

Food Storage Recipe Book

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Substituting Honey for Sugar -

"When baking, you can replace half of the sugar in a recipe with an equal amount of honey. You then need to reduce the amount of liquid in the recipe (usually water or milk) by 1/4 cup for every 1 cup of honey that you use. You also need to add 1/2 teaspoon baking soda to the dry ingredients to neutralize the acid that 1 cup of honey adds to the batter. And you need to lower the oven temperature by 25 degrees F so that what you are baking does not overbrown."

Flour Emergency Substitutions:

- 1 c. White Flour = $\frac{3}{4}$ c. whole wheat flour
- 1 c. White Flour = $\frac{7}{8}$ c. rice flour
- 1 c. White Flour = 1 c. corn flour
- 1 c. White Flour = 1 c. corn meal
- 1 c. White Flour = 1 $\frac{1}{2}$ c. rolled oats
- 1 c. White Flour = $\frac{3}{4}$ c. buckwheat flour
- 1 c. White Flour = $\frac{1}{2}$ c. barley flour
- 1 c. White Flour = $\frac{3}{4}$ c. rye flour

Milk Emergency Substitutions:

- whole fresh 1 c. = 1/2 c. evaporated milk plus 1/2 c. water
- whole fresh 1 c. = 1/3 c. instant dry milk solids (or 1 $\frac{1}{2}$ Tbs. non-instant dry milk powder) + 1 c. water
- whole 1 c. = 1 c. reconstituted nonfat dry milk + 1 Tbs. butter
- skim 1 c. = 1/3 c. instant nonfat dry milk (or 1 $\frac{1}{2}$ Tbs. non-instant dry milk powder) + $\frac{3}{4}$ c. water
- sour 1 c. = 1 c. buttermilk
- sour 1 c. = 1 c. yogurt

Using Dry Milk in Any Recipe

Adding additional milk to the recipe will enhance the nutritive value of the recipe. In any recipe calling for milk, simply add the dry milk to other dry ingredients. Sift to blend, then add water for the milk called for in the recipe. For use in meat loaf, hamburgers, etc., use $\frac{1}{4}$ to $\frac{1}{2}$ cup per pound of meat. In mashed potatoes: mash cooked potatoes, then add $\frac{1}{4}$ cup dry milk for each cup of potatoes, Use either the water the potatoes were cooked in or fresh milk to give the right consistency. Cooked cereals: add $\frac{1}{4}$ to $\frac{1}{2}$ cup dry milk to each cup of cereal before cooking.

Regular Powdered Milk:

"In your baking at home, substitute 1/8th the amount of regular powdered milk for the liquid milk called for in your recipe. Add the powdered milk to your other dry ingredients. Then increase your water measurement to include the measurement of liquid milk called for and add this water to your recipe when you add your other liquid ingredients. For example, if your recipe calls for 2 cups of liquid milk, (2 cups divided by 8) use 1/4 cup of regular powdered milk and two cups of water."

Powdered Milk Reconstitution Chart

| <u>Finished Milk</u> | <u>Water</u> | <u>Instant</u> | <u>Regular</u> | <u>Morn. Moo</u> | <u>MM Choc</u> |
|----------------------|----------------------|----------------|----------------|------------------|----------------|
| $\frac{1}{2}$ c. | $\frac{1}{2}$ c. | 2 T. | 1 T. | 1T. | 2T |
| 1 c. | 1 c. | 1/4 c. | 2 T | 2T. | 1/4c. |
| 1 quart | 1 quart | 3/4 c. | 1/2 c. | 1/2c | 3/4c |
| $\frac{1}{2}$ gallon | $\frac{1}{2}$ gallon | 1 1/2 c. | 1 c. | 1 c. | 1 1/2c |

- For whole milk = double the dry milk
- $\frac{1}{2}$ and $\frac{1}{2}$ = triple the dry milk or use evaporated

Short Method for Soaking Beans

Put 2 cups of beans in a pot, cover with 6 cups water, bring to a boil, and cook for 2 minutes; remove from the heat, cover the pot, and let stand for 1 hour before cooking.

Gasless Bean

I love pinto beans now that I discovered the right way to do them! No gas! soak overnight (8--12 hours) pour off soaked water and rinse beans. Place bean in pot with enough water to cover them and add 1 spoonful of Baking Soda (very important!) bring to a boil. Pour off boiled water and rinse again. Place back in pot, cover with plenty of water bring to a boil, then turn down and simmer for several hours. The beans should be soft. Keep adding water so they don't cook down too much. At the end I mix a little corn starch in 1/3 cup COLD water and thicken the juice by adding this corn starch mixture to boiling pot--turn heat up at this point to accomplish this. The baking soda, rinsing, and changing water does something to prevent gas. I add ham, celery, salt and pepper, onions, sometimes chicken bouillion cubes, sometimes some brown sugar or molasses. Depends on my mood and what I have in the pantry. Try some Worcestershire sauce for a tangy taste.

EGGS, Dry Mix

For scrambled eggs, mix 1/2 cup egg mix with 1/2 cup water until creamy. Then add 3/4 cup more water and let stand 15 minutes. Cook as usual. Makes 2-4 servings. If desired, add 1/4 c. powdered milk and 1/4 tsp. salt to dry eggs before adding water. For crepes, increase water to 1 cup and add 1 cup flour sifted with 1 tsp. baking powder. Cook in medium hot buttered pan until golden.

A Dozen Eggs for Twenty Cents (Soy)

Did you know there's a whole-grain egg substitute you can use in baking that has no cholesterol and costs about twenty cents for a dozen "eggs"? It's soybean flour! **1 egg = 1 heaping T soy flour + 1 T water**

A pound of soybean flour costs sixty cents out at Good Earth Natural foods, and 12 heaping tablespoons of soy flour measured 5 oz, so a dozen soybean "eggs" costs just under twenty cents. Plus, the soy flour has no cholesterol, and it provides high-quality, complete protein.

WHEAT MEAT

Wheat meat is made from freshly ground wheat. You mix it with water. The ratio is 2 parts flour to 1 part water. You knead it for 10-15 minutes then cover with cold water for 1 hour. Then the fun begins. You need to wash the starch and bran out but rinsing the dough under hot water until the dough is firm. You do not want any bran left in the dough. Let it drain for 30 minutes.

The gluten can then be flavored in various ways.

Beef flavoring:

| | | |
|-------------------|---------------|---------------------|
| 2 T beef bouillon | 1 T soy sauce | 4 tsp seasoned salt |
| 1 tsp pepper | 1/2 C onion | |

Mix ingredients and bring to a boil. Add gluten pieces and simmer for 30 minutes. If you run this through a meat grinder, this can then be used in place of ground meat.

Gluten Steaks:

| | | |
|-------------------|---------------------|-------------------|
| 1 egg, beaten | fine bread crumbs | 1/2 cup margarine |
| 6 slices of bacon | 1 can mushroom soup | |

Form gluten into steak shapes and season with basic beef flavoring. Fry bacon, crumble into fine pieces. Return to pan. Brown "steaks" in butter with bacon. Pour mushroom soup over steaks. Heat and serve

Wheat Sprout Meatballs

| | |
|--------------------|-------------------|
| 2 c. wheat sprouts | 1 medium onion |
| 1 tsp. salt | 2 Tbs. oil |
| 2 eggs, beaten | 2 c. bread crumbs |

Grind bread crumbs. Put sprouts and onion through food grinder, using fine disc. Add salt, oil, and beaten eggs. Shape into balls and brown in oil in frying pan until brown and heated through.

Wheat Meat

Crack your wheat by coarsely grinding it with your grinder.

| | | |
|------------------------|--------------------------------------------|--------------------|
| 2 c. cracked wheat | 1 T. basil | 1 T. garlic powder |
| 1 T. Italian seasoning | 2 bouillon cubes, chicken or beef | 1/3 cp. oil |
| oil to fry with | 1 yeast packet (optional) just adds flavor | |
| flour to thicken | | |
| water | | |

First preheat skillet, add oil and cracked wheat. Roast or brown the wheat til well browned and smells yummy (15 min) Add water to cover. Add bouillon and spices. (If you season with Sage, they taste like sausage) then cook until wheat is soft and water is absorbed but still moist.(30 min).

Remove from skillet, put in medium bowl, mix adding flour a little at a time and yeast packet until mixture thickens to a paste thickness.

Heat oil medium-high in pan about 1/2 inch. Drop by spoonfuls and flatten with a fork into patty. Cook quickly, watch them they burn easily. Should be crispy on the outside and chewy on the inside. If the temperature is too low, they will saturate with oil and fall apart.

By adding an egg to the mix you can form meatballs - add some seasonings and have taco flavoring or sloppy joes or sage for sausage flavor.

Cooked Wheat

Bring 2 cups water and 1/2 t of salt to a boil. Add 1 cup of wheat. Cover with a tight lid and let simmer 10 min. Take off heat and let set 4 hours. Drain off any extra water.

We eat a combination of rice and wheat (1/2 and 1/2) which is a complete protein.

Soy Meat

| | |
|-------------------------------------|-------------------------------------|
| 1 pound (545 grams) mashed soybeans | 1 cup (137 grams) whole wheat flour |
| 2 eggs or egg substitute | 1 Tablespoon (18 grams) salt |
| 1 teaspoon (1.5 grams) garlic | 1 teaspoon (0.6 grams) oregano |
| 1 teaspoon (0.6 grams) basil | |

Mix all ingredients together. Spoon into hot oil in fry pan. Cook on medium heat for a few hours, turning occasionally until brown and crusty. Use in place of ground meat.

Reconstituting Dehydrated Fruits

| | | | |
|--------------------|------------|--------------|----------------------|
| 1 c. dried fruit * | 2 c. water | 2 Tbs. sugar | 1/2 tsp. lemon juice |
|--------------------|------------|--------------|----------------------|

Add fruit to water in saucepan. Bring to a boil, reduce heat and simmer 10 minutes. Stir in sugar and cool, or cover fruit with water and let sit overnight in the refrigerator. Stir in sugar.

* For applesauce use 1 1/2 c. of fruit.

MAKE AHEAD MIXES

Super Quick Mix

| | | |
|-------------------------------------|--------------------|------------------------------|
| 9 c. whole wheat flour | 9 c. white flour | 3 c. instant dry milk |
| 2 1/2 T. salt | 1 1/2 T. sugar | 2 t. baking soda |
| 2 1/2 c. powdered shortening | 9 T. baking powder | 4 t. cream of tarter |

Sift shortening, baking powder and soda and cream of tarter into rest of ingredients. Combine well. Store in covered container. Label and date; use within 10-12 weeks. Makes about 24 cups. *For regular non-instant dry milk: add additional 6 T. dry milk.*

(Mix can be made using all whole wheat flour; increase baking powder to 10 T.)

Super Quick White Sauce Mix

4 c. instant dry milk **4 c. powdered butter, sifted** 2 t. salt 4 c. flour

Mix ingredients together, store in covered container, label and date. Use within 6 months. (unbleached white flour makes a slightly thinner sauce; increase sauce mix in recipes).

Thin White Sauce

1 c. warm water
1/3 c. white sauce mix

Medium White Sauce

1 c. warm water
½ c. white sauce mix

Thick White Sauce

1 c. warm water
¾ c. white sauce mix

Whisk sauce mix into water. Continue stirring over medium-high heat until boiling. Lower heat and simmer 1 minute.

White Sauce Mix

4 cups dry milk 4 cups dehydrated butter, sifted
4 cups flour 8 tablespoons chicken bouillon
2 tablespoons salt

Mix ingredients together and store in covered container. Label and date; use within 6 months.

This can be used as a soup base in any cream soup recipe, such as corn chowder or clam chowder. Also can be used over fettuccine.

To use:

For a thin white sauce: Mix 1 cup of warm water to 1/3 cup mix.

For a thick sauce: Mix 1 cup warm water with 3/4 cup mix.

Onion Soup Mix

2/3 c. dry chopped onion ½ c. beef bouillon powder 2 T. Cornstarch
½ c. butter or marg. Powder 2 t. onion powder 2 t. parsley flakes

Mix well and store in quart jar.

Cheese Sauce Mix

1 1/3 c. cheese powder ¾ c. **Powdered Milk** ¾ c. flour
¾ c. butter or marg. Powder 1/2 t. onion powder

Mix together. Store in quart jar.

To Make: Bring 1 c. hot tap water and ½ c. cheese sauce to a boil stirring with wire whisk. It only takes a minute!

Country Gravy Mix

1 c. flour **2/3 c. powdered milk** 2 T. beef bouillon
¼ c. butter or marg. powder **1 T. dry, chopped onion** 1 t. onion powder
¼ t. ground sage ¼ t. ground thyme Mix. Store in pint jar.

To Make: Combine and whisk smooth in a saucepan: 3 c. hot water and 1 c. gravy mix. Bring to boil stirring constantly until thickened. Add more water if desired for thinner consistency.

Tortilla Mix

8 c. flour **2 c. shortening powder** **3 T. dry Milk**
1 ½ T. salt

Combine and store in airtight container. To Make: Combine 4 c. tortilla mix and 1 1/3 c. water. Stir vigorously, turn out on floured board and knead into a ball. Divide into 12 balls and roll into 6" rounds. Heat, in an ungreased hot pan turning until light brown spots appear.

Tomato Sauce Mix

3 c. tomato powder **5 T. cheese powder** 4 T. sugar
2 T + 2 t. beef bouillon powder 2 T + 2 t. cornstarch

Mix together and store in pint jar.

To make sauce: Add ¼ c. tomato sauce mix into 1 scant cup boiling water all at once. Remove from heat, stir vigorously with a wire whisk. Makes 1 c. sauce.

To make Italian Tomato sauce: Same as above but at ½ t. Italian Seasonings to water.

1 ¼ c. non-instant powder milk 4 t. salt 1/3 c. sugar
2 c. vegetable shortening

Mix dry ingredients. Cut shortening into dry ingredients until it looks like cornmeal. Store in tightly covered container in cool place.

Biscuits: Mix 2 c. Simply Ready Quick Mix and ½ c. water. Pat out on floured board. Cut with floured cookie cutter or jar ring. Bake at 400° for 10-12 minutes.

Muffins: Mix 2 c. Simply Ready Quick Mix, 2 T. sugar, 1 egg, beaten and 2/3 c. water just until moistened. Place in greased muffin tins and bake at 400° for 20-25 minutes. (8 muffins)

Pancakes and Waffles: Mix: 4 c. Simply Ready Quick Mix, 2 c. water and 1 egg, beaten. Cook on lightly greased griddle or waffle iron at medium heat. Yields 24 pancakes or 8 waffles.

Brownies: Combine: 2 c. Simply Quick Mix, 2 c. sugar, 2/3 c. cocoa, ½ chopped nuts (opt.). Add in 3 eggs, beaten and 2 t. vanilla. Mix well. Place in a greased 9 x 13 pan and bake 350° for 25-30 minutes.

Chocolate Chip Cookie Mix

1 1/3 c. flour 1/3 c. ground oatmeal ½ c. brown sugar
½ c. white sugar ½ c. margarine powder 1 T. whole egg pdr.
½ t. baking powder ½ t. baking soda ½ t. salt
¼ t. powdered vanilla 1/2 c. chocolate chips ¼ c. nuts (opt)

Store in quart jar.

To make: combine all the above with 1/3 c. + 2 T. water Bake at 350° for 10-12 minutes on greased cookie sheet. Chocolate Fudge Cookie: add ¼ c. baking cocoa to above mix.

Brownie Mix

1 c. sugar 2/3 c. flour 1/3 c. oatmeal flour
¼ c. cocoa powder 2 T. dry shortening or marg. 1 T. dried egg
½ t. salt 1/8 t. cream of tartar 1/8 t. vanilla powder
1/8 t. baking soda ½ c. chopped nuts (opt) ½ c. choc. Chip (opt)

Store in quart Jar.

To make:Combine all above with ½ c. water. Spread in greased 8 x 8 pan. Bake at 350° -35 min.

Cake Mix

2 c. flour 1 ½ c. sugar ½ c. shortening pdr.
2 T. dry milk 2 ½ t. baking powder ½ t. vanilla powder
½ t. salt

Yellow Cake: Mix above with 2 eggs (or 2T.egg pdr. + 1/3c. water), 1 1/4c. water, and 1 t. vanilla (1/4 t. vanilla powder). Mix for 2 minutes and pour into greased and floured 9 x 13 pan. Bake at 350° for 40 min.

Chocolate Gravy for Biscuits

¼ c. flour ¾ c. sugar ½ c. dry instant milk
2 T. cocoa powder ¼ t. vanilla powder 2 c. water

Whisk all ingredients together in small saucepan. Bring to boil, simmer 2 minutes, stirring constantly. Serve over hot biscuits.

Hot Spiced Orange Drink

6 c. Tang powder 2 c. lemonade powder 2 c. sugar
2 t. cinnamon 1 t. cloves (opt)

Mix together. Put in 5 pint jars. To Make: Mix 1 ½ T. mix in 1 c. hot water.

Hot Chocolate with Marshmallows

2 c. regular powdered milk ¾ c. sugar ½ c. cocoa powder
1 t. cinnamon 2 c. mini marshmallows

Sift all but marshmallows together. Mix in marshmallows. Store in 1 quart jar.

To make: add ¼ c. mix to 1 c. water.

EMERGENCY RECIPES USING DRY MIXES

BREAKFASTS

Eggs Mix

1 c. dried whole eggs

2 T. dry milk

$\frac{1}{2}$ T. salt

Mix, store in jar.

To make sift together dry ingredients, beat into 1 $\frac{1}{2}$ c. water. Melt oil in pan, cook over low heat, stirring continuously until dry and crumble. For added flavor add: bacon bits or sausage TVP; green chiles and 3 T. cheese powder; bell peppers, minced onion.

Omelet

6 T. egg mix

1/8 t. pepper

$\frac{1}{2}$ c + 2 T water

1 T. salt

2 T. cheese powder

1 T. margarine or oil

Beat together all ingredients. In medium saucepan, heat margarine/oil. Pour in the eggs all at once. Let cook until the omelet is set. Fold the omelet in half with a spatula. Continue to cook over medium heat until done.

Variations: spices (garlic, parsley, basil, oregano, cinnamon, etc); Fill omelet with any of the following: chopped meats, TVP, vegetables (fresh or rehydrated), fruits, or nuts.

Golden Brown Hashbrowns Supreme

1 $\frac{3}{4}$ c. dried hashbrowns

2 $\frac{1}{2}$ c. water

$\frac{1}{4}$ c. oil

salt and pepper to taste

6 T. Egg Mix

$\frac{3}{4}$ c. water

$\frac{1}{2}$ c. bacon bits

3 T. cheese powder

Bring the potatoes and 2 $\frac{1}{2}$ c. water to a boil for 10 minutes until most of the liquid is absorbed. Heat the oil in a skillet. Spread potatoes over the pan. Add salt and pepper to taste. Fry over low heat until potatoes are tender and golden brown. Mix egg mix, cheese powder and $\frac{3}{4}$ c. water until smooth. Pour mixture over browned potatoes and sprinkle with bacon. Cook until done.

Chocolate Pancakes

2 cups baking mix

1/3 cup dry powdered milk

2 T. cocoa powder

2 T. sugar

1/2 cup mini chocolate chips

To use entire mix, add 1 cup water and 2 eggs. To use only half, use 1 $\frac{1}{2}$ cups dry mix, 1/2 cup plus 2 T. water and 1 egg. If you are using dried eggs, add corresponding amount of water to reconstitute the egg product to equal 1 egg. 1/2 mix will make 12 small pancakes. Entire mix will make 24 small pancakes or 16-18 large pancakes.

