cooked apples from pan.
- Pour cake batter into skillet and fold apples into cake mixture.
- Add the 1 cup of remaining apples to the top of the cake mixture. Spread over top, but do not mix in.
- Bake for 40-45 minutes.
- After the cake has been removed from the oven mix together the powdered sugar and heavy cream.
- When the cake has slightly cooled, pour over the top of the cake and enjoy!



# PEACH COBBLER CINNAMON ROLLS

---

MAKES 12 ROLLS | PREP 2 HOURS | COOK 25 MINS

---

## INGREDIENTS —

### Cinnamon Roll Dough

- 1/4 cup milk warmed
- 2 1/4 tsp yeast
- 1 tbsp sugar
- 3 cup all purpose flour
- 1 tsp salt
- 3 tbsp butter
- 1 egg
- 1 cup milk

### Peach Cobbler Filling

- 4 peaches sliced (about 3 cups)
- 1 tsp cinnamon
- 1 tsp salt
- 2 tbsp lemon juice
- 1 tsp vanilla extract
- 1 cup brown sugar divided
- 1 tbsp cinnamon
- 1/2 cup butter melted

### Cream Cheese Frosting

- 1/2 cup butter
- 4 oz cream cheese
- 2 cup powdered sugar
- 2-3 tbsp heavy cream

## PREPARATION —

### Cinnamon Roll Dough

- Combine 1/4 cup warmed milk with yeast and sugar. Set aside until foamy.
- In a large bowl combine remaining ingredients, except remaining milk.
- Add in milk and yeast mixture and 1/2 cup milk. Mix together, adding in remaining milk as needed. You want the dough to just start to pull away from the bowl.
- Knead mixture for 5-8 minutes. Shape into a ball, place back into bowl, cover, and let rise for an hour, until doubled.

### Peach Cobbler Filling

- While the dough is rising add sliced peaches, salt, lemon juice, 1 tsp cinnamon, vanilla extract and 1/2 cup brown sugar in a skillet. Cook over medium low heat until peaches are tender.
- In a small bowl combine melted butter, 1/2 cup brown sugar, and cinnamon.

### Assemble the Rolls

- After the dough has doubled, place onto counter and roll into a rectangle approximately 20 x 15 inches.
- Spread the melted butter mixture on the dough and top with cooked peaches.
- Roll dough into a log shape, and cut into 12 rolls approximately 1.5 inches wide. (this step will be messy, but it is totally worth it!)
- Place on a baking sheet, cover and allow to rise for another hour.
- Bake at 350 for 25-30 minutes.

### Cream Cheese Frosting

- In a large bowl combine cream cheese, powdered sugar and butter. Whisk until combined adding in heavy cream to get a smooth pourable consistency.
- Remove rolls from the oven, spread frosting over the top and enjoy!

# CHOCOLATE CHIP COOKIES

---

MAKES 24 | PREP 20 MINS | COOK 15 MINS

---



## INGREDIENTS —

- 2 stick butter cold
- 1 cup brown sugar
- ½ cup granulated sugar
- 2 large eggs
- 1 tablespoon vanilla extract
- 3 cup all purpose flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1 & ¼ cup milk chocolate chips

## PREPARATION —

- Preheat the oven to 375F.
- In a large mixing bowl or a stand mixer bowl, cream the cold butter, granulated sugar and brown sugar together until light and creamy.
- Add in the eggs and the vanilla extract and mix until combined.
- Sift in the flour, baking soda, baking powder, and salt and mix just until the flour mixture disappears. Add in the milk chocolate chips and gently fold.
- Scoop dough onto prepared baking sheets.
- Bake for 12-15 minutes.

FARM WIVES COOK

FARM WIVES COOK / THE FARMSTYLE

*Pull up a chair.  
Take a taste. Come  
join us. Life is so  
endlessly delicious.*

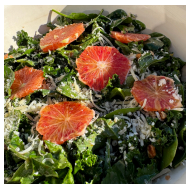
WANT MORE?



## VISIT MY BLOG

For more recipe ideas  
[kaylazenner.com](http://kaylazenner.com)

FOLLOW ALONG ON INSTAGRAM: [@THETFARMSTYLE](https://www.instagram.com/THETFARMSTYLE)



FARM WIVES COOK

KAYLA ZENNER  
THE FARMSTYLE  
KAYLAZENNER.COM