Potato Patties (with Dried Eggs)

3 $\frac{1}{2}$ c. mashed potatoes

1/4 c. margarine

1 tsp. salt

1/4 tsp. pepper

5 Tbs. dried whole egg

5 Tbs. water

In large bowl beat potatoes, margarine, salt and pepper at low speed until fluffy. Add dried whole egg and water together. Add to potato mixture and beat at medium speed until well blended. To make patties, use about 1/4 c. mixture for each and fry in lightly greased pan over medium high heat until browned on both sides, about 2 to 3 minutes.

Pancake Mix

8 cups white or whole wheat flour

3/4 cups shortening powder

3/4 cups powdered milk

3/4 cups brown or white sugar or 1/3 cups fructose

2/3 cups dehydrated whole eggs

1/3 cups baking powder

1 scant Tablespoon salt

Family Favorite Pancakes

1 scant cup Pancake Mix

1 cup water

Stir together. Let stand a minute and cook on a hot oiled griddle. Turn when bubbles break on top. Makes six 4" pancakes.

(Storing Mixes -- Store in covered container in cool dark place for optimal shelf life, preferably 40-68 degrees. If you want a longer shelf life for your mixes, put your flour in the freezer for two days before making mixes.)

Whole Wheat Pancakes (with Dried Eggs)

| | | |
|-------------------------------|--------------------------|---------------|
| 2 c. wheat flour | 2 tsp. baking powder | 4 Tbs. sugar |
| 5 Tbs. dried whole egg | 6 Tbs. dried milk | 1/2 tsp. salt |
| 2 c. + 5 Tbs. water | 4 Tbs. oil | |

Sift dry ingredients. Add water and oil, stir until moist. Cook on a griddle or pan at medium heat. Serve with your favorite topping.

Instant Oatmeal Packets

| | | |
|-------------|---------------------------|-------------|
| 1/4 c. oats | 2 T. powdered oats | 1/4 t. salt |
|-------------|---------------------------|-------------|

Store in Ziploc Bags.

To Use: empty packet into bowl and add 1/2 c. boiling water and stir until thick.

Variations: To each packet add:

Apple-Cinnamon: 1 T. sugar, 1/4 t. cinnamon, 2 T. chopped dried apples

Cinnamon Spice: 1 T. sugar, 1.4 t. cinnamon, 1/8 t. nutmeg

Raisin Brown Sugar: 1 T. brown sugar, 1 T. raisin

Super Quick Pancakes

| | | |
|---------------------------------|-------------------------------|----------------|
| 3 1/2 c. Super Quick Mix | 2 T. dried egg, sifted | 1 1/2 T. sugar |
| 2 3/4 c. water | | |

Whisk together dry ingredients. Add water and whisk just until combined (will have small lumps). Let stand 5 minutes. Cook on hot, oiled griddle. Makes 12-6 inch pancakes.

For variety: add 1/2 c. blueberry nuggets, raspberry nuggets, Choc. Chips, etc.

Apple Pancakes: Add 1 c. dried/chopped apples (soak 2 c. water, drain) 1 t. cinnamon, 1/2 c. nuts

Cider Syrup

| | | |
|-----------------|------------------|--------------------------|
| 1/2 c. sugar | 1/8 t. nutmeg | 1 T. cornstarch |
| 1/8 t. cinnamon | 1 c. apple juice | 1 T. bottled lemon juice |

In small saucepan, whisk together dry ingredients. Add juice and bring to boil, stirring. Remove from heat; stir in lemon juice. Serve over pancakes.

German Pancakes

| | | |
|------------------------|----------------------|------------------------|
| 1 c. whole wheat flour | 1 c. dry milk | 3 T. egg powder |
| 2 T. sugar | 1/4 t. baking powder | 1/4 vanilla powder |
| 2/3 c. water | oil | |

Whisk together dry ingredients; add liquid ingredients and beat 1 min. Cook large pancakes one at a time in 8-9" heavy skillet on medium heat. Swirl about 1/3 c. batter around in heated/oiled pan. Turn when lightly browned on the edges and dry on the top. Remove from pan when second side is lightly browned. Spread jam on warm pancakes or sprinkle with cinnamon/sugar or Lemon Syrup. Roll and eat.

Lemon Syrup: Stir together lemon juice and powdered sugar until desired consistency.

Mickey Mouse Pancakes

| | | |
|-----------------------------------|------------------------------|-----------------------------|
| 2 cups flour | 4 T. whole egg powder | 2 T. sugar |
| 1/2 c. powdered buttermilk | 1 t. baking soda | 3 T. powdered butter |
| 1 tsp (heaping) salt | 2 1/2 c. + water | |

Combine all above. Cook on greased griddle until lightly browned then flip. Eat.

Magnificent Muffins

| | | | |
|---------------------------------|-----------------------------|--------------|-----------------|
| 3 1/2 c. Super Quick Mix | 1 T. dried whole egg | 1/2 c. sugar | 1 1/2 cp. water |
|---------------------------------|-----------------------------|--------------|-----------------|

Whisk together dry ingredients in a bowl. Add water and stir just until ingredients are moistened. Spoon batter into greased muffin pans. (they will be very full) and bake at 400° for 15 minutes until lightly golden brown. Makes 12 muffins.

Orange Muffins: Decrease sugar to 1 T. and add 1/2 c. tang powder and 2 t. dried orange peel. Stir gently for 45 strokes before filling muffin pans.

Oatmeal Muffins: Decrease Super Quick Mix to 2 ¾ c. Add 1 c. quick cooking oats and increase water to 1 2/3 c.

Chocolate Chip: add 1 c. Choc. Chips, 1 t. cinnamon, ½ t. cloves

Blueberry/Raspberry: Add ½ c. nuggets to batter and stir.

Apple Muffin Mix

| | | |
|--------------------|---------------------------------|------------------------|
| 2 c. flour | ½ c. sugar | ¼ c. brown sugar |
| 1 t. cinnamon | 1 c. chopped dried apple | ¼ t. nutmeg |
| 2 t. baking powder | 3 T. dry milk | 1 T. egg powder |
| ½ t. baking soda | | |

Store in Quart Jar. To make: Add: ¾ c. + 2 T. water, ¼ c. oil. Stir all above ingredients until the mixture is just blended. Do not overmix. Spoon the batter into greased muffin tins, filling 2/3-3/4 full. Bake at 400° for 15-18 minutes or until golden brown.

Basic Muffins (with dried eggs)

| | | |
|-----------------------------------|--------------------------|----------------|
| 2 1/2 Tbs. dried whole egg | 4 1/2 Tbs. baking powder | 3/4 tsp. salt |
| 3 Tbs. sugar | 1/4 c. melted shortening | 1 2/3 c. water |
| 3/4 c. dried milk | 1 3/4 c. flour | |

Sift together the dried egg mix, flour, baking powder, salt and sugar. In a separate bowl, combine the shortening, water and dry milk. Add to dry ingredients, stirring only enough to moisten. Fill greased muffin pans two-thirds full with the mixture. Bake at 375 degrees F. for 20 minutes. -- Makes 12 large or 14 medium muffins.

Variations: blueberries, chopped nuts, bananas, carrots, apple dices, raisins, or granola.

Apricot Pumpkin Muffins

| | |
|------------------------------|-------------------------------------------|
| 2 cups buttermilk baking mix | 1/2 cup chopped California dried apricots |
| 1/4 cup sugar | 1/2 teaspoon cinnamon |
| 1/2 teaspoon ginger | 1/2 teaspoon nutmeg |
| 1/2 cup milk | 1/2 cup canned pumpkin |
| 1 egg | |

In a medium bowl, combine baking mix, apricots, sugar, cinnamon, ginger and nutmeg. Mix together milk, pumpkin and egg until well blended. Combine 2 mixtures; beat vigorously 1/2 minute. Fill 12 greased medium muffin cups 2/3 full. Bake in 400f F oven 15 to 20 minutes or until lightly browned on top. Remove from cups and serve warm. Makes 12 muffins.

Hearty Oatmeal Mix

| | | |
|------------------------------|----------------------|---------------|
| ¾ c. old fashioned oat | 1 ½ T. chopped nuts | ¼ t. cinnamon |
| 1 T. brown sugar | 1 ½ T. raisins (opt) | |
| 1/8 t. vanilla powder | 1 1/2 c. water. | |

Stir in small saucepan. Bring to boil, simmer 5 minutes. Serves 1.

Pumpkin Muffins

| | | |
|-----------------------------|---------------------|----------------------------|
| 3 c. Super Quick Mix | 1 c. sugar | ½ t. nutmeg |
| 1 t. pumpkin pie spice | ½ t. cloves | 1 T. whole egg pdr. |
| 1 c. chopped nuts | 1(16oz) can pumpkin | 2 T. water |

Put all dry ingredients in quart jar. Add pumpkin and water and stir until the mixture is blended. Spoon the batter into muffin tins. Bake at 350° for 15 minutes.

Papa's Favorite Beef Hash

| | | |
|---------------------------|------------------------------|----------------------------------|
| ¼ c. powdered milk | 2 T. Flour | ¼ t. pepper |
| 1 ½ t. salt | 1 c. dry minced onion | 2 c. DH Potato Dices |
| 5 c. water | ¼ c. oil | 1 can corned beef or beef chunks |

Combine potatoes, onions, milk, flour, salt and pepper and water in large saucepan. Boil for 10 minutes or until liquid is mostly absorbed. Heat oil in skillet. Add potato mixture and beef. Cook over low heat, until potatoes are tender and brown. About 20 minutes.

Breakfast Hash Brown Patties

1 Cup Hash browns 1 1/2 Cup Hot Water **2 T Deh Whole Eggs**
1/4 Cup Sausage TVP **1 T Deh Fat-Free Milk** **1/8 Cup Sliced Green Onions**

Salt and Pepper to taste

Reconstitute Hash browns by covering them with 1 1/2 cups hot water. Let Stand. Reconstitute TVP by covering with water in saucepan, simmer 5-10 minutes. Drain. In mixing bowl, beat eggs & milk together. . Add desired amount of salt & pepper. . Add desired amount of salt & pepper. Spread a heaping 1/4 cup of mixture onto a buttered frying pan. Shape into patty. (Don't make too big or it's hard to turn.) Cook on medium heat. Best if only turned once. Makes about 7 patties.

Breakfast Brunch Casserole

2 Cup Hashbrowns **6 Eggs (Deh Scrambled)** **2 Cup Sausage TVP**
1 T. Dry Mustard **1/4 Cup Deh Chopped Onions** **2 Cup Deh Fat-Free Milk**
2 C. FD Shredded Cheddar Cheese Salt and Pepper to Taste

In a small bowl, add 2 cups water to hashbrowns and let stand for 15 min. or tender. In a saucepan, add 2 cups water to sausage TVP and bring to a boil; simmer for 10-15 minutes. Drain both TVP and hashbrowns before adding to casserole. While TVP and hashbrowns are reconstituting beat eggs, dry mustard, milk, and salt, and pepper together. In a 9x13 pan layer hashbrowns, onions, sausage TVP, and cheese. Pour egg mixture over the top. Pour egg mixture over the top. You may make it the night before and refrigerate overnight.

Overnight Blueberry French Toast

12 Slices of Day Old Bread 1/3 Cup Maple Syrup 2 8 oz. Pkg. Cream Cheese
2 T Powdered Sugar **1 Cup FD Blueberries** 1 Cup White Sugar
12 Eggs, Beaten 2 T Corn Starch **2 Cup Deh Fat-Free Milk**
1 Cup Water 1 Tsp Vanilla Extract **1 Cup FD Blueberries**
1 T Butter

Cut cream cheese and bread into 1 inch cubes. Lightly grease 9"x13" pan; Arrange half of bread cubes in bottom and top with cream cheese cubes.

Sprinkle 1 cup blueberries over cream cheese, and top with remaining bread. In large bowl, mix eggs, milk, vanilla, and syrup; Pour over bread cubes. Cover, and refrigerate overnight. Remove from fridge about 30 minutes before baking. Cover and bake at 350° F for 30 min. Remove cover and bake 25-30 min. In saucepan boil, sugar, corn starch, water, and blueberries; simmer 10 min. Pour over and enjoy.

Oatmeal Pudding

1 c. dry milk pdr. 1/4 c. egg powder 4 c. water
1 T. oil 1 T. vanilla 1 t. cinnamon
3/4 c. reg. oats 3/4 c. brown sugar 3/4 c. raisins(opt)
1/4 t. salt

Sift together milk and egg powder. Add water a little at a time mixing well after each addition. Add oil and vanilla. Add in remaining ingredients. Pour into 8x8x2 greased baking pan. Bake at 350° for 55 minutes or until center is firm and set to touch. Cook slightly. Serves 8.

Bacon Brunch Pie

2/3 c. Nonfat Milk Powder 1 c. water **1/2 c. + 1 T Super Quick Mix**
2 T. DH peppers, rehydrated **2 eggs (2T dry+4T water)** 1/2 c. Bacon Bits
4 T. cheese powder **1/2 c. finely chopped onion** 1/8 t. black pepper

Preheat oven to 375 degrees. Spray a 9-inch pie plate with cooking spray. In a large bowl, sift together: baking mix, dry milk powder, cheese powder and (dry eggs). Add peppers and water (fresh eggs). Mix well to combine. Stir in bacon bits, cheese, onion and black pepper. Spread batter into prepared pie plate. Bake for 30 to 40 minutes or until a knife inserted near the center comes out clean. Place pie plate on a wire rack and let set for 5 minutes. Cut into 6 servings.

French Toast

1/4 c. milk powder 1 c. water **6 T. dry egg, sifted**
1/4 t. sugar 1/4 t. salt 1/2 t. vanilla
3/4 t. cinnamon 1/4 t. nutmeg 6-8 slices bread

Beat all ingredients together except bread. Pour into a pie pan. Dip each slice of bread in egg mixture and fry in oiled pan. Sprinkle with powdered sugar or syrup.

Blender Wheat Pancakes

| | | |
|-------------------------------|------------------------------|----------------------|
| 2 1/2 c. water* | 6 T. dry milk powder* | 2 c. wheat, uncooked |
| 4 T. whole egg powder* | 4 T. oil | 2 t. salt |
| 2 T. baking powder | 4 T. honey or sugar | |

Put water, milk powder and wheat in blender. Blend on highest speed for 4-5 minutes or until batter is smooth. Add remaining ingredients and blend. Cook on med. hot, oiled, griddle. Makes 12-18 pancakes.

For Waffles: Add additional 2 T. wheat and 4T. oil.

Apple Coffee Cake

| | | |
|--------------------------------|--------------------------------|----------------|
| 3 c. flour | 1/2 c. shortening | 1 1/2 c. sugar |
| 1 tsp. salt | 1 tsp. baking powder | 1 1/2 c. water |
| 1/3 c. dried egg powder | 1 c. dried apple slices | |

Break up apples into small pieces. Cover with 1 1/2 c. boiling water, let sit, covered, 15 minutes until softened, drain. Blend in all remaining ingredients and mix well. Pour into a greased baking dish. Sprinkle the top with topping mix. Bake at 375 for 25-30 minutes.

Topping

| | | |
|--------------------|--------------|-------------------------|
| 2/3 c. brown sugar | 1/2 c. flour | 3/4 c. margarine powder |
| 1 t. cinnamon | 2 T. water. | |

Mix together and sprinkle over cake.

Instant Breakfast

| | | |
|--------------------------------|--------------------------------------------------------------|---------------------|
| 1 c. ice cold water | 1/4 c. non-instant milk or 1/2 c. instant milk powder | |
| 1 egg (1 T. egg powder) | 1/2 c. fresh or canned fruit | 1 T. sugar or honey |

Blend all ingredients until smooth. Serves 1-2.

Egg Nog

| | | |
|-----------------------------|----------------|---------------------|
| 2/3 c. powdered milk | 2 c. water | 2 T. honey or sugar |
| 2 T egg powder/eggs | 1/2 t. vanilla | nutmeg |

Blend together. Top with spice and serve.

Biscuits

3 c. Super Quick Mix 1 1/4 c. water

In a bowl, stir quick mix and water until just blended.

Drop biscuits: Drop dough by T. on greased cookie sheet. Bake at 425° for 13-15 minutes.

Makes 12 1 1/2 inch biscuits.

Rolled biscuits: Put above dough on floured board. Lightly knead dough; about 12 strokes. Pat out to 1-inch thickness. Cut with floured cutter. Place 1/2" apart on greased cookie sheet. Bake 12-13 minutes. Makes 14 – 1 1/2" biscuits.

Cheese and Pepper Muffins

| | | |
|---------------------------------------|------------------------|---------------------------------|
| 2 1/2 c. flour | 1/4 c. cornmeal | 1/4 c sugar |
| 1 T. baking powder | 1 t. baking soda | 1/2 t. salt |
| 1/4 t. pepper | 1/2 c. parmesan cheese | 1/3 c. buttermilk powder |
| 1/2 t. dried red pepper flakes | | |

Layer in quart jar. **To Make:** Combine 2 eggs, 1 1/2 c. water and 1/4 c. oil, add dry ingredients. Stir just until moistened. Spoon into greased muffin tins. Fill 3/4 full. Bake at 400° for 20 minutes. Makes 2 dozen.

Cornbread Mix

| | | |
|------------------------|---------------------------|--------------|
| 1 c. yellow cornmeal | 2 1/2 c. Super Mix | 1/2 c. sugar |
| 1 1/4 T/ baking powder | | |

Layer above in quart canning jar. **To make:** Combine above with 3 eggs, 1 1/4 c. milk, 3/4 c. butter, mix just until blended. Do not overmix. Pour into greased 8 x 8 pan. Bake at 350° 30 minutes.

Fast and Easy Batter Bread

2 ½ c. steaming hot tap water (120-130 deg.) 2 T. sugar 4 tsp. instant yeast
¼ c. oil t. salt 5 1/3 c. whole wheat flour

Put hot water and oil in mixing bowl. Add 4 c. flour, sugar and salt and beat until combined. Add yeast and beat 3 minutes (450 strokes by hand). Stir in remaining flour, beating 25 strokes; cover and allow to rise in a warm place until double, about 20 minutes.

Stir batter down, beating 25 strokes; spread evenly in two greased 8 x 4 " loaf pans. Smooth tops with floured hand, if desired. Cover; let rise until double, 25-20 minutes. Bake at 375° for 35 minutes; remove from pan; cool on rack. Makes 2 loaves

Oatmeal Batter Bread: Add 1 ½ c. quick oats and 2 ½ c. flour in place of 4 c. of the flour in the first addition.

Molasses can be substituted for sugar.

Garlic Batter Bread: Add 1 t. garlic powder with sugar and salt

Chocolate Chip Pumpkin Bread

5 eggs, well beaten 1 1/2 tsp baking soda 3 cups sugar
4 1/2 tsp cinnamon 2 1/2 cups canned pumpkin 1 1/2 tsp nutmeg
2 cups corn oil 1 1/2 tsp cloves 4 1/2 cups flour
1 tsp ginger 1 1/2 tsp salt 1 1/4 cups milk choc chips

Cream eggs and sugar. Add pumpkin and oil. Add dry ingredients slowly and combine. Fold in chocolate chips. pour into 4 greased and floured loaf pans. Bake at 350 for 45 minutes.

Banana Chocolate Chip Bread

½ c. chocolate chips ½ c. **dried banana chips, finely chopped**
½ c. sugar **2 ½ c. Super Quick Mix** 1 t. baking powder
¼ t. salt

Layer above in quart canning Jar. **To Make:** Combine above with ½ c. butter or marg, 2 eggs, 1 ¼ c. milk and 1 t vanilla until blended. Spoon batter into well greased loaf pan.

Bake 1 hour at 350°.

Variations: Substitute 1 c. blueberry or raspberry nuggets for chips and bananas.

LUNCHES

Pleasing Pasta Soup Mix

1 ¾ c. small shell macaroni ¾ c. dried lentils ½ c. parmesan cheese
¾ c. dried chopped mushrooms 3 ½ T. dry minced onion 3 ½ T. chicken bouillon
1 ¾ t. dried parsley flakes 1 ¾ t. dried oregano 1/8 t. garlic powder
1 can chicken 10 c. water

Layer in quart size jar. **To make:** Place water in a large soup pot and bring to a boil. Add all dry ingredients. Reduce heat, cover and simmer for 40 minutes or until lentils are tender, stirring occasionally. Serves 6-8

Creamy Chicken and Rice Soup

8 ½ c. water ¾ c. long grain rice 2 T. chicken bouillon
½ c. **dried diced carrots** **3 T. dried onion** **3 T. dried celery**
½ t. dried minced garlic 1 can evaporated milk 1 can chicken chunks
3 T. dried parsley salt and pepper to taste

In a pot, bring water to boil. Except chicken. Simmer 20 minutes. Stir in chicken. Serves 6-8

Macaroni and TVP Skillet Mix

1 1/2 C. Dry elbow macaroni 1 C. Dry textured vegetable -protein (TVP)
3 T. Dried minced onion 2 T. Dried parsley
1 tsp. Dried oregano 1 tsp. Dried thyme
1/2 tsp. Salt

Combine all ingredients, and store in an air-tight jar or plastic bag. Attach these instructions: To prepare, pour one 28-oz can tomatoes with juice into a large skillet or saucepan. Crush the tomatoes, add 2 cups water, and bring to a boil. Add Macaroni and TVP Skillet Mix. Simmer, covered, for 15 minutes, or until macaroni is tender, stirring occasionally to prevent sticking. Add more water if necessary. If you like, add 1 cup frozen peas during last 5 minutes of cooking.

Turkey Noodle Soup Mix

| | | |
|---------------------------|--------------------------|----------------|
| 1 ½ T. chicken bouillon | ½ t. pepper | ¼ t. thyme |
| 1/8 t. celery seeds | 1/8 t. garlic powder | 1 bay leaf |
| ¼ c. dried carrots | ¼ c. dried celery | ¼ c. dry onion |
| 1 c. fine egg noodles | 2 cans diced turkey | 8 c. water |

Store dry ingredients in pint jar. **To make:** Combine all above ingredients, except turkey. Bring to boil. Simmer for 20 minutes. Add turkey, simmer 5 more minutes.

Alphabet Soup in Minutes

| | | |
|--------------------------------|------------------------------------|-----------------------|
| 1 ¼ c. uncooked alphabet pasta | 2 T. dried vegetable flakes | 1 t. chicken bouillon |
| 1/8 t. black pepper | | |

Combine contents with 4 cups water and ¼ c. pasta sauce in large saucepan. Bring to a boil, reduce heat and simmer 10 minutes, uncovered until pasta is tender.

Potato Soup

| | | |
|--------------------------|----------------------------------|--------------------------------|
| 3 ½ c. water | 1 ½ c. dried potato dices | 3 T. dried minced onion |
| 1 T. dried celery | 1 ½ t. chicken bouillon | |

Bring above to boil, simmer 30 minutes. Slightly mash potatoes.

| | | |
|------------|--------------|-------------------------|
| Whisk in: | 3 c. water | 1 ½ c. White Sauce Mix |
| 1 bay leaf | ½ T. parsley | ½ bottle Cheddar Cheese |

Bring to a boil, simmer 1 minute. Serves 4-5.

Creamy Potato-Cheese Soup

| | | |
|------------------------------------------|---------------------------|--------------------------|
| 2 c. instant mashed potato flakes | 3 T. cheese powder | 1 T. dried chives |
| 1 t. chicken bouillon | ½ t. dry mustard | ¼ t. white pepper |

Mix and Store in jar.

| | | |
|------------|---------------------------|---------------------------------|
| 5 c. water | ½ c. powdered milk | ½-1 c. sour cream powder |
|------------|---------------------------|---------------------------------|

Bring water and milk and sour cream powder to a boil in large saucepan over high heat. Whisk in remaining ingredients of jar. Reduce heat: simmer 5 minutes, stirring constantl. Add additional water or milk, ½ c. at a time to reach desired consistency. Season with pepper sauce if desired.

Varation: Add ½ c. real bacon bits or cooked broccoli if desired.

3-Minute Cream of Chicken Soup

| | | |
|---------------------------------|----------------------------|----------------------------|
| 6 c. boiling water | 2 T. chicken bouillon base | 1 c. fine white bean flour |
| 1 c. diced chicken pieces (opt) | | |

In medium sauce pan over medium heat, whisk bean flour into boiling water and add base. Stir and cook 3 minutes. Blend for 1-2 minutes. Add chicken, if used. Serves 3-4.

Instant Pea Soup

| | | |
|--------------------|------------------------|----------------|
| 4 c. boiling water | 4 t. chicken soup base | 6 T. pea flour |
|--------------------|------------------------|----------------|

Using dried peas, whole or split, grind to a fine flour. In medium sauce pan over medium-high heat, whisk chicken soup base and pea flour into boiling water, stirring for about 1 minute. Turn heat to low, cover and cook 2 minutes. Serves 4. For a thicker soup, use up to 1/3 c. pea flour.

Instant Corn Chowder

| | | |
|-----------------------|-----------------------------|------------------------|
| 6 1/2 c. hot water | 2/3 c. fine corn flour/masa | 2 T. chicken soup base |
| 6 T. pea flour | 20 drops Tabasco sauce | |

In medium saucepan, whisk flours into hot water and cook, stirring for 1 minute over medium high heat. Cover and turn heat to low; cook 2-3 minutes. Serve with broken corn chips. Serves 4.

Mediterranean Chicken and Lemon Soup

2 cans chicken broth
1 can chicken chunks, drain
¼ t. garlic powder
1 t. basil

1/2c. long-grain white rice
4 T. DH peppers
1 can evaporated milk, *divided*

4 T. DH carrot
1/4 c. lemon juice
1 T. cornstarch

BOIL broth in medium saucepan. Add rice, carrot and peppers; cook until rice is tender, about 20 minutes. Stir in chicken, lemon juice and garlic. COMBINE 1 *tablespoon* evaporated milk and cornstarch in small bowl; stir into soup. Gradually stir in *remaining* evaporated milk. Bring to just a boil, stirring occasionally. Remove from heat. Stir in basil before serving.

Love Soup in a Jar

1/3 c. beef bouillon
½ c. ABC macaroni
2 c. Curly pasta (in bag)

¼ c. onion flakes
¼ c. barley

½ c. split peas
½ c. lentils

Layer in quart jar. NOTE: When the holiday season finds you in a rush, love soup will make an easy supper.

Directions: Combine with 10 c. water and 1 can beef chunks. Boil, simmer 1-2 hours. Add pasta, cook 15 more minutes

Tropical Chicken Salad

1 can mandarin oranges, drained
2 T. hydrated dried celery

1 can pineapple, drained
1/3 c. mayonnaise

1 can chunk chicken
½ t. garlic powder

Combine mayo and garlic powder. Toss with remaining ingredients. Serve with rolls, crackers or bread. Serves 4.

Black Bean Salad

2-15oz cans black beans
¼ c. **dry onions, soak, drain**
3 T. sugar or honey
1 t. Dijon mustard (opt)

1 lg. can mandarin oranges
1 t. salt
3 T. Olive oil

3 Tbsp. green pepper, hydrated
1 t. pepper
1 T. cider vinegar

Combine all ingredients in a bowl. Marinate for 1 hour minimum in refrigerator.

Southwestern Chicken and Pasta Salad

1 ½ c. macaroni
1 can chicken

1-15oz can corn
3 T. hydrated green pepper

2 cans black beans
1 t. dried, minced onion

Dressing

1/3 c. lime juice
1 t. cumin, ground

2 T. oil
¼ t. hot pepper sauce

1 T. honey

Cook macaroni in boiling water, drain. Combine salad ingredients. Blend together dressing ingredients; pour over salad. Toss to coat. Chill 1 hour to blend flavors. Serves 5-6

Easy Macaroni and Cheese

4 c. elbow macaroni
Salt and Pepper to Taste

1 ½ c. Cheese Sauce Mix
3 c. water

Cook macaroni until tender. Drain. Combine cheese powder water in saucepan. Cook over medium heat until it boils and is smooth. Stir constantly. Boil 1 minute. Pour sauce over macaroni and serve.

Macaroni and Cheese

2 c. macaroni
2 T. cornstarch
½ t. salt

¾ c. **cheese powder**
1 t. dry minced onion
¼ t. pepper

1/3 c. powdered milk
½ c. water

Cook macaroni until done. Drain. Combine remaining in saucepan. Cook over med heat until it boils and is smooth, stirring constantly. Boil 1 minute. Pour sauce of macaroni and serve.

DINNER

Chili Tomato Mac Mix

| | | |
|-----------------------------|--------------------------|-------------------------|
| ½ c. + 2 T instant dry milk | 1/3 c. cornstarch | 4 t. beef bouillon |
| 2 t. dried minced onion | ½ t. dried basil | ½ t. pepper |
| 2 t. dried parsley | 1 t. garlic powder | 2 T. chili powder |
| 3 c. macaroni | 2 can beef chunks | 3 cans chopped tomatoes |
| 6 c. water | 2 cans pinto beans (opt) | |

Layer dry ingredients in quart jar. To make: Mix all ingredients in pot, bring to boil. Simmer covered 20 minutes or until macaroni is tender, stirring often. Makes 8-10 servings.

Pasta Perfect

Combine 1 T. butter or olive oil with 2 t. Onion Soup Mix. Sauté 1 minute and add 2 c. cooked pasta. Warm thoroughly and serve.

Alfredo Delight

| | | |
|---------------------|-----------------------------|-------------------------------|
| 2 ¼ c. water | 1 c. White Sauce Mix | ¼ c. DH Mushrooms(opt) |
| 1 T. Onion Soup Mix | 1 t. parsley | |

Bring to a boil stirring constantly with a wire whisk. Don't leave it cooks up fast. Pour over hot, cooked noodles or rice. Sprinkle liberally with Parmesan cheese and serve.

Spaghetti Supper

| | | |
|---------------------------|----------------------------|---------------------|
| 2 c. Italian Tomato Sauce | 1 cans Tomato, whole/diced | 2 t. Onion Soup Mix |
|---------------------------|----------------------------|---------------------|

Heat and serve over cooked Pasta.

Variation: Add Beef or Sausage TVP, veggies or parmesan cheese for variety.

Fried Rice

| | | |
|--------------------------------|---------------------------|----------------------|
| 4 c. cooked rice | ½ c. dried, vegetable mix | 1 can chicken chunks |
| ¼-1/2 c. Yoshida Gourmet Sauce | 2 T. oil | |

Reconstitute veggie mix in 1 c. warm water 20 minutes then drain. Heat oil in large fry pan or wok. Add rice and veggies, heat through, add sauce to taste. Add chicken chunks and heat. Serves 4.

Scalloped Potatoes and Ham

In 4 quart casserole dish, combine with a wire whisk:

| | | |
|------------------|------------------------------|---------------------|
| 4 c. water | 1 c. Cheese Sauce Mix | 1 t. parsley |
| ¼ t. dry mustard | 2 c. Potato Slices | 1 c. cubed ham/spam |

Bake uncovered at 350° for 45-60 minutes.

Variation: Bring to a boil in pan, Simmer for 3 minutes with lid on. Put in icebox cooker 4 hours.

Creamy Casserole

In saucepan, mix 3 c. hot water and 1 1/2 c. white sauce mix, bring to boil, simmer, stirring constantly, until thick. Mix in 1 c. cooked vegetables (canned or rehydrated DH) and 1 c. cooked meat (chicken, turkey, ham) and 4 c. cooked rice or noodles. Warm through on stove or baking.

Cheesy Beans and Rice

| | | |
|-------------------------------------------------|-----------------------------------------------------------|---------------------------|
| 1 c. long grain white rice | 1 can corn, reserve liquid | 1 can kidney beans, drain |
| 1 can sliced mushrooms | ½-1 can diced green chilies | 1 T. dry onion |
| 2 c. water (include liquid from corn/mushrooms) | | 2-8oz cans tomato sauce |
| 1 t. garlic powder | 1-5 oz bottle processed cheese spread or ½c. cheese sauce | |

Combine all ingredients except cheese in saucepan and bring to boil. Simmer 20 minutes. Add cheese and stir until melted. Great in tortillas. Serves 6.

Easy Chicken and Rice Casserole

| | | |
|---------------------|----------------------------|-------------------------|
| 1 cup uncooked rice | 2 T. Onion Soup Mix | 1 can Cr. Mushroom Soup |
| 1 cup water | 1 can Cream of Celery Soup | 2 cans chicken |

Mix first 5 ingredients (all undiluted) in a 9 x 13 baking dish. Place chicken on top of mixture. Bake at 350° for 1 hour or until rice is done.

Beef & Noodle Quick Dinner

| | | |
|----------------------------------------|--------------------|----------------------|
| 2/3 c. instant dry milk | 2 t. onion powder | 2 t. garlic powder |
| 3/4 t. pepper | 3/4 t. salt | 1/8 t. dried basil |
| 1/8 t. dried oregano | 3/4 t. paprika | Pinch cayenne pepper |
| 3 T. brown gravy mix | 1/8 t. celery seed | 4 t. cornstarch |
| 1/4 c. dried, chopped mushrooms | 3 c. egg noodles | 2 cans beef chunks |
| 7 c. water | | |

Layer in quart jar. **To Make:** Combine all ingredients in pot and bring to a boil. Reduce heat to simmer, cover and cook 15 minutes. Remove lid and let gently simmer until sauce has thickened to desired thickness (it will thicken as it sits). Serves 6.

Santa Fe Skillet Casserole Mix

| | | |
|---------------------------|--------------------------------|----------------------------------|
| 4 c. Frito Corn Chips | 3 T. Taco Seasonings | 2 t. chicken bouillon |
| 3/4 c. Parmesan cheese | 1/4 c. instant dry milk | 1/4 c. flour |
| 1 can beef/chicken chunks | 2 c. water | 1 can chopped green chilies(opt) |
| 1 can corn | | |

Layer in quart jar. **To Make:** Combine all ingredients in saucepan. Cook over medium-high heat until sauce thickens. Serves 4.

Cheddar Beef Supper

Cook 1 1/2 c. macaroni in 6 c. boiling water 8-10 minutes, drain.

In saucepan combine:

| | | |
|-------------------|---------------------|---------------------|
| 1 can Beef Chunks | 1/2 t. Chili Powder | 1 t. Onion Soup Mix |
|-------------------|---------------------|---------------------|

Add: 3 1/2 c. warm water

1 1/2 c. Cheese Sauce Mix

Mix thoroughly. Stir and cook until creamy and smooth. Stir in cooked macaroni and serve.

White Bean and Chicken Chili

3 1/2 c. cooked white beans or 2 (15oz) cans white beans, drained

1/2 can(4 oz) diced green chilies, undrained 1(12oz) can chicken chunks, undrained

| | | |
|---------------------------------|----------------------|--------------------------|
| 1/4c. dried minced onion | 3 c. water | 2 t. chicken bouillon |
| 1 t. cumin | 1/4 t. minced garlic | 1 can (6oz) tomato paste |

Combine all ingredients in saucepan and bring to a boil. Simmer 20-30 minutes, stirring occasionally. Serves 4-5.

Hearty Lentil and Barley Soup

| | | |
|--------------------------------|----------------------------------|------------------------------------|
| 3/4 c. brown or red lentils | 1/4 c. sun-dried tomatoes | 2 T. dried vegetable flakes |
| 1 T. dried minced onion | 2 t. chicken bouillon granules | 1 t. dried oregano leaves |
| 1/2 t. minced garlic, dried | 1/2 t. black pepper | 1/8 t. red pepper flakes (opt) |
| 1/2 c. pearl barley | 5-6 c. water | 8 oz. smoked sausage, 1/2" |

1-14 oz. can diced tomatoes w. green pepper, celery, & onion

Place all ingredients in crock pot. Stir; cover and cook on Low 6-8 hours. Add additional water 1/2 c. at time if needed to reach desired consistency. Season to taste with lemon pepper. Serves 10-12.

Variation: Simmer ingredients in Dutch oven or Soup pot, partially covered 1-1/2 hours or until lentils and barley are tender.

Southwestern Bean Chili and Rice

| | | |
|--------------------------------|--------------------------------|--------------------|
| 1/2 c. dried kidney beans | 1/2 c. navy beans | 1/2 c. dried beans |
| 1 bay leaf | 2 T. dried minced onion | 2 t. chili powder |
| 1 T. chicken bouillon granules | 2 t. minced garlic | 1 t. cocoa powder |
| 1 t. cumin | 1 t. dried oregano | 1/4 t. red pepper |
| 3-4 c. water | 16 oz. tomato sauce | 4 c. cooked rice |
| Shredded cheese | | |

Soak beans overnight, drain and rinse or quick soak. Combine soaked beans, water, and seasonings in heavy pot w/lid. Bring to a boil over high heat. Cover; reduce heat and simmer 1-1 ½ hours. Add tomatoes and tomato sauce, cook 30 minutes longer or until beans are tender. Serve over rice and top with cheese.

Spicy Chili Mac

- ¼ C. dried pinto beans
- 2 T. dried minced onion**
- 1 ½ c. uncooked rotini pasta
- Shredded cheese, opt.
- ¾ dried kidney beans
- 2 t. beef bouillon granules
- 4-5 c. water
- 1 can beef chunks
- 1 pkg. Chili seasoning mix
- ¼ t. red pepper flakes**
- 1 can Tom. w/ gr. chilies

Soak beans overnight, drain and rinse or quick soak. Combine soaked beans, water ground beef and seasonings. Bring to a boil over high heat. Cover; reduce heat and simmer 1 hour. Add pasta, and tomatoes. Simmer 30-45 minutes. Serve with Cheddar cheese.

Tuna & Noodle Casserole Mix

- ¾ c. Parmesan cheese
- ½ c. instant dry milk**
- 1-6 oz can tuna
- 1 pkg. Knorr Vegetable Soup Mix
- 2 ½ c. egg noodles
- 2 ½ c. water

Layer all dry ingredients. **To make:** Mix all above ingredients in saucepan. Heat to a boil, stirring often. Reduce heat to medium and cook until noodles are tender.

Chicken and Rice Casserole Mix

- ¾ c. coffee creamer powder
- ¾ c. sliced almonds, toasted
- 1 can chicken chunks
- 2 T. Ranch Dressing Mix**
- ¼ c. bacon bits
- 4 c. boiling water
- ½ c. Parmesan Cheese
- 1 ¾ c. white rice
- salt and pepper to taste

Layer dry ingredients in quart jar. **To make:** Mix all ingredients in saucepan. Bring to a boil, simmer 20 minutes.

Beef Stroganoff with Noodle Mix

- 3 T. White Sauce Mix**
- 1 T. dried dill
- 4 c. boiling water
- 3 T. Brown Gravy Mix**
- 1 T. dried parsley
- 1-2 cans beef chunks
- ½ c. instant milk powder**
- 3 2/3 c. medium egg noodles

Layer all dry ingredients in quart jar. **To make:** Mix all ingredients together in saucepan. Bring to boil, simmer 15 minutes. Pour over cooked noodles or rice.

Brown Rice and Chicken

- 4 T. Chicken Gravy Mix
- ¼ t. garlic powder
- 2 t. dried parsley
- 1 can chicken chunks
- ¼ t. pepper
- 1 t. dry onion
- 4 t. dried mixed peppers**
- 4 c. water
- 1 t. salt
- 4 t. celery flakes
- 2 c. brown rice

Bring to a boil. Simmer 1 hour. Serves 4.

Creamy Broccoli and Tuna

- 3 c. uncooked rotini pasta
- 1 ½ c. water
- ¼ t. garlic powder
- 4 c. water
- ½ c. white sauce mix**
- ½ t. salt
- 1 c. dried broccoli**
- ¼ c. Parmesan cheese
- 1 sm can tuna

Cook pasta and broccoli in 4 c. water. Drain. Heat remaining ingredients. Bring to boil, simmer 1 minute. Add pasta and broccoli. Serves 4-5.

Italian Tomato and Pasta Soup Mix

- 2 ½ c. Bow Tie or Rotini Pasta
- 1 t. sugar
- ½ t. dried minced garlic**
- ½ c. spinach flakes**
- 2 T. dried vegetable flakes**
- 1 t. chicken Bouillon
- ¼ t. black pepper
- 1 T. dried minced onion**
- 1 t. Italian Seasonings
- ½ c. Parmesan Cheese

Put Parmesan in baggie. Layer remaining in quart jar.

To make: Combine 5 c. water, 1 can diced tomatoes and above (not cheese). Bring to boil, Simmer 10-12 minutes. Stir in spinach flakes. Simmer additional 10-12 minutes. Serve with cheese. Serves 4-5.

| | | |
|-------------------------------|--------------|-----------------|
| ½ t. basil | ½ t. oregano | 1 t. salt |
| ¼ t. garlic powder | 1 T. sugar | 2 cans tomatoes |
| 10 c. water (more if needed) | | |

Combine all in large pot, bring to a boil. Simmer 2 hours.

California Bean Soup

| | |
|----------------------------------------------------------|------------------------------|
| 2 cups white beans (rinsed) | 2 1/2 quarts water (10 cups) |
| 1 quart tomatoes | 1/4 cup dried onion |
| 1/2 cup dried carrots | 1/2 cup dried celery |
| 5 to 7 Tbsp. Ham Soup Base or bouillon (or 1-2 hamhocks) | |

(can use chicken or beef instead)
Soak beans in water overnight, or boil 5 minutes and soak 1 hour. Add tomatoes, and cook 2 hours. Add remaining ingredients and cook until beans are soft.

Burritos

| | | |
|----------------------------|-----------------------|--------------|
| 2 cans Chunk Chicken/Beef | 2 cans. refried beans | 1 c. rice |
| 1 c. shredded cheese | 3 T. Taco seasoning | 1/4 c. water |
| 6-10 flour tortillas (mix) | Picante Sauce (mix) | |

Put chicken w/ juice, water and seasoning, beans, cheese and rice into saucepan. Bring to boil, simmer 5-10 minutes. Warm tortillas, put mixture on tortillas, add hot sauce if desired. Fold, eat.
Variation: For cheese; canned, freeze-dried, nacho sauce, cheese sauce, jarred, or fresh)

Turkey Casserole

| | | |
|----------------------|--------------------|------------------------------|
| 6 c. mashed potatoes | 2 c. turkey chunks | 2 c. chicken or turkey gravy |
| 4 c. stuffing | 1 can Green Beans | 1 can Cranberry (opt) |

Layer in casserole dish: potatoes, chicken, gravy, cranberry, green beans, stuffing.
Bake at 350° for 30 minutes. Serves 6-8.

Mandarin Orange Turkey and Rice

| | | |
|----------------|---------------------------------|--------------------------------|
| 1/3 c. honey | ¼ c. Orange Juice Powder | 1 t. lemon juice powder |
| 3 T. Soy Sauce | ¼ t. ground ginger | ¼ t. thyme |
| 1/8 t. pepper | 1/3 c. water | 2 c. turkey chunks |

Mix together thoroughly all but turkey chunks, when mixed, add in turkey. Cover tightly and refrigerate for several hours.

| | | |
|-------------------------------|---------------------|---------------------------------|
| 2 c. uncooked rice | 2 ½ c. water | 1 can Mandarin oranges, drained |
| 1 can sliced mushrooms, drain | 1 t. parsley flakes | |

In casserole dish, mix rice, liquids and parsley, top with oranges and mushrooms and turkey chunks. Pour marinade over top. Cover and bake for 50 minutes at 350°, until rice is done.
Variation: Combine second set of ingredients together in pot, bring to boil simmer 2 minutes, add turkey and marinade, simmer additional 2 minutes. Remove from stove. Cook in icebox cooker for 2 hours.

SIDE DISHES

Crunchy Potatoes

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| 2 ½ c. potato slices | 5 c. hot water |
|-----------------------------|----------------|

Soak potatoes until soft, about 30 minutes. Bring to a boil and simmer until slightly tender. Drain

| | | |
|-------------------------------|-------------------|---------------------------|
| 1/3 c. butter flavored Crisco | ¾ c. bread crumbs | 1 c. cheese powder |
| 1/3 c. powdered butter | 2 t. salt | 1 ½ t. paprika |

Melt shortening in a jelly-roll pan. Spread the cooked potatoes over the melted shortening on the pan, turning once to butter both sides. Mix remaining ingredients. Sprinkle over and mix through potatoes. Bake at 375° for ½ hours or until done.

Glazed Sweet Potatoes

| | | |
|-------------------------------|---------------------------|------------------|
| 1 c. DH Sweet Potatoes | 2 c. warm water | 2 T. Tang |
| ½ c. brown sugar | 6 T. butter powder | 2/3 c. water |

½ c. chopped nuts

2 T. dry egg

Layer in quart jar. **To Make:** Beat ½ c. soft butter, 3 T., 1 t. vanilla until fluffy. Add remaining ingredients and mix until blended. Drop by heaping spoonfuls onto greased cookie sheet. Bake at 350° for 8-10 minutes.

Sand Art Brownies

1 t. baking soda

½ t. salt

¼ t. vanilla powder

3 T. egg powder

½ c. flour

1/3 c. cocoa powder

½ c. flour

2/3 c. brown sugar

2/3 c. white sugar

½ c. chocolate chips

½ c. vanilla chips

½ c. walnuts

Layer in quart jar. **To Make:** Combine contents of jar with 1/3 c. water and 2/3 c. oil. Pour into greased 9 x 9 pan. Bake at 350° for 27-32 minutes.

White Christmas Bar Mix

½ c. White Chocolate Chips

½ c. slice almonds, toasted

½ c. brown sugar

1 c. Super Mix

½ c. brown sugar

1 c. Super Mix

2 T. whole egg

Layer the ingredients in quart Jar. Pack each layer in place before adding the next ingredient.

To Make: Combine above with ½ c. butter Crisco, ¼ c. water and 1 t. vanilla and mix until well blended. Spread batter into a lightly greased 8 x 8 pan. Bake at 350° for 35-40 min.

Pecan Bar Mix

¾ c. rolled oats

¼ c. brown sugar

½ c. chopped pecans

¼ c. brown sugar

¼ c. brown sugar

1 c. crispy rice cereal

¾ c. flour

½ t. baking soda

½ t. baking powder

½ c. sugar

3 T. egg powder

Layer in quart canning jar. **To Make:** Combine above with ½ c. butter Crisco, ¼ c. water and 1 t. vanilla. Mix until well blended. Spread batter into lightly greased 9 x 12 inch pan. Bake at 350° 20-25 minutes. Cool in pan. Cut into 2 inch squares.

Oatmeal Scotchie Bar Mix

¾ c. brown sugar

½ c. sugar

½ c. butterscotch chips

2 c. rolled oats

1 c. flour

1 t. cinnamon

1 t. baking soda

½ t. salt

3 T. egg powder

Mix. Store. **To Make:** Combine with 4 T. water and ¾ c. butter flavored Crisco and 1 t. vanilla.

until well blended. Spread batter into a lightly greased 9 x 12 inch pan. Bake at 350° for 20-25 minutes. Cool in pan. Cut into squares.

BREADS

Shortcut/Hint - After the dough has been kneaded vigorously for 10 minutes I put it in the pans, turn the oven to 350 for 1 minute, then turn it off. I immediately put the pans of dough in and let them sit in that slightly warmed over for 25-30 minutes. Then I just turn the oven back on to 350 without opening the oven and bake for 40 minutes. The bread turns out great. But there is a secret: Add your salt last because salt kills yeast. By adding it last you give the yeast a chance to start doing its work. Also, when you are putting the dough in the pans, don't use flour on your hands, only oil, because the crust will turn hard where flour has touched it.

FOR TWO LOAVES OF (8 X4 INCH) BREAD

6 cups whole wheat flour 1 ¼ Tablespoons yeast

2 ½ cups hot tap water (120 -130 degrees Fahrenheit)

{water that is too hot will kill yeast; the dough won't rise if it is too cold}

1 Tablespoon salt 1/3 cup canola or olive oil

1/3 cup honey or ½ cup sugar 1 ¼ tablespoons bottled lemon juice

FOR RAISIN BREAD ,you must add 2 cups of raisins, 2 tablespoons of cinnamon , and ¾ cup of sugar to the above mixture .

Mix together the yeast ,water, salt, oil, sugar or honey, and lemon juice in a mixing bowl and then add the 3 ½ cups of whole wheat flour slowly stirring it all together in a good mix . Cover it and let it rest for 10 minutes. Slowly, as you mix and knead the dough , add the last approximately 2 ½ cups of flour . Put it on a floured board or countertop and kneed it for about 10 minutes, adding flour as necessary. The dough should not be sticky, but feel like a baby's bottom, soft but firm. Divide dough into two pieces and place in greased bread pans. Turn the oven temperature to 350 degrees and let it preheat for one minute only and then turn off the oven. Place your two bread pans with the dough in them on the high shelf in the slightly warmed oven to rise for at least 25 minutes. Your bread may only rise slightly due to the lemon juice and lack of gluten, etc. ,but this is normal. The lemon juice adds **vitamin C** ,which is necessary in tough times and also acts as a natural preservative to prevent mold, etc.. Do not remove the bread from the oven, but turn oven to 350 degrees and bake for approximately 30 minutes. Bread tends to burn on the lower oven shelves. The bread is thoroughly cooked when it gives off a hollow sound when the pan is tapped on the bottom. Turn the bread pan over and the bread will fall out. Place it on a rack to cool. Note: with wheat bread, always add the least amount of flour possible to keep the bread moist.

IMPORTANT NOTE: if you eat one loaf of bread a day for one year , you will need to store approximately the following amounts of ingredients per year for just the one loaf of bread . DOUBLE the below amounts for two loaves per day. 275 pounds of whole wheat , 148 pounds of raisins, 8 pounds of cinnamon, 16 quarts of Canola or Olive oil , 8 pounds of salt, 120 pounds of sugar, 4 quarts of lemon juice , and 8 pounds of yeast .

THE VERY BEST WHOLE WHEAT BREAD - This recipe makes 5 loaves.

Mix in bowl till flour is wet:

5 1/2 cups hot tap water (140 degrees)

1/3 cup honey

5 cups whole wheat flour

1/2-1 cups gluten flour (Vital Wheat Gluten)

Add and mix for 15 seconds:

3 Tbl yeast

Add:

2/3 cup oil (olive is best)

3 Tbl lemon juice or [50 mg ascorbic acid (Vit. C)or citric acid (this equals 2 1/2 Tbl)]

1 Tbl salt

Continue adding flour (**from 5 1/2 cups to 7 cups or more**) until dough becomes elastic-like, springs back to the touch and does not stick to your fingers or to the sides and bottom of the bowl. (**Add this slowly so you can see when the dough begins to pull away from the bowl. You don't want to add too much flour. How much will vary depending on the barimetric pressure that particular day. The dough should have a bubble gum like texture**) Knead with an electric bread mixer for 6 minutes or by hand about 10 minutes (300 kneadings).

With oil on your hands (not flour...and do not use flour to keep the dough from sticking to your counter--if you need anything, use oil) remove the dough from bowl and form into loaves. Before placing loaf size dough into pan, fold and pound with side of fist a few times to get air bubbles out and to make a tighter and more elastic-like loaf. Tuck into a tight ball-shape (not a loaf shape, a ball shape) and place in center of greased bread pan. (I have found that the stoneware bread pans are by far the best but whatever you have will do. You will get a much better rise and bread with the stoneware--I use Pampered Chef) Place on towel and cover with a towel to let rise until double in bulk. You are eliminating any drafts. A slow rise makes the very best bread so unless you're in a great hurry don't use the warm oven for rising. (Be careful not to scrape your pan to slide it across the shelf in the oven as it will deflate your rise-- Place the pans in there very gently) Bake in 350 degree oven for 30 minutes or until top and bottom crust are brown. Place on wire rack to cool. You may coat with butter for a softer crust, if desired. Store in plastic bags. Freeze to keep from drying out if not using within a few days. Refrigerate otherwise.

Bread recipe baked in solar oven (3 loaves)

1-1/2 cups hot water

1/3 cup oil

1 cup cold milk

1/3 cup honey

(The resulting temperature will be lukewarm so as not to kill the yeast)

4-1/2 tsp. instant yeast

3 eggs

6 to 7 1/4 cups freshly milled flour

1 Tbs. salt

Combine water, milk, oil, honey and eggs in bowl. Add yeast and about 5 cups of the flour. Mix on medium speed until well blended. Add the salt. Continue to mix adding the flour 1/2 cup at a time. When the dough pulls away from the side of the bowl enough flour has been added. Turn the speed to high and allow to knead 8-10 minutes, or until the dough, forms a smooth ball. Let rise until double. With a single or double batch, you may let the dough rise in the bowl. With a triple recipe, turn the dough out onto a floured surface to let rise. After rising, form into loaves. Place in greased loaf pan. Let rise until at least double in size. Bake loaves at 350o for 25-30 minutes. Recipe makes 3 medium size loaves or about 30 dinner rolls.

*Note: One package of yeast is about 2-1/2 tsp. of yeast. With instant yeast you do not need to sprinkle the yeast over the liquids. You can add it with the flour.

Salt-rising Bread

1 c. milk 1 Tbs. Brown sugar
7 Tbs. Corn meal 1 tsp. Salt

Scald the milk and add the sugar, corn meal and salt. Put in a covered jar and place in a dish of water as hot as the hand can bear. Keep in a warm place overnight. By morning the mixture should show fermentation and gas can be heard to escape.

Then add:

2 c. sifted wheat flour 2 c. lukewarm water
2 Tbs. Brown sugar 3 Tbs. Melted shortening

Beat this mixture thoroughly, place in a dish of warm water again and let rise until light and full of bubbles. Then add about 4 1/2 cups of sifted wheat flour, or enough to make a stiff dough. Knead for ten or fifteen minutes, then mold into loaves. Place in greased pans and let rise again until light. Bake 15 minutes at 425 degrees, then lower the temperature to 375 degrees and bake about 30 minutes longer.

Oatmeal Bread

1/2 c. warm water 2 Tbs. Active dry yeast 3/4 c. boiling water 3/4 c. rolled oats
1 c. buttermilk 1/3 c. oil 1/2 c. honey 2 c. flour
1 Tbs. Salt 1/2 tsp. Soda 3 to 3 1/2 c. flour

Stir yeast into 1/2 c. water and allow to stand and bubble up. In saucepan mix 3/4 c. boiling water with oatmeal and cook a few minutes. Remove from heat and add buttermilk, oil, and honey. Sift flour, salt and soda in bowl. Add yeast and oats. Beat well. Gradually add flour to make a stiff dough. Flour a cutting board and knead for 10 minutes. Let dough rise 1 1/2 hours. Punch down and form into loaves and put in bread pans and let rise till double. Bake at 375 degrees for 45-50 minutes. Makes 2 loaves.

Oatmeal-Raisin Bread

2 c. hullless oats, sprouted 48 to 72 hours 1/2 c. raisins
2 tsp. Kelp or 1/2 tsp. Salt 1/2 c. chopped nuts (optional)

Fine-grind oats and raisins, add kelp and nuts. Mix and knead until dough binds well. Make into log, set in sun for 4 hours or leave uncovered at room temperature overnight. Refrigerate. Slice for serving.

Apricot Whole Wheat Bread

3 cups whole wheat flour 3 teaspoons baking powder 1 teaspoon cinnamon
1/2 teaspoon salt 1/4 teaspoon nutmeg 1 1/4 cups milk
1 cup honey 1 egg, slightly beaten 2 tablespoons salad oil
1 cup chopped dried California apricots 1 cup chopped walnuts

In a medium bowl, stir together flour, baking powder, cinnamon, salt and nutmeg. Combine milk, honey, egg and oil; pour over dry ingredients. Stir just enough to dampen flour. Gently fold in apricots and walnuts. Pour into greased 9 3/4 x 13 3/4 loaf pan. Bake in 350f oven 60 to 70 minutes or until done. Remove from oven; let stand on rack about 10 minutes. Remove from pan. Store overnight for easiest slicing. Makes one loaf. (This high-fiber treat is especially delicious buttered and warmed under the broiler.)

Apricot Nut Bread, Steamed

1 1/2 cups dried apricots 2 cups flour 4 tsp baking powder 1/2 tsp baking soda
1 tsp salt 1 cup sugar 1 1/2 cups milk 2 eggs, slightly beaten
2 tbs grated orange peel 2 Tbs olive oil 1 cup whole wheat flour 2 cups chopped walnuts

Place the apricots on a chopping block and chop finely. Mix flour, baking powder, baking soda, salt, and sugar together in large pot. Combine milk, eggs, orange peel, and oil in a medium pot. Add to flour mixture and add whole wheat flour. Mix well. Add apricots and walnuts. Mix well. Divide mixture evenly into two well greased and floured 1 lb coffee cans, cover tightly with foil. Place into large clean pot, add 3 cups water, cover with lid and steam for 2-3 hours.

Debbie's Cornbread

| | | |
|---------------------|--------------------------|------------------------|
| 1/4 c vegetable oil | 1/2 c sugar | 1 egg |
| 1 1/4 c water | 1/2 T vanilla | 1 c. all-purpose flour |
| 1/4 c powdered milk | 1 1/4 c. yellow cornmeal | 1 T. baking powder |
| 1/2 T salt | | |

Preheat oven to 400 degrees F. Grease 9X9" baking pan. Set aside. In a large bowl blend together oil, sugar, egg, vanilla and water and mix until blended. Add flours, cornmeal, powdered milk, baking powder, and salt. Mix until blended. Pour into prepared pan. Bake 30-40 minutes or until light golden brown and tester comes out clean. Serve with Honey Butter.

Honey butter: Cream together 1/2 c. softened butter and 1/2 c. honey. Store extra in refrigerator.

Healthy Cornbread

| | | |
|------------------------------------------|--------------------------------|-------------------|
| 3/4 c Corn meal | c Whole wheat flour | 1 t Baking powder |
| 3/4 t Salt | 1/4 c Honey (or use molasses!) | |
| 2 T Applesauce | 3/4 c Soy milk, milk or water | |
| 1 Egg (or 1/4 cup egg Substitute) beaten | 1/2 c Water * | |

Sift together corn meal, flour, baking powder and salt. Add remaining ingredients; mix well with a spoon. Pour into a 9" round teflon baking dish (or spray a 9" round glass baking dish with "oil & flour" non-stick spray). Bake at 350 degrees for 25 minutes, or until golden brown.

Corn Bread

| | |
|------------------------------------------------|------------------------------|
| 1/4 c. vegetable shortening, oil, OR drippings | 1 c. Yellow corn meal |
| 1 c. all-purpose flour | 1 to 2 Tbs. sugar (optional) |
| 1 Tbs. baking powder | 1/2 tsp. salt (optional) |
| 1 c. milk | 1 egg, beaten |

Heat oven to 425 degrees F. Heat vegetable shortening in 10-inch oven-proof skillet or 8 - or 9 - inch square baking pan in oven 3 minutes; tilt skillet to coat bottom evenly. Combine dry ingredients. Add milk and egg; mix until blended. Add melted shortening; mix well. Pour into hot skillet; bake 20 to 25 minutes or until wooden pick inserted in center comes out clean.

Old Fashion Corn Bread

| | | |
|-----------------------------|--------------------------|---------------------------------------|
| 2 eggs | 2 c. freshly ground corn | 2 cups milk, about (to form a batter) |
| 3/4 c. ground wheat berries | 2 level Tbs. sugar | 4 level tsp. baking powder |

Grind corn kernels according to directions. Beat the eggs well, add the milk and sugar, mix well the flour and baking powder with corn meal to form a soft batter. You may need to add additional cornmeal from the recipe to get the right mixture. Bake in shallow, well-greased pan in a moderate oven (approximately 350 F. degrees) about half an hour.

Whole Wheat Bread

| | | |
|------------------|----------------------------|---------------------|
| 3 cups hot water | 2 Tbs. yeast | 1/4 cup oil |
| 1/4 cup honey | 1/4 cup applesauce | 1 Tbs. gluten flour |
| 1 Tbs. salt | 6-7 cups whole wheat flour | |

Mix first 6 ingredients (speed 2) plus about 3-4 cups of the flour. Add remaining flour a little at a time just until dough pulls away from sides of bowl. Let mixer knead dough for about 5-10 minutes. Remove dough from bowl and shape into loaves. Let the loaves rise in warm oven (150 degrees) until just over the tops of the pans (about 15-20 minutes). Bake at 350 degrees for 35 minutes.

100% Whole Wheat Bread

1 ½ c. warm water 3 Tbs. Honey 1 can evaporated milk
1 Tbs. Salt 1/3 c. oil 2 eggs, beaten
2 Tbs. Yeast 7 c. whole wheat flour

Mix in order and raise in greased bowl, 35-45 minutes. Punch down, divide into 3 loaves. Raise for 20 minutes. Bake at 350 degrees for 45 minutes. (This dough can be used for dinner rolls and cinnamon rolls.)

Whole Wheat Bread (in Breadmaker)

1 ¾ cups water 2 T. oil 1/4 cup sugar
2 T. applesauce 4 1/2 C. whole wheat flour 1 T. gluten flour
2 tsp. salt 2 1/2 tsp. yeast

Place all ingredients in bread pan in the order listed. Place pan in bread maker and close lid. Set bread to cook on Whole Wheat setting. Remove from pan when done.

Whole Wheat Rolls

Dissolve:

2 pkg. Dry yeast in ¾ c. lukewarm water

Combine in large bowl:

3 c. warm water 1 c. dry milk powder
½ c. soft shortening, margarine, or oil 2 eggs
1/3 c. sugar 2 tsp. Salt

Yeast mixture (above)

Have ready:

6 c. white flour 4 c. whole-wheat flour

Add 5 c. flour and beat thoroughly by hand or with electric mixer. Stir in an additional 3 c. flour. Turn dough onto floured board and use 2 more c. flour to knead until smooth and elastic. Let rise in greased bowl until doubled in bulk. Punch down and shape into dinner or cinnamon rolls. Let rise and bake 20-25 minutes at 375 degrees.

Whole Wheat Buns

1 c. plus 3 Tbs. Warm water 1/3 c. oil
¼ c. sugar or honey 2 pkg. Yeast (2 Tbs.)

Combine the above ingredients. Let rest 15 minutes. (Mixture will double).

Then add:

1 tsp. Salt 1 beaten egg
3 ½ c. whole wheat flour

Mix well. Roll ¾" thick and cut into 10-12 4" rounds. Place on cookie sheet and let rise 10 minutes. Bake at 425 degrees for 10 minutes or lightly browned.

Basic Water-Base Sourdough Starter

2 c. flour 1 c. water 1 pkg. yeast

Mix ingredients well. Keep in a warm place overnight. Next morning, put 1 c. of starter mixture in a scalded container with a tight cover and store in the refrigerator for future use. This is basic sourdough starter. The remaining batter can be used immediately for pancakes, muffins, bread, or cake. This starter, when replenished every week with flour and water, will last years.

Mom's Sour Dough Starter

1/2 pkg. Active Dry Yeast (1 1/2 tsp.) 2 c. sifted all-purpose flour
2 Tbs. sugar 2 1/2 c. water

Combine the ingredients in a glass or pottery bowl. Beat well. Cover with a thin cloth and let it stand for two days in a warm place. NOTE: To replenish Starter -- stir in 2 c. warm (not hot) water and 2 c. flour.

Sourdough Whole Wheat Bread Starter

2 c. warm water 2 tsp. active dry yeast
2 Tbs. honey 2 c. whole wheat flour

1 c. flour 1 c. corn meal 1 egg (or powdered)
1 tsp. salt 3 Tbs. Oil

Add enough water to make a thin batter – thin thin – cook on hot grill like a pancake.

Hardtack (Unleavened Bread)

1 c. water 4 Tbs. vegetable oil 2 Tbs. honey OR brown sugar
1 tsp. salt 1 c. yellow corn meal 2/3 c. whole wheat flour

Mix together water, oil, honey, and salt. Add corn meal & flour. Stir well and bake 1 hour and 15 minutes at 350 degrees F. This may be sliced before it becomes hard and is stored.

Unleavened Bread Sticks (Early Settlers)

4 c. wheat flour 1 Tbs. salt 1/2 c. oil
1 c. milk 3 Tbs. brown sugar OR honey

Mix together flour, salt, oil. Add milk and sugar or honey. Knead a little and roll into sticks the size of your finger. Bake on cookie sheet at 375 degrees F. about 20 minutes.

Logan Bread

6 eggs 3 cups flour (any mixture of whole wheat and rye)
3/4 cup wheat germ 1/4 cup brown sugar
1/2 cup powdered milk 1 cup oil
1/2 cup honey 1/4 cup molasses
1/4 cup sorghum syrup or maple syrup (Any combination of these four sweeteners totaling one cup works fine)
1/2 cup shelled walnuts or pecans 1 cup dried fruit (raisins, dates, apricots, peaches, etc.)

Beat all the ingredients together in a large bowl. Pat down into two greased 9x5-inch loaf pans. Bake at 275 degrees for two hours, or until a tester comes out clean. The bread will be very heavy, dense and chewy; each loaf weighs 24 ounces. Logan bread tastes good on the trail, is high in calories and is almost impervious to spoilage.

Biscuit Mix

6 cup(s) flour, all-purpose 3 tbs. baking powder 1 Tbs. salt 1 cp. shortening

- 1) Sift dry ingredients together.
- 2) Cut in shortening.
- 3) Blend until mixture is the consistency of fine bread crumbs.
- 4) Store in airtight container in cool, dry place up to 4 months.
- 5) Use as any baking mix according to package directions to make biscuits, dumplings, pancakes, etc.
- 6) (Makes about 7 cups of mix.)

Biscuits

2 c. flour 1 T. baking powder 1 t. salt 1/3 c. dry milk
1/3 c. shortening 3/4 c. water

Mix flour, baking powder, salt and milk thoroughly. Cut in the shortening with a fork until mixture is crumbly. Stir water in gradually to make a dough that is soft but not sticky. Knead gently on a lightly floured board. Roll or pat dough to 1/2- or 3/4-inch thickness. Cut with a small floured glass or into squares. Place on an ungreased baking sheet, 1 inch apart for crusty biscuits or close together for softer ones. Bake at 450 °F (very hot oven) for 12 to 15 minutes or until golden brown. Makes 8 to 12 biscuits.

Rosemary Biscuits

1 (3-oz.) package cream cheese, softened 1 3/4 cups of biscuit mix
1/2 cup milk 2 tsp. chopped fresh or dried rosemary

CUT cream cheese into biscuit mix with a pastry fork until crumbly, add milk and rosemary, stirring just until the dry ingredients are moistened. TURN biscuit dough onto a lightly floured surface, and knead 3 or 4 times. PAT or ROLL dough to 3/4 inch thickness; cut diagonally with a knife into one inch diamonds. BAKE at 400 degrees for 10 minutes, or, until lightly browned. YIELD: 2 dozen biscuits.

Flaxseed Bread

1 3/4 to 2 cups all-purpose flour 1/4 cups whole wheat flour 1 envelope RapidRise Yeast

| | | |
|------------------------------------------|----------------------------------|---------------|
| 1 teaspoon salt | 1/2 cup milk | 1/4 cup water |
| 3 tablespoons honey | 1 tablespoon butter or margarine | 1 large egg |
| 1/4 cup flaxseeds | | |
| 1 tablespoon butter or margarine, melted | | |

In large bowl, combine 1 cup flour, whole wheat flour, undissolved yeast and salt. Heat milk, water, honey and butter until very warm (120 to 130 degrees). Gradually add to dry ingredients. Beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add egg, flaxseed and 1/2 cup flour; beat 2 minutes at high speed. Stir in enough remaining flour to make a soft dough. Knead on lightly floured surface until smooth and elastic, about 8 to 10 minutes. Cover; let rest 10 minutes. Roll dough to 12x8-inch rectangle. Beginning on short end, roll up tightly as for jelly roll. Pinch seam and ends to seal. Place, seam side down, in greased 8 1/2 x 4 1/2-inch loaf pan. Cover; let rise in warm, draft-free place until doubled in size, about 1 1/2 hours.

Yield: 1 loaf.

Bake at 350 degrees for 30 to 35 minutes or until done. Remove from pan; cool on wire rack. Brush with melted butter.

Halftime Spoon Rolls

Dissolve 2 tsp. dry yeast in 1/2 cup warm water, and set aside. Combine 1/3 cup shortening, 1/4 cup of sugar or honey, 1 tsp. salt with 1/4 cup hot milk (reconstituted dry or fresh). Cool to lukewarm by adding 1/2 cup cold water. Add 1 egg (or equivalent reconstituted dry) and softened yeast. Mix in 3 1/2 cups sifted flour. Cover in same bowl, letting rise in a warm place till doubled. Stir dough with greased spoon. With an ice cream scoop (works easiest) dip sticky batter into greased muffin tins, filling half full. Let rise and bake at 375 degrees until golden brown. Remove from oven and brush margarine on top to soften nicely. I promise raves from this one. And you can modify it easily. With the addition of just a little more flour (about 1/2 cup), the dough will be firm enough to handle lightly, which makes forming hamburger buns on a greased cookie sheet easy, or forming into caramel rolls, cinnamon rolls, or coffee cake.

Bread in a Bag

| | | |
|-----------------------------|----------------------------------------|-----------------------------|
| 2 cups white bread flour | 1 cup whole wheat flour | 3 tablespoons powdered milk |
| 3 tablespoons sugar | 1 teaspoon salt | 1 package Rapid Rise yeast |
| 3 tablespoons vegetable oil | 1 cup hot water (125 to 130 degrees F) | |

Extra flour to use during the kneading process

Combine white flour, whole wheat flour, yeast, sugar, salt and powdered milk in a 1 gallon heavy duty Ziploc freezer bag. Squeeze upper part of bag to force out the air. Shake and work bag with fingers to blend ingredients. Add hot water and oil to dry ingredients. Reseal bag. Mix by working bag with fingers, until the dough is completely mixed and pulls away from the bag. On floured surface, knead dough 5 minutes, or until smooth and elastic. Put dough back into bag and let it rest 10 minutes. If working in teams, divide dough in half and shape. Let rise until double in bulk. Bake at 350 for 20 to 30 minutes or until golden brown. Remove from pan and cool on wire rack or dish towels.

MAKES ABOUT FOUR LOAVES

| | |
|-------------------------------------|---------------------------------------------------|
| 5 Cups HOT water (120-130 degrees) | 12 Cups /Fresh/ Whole Wheat Flour |
| 2 1/2 Tablespoons Saf-Instant Yeast | 2 1/2 Tablespoons bottled lemon juice (room temp) |
| 2/3 C. Olive or Coconut oil | 2/3 C. Honey |
| 2 Tablespoons Salt | |

Directions:

Pour hot water in Bosch.

Sprinkle water with enough flour to create a runny mixture (about 4-5 C.) Add Saf-Instant Yeast Add Olive oil Add Honey. Pulse mixture, then go to speed 1 and let the ingredients thoroughly mix together to give yeast a head start before adding the salt and lemon juice. Add another cup of flour, lemon juice, and then add the salt last.

On speed 1, start sprinkling flour /just until/ the dough pulls cleanly away from the sides of the bowl and forms into a ball on one side of the bowl. Stop adding flour at this point.

Go to speed 2 when the machine starts to gear down Knead for about 10 minutes

Using oiled (not floured) hands, separate dough into four greased pans.

Make sure oven rack is on 2nd or 3rd shelf down, not lower. Turn oven to 350 for 1 minute, then turn the oven off. Immediately place the pans in the slightly warmed oven and let rise for 25 minutes. After 25 minutes, turn the oven

back on to 350 degrees, without opening the oven, and set timer for 40 minutes. Bread is thoroughly cooked when it gives off a hollow sound when the pan is tapped on the bottom. Dump bread from pans on side and let cool.

Buttermilk Rolls

1 c. buttermilk, warmed 3 Tbs. Shortening 1 tsp. Brown sugar ¼ tsp. Soda
1 pkg. Yeast 2 ¼ c. wheat flour 1 tsp. Baking powder 1 ¼ tsp. Salt

Dissolve the yeast in the warm buttermilk then add the melted shortening, brown sugar and soda and mix well. Sift the wheat flour, measure, add baking powder and salt and sift into the liquid all at once. Mix until the flour is all dampened then beat with a spoon for one minute. Cover with a damp cloth, set in a warm place and let rise to about double in bulk. Punch down, let rise once more and turn onto a board covered with sifted wheat flour and knead until light and spongy (between 5 and 10 minutes). Mold into any desired size or shape, cover with a damp cloth again and let rise until light. Bake 15 to 20 minutes at 425 degrees.

Spoon Bread

1 c. corn meal 1 ½ c. boiling water 1 ½ c. milk
2 eggs well beaten ½ tsp. Salt ½ tsp. Baking powder

Stir corn meal into boiling water. Remove from fire and add the milk slowly, then eggs, salt and baking powder. Bake the mixture in a deep buttered pan or casserole for a half hour or longer at 425 degrees. Don't be afraid to set this dish right on the table in the pan or casserole in which it is cooked. Serve smoking hot by the tablespoonful from the pan with a pat of butter tucked into its middle.

Baking Powder Biscuits

2 c. wheat or rye flour 1 tsp. Salt 3 tsp. Baking powder 4 Tbs. Shortening
1 c. milk (approximately)

Sift wheat or rye flour, measure, add salt and baking powder and sift again. Blend in shortening, then add enough milk to make a moist dough. Turn onto a wheat floured board, pat or roll out to ½ inch thickness, cut out biscuits and bake at 475 degrees for about 15 minutes.

Whole Wheat Bread Bowls

1 1/4 cups warm water (105 to 115 F) 1 package active dry yeast
1 1/2 teaspoons sugar 1 1/2 teaspoons salt
1 tablespoon oil 2 1/4 to 2 3/4 cups bread flour
1 cup whole wheat flour 1 egg, beaten
1 tablespoon milk

Measure water into a large bowl. Sprinkle in yeast; stir until dissolved. Add sugar, salt, oil and 1 1/4 cups bread flour; beat until smooth. Add whole wheat flour and enough additional bread flour to make a stiff dough. Turn onto a lightly floured board; knead until smooth and elastic, 10 to 12 minutes. Place dough in a bowl that has been lightly coated with nonstick spray, turning to grease top. Cover; let rise in warm place until doubled, about 1 hour.

Preheat oven to 400 F. Grease the outsides of 6 ovenproof bowls that are approximately 4 inches in diameter (such as 10-ounce custard cups).

Punch dough down; divide into 6 pieces. Cover and let rest 10 minutes. Spread each piece into a circle about 6 inches in diameter. Place over outside of bowl, working dough with hands until it fits. Set bowls, dough side up, on a baking sheet coated with nonstick spray. Cover with plastic wrap; let rise in warm place until doubled, about 30 minutes.

Combine egg and milk; gently brush mixture on dough. Bake in oven at 400 F for 15 to 20 minutes until golden brown. Using potholders, carefully remove the bowls. Set bread bowls, open side up, on baking pan; bake for 5 minutes. Makes six 4-inch bowls.

Breadsticks or Pizza Crust

1 1/2 cups warm water
1 tablespoon malted milk powder
1 teaspoon salt

1 tablespoon dry yeast
1 tablespoon honey
3 1/2 to 4 cups flour

Dissolve yeast in warm water, then add other ingredients. Knead until smooth. Divide into 12 (large sticks) or 24 (small sticks) parts. Roll in hands to make bread sticks and place on a lightly greased cookie sheet. Brush with melted butter and sprinkle with Salad Supreme, poppy or sesame seeds or parmesan cheese. Let raise about 1 1/2 hours. Bake at 400 degrees F. for 12-15 minutes. For pizza crust, shape onto pizza pan and let rise for about 20 minutes. Makes 12 large or 24 small breadsticks.

Basic Buttermilk Cornbread

4 cups yellow cornmeal (whole kernel preferred)
6 teaspoons baking powder
1 teaspoon salt
3 medium eggs

1 cup unbleached all-purpose flour
1/2 teaspoon baking soda
1/2 cup butter
2 cups buttermilk

Preheat oven to 375 degrees. Sift dry ingredients in a large mixing bowl. Cut in all but 2 tablespoons of the butter. Add eggs and buttermilk and beat until a smooth, thick batter forms. Melt reserved 2 tablespoons butter in a 10 1/4-inch black iron skillet, about 2 inches deep. Pour batter into hot skillet and place skillet in oven. Bake for 30 minutes and check the bread. It should be lightly browned and slightly split open on top. If it's not done, give it 10 to 20 minutes more.

Potato Rolls

5 cups warm water or milk
1 1/2 teaspoon sugar
1/3 cup oil
6-8 cups white flour
1 1/2 tablespoons salt

3 tablespoons yeast
3/4 cup honey
4 cups whole wheat flour
1/3 cup mashed potatoes
Margarine or butter

Combine yeast, sugar and 1/2 cup warm water or milk; stir and set aside. In a large mixing bowl, combine the rest of the water or milk, oil, honey, salt and 4 cups whole wheat flour; mix well. Add 6-8 cups white flour and mix to moderately stiff dough. Knead until smooth, about 10 minutes. Place in greased bowl, turning to grease on all surfaces. Cover and let rise about one hour until double in bulk. Knead down, roll out and shape into rolls. Place on cookie sheets sprayed with non-stick vegetable spray. Let rise until double; bake at 425 degrees for 12-15 minutes. Remove rolls from oven; brush with butter or margarine.

Sour Cream Rolls

2 1/4 cups all-purpose flour
1 envelope Fleischmann's RapidRise Yeast
3/4 cup sour cream
2 tablespoons butter or margarine

2 tablespoons sugar
1 teaspoon salt
1/4 cup water
1 large egg

In a large bowl, combine 1 cup flour, sugar, undissolved yeast and salt. Heat sour cream, water and butter until very warm (120 to 130 degrees). Gradually add to flour mixture. Beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add egg and remaining flour to make a soft batter. Spoon evenly into greased 2 1/2-inch muffin pans. Cover and let rise until doubled in size, about 1 hour. Bake at 400 degrees for 25 to 30 minutes or until done. Remove from pans; cool on wire rack. Makes 12 rolls.

Kentucky Spoon Bread

3 cups milk
2 tablespoons butter, melted
1 3/4 teaspoons baking powder

1 1/4 cups white cornmeal
3 eggs, well beaten
1 teaspoon salt

Bring milk to a rapid boil; add cornmeal, stirring until smooth and free from lumps. Continue to cook over low heat until mixture becomes very thick. Remove from heat and allow to cool and stiffen. Place cooked cornmeal in a large bowl; add butter, eggs, baking powder and salt. Beat with an electric mixer for 15 minutes. Pour into a greased casserole and bake at 375 degrees F. for 30 minutes. Serve hot from the casserole.

Lemon Spoonbread with Berries

1 cup self-rising cornmeal mix
3 eggs, separated
2/3 cup sugar
2 teaspoons grated lemon peel
2 cups sweetened blackberries, raspberries or strawberries

1 1/2 cups milk
1/4 cup butter
1/3 cup lemon juice

Heat oven to 375 degrees. Grease a deep 2-quart baking dish with additional butter. In large mixing bowl, place cornmeal. Heat milk to boiling; gradually stir into cornmeal until smooth and thickened; set aside. In medium bowl, beat egg whites until soft peaks form; set aside. Add butter, sugar, lemon juice, peel and egg yolks to cornmeal mixture; beat well. Fold egg whites into cornmeal mixture. Pour into greased baking dish. Bake at 375 degrees for 35 to 40 minutes or until golden brown and set. Serve hot topped with berries. Serves 6 to 8.

Blotkake (Norwegian Sugar Bread)

6 eggs
1 tablespoon water
1 1/2 teaspoons baking powder

1 cup sugar
1 cup flour
1 tablespoon potato flour or cornstarch

Filling:

1 cup whipping cream
2 large bananas
1 orange

3/4 cup raspberry jam
Strawberries or kiwi fruit, optional

Frosting:

1 1/2 cups whipping cream
powdered sugar

Beat eggs and sugar until light and fluffy. Add water. Sift dry ingredients; stir into egg mixture. Bake in a greased 10-inch round pan or two 8-inch rounds. Bake at 325 degrees for about 40 minutes; cool. When cool, divide into three or four layers. Drizzle with fresh orange juice. Whip 1 cup cream and fold in raspberry jam and diced banana. Spread evenly between the layers. Whip 1 1/2 cups cream and sweeten to taste. Spread over the cake; garnish with kiwi and/or strawberries if desired. Makes 12-16 servings.

Honey Whole Wheat Rolls

2 envelopes RapidRise Yeast
1 1/4 cups whole-wheat flour
1 teaspoon salt
1/3 cup corn oil
1 egg
Nonstick cooking spray

2 1/4 cups all-purpose flour
1 cup rolled oats
1 1/4 cups water
1/4 cup honey

Egg wash:

1 egg plus 1 tablespoon water mixed

Combine yeast, flours, oats and salt in a large mixing bowl.

Stir honey and oil into warm water and pour into flour mixture.

Add egg and mix for 3 to 5 minutes at medium speed in an upright mixer with dough hook, scraping the sides as needed, until a soft dough forms. Dough should clean sides of mixing bowl without sticking.

Knead on clean surface with lightly oiled hands or continue mixing in stand mixer with dough hook for 3 minutes.

Spray baking sheet with cooking spray. Divide dough into 12 equal pieces, rolling each piece into a ball. Arrange on baking sheet 1 inch apart. Brush with egg wash and sprinkle with additional oats if desired. Place in a warm draft free area to rise for 20 to 30 minutes or until doubled in size. Bake for 20-30 minutes or until deep golden brown on top. Makes 12 rolls.

Basic Sweet Dough

This soft, pliable dough can be used for braids, cinnamon rolls, monkey bread and other shapes.

| | |
|-----------------------------------------|--------------------------------------------------------------|
| 3/4 cup (6 ounces) warm water | 2 teaspoons sugar |
| 1 tablespoon active dry yeast | 1/2 cup (2 ounces) all-purpose flour |
| 3/4 cup (6 ounces) plain low-fat yogurt | 1/2 cup (1 stick) unsalted butter, softened |
| 2 large eggs, lightly beaten | 1/2 cup (3 1/2 ounces) sugar |
| 2 teaspoons salt | 2 teaspoons vanilla or other flavoring (such as citrus zest) |
| 4 1/2 to 5 1/2 cups all-purpose flour | 1 egg, plus 1 tablespoon water (for egg wash) |

In a small bowl, combine the warm water and 2 teaspoons sugar. Stir to dissolve. Stir in the yeast and 1/2 cup flour. Cover with plastic wrap and set aside until bubbly and active, about 10-15 minutes.

In a large bowl, combine yogurt, butter, eggs, sugar, salt, vanilla and yeast mixture. Add flour 1 cup at a time, until the dough comes away cleanly from the sides of the bowl. Turn dough out onto a lightly floured surface and, adding only enough flour to keep the dough from sticking to your hands or the work surface, knead dough about 5 minutes, until soft and pliable but not too sticky. Let dough rest while you clean and grease the bowl with a little bit of oil.

Finish kneading dough until it's smooth and supple.

Place the dough in the greased bowl, turn the dough to coat all surfaces with the oil. Cover with plastic wrap and a clean towel, and let sit in a warm place about 1 1/2 hours, or until doubled.

Gently deflate the dough and divide it in half. Cover with plastic wrap and let rest on a lightly floured surface for 15 minutes. Form dough into desired shapes (see below). Cover with plastic wrap and let rise about 45 minutes. Preheat oven to 375 degrees. Brush loaves with egg wash and bake until golden brown, about 30-40 minutes, to an internal temperature of 190 degrees F. Remove the bread from the oven and let it cool on a rack.

Almond-Filled Braid: Working with half the Basic Sweet Dough at a time, roll dough into a 19-by-15-inch rectangle. Press two light lines on each rectangle, lengthwise, to divide dough into three equal sections. Spread purchased almond filling (American Almond Baker's Style Almond Schmeat Filling is recommended) down center section, leaving 1 inch of clear space at either end and along the inside edges. Cut 1-inch wide strips from edge of filling to outer edge of the dough. Fold the ends over the filling. Bring the dough strips across the filling on a diagonal, alternating from side to side. Repeat with remaining piece of dough.

Cover loaves with plastic wrap and a clean towel, and let rise in a warm place until doubled in bulk, about 35 to 45 minutes. Preheat oven to 375 degrees. Brush tops of loaves with egg wash. Bake 25-35 minutes, or until loaves are a rich, golden brown. Cool loaves on racks. If desired, drizzle loaves with sugar icing (see directions below) and top with sliced almonds. Makes two braids. Other fillings can be used, such as strawberry jam with cream cheese.

Sugar Icing: Combine 1 cup (4 ounces) powdered sugar, 3 tablespoons heavy cream or 2 tablespoons milk, and a few drops of flavored extract such as lemon or orange.

Cinnamon Swirl Loaf: Combine 1/2 cup raisins or currants, 1/2 cup sugar, 3 teaspoons ground cinnamon and 1 tablespoon all-purpose flour to make a filling. Roll one half of the Basic Sweet Dough into a 10-by-15-inch

rectangle. Brush surface of dough with egg wash, then spread with the dough with half of filling mixture. Starting with the shorter side, roll the dough into a log, pinching the seams and ends to seal them tightly. Repeat with the remaining dough and filling. Place each loaf in a well-greased 8 1/2-by-4 1/2-inch loaf pan. Cover with plastic wrap and a clean towel and let rise about an hour, or until bread crowns 1 inch over the rim of the pan. Preheat oven to 350 degrees. Before baking, brush tops of loaves with egg wash. Bake about 45 minutes, tenting with foil the last 10 minutes if bread is browning too quickly. Remove loaf from pan and cool completely on a rack.

Cinnamon Rolls: Mix 1/3 cup butter, 1 cup brown sugar and 3 tablespoons ground cinnamon. Roll half the dough into a 14-by-16-inch rectangle. Spread a thin layer of cinnamon filling over the dough, leaving about 1 inch uncovered on the short side nearest you. Starting with the short, filling-covered side, roll the dough into a log. Don't roll too tightly or the centers of the cinnamon rolls will pop up. Gently cut the log crosswise into 12 slices with a serrated knife (or use dental floss). Place them into a 9-by-13-inch pan, leaving space between the rolls to allow for rising. Repeat with other half of dough. Let the buns rise about 45 minutes, until puffy. Bake at 350 degrees for 20 to 25 minutes, or until golden brown. Drizzle with sugar icing if desired. Makes about 24 rolls.

Monkey Bread: Turn half the dough out onto a lightly floured surface, and divide it into 32 small pieces, each about 1 1/2 inches in diameter. Dip the balls in 1/2 stick melted butter; roll them in 2/3 cup light brown sugar mixed with 1 teaspoon cinnamon. Layer them in a 8 1/2-by-4 1/2-inch loaf pan or Bundt pan. Repeat with other half of dough. Allow to rise until doubled, about 1 hour. Bake in a preheated 375-degree oven for 30 to 35 minutes, until golden. Makes 2 loaf or Bundt pans.

Chef Amy Quazza's Challah

| | |
|-------------------------|-------------------------------------------------|
| 2 1/2 cups bread flour | 2 teaspoons granulated sugar |
| 1 teaspoon salt | 2 tablespoons light-flavor olive oil |
| 1 1/2 tablespoons honey | 1 large egg |
| 1 large egg yolk | 1/2 cup water |
| 1 teaspoon dry yeast | 1 egg, lightly beaten, to brush on top of bread |

Place first eight ingredients in a bread machine in the order listed. Add yeast as directed and prepare dough according to manufacturer's instructions. Place dough in a lightly oiled bowl. Cover and let dough rise in a warm place for about 30 minutes or until it has doubled in volume. Knead slightly and then divide the dough into 8 portions. Place the portions evenly spaced on a baking sheet. Cover lightly with plastic wrap and let rise for about 30 minutes. Preheat oven to 350 F. Remove plastic wrap from rolls. Lightly brush each with the beaten egg. Bake for 15 to 20 minutes or until golden brown. Makes 8 rolls.

Cornmeal Rolls

| | |
|--------------------------|---------------------------|
| 1/3 cup cornmeal | 1/2 cup sugar |
| 1 teaspoon salt | 1/2 cup melted shortening |
| 2 cups milk | 2 eggs, beaten |
| 1 package yeast | 1/4 cup lukewarm water |
| 4 cups all purpose flour | |

Combine the cornmeal, sugar, salt, shortening and milk in a double boiler, cooking the mixture until it is thick, stirring often. Cool to lukewarm. Add eggs and yeast, which has been dissolved in water. Beat the mixture well. Let it rise in a greased bowl for 2 hours, then add the flour to form a soft dough. Knead it lightly and let it rise in a greased bowl for 1 hour. Knead the dough again before rolling it out and cutting it with a biscuit cutter. Brush the dough with shortening and fold in half. Place pieces on an oiled sheet to rise for 1 hour, then take them at 375 degrees for 15 minutes.

Fragrant Cloverleaf Rolls

Dough:

| | |
|-------------------------------------------|----------------------------------|
| 3 cups bread flour | 3 tablespoons sugar |
| 2 teaspoons yeast | 3/4 teaspoon salt |
| 1/2 cup milk | 2/3 cup water (70 to 80 degrees) |
| 3 tablespoons butter or margarine, cut up | 1 large egg |

Herb Butter:

| | |
|-------------------------------------------|---------------------------------------------------|
| 3 tablespoons butter or margarine, melted | 1 teaspoon Italian herb seasoning or fines herbes |
| 1/4 teaspoon onion powder | |

Measure all dough ingredients into bread machine pan in the order suggested by manufacturer. Process on dough/manual cycle.

When cycle is complete, grease top of dough; cover tightly and refrigerate 2 to 24 hours.

Remove dough from refrigerator; punch down. Turn dough out onto floured surface. Divide into 12 equal pieces; divide each again into 3 pieces. Roll into smooth balls. Place three balls in each section of 12 greased muffin pan cups. Cover; let rise in warm, draft-free place until doubled in size, about 30 to 45 minutes.

Whole-Wheat Soda Bread

| | |
|------------------------------|--------------------------------------|
| 2 1/2 cups whole wheat flour | 1 tablespoon dried whole egg, sifted |
| 1 teaspoon baking soda | 1/2 teaspoon salt |
| 1 cup sour milk | 2 tablespoons honey |

(To make sour milk, put 1 tablespoon lemon juice in bottom of measuring cup and fill to 1 cup with reconstituted dry milk, at room temperature.)

In large bowl, whisk together dry ingredients. Add honey to sour milk and blend well. Pour sour milk mixture into flour mixture; mix just until dry ingredients are moistened. Dough should be sticky. Pour onto greased cookie sheet and shape with hands into a 7-inch round loaf. Bake at 375 degrees for 20 minutes, until golden brown. Remove from cookie sheet and cool on wire rack. Serve warm or cold. Makes 1 loaf.

Traditional English Tea Biscuits

| | |
|--------------------------|---------------------------|
| 2 cups all-purpose flour | 3 teaspoons baking powder |
| 1/2 teaspoons salt | 2 teaspoons shortening |
| 3/4 cup milk | |

Sift flour, baking powder and salt. Cut shortening into dry ingredients. Add milk. Roll and pat out to 1/2-inch thickness. Cut with biscuit cutter and place on greased pan. Bake 10 minutes at 500 degrees.

Sweet Potato Biscuits

| | |
|-----------------------------|----------------------------|
| 2 cups flour | 1 tablespoon baking powder |
| 1 teaspoon salt | 1/2 cup shortening |
| 1 cup mashed sweet potatoes | 4 or 5 tablespoons milk |

Mix together flour, baking powder and salt. Cut in shortening and sweet potatoes. Stir in enough milk just until dough clings together (do not overmix). Knead on lightly floured surface. Roll to 1/2-inch thickness. Cut out and place on lightly greased baking sheet. Bake at 450 degrees for 12 minutes.

Each serving contains 188 calories, 9 g fat, 24 g carb, 250 mg sodium, 1 mg cholesterol

Rosemary Biscuits

2 cups sifted flour
1 teaspoon salt
1/2 cup butter
1 egg

1 tablespoon baking powder
1 tablespoon sugar
3/4 cup milk
2 tsp dried rosemary

Sift dry ingredients together. Cut in butter. Combine milk and egg and rosemary. Stir into dry mixture. Mix well but lightly. Roll out dough on a floured bread board, cut into rounds. Place on an ungreased cookie sheet. Bake at 450 F. for 12 to 15 minutes or until done.

Favorite French Bread

2 1/4 cups warm water (115 degrees)
2 packages (1 tablespoon each) active dry yeast
2 tablespoons soft shortening or oil

2 tablespoons sugar
1 tablespoon salt
6 cups flour, stirred and measured

In large mixing bowl combine warm water and sugar. Sprinkle yeast over top; allow to soften. Add salt, shortening and 3 cups flour; beat well. Add remaining flour, stirring well with heavy spoon. Leave spoon in batter and allow dough to rest 10 minutes; stir down with spoon; allow dough to rest 10 minutes; stir down again. Repeat this process until dough has been stirred down five times. Turn dough out onto floured board; knead two or three times to coat dough with flour so it can be handled. Divide into two parts. Roll each part of dough into rectangle 9 X 12-inches. Roll dough up, starting from long side; pinch edge of loaf to seal. Arrange seam side down on large baking sheet that has been sprinkled with cornmeal, allowing room for both loaves. Repeat with second part of dough. Cover lightly; allow to rise for 30 minutes. With very sharp knife, cut three gashes at an angle in top of each loaf; brush entire surface with egg wash (1 egg beaten slightly with 1 tablespoon water). If desired, sprinkle with sesame or poppy seeds. Bake at 400 degrees for 30 minutes or until brown. Cool on racks. Makes 2 loaves. FOR CRUSTIER LOAF, PAN OF HOT WATER MAY BE SET IN OVEN

Irish Soda Bread

4 cups all-purpose flour
1 teaspoon salt
1 teaspoons baking soda
4 tablespoons cold unsalted butter

3 tablespoons sugar
1 teaspoon baking powder

2 cups buttermilk
3 tablespoons caraway seeds

1 large egg, beaten
1 cup golden raisins
1 egg beaten with 1 Tbsp milk or water

Preheat the oven to 425 F. Lightly grease a large baking sheet or cast-iron skillet.

Sift the flour, sugar, salt, baking powder and baking soda into a food processor fitted with a metal blade. Add the butter and pulse 8 to 12 times, or until the mixture resembles coarse crumbs. Add the egg and buttermilk and process for 15 to 20 seconds, or until the dough comes together.

Dust a work surface with flour. Turn out the dough, add the raisins and caraway seeds, and with floured hands knead dough gently to form a large round. Transfer to the prepared baking sheet or skillet. Brush the loaf with the egg wash, and with serrated knife, cut an "X" into the top. Bake for 40 to 45 minutes, or until the top is golden and a skewer inserted into the center comes out clean. (The bread should sound hollow when the bottom is tapped with a knife.) Remove from the oven and let cool on a wire rack for about 15 minutes. Slice and serve warm with butter. Makes 1 loaf.

L'Harsha (Berber Flatbread)

4 tablespoons butter
2 pounds fine-ground semolina flour
4 eggs, beaten

1 cup olive oil
1 teaspoon salt
1/2 cup water

Warm the butter and oil together. Add all the remaining ingredients and mix together, stirring vigorously. Knead the dough to 10 minutes.

Oil an 8- or 10-inch skillet lightly. Take 1/3 of the dough and form in into a ball, then press the ball into the skillet with your fingers to shape a round, flat disc, not uite 1/2 inch thick. Fry over low heat for 10 minutes on each side, until light-brown. Serve at room temperature.

Indian Bread

| | |
|-------------------------------|-------------------|
| Vegetable oil | |
| 3 cups all-purpose flour | 1/2 teaspoon salt |
| 1 1/4 teaspoons baking powder | 1 1/2 cups water |

Preheat oven to 350 F. Liberally oil a 9x9-inch baking pan.

Combine the dry ingredients in a medium bowl and mix. Add the water and mix well. The dough should resemble a very thick pancake batter. Transfer the dough to the baking dish and spread evenly.

Bake 30 minutes, or until the bread is firm. Increase heat to 450 F and bake another 5 to 10 minutes, or until lightly browned. Serve warm or cooled.

Orr's Ranch Brown Bread

| | |
|------------------------------|---------------------------|
| 1/3 cup lukewarm water | 1 teaspoon brown sugar |
| 2 yeast cakes | 5 tablespoons brown sugar |
| 3 tablespoons shortening | 1 tablespoon salt |
| 1 cup hot water | 1 cup milk |
| 3 1/2 cups whole wheat flour | 1 egg, beaten |
| 1 1/2 cups whole wheat flour | |

Mix water, 1 teaspoon brown sugar and yeast cakes in a small bowl. In large bowl, mix remaining brown sugar, shortening, salt, water and milk. Add 3 1/2 cups whole wheat flour. Stir well. Mix in the yeast mixture and egg. Add an additional 1 1/2 cups whole wheat flour. Knead 5 minutes. Cover and let rise 30-40 minutes. Punch down. Divide into 2 loaves. Let rise. Bake at 350 degrees 50-60 minutes.

Sally Lunn

| | |
|-----------------------------|-----------------------|
| 1 cup milk | 1/2 cup shortening |
| 1/4 cup water | 4 cups flour, divided |
| 1/2 cup sugar | 2 teaspoons salt |
| 2 packages active dry yeast | 3 eggs |

Thoroughly grease a 10-inch tube or bundt pan.

Heat the milk, shortening and water until very warm. Blend 1 1/2 cups flour with sugar, salt and dry yeast in a large mixing bowl. Blend the warm liquids into the flour mixture. Beat for about 2 minutes, then gradually add 2/3 cup of remaining flour and the eggs; beat for 2 minutes. Add remaining flour and mix well. The batter will be thick but not stiff. Cover and let dough rise in a warm place until it doubles in bulk. Stir dough, form into ring and turn into prepared pan. Cover and let rise again until doubled. Bake at 350 degrees for 40-50 minutes. Cool 10 minutes in pan; run knife around the center and outer edges and turn out onto a plate to cool. Makes 12 servings.

Whole Wheat Bread

| | |
|-----------------------|----------------------------------|
| 6 tablespoons yeast | 2 tablespoons sugar |
| 1 cup warm water | 1/2 cup dehydrated potato flakes |
| 4 cups boiling water | 1/2 cup dry non-fat milk |
| 1 1/2 cups cold water | 1 cup oil |

| | |
|--------------------|--------------------------|
| 1 cup honey | 2 tablespoons salt |
| 1 egg | 8 cups whole wheat flour |
| 8 cups white flour | 1/2 cup germinated wheat |

Dissolve yeast and sugar in 1 cup warm water. Set aside. Mix potato flakes with 4 cups boiling water. Set aside. Dissolve powdered milk in 1 1/2 cups cold water in a large mixing bowl. Add oil, honey, salt and egg and mix well. Add potato mixture to bowl and mix well. Add yeast mixture and mix well. Add flour and germinated wheat and continue mixing. Knead 10 minutes. If dough is too sticky, add a bit more flour. Cover. Let rise in warm place until double in size. Punch down and form into loaves. Let rise until double. Bake at 350 degrees for 20-30 minutes. Makes 4 large or 7 small loaves.

Whole Wheat Bread Bowls

| | |
|--------------------------------------|---------------------------------|
| 1 1/4 cups warm water (105 to 115 F) | 1 package active dry yeast |
| 1 1/2 teaspoons sugar | 1 1/2 teaspoons salt |
| 1 tablespoon oil | 2 1/4 to 2 3/4 cups bread flour |
| 1 cup whole wheat flour | 1 egg, beaten |
| 1 tablespoon milk | |

Measure water into a large bowl. Sprinkle in yeast; stir until dissolved. Add sugar, salt, oil and 1 1/4 cups bread flour; beat until smooth. Add whole wheat flour and enough additional bread flour to make a stiff dough. Turn onto a lightly floured board; knead until smooth and elastic, 10 to 12 minutes. Place dough in a bowl that has been lightly coated with nonstick spray, turning to grease top. Cover; let rise in warm place until doubled, about 1 hour.

Preheat oven to 400 F. Grease the outsides of 6 ovenproof bowls that are approximately 4 inches in diameter (such as 10-ounce custard cups).

Punch dough down; divide into 6 pieces. Cover and let rest 10 minutes. Spread each piece into a circle about 6 inches in diameter. Place over outside of bowl, working dough with hands until it fits. Set bowls, dough side up, on a baking sheet coated with nonstick spray. Cover with plastic wrap; let rise in warm place until doubled, about 30 minutes.

Combine egg and milk; gently brush mixture on dough. Bake in oven at 400 F for 15 to 20 minutes until golden brown. Using potholders, carefully remove the bowls. Set bread bowls, open side up, on baking pan; bake for 5 minutes. Makes six 4-inch bowls.

Breadsticks or Pizza Crust

| | |
|---------------------------------|------------------------|
| 1 1/2 cups warm water | 1 tablespoon dry yeast |
| 1 tablespoon malted milk powder | 1 tablespoon honey |
| 1 teaspoon salt | 3 1/2 to 4 cups flour |

Dissolve yeast in warm water, then add other ingredients. Knead until smooth. Divide into 12 (large sticks) or 24 (small sticks) parts. Roll in hands to make bread sticks and place on a lightly greased cookie sheet. Brush with melted butter and sprinkle with Salad Supreme, poppy or sesame seeds or parmesan cheese. Let raise about 1 1/2 hours. Bake at 400 degrees F. for 12-15 minutes. For pizza crust, shape onto pizza pan and let rise for about 20 minutes. Makes 12 large or 24 small breadsticks.

DUTCH OVEN Alaskan Sourdough Biscuits

| | |
|---------------------------|------------------------|
| 1 cup sourdough starter | 2 cups buttermilk |
| 2 cups flour | 1 1/2 teaspoons salt |
| 2 teaspoons baking powder | 1 cup flour |
| 2 tablespoons sugar | 1 teaspoon baking soda |
| 1/2 cup butter, melted | |

Twelve hours in advance, combine sourdough starter with buttermilk and 2 cups flour. When ready to mix, turn soft dough onto mixing board covered with 1 cup flour.

In a small bowl, combine remaining dry ingredients; sprinkle over dough on mixing board. With spatula, work dry mixture into dough; knead lightly. Pat out to the circumference of the Dutch oven lid.

Cut in circles and dip in melted butter. Fit biscuits tightly inside 12-inch Dutch oven. Let rise 30 minutes by placing three coals on the lid of the Dutch oven. Bake for 20 minutes or until lightly browned with 6-8 coals underneath the oven and 22-24 coals on the lid.

Herb Cheese Rolls

| | |
|----------------------|------------------------------------|
| 4-5 cups flour | 3 tablespoons sugar |
| 1 tablespoon salt | 2 packages yeast (4 1/2 teaspoons) |
| 1 cup milk | 1 cup water |
| 2 tablespoons butter | 1 1/2 cup cheddar cheese |
| 1 egg | 1/4 teaspoon basil |
| 1/4 teaspoon thyme | 1/4 teaspoon garlic powder |

Mix 1 1/2 cup flour, sugar, salt, basil, oregano, thyme, garlic and yeast in bowl. Combine milk, water and butter in pan. (Butter doesn't need to be melted.) Heat over low heat until warm. Gradually add to dry ingredients and beat for 2 minutes. Stir in remaining flour and knead into soft dough. Cover and let rise until double, about 45 minutes.

Knead dough and form into rolls. Place in greased 14-inch Dutch oven. Let rise 30 minutes. Cook 10 coals on bottom and 17 on top for 40-50 minutes, rotating oven and lid every 10 minutes. When rolls are almost finished, cover the top of oven with coals to brown top. Recipe from Randy Macari, of Roy, and Corey Phillips, of Pleasant View, winners of the Davis County Fair's Dutch Oven Cook-off.

Challah Holiday Bread with Parmesan Dipping Butter

Equipment: 12-inch Dutch oven

| | |
|-------------------------------------|-----------------------------------|
| 1 cup very warm water (110 degrees) | 1 tablespoon SAF Gold yeast |
| 3 tablespoons sugar | 1 1/2 teaspoons salt |
| 4 cups flour | 3 tablespoons corn oil |
| 4 eggs | 1 teaspoon water for the egg wash |
| Seed topping, optional | |

Place 1/2 cup warm water in large warm bowl. Sprinkle in yeast and stir until dissolved. Add remaining water, sugar, salt and 1 1/2 cups flour. Blend well. Add the oil and stir in 3 eggs, once at a time, plus one egg white (reserve 1 yolk). Add enough remaining flour to make soft dough. Knead on lightly floured surface until smooth and elastic, about 6 to 8 minutes. Place in greased bowl, roll around and cover with a piece of plastic wrap.

Cover the bowl with a towel and let rise in warm, draft-free place until almost doubled in size, about 30 minutes. Punch dough down and remove to lightly floured surface. Divide into 2 pieces, one about 2/3 of the dough and the other about 1/3 of the dough.

Divide larger piece into 3 equal pieces; roll to 12-inch ropes. Place ropes on greased baking sheet and braid, pinching ends to seal. Divide remaining piece into 3 equal pieces. Roll to 10-inch ropes and braid. Place small braid on large braid. Pinch ends firmly to secure to large braid.

Spray a 12-inch Dutch oven with non-stick cooking spray. Place the stacked braids gently in a 12-inch oven. Beat reserved egg yolk with 1 teaspoon water and brush over loaf. Sprinkle with seed topping if desired. Let rise again until doubled in size.

Bake at 350 degrees for about 45 minutes. Use about 6-8 coals on the bottom and 16-18 on top. Rotate the pot and the lid every 15 minutes for even baking. Remove the bottom coals after about 30 minutes and check the loaf for browning. When the loaf is golden brown, remove all the briquettes. The Dutch oven will continue to bake the bread for several minutes. Leave bread in the oven with the lid off for a few minutes. Brush with melted butter and serve warm with the dipping sauce.

Parmesan Dipping Butter: Melt 1/2 cup margarine, 1/2 teaspoon thyme and 2 tablespoons grated Parmesan cheese in a small Dutch oven.

Basil & Asiago Bread Twist w/ Pine Nuts & Roasted Garlic Butter

14-inch Dutch oven

Dough:

| | |
|-------------------------------------|------------------------------|
| 1 cup warm water (110 degrees) | 1 package rapid rise yeast |
| 2 tablespoons sugar | 5 cups flour |
| 1 teaspoon salt | 3 tablespoons powdered milk |
| 3 eggs | 2 tablespoons butter |
| 1/8 cup pine nuts | 1/8 cup fresh basil, chopped |
| 1/8 cup Asiago cheese, crumbled | |
| 1/8 cup sun dried tomatoes, chopped | |

Garlic Butter:

| | |
|-------------------------|----------------|
| 1 teaspoon olive oil | 2 garlic bulbs |
| 1 cube butter, softened | |

Preheat Dutch oven.

For Garlic Butter: Cut tops off garlic bulbs. Pour olive oil over cloves and place in Dutch oven to roast while dough rises.

For Bread: Mix water, yeast and sugar in a large bowl. Add flour, salt, powdered milk, eggs and butter, and mix until incorporated. Knead the dough until blended well.

Add nuts, basil, cheese and tomatoes and knead in.

Let rise. When dough has doubled in size (approximately 30 minutes), punch down and cover to rise again (approximately 30 minutes). Divide dough into 2-ounce portions. Roll each portion into a log shape and tie in knot, then tuck in ends. Allow to rise again.

Remove garlic from Dutch oven. Oil Dutch oven or line with parchment. Place rolls in Dutch oven and cover. Use 14-16 coals on top and 8-10 coals on bottom. Bake approximately 20 minutes or until golden.

While dough is baking, remove roasted garlic cloves from bulb and fold into softened butter.

When rolls are done, rub with a small amount of olive oil. Serve warm with roasted garlic butter.

Finnish Pulla Yeast Coffee Bread

14-inch Dutch oven

8-inch Dutch oven

Dough:

| | |
|------------------------------------------------------------------|--------------------|
| 1 package active dry yeast | 1/4 cup warm water |
| 1 1/2 cups milk, scalded and cooled to lukewarm | 3/4 cup sugar |
| 3/4 teaspoon salt | |
| 10-12 whole cardamom pods, seeded and crushed (about 1 teaspoon) | |

3 eggs, beaten
1/2 cup butter, melted

7-8 cups sifted flour

Glaze:

1 egg, beaten
1/2 cup crushed lump sugar

1/2 cup sliced almonds

Dissolve yeast in warm water. Scald milk in 8-inch Dutch oven and pour into a large bowl. Add sugar, salt, cardamom and eggs. Cool to 105 degrees. Add yeast. Whisk 2 cups of sifted flour into milk mixture. Stir until smooth. Add another 2 cups until dough is smooth. Add melted butter. Stir until dough looks glossy. Knead in remaining flour until dough forms into a stiff ball. Turn out onto a lightly floured board and cover with inverted mixing bowl. Let the dough rest for 15 minutes. Knead until smooth and satiny. Place in a lightly greased mixing bowl, turn the dough to grease the top, cover lightly and let rise in warm place until double in bulk (about 30 minutes). Turn out again onto a slightly floured board and divide into three parts. Roll each portion into a strip about 24 to 36 inches long. Let dough rest a few minutes so that it will stretch more easily. Braid the strips together; shape into a circle by folding the ends together. Place on a 12-inch piece of parchment paper and place in the 14-inch Dutch oven. Let rise for 20 minutes. Glaze with beaten egg. Decorate with sliced almonds and sprinkle with crushed sugar. Place Dutch oven over 10 coals and place 18-22 coals on top. Bake 30-40 minutes or until light golden brown. Lift bread out of oven and cool on rack for 15 minutes before serving. Garnish if desired.

Focaccia Bread

2 cups warm water
1/4 cup olive oil
1 tablespoon salt
1 cup yellow onion, fine dice
1/4 cup olive oil with 3-4 cloves of garlic

1 tablespoon yeast
6 cups flour
2 tablespoons sugar
1-2 tablespoons fresh rosemary, chopped

Combine water and yeast; add olive oil, flour, salt and sugar to the water and combine. Knead in the onion and rosemary. Spread the dough in a greased 12-inch Dutch oven and let proof. Brush with dough with seasoned olive oil. Bake with 8-10 coals underneath and 14-16 on the top for 35-45 minutes. During the last 5 minutes of the baking brush the top of the loaf with the seasoned olive oil again. The bread should be golden brown and hollow sound to the thump. Remove bread from the Dutch oven and serve with butter, garlic butter, roasted garlic or with garlic olive oil.

Herbs and Seeds Kaiser Rolls

14-inch Dutch oven
Charcoal: 22 on top, 14 on bottom
2 packages active dry yeast
3 eggs
1/4 cup honey
2 teaspoons salt

1 1/2 cup lukewarm water (110 to 115 degrees)
4 to 5 cups bread flour
1/2 cup melted butter
1/3 cup dry milk

Herbs and seeds glaze:

1/4 cup melted butter
1 teaspoon parsley flakes
1 teaspoon toasted sesame seeds

1 teaspoon garlic salt
4 Tbsp grated Parmesan cheese
1 teaspoon poppy seeds

In a mixing bowl, add yeast, sugar and warm water. Let stand 10 minutes. Add eggs and 2 1/2 cups flour, mix well. Then add honey, melted butter and salt. Stir in enough remaining flour to form soft dough.

Turn onto a floured surface and knead until smooth and elastic — about 6-8 minutes. Place in greased bowl, turning once to grease top. Cover and let rise in a warm place until double — about 1 hour. Punch dough, turn onto a floured surface, divide into 10 pieces and shape each piece into balls. If they are a bit dry, add a little oil to soften. Make each into a Kaiser roll.

Place in 14-inch Dutch oven, cover and let rise until double — about 30 minutes. Mix 1/4 cup of melted butter with garlic salt and parsley flakes. Brush each roll with this glaze, then sprinkle on Parmesan cheese, add sesame seeds and poppy seeds. Bake at 350 degrees for 30-35 minutes with 14 coal on bottom and 22 on top. Rotate oven and lid every 15 minutes in opposite directions to prevent burning.

Garnish with fresh spring garden salad: 1 red bell pepper, cut lengthwise into thin strips, romaine lettuce, leaf lettuce, baby carrots cut in half lengthwise, 1/4 cup thinly sliced red onion, cherry tomatoes, cucumber slices, radishes, mandarin oranges.

Jalapeno Cheese Rolls

| | |
|---------------------------------------------------------|-------------------------------------|
| 12-inch Dutch oven | |
| 4-5 cups flour | 1/2 cup grated sharp Cheddar cheese |
| 1/2 cup sugar plus 1 tablespoon for yeast | 3/4 teaspoon salt |
| 1/4 cup minced jalapenos | 1 cup hot water (115 degrees) |
| 1 heaping tablespoon active dry yeast | 2 lightly beaten eggs |
| 2 tablespoons corn oil, plus 2 tablespoons to coat bowl | |

In a large bowl, combine 4 cups flour, cheese, jalapenos, 1/2 cup sugar and salt. Set aside. In another bowl, combine the water, yeast and 1 tablespoon sugar. Stir until the yeast dissolves and wait about 10 minutes for the yeast to foam up. Add the 2 tablespoons oil and eggs to the yeast mixture and stir.

Make a crater in the middle of the flour mixture and pour in 1/2 of the yeast mixture. Mix this with your hands to moisten the flour as much as you can. Pour in the rest of the liquid mixture and mix until flour is totally incorporated. Place on a lightly floured surface and knead until smooth and elastic, about 10 minutes. Place the ball in a bowl that has been oiled and roll the ball around until it, too, is oiled. Cover it with a dry heavy towel and put in a warm place until it doubles in size, about one hour. Punch the dough down and pinch off enough to make 1 1/2-inch balls.

Roll each ball until smooth and arrange snugly in a warm, oiled Dutch oven. Put the lid on and let rise again. You can put one or two coals on the lid to keep the oven warm if it is cold. Bake about 1 hour, with four coals spaced evenly underneath, six coals around the lower outside edge and 16-18 coals around the rim of the lid. Turn the oven and then the lid a bit every 15 minutes to distribute the heat better. Makes 10-12 rolls.

Orange Cream Cheese Rolls

| | |
|-----------------------|----------------------------------|
| 3 1/2 teaspoons yeast | 2 cups warm water |
| 2 tablespoons sugar | 1/4 cup margarine, melted |
| 2 tablespoons oil | 2 tablespoons powdered milk |
| 6 cups flour | 2 teaspoons salt |
| 5 eggs | 1 tablespoon orange peel, grated |

Filling:

| | |
|--------------------------------|------------------------|
| 1 package (8 oz.) cream cheese | 1/4 cup sugar |
| 3 tablespoons flour | 1 teaspoon orange peel |
| 1 tablespoon lemon juice | |

Glaze:

| | |
|-------------------------|---------------------------|
| 2 tablespoons margarine | 2 tablespoons orange peel |
| 3 cups powdered sugar | Orange juice |

Mix yeast, warm water and sugar until dissolved; let sit until bubbly. Mix in 4 cups flour, oil, powdered milk, eggs, salt and orange peel; blend until smooth. Add remaining flour to make soft dough, knead well, let rise until double in bulk. Punch down, knead again; let rest 10 minutes.

Roll into rectangle; spread with melted butter. Fold in half and spread with cream cheese mixture; fold over again. Slice into 1-by-4-inch chunks, fold in half and place, touching, in greased Dutch oven. Let rise until double. Bake with about 20 coals on top and 15 on the bottom for 20 minutes. Drizzle with glaze while warm.

Three-Seed Crown Loaf

| | |
|-------------------------------------|---------------------------------------------|
| 12-inch deep Dutch oven | |
| 8 cups unbleached whole-wheat flour | 4 teaspoons salt |
| 5 teaspoons instant yeast | 5 teaspoons dough enhancer |
| 5 teaspoons gluten | 2 1/2 cups lukewarm water |
| 4 tablespoons honey | 4 tablespoons plus 1 teaspoon sunflower oil |
| 1 1/2 cup sunflower seeds | 4 tablespoons poppy seeds |
| 4 tablespoons sesame seeds | 1 egg, stirred to use as glaze |

Measure flour, salt and yeast into a large bowl. Measure water in a cup, then stir in the honey and 4 tablespoons sunflower oil. Pour the liquid into the dry ingredients. Mix to form a soft dough. The dough should be wet enough to cling to the bowl. Add more lukewarm water if necessary.

Scrape the dough out onto a lightly floured surface. Knead the dough for 10 minutes or until gluten forms. Rub 1 teaspoon of oil around a large bowl. Turn the dough in the oil, then cover the bowl and let dough stand until doubled in size. Turn out dough and pat flat. Scatter with 1 cup of sunflower seeds, then roll up and knead for 20-30 turns. Shape into a round ball, cut into 8 wedges, then roll into 7 balls (combine 2 wedges for the larger middle ball). Dip 2 balls in egg glaze, then poppy seeds, 2 balls in egg glaze then sesame seeds, and 2 balls in egg glaze, then remaining sunflower seeds. Leave the largest ball plain. Lightly grease a 12-inch deep Dutch oven and place balls inside and let raise until just about doubled again. Bake at 350 degrees until golden brown. (For a 350-degree temperature, use 25 coals, evenly spacing 15 on top and 9 on the bottom. Serves 15-20.

Fry Bread Power!

| | |
|----------------------------------------------------------------------------------------------------------|----------------------|
| 6 cups flour | 2 cups powdered milk |
| 2 1/2 teaspoons baking powder | 2 tablespoons sugar |
| 1 teaspoon salt | |
| Water (you can never tell the exact amount, just add until dough is elastic-like, probably about 2 cups) | |
| Oil for frying | |

Mix ingredients. Knead dough (not for long). Let rise for about 10 minutes. Make pieces about 1/2-inch thick (if you like thick fry bread). Poke a hole in the middle of the dough before you fry it. Fry in oil until golden brown.

When bread is done, dot with butter and sprinkle with sugar. Or add taco toppings.

Italian Herbed Oatmeal Focaccia

| | |
|-----------------------------------------------|----------------------------------------------------|
| 2 tablespoons cornmeal | 1 1/2 to 2 1/4 cups all-purpose flour |
| 1 cup quick or old-fashioned oats | 2 tablespoons Italian seasoning, divided |
| 1 1/4-oz. package quick-rising yeast | 2 teaspoons granulated sugar |
| 1 1/2 teaspoons garlic salt, divided | 1 cup water |
| 1/4 cup plus 2 tablespoons olive oil, divided | 4 to 6 tomatoes packed in oil, drained and chopped |
| 1/4 cup shredded Parmesan cheese | |

Lightly spray 13x9-inch baking pan with nonstick cooking spray; dust with cornmeal. In large bowl, combine 1 cup flour, oats, 1 tablespoon Italian seasoning, yeast, sugar and 1 teaspoon garlic salt; mix well. In small saucepan, heat water and 1/4-cup olive oil until very warm (120-130 F.); stir into flour mixture. Gradually stir in enough remaining flour to make a soft dough. Turn dough out onto lightly floured surface. Knead 8 to 10 minutes or until smooth and elastic. Cover and let rest 10 minutes.

Pat dough into prepared pan, pressing dough out to edges of pan. Using fingertips, poke indentations all over surface of dough; brush with remaining 2 tablespoons oil. Sprinkle with remaining 1 tablespoon Italian seasoning and 1/2 teaspoon garlic salt. Arrange dried tomatoes across top; sprinkle with cheese. Cover; let rise in warm place until doubled, about 30 minutes. Heat oven to 400 F. Bake 25 to 30 minutes or until golden brown. Cut into strips or squares. Serve warm.

BREADS - BEANS

Great Wheat Muffins

| | | |
|----------------------------|--------------------------|----------------------|
| 1 3/4 c. whole wheat flour | 1/4 c. pinto bean flour | 3 tsp. baking powder |
| 1 tsp. salt | 3 Tbs. molasses OR honey | 3/4 c. chopped dates |
| 1 c. chopped nuts | 1 c. milk | 1 egg |
| 1/4 c. vegetable oil | | |

Combine dry ingredients. Add remaining ingredients and stir just until mixed. Fill muffin tins (that have been sprayed with non-stick vegetable coating) 3/4 full. Bake about 20 minutes at 425 degrees F., until delicately browned.

Indian Bean Bread

(Early Settlers)

| | | | |
|----------------|----------------|-------------------|---------------|
| 4 c. corn meal | 2 c. hot water | 1 c. cooked beans | 1/2 tsp. Soda |
|----------------|----------------|-------------------|---------------|

Put cornmeal in a bowl. Mix in drained beans. Make a hole in middle and add soda and water. Mix. Form into balls and drop into a pot of boiling water. Cook about 45 minutes or till done.

BREADS - SWEET

Old-Fashioned Pumpkin Nut Loaf Bread

| | | |
|---------------------------------------|------------------------|-----------------------------|
| 2 c. flour | 2 t. pumpkin pie spice | 2 t. baking powder |
| 1 t. salt | 1/2 t. baking soda | 1 can(15 oz) <u>Pumpkin</u> |
| 1/2 c. sugar | 1/2 c. brown sugar | 1/2 c. evaporated milk |
| 2 large egg (2 T egg pdr + 4 T Water) | 1 T. vegetable oil | 1/4 c. chopped nuts |

Grease 9 x 5-inch loaf pan. COMBINE flour, pumpkin pie spice, (egg pdr. if using) baking powder, salt and baking soda in medium bowl. Blend pumpkin, granulated sugar, brown sugar, evaporated milk, egg, (water if using egg pdr), and oil in large mixer bowl. Add flour mixture; mix just until moistened. Pour into prepared 9 x 5 loaf pan; sprinkle with nuts. BAKE at 350 for 60 to 65 minutes or until wooden pick inserted in center comes out clean. Cool in pan on wire rack for 10 minutes; remove to wire rack to cool completely.

Honey-Raisin Bread

| | | |
|------------------------|---------------------|------------------------|
| 3 c. whole wheat flour | 3 t. baking soda | 1 t. salt |
| 1/2 t. nutmeg | 1 c. raisins | 1/2 c. chopped walnuts |
| 2 c. buttermilk | 1/2 c. liquid honey | whole walnuts |
| 1 T. liquid honey | 1 T. melted butter | |

Heat oven to 350 degrees. Grease a 9 by 5 by 3-inch loaf pan. Mix flour, soda, salt and nutmeg thoroughly in mixing bowl. Blend in raisins and nuts. Combine buttermilk and 1/2 cup honey. Add to dry ingredients, stirring just enough to blend. Pour into prepared pan. Top with whole walnuts. Bake 45 to 50 minutes or until toothpick inserted into center comes out clean. Blend 1 tablespoon honey and melted butter. Spread over hot bread. Return to oven for 5 minutes to glaze top of loaf.

Sweet Nut Bread

| | | |
|---------------------|-----------------|------------------|
| 3 t. baking soda | 3 c. buttermilk | 4 1/2 c. sugar |
| 1 1/2 c. shortening | 6 eggs | 7 1/2 cups flour |

3 c. walnuts, chopped 3 t. vanilla
 Dissolve baking soda in buttermilk. Cream sugar and shortening. Beat in eggs singly. Add flour to creamed mixture alternately with buttermilk beating well after each addition. Add walnuts and vanilla. Pour into 3 to 5 well-greased loaf pans. Bake at 350 degrees for 50 to 60 minutes.

Cinnamon Bread

| | | |
|-------------------|--------------------|--------------------|
| 1/4 c. shortening | 1 c. sugar | 2 eggs |
| 2 c. flour | 1 t. baking powder | 1/2 t. baking soda |
| 1/2 t. salt | 1 c. buttermilk | 3 T. brown sugar |
| 1 T. cinnamon | | |

Cream shortening and sugar. Beat eggs in well. Sift flour, baking powder, soda and salt together. Add to creamed mixture alternately with buttermilk, blending well after each addition. Pour into a well-greased loaf pan. Combine remaining ingredients. Sprinkle over top of mixture. Fold into mixture. Bake in 350 degree oven for about 40 minutes.

Banana Bread – makes 2 loaves - Oil and flour loaf pans

| | | |
|--------------------------------------------|-------------------|-------------|
| 2+ C of mashed ripe bananas | 1-1/8 C olive oil | 2 C sugar |
| 1 C buttermilk (can also use plain yogurt) | 4 eggs | 1 t vanilla |
| 4 C flour | 2 t baking soda | 1/2 t salt |

Optional:

Semi-sweet chocolate chips (at least 1 C) Nuts (walnuts or pecans)
 Bake at 350 degrees for 1 hr. Test with knife. Remove from pans after 15-20 minutes. Wrap in foil.
 Can also freeze

Cranberry-Sweet Potato Quick Bread

| | |
|-------------------------------|------------------------------------------------|
| 2 1/2 cups all-purpose flour | 1 cup firmly packed brown sugar |
| 1 1/2 teaspoons baking powder | 1/2 teaspoon baking soda |
| 1/2 teaspoon salt | 1/4 teaspoon ground cinnamon |
| 1/4 teaspoon ground nutmeg | 3/4 cup canned unsweetened mashed sweet potato |
| 3/4 cup egg substitute | 1/3 cup orange juice |
| 1/4 cup margarine, melted | 1 cup chopped cranberries |
| Cooking spray | 2 tablespoons sliced almonds |

Preheat oven to 350 degrees F. Combine flour, brown sugar, baking powder, baking soda, salt, cinnamon and nutmeg in a large bowl. Make a well in center of mixture.
 Combine sweet potato, egg substitute, orange juice and margarine in a bowl. Add to dry ingredients, stirring just until moistened. Fold in cranberries.
 Spoon batter into a 9- by 5-inch loaf pan coated with cooking spray. Sprinkle almonds over batter. Bake at 350 degrees F for 1 hour and 10 minutes or until a wooden pick inserted in the center comes out clean. Let cool in pan 10 minutes on wire rack. Makes 16 servings.

Canned Fruit Quick Bread

| | | | |
|----------------|-------------------|-------------------------------|--------------------|
| 3 c flour | 1 1/2 tsp salt | 2 1/4 c ww flour | 1 1/2 tsp cinnamon |
| 2 1/4 c sugar | 3 tsp baking soda | 3 T dried egg sifted | |
| 3/4 tsp ginger | 3/4 c oil | 1/4 c chopped nuts (optional) | |

1 29oz can of fruit drained and chopped, reserving 1c +2T liquid
 Grease and flour bottom only of 3 – 8x4 inch loaf pans. In large bowl combine dry ingredients. Add, oil fruit and reserved fruit liquid. Beat 3 minutes at medium speed. Stir in walnuts. Pour batter into greased pans. Bake 65 minutes at 325. Cool 5 minutes; remove from pans. Cool on wire rack. Makes 3 loaves.

Old Fashioned Jam Cake

Cream together:
 1/2 c. butter 1 1/4 c. sugar 3 egg yolks
 Dissolve:

3 ripe bananas, smashed

Mix well and fill greased loaf pan, fill ¾ full. Bake at 325° for 60 minutes.

Peanut Bread

1 3/4 c. all-purpose flour 1 tsp. soda 1/2 tsp. salt 1 c. brown sugar, packed
1/3 c. peanut butter 1 egg, well beaten 1 c. buttermilk

Sift flour, measure and resift 3 times with soda and salt. Blend sugar into peanut butter. Stir in well-beaten egg and beat until smooth. Add flour mixture and buttermilk alternately, beating until smooth after each addition. Turn into buttered loaf pan 4 x 8 x 2 1/2 inches. Bake in a moderate oven (350 degrees F.) 1 hour or until well browned. -- Makes 1 loaf.

Peanut Butter Bread

2 c. white flour 1/3 c. sugar 2 tsp. Baking powder
 ¼ tsp salt ¾ c. peanut butter 1 c. milk
1 egg, well beaten

Preheat the oven to 350 degrees F. (180 degrees C). Grease a loaf pan. Put the flour, sugar, baking powder, and salt in a large bowl. Add the peanut butter, milk, and egg, and mix until well blended. Spoon into the pan and bake for about 50 minutes. Remove from the pan and cool on a rack. Makes 1 loaf.

Three-Grain Peanut Bread

1 c. white flour 1/2 c. quick cooking oats 1/2 c. yellow cornmeal
1/2 c. dry milk powder 1/2 c. sugar 3 tsp. baking powder
1 tsp. salt 2/3 c. cream-style peanut butter
1 egg 1 1/2 c. milk

Preheat oven to 325 degrees F. Combine in mixing bowl flour, oats, cornmeal, milk powder, sugar, baking powder, and salt. Cut in peanut butter. Blend and pour in egg and milk. Mix well. Turn into greased and floured 9 x 5 - inch loaf pan. Spread batter evenly. Bake 1 hour and 10 minutes, or until cake tester inserted in center comes out clean. Cool 10 minutes and remove from pan. -- Makes 1 loaf.

Chocolate Chip Zucchini Bread

1 cup canola oil 3 eggs 3 cups grated zucchini
2 cups sugar 2 teaspoons vanilla 3 cups flour
1 teaspoon baking soda 1 teaspoon salt 1/2 teaspoon baking powder
3 teaspoons cinnamon 1 cup chopped walnuts 1 cup semisweet chocolate chips

Combine oil, eggs, zucchini, sugar and vanilla in mixing bowl. Beat 3 minutes at medium speed. Sift flour, baking soda, salt and baking powder. Add cinnamon. Fold dry ingredients lightly by hand into egg mixture. Add chopped walnuts and chocolate chips.

Place mixture into two greased and floured loaf pans. Bake 1 hour at 350 degrees or until toothpick comes out dry. Cool and remove from pans. Slice and serve. May freeze.

Grandma Crook's Orange Zucchini Bread

3 eggs 1 cup oil 1 1/2 cups white sugar
 2 cups grated zucchini 1/4 cup orange juice 2 tablespoons grated
orange peel
2 teaspoons vanilla 3 cups flour 1/4 teaspoon salt
1 teaspoon baking powder 1 teaspoon soda 1 cup chopped nuts, optional

Beat together eggs, oil and white sugar. Add grated zucchini, orange juice, grated orange peel and vanilla. Sift together flour, salt, baking powder and soda. Add nuts. Bake at 350 degrees in a greased loaf pan for 40

minutes, or until it tests done with a toothpick.

Glaze while hot with glaze made with juice of orange mixed with powdered sugar. Remove from pan and finish cooling.

Lemon/Blueberry Zucchini Bread

| | |
|-------------------------------------|--------------------------------------------------|
| 4 eggs | 2 cups sugar (or less) |
| 1 cup canola oil | 3 1/2 cups flour |
| 1 teaspoon salt | 1 1/2 teaspoons baking soda |
| 4 teaspoons baking powder | Juice of 1 lemon |
| Zest of 1 lemon (chopped) | 2 cups grated unpared zucchini, slightly drained |
| 1 cup frozen Maine wild blueberries | |

Beat the eggs. Add sugar and beat until well mixed. Add vegetable oil and beat well. Add lemon juice and zucchini and lemon zest. Mix well.

Mix the flour, salt, soda and baking powder together. Add to the zucchini mixture. Mix well. Add the blueberries. Pour into 2 greased and floured 5x9-inch loaf pans. Bake approximately 55 minutes in a 350-degree oven or until done. Remove and cool 10 minutes prior to removing from pans. Makes 18 slices.

Zucchini Bread

| | |
|--------------------------------------|-----------------------------------------------------|
| Flourless cooking spray for greasing | 3 1/2 cups all-purpose flour plus extra for dusting |
| 2 teaspoons baking powder | 1/2 teaspoon baking soda |
| 1 teaspoon salt | 1 teaspoon ground cinnamon |
| 1/2 teaspoon freshly grated nutmeg | 1/4 teaspoon ground cloves |
| 2 1/2 cups grated unpeeled zucchini | 1 cup sugar |
| 4 large eggs, lightly beaten | 1/2 cup vegetable oil |
| 2 tablespoons grated orange zest | 1 cup coarsely chopped toasted walnuts or pecans |

Preheat the oven to 350 F. Grease and flour two 8 1/2-inch loaf pans. Sift the flour, baking powder, baking soda, salt, cinnamon, nutmeg and cloves into a bowl and set aside. Combine the zucchini, sugar, eggs, oil and orange zest in a large bowl and mix by hand until evenly blended. Add the sifted dry ingredients to the zucchini mixture. Stir by hand just until the batter is evenly moistened and blended. Fold in the nuts.

Divide the batter between the prepared loaf pans. Bake until the edges are browned and starting to pull away from the pan and the bread springs back when lightly pressed with your fingertip, 50 to 55 minutes. Remove the loaves from the pans and let cool on wire racks before serving. Makes 2 loaves.

Maple Cinnamon Rolls

| | |
|---------------------|--------------------------------|
| 1 quart milk | 1 1/2 cups butter or margarine |
| 1 1/2 cups sugar | 2 teaspoons salt |
| 3 tablespoons yeast | 1 cup warm water |
| 12 cups flour | |

Filling:

| | |
|---------------------------------------------------------------|------------------------------|
| 1 cup butter, melted | About 2 1/2 cups sugar |
| 3-4 teaspoons cinnamon | 1 tablespoon maple flavoring |
| 1 1/2 cups raisins plumped in hot water and drained, optional | |
| 1 cup pecans, chopped, optional | |

Glaze:

| | |
|----------------------------------|-----------------------------------------------------|
| 1 1-pound package powdered sugar | 1 teaspoon vanilla |
| 1 teaspoon maple flavoring | 1/4 cup evaporated milk or to spreading consistency |

Heat milk to melt butter or margarine and dissolve sugar and salt. In a 2-cup measure, dissolve yeast in warm water; allow to rest until mixture bubbles then stir into milk mixture. Blend in flour, a little at a time to make a soft dough. Knead with additional flour, if necessary to make a smooth dough. Let rise in lightly oiled bowl until double in bulk, about 2 hours.

Divide dough into 4 portions; roll to 1/4-inch thickness. Brush with melted butter; sprinkle with cinnamon/maple sugar, raisins and nuts if desired. Roll up jelly-roll fashion and slice 1-inch thick. Place on greased cookie sheet to rise until doubled, about 30 minutes. Repeat process with other portions of dough. Bake at 300 degrees for 20-25 minutes or until lightly browned. Brush with glaze while still warm.

For glaze, blend all ingredients and beat until smooth. Makes 5 dozen rolls.

Banana Bread

| | |
|---------------------------|---------------------|
| 1 2/3 cups sugar | 1/2 teaspoon salt |
| 1/2 cup butter (one cube) | 2 eggs |
| 1/2 cup buttermilk | 1 teaspoon soda |
| 1 teaspoon baking powder | 2 cups sifted flour |
| 1 cup mashed bananas | 1 cup chopped nuts |

Cream sugar, salt and butter. Add eggs, then buttermilk; mix well. Stir together dry ingredients and add to mixture. Add mashed bananas and nuts. Makes two small loaves or one medium cake. Bake at 325 degrees until toothpick comes out clean — about 30 minutes.

Cherry Nut Bread

| | |
|-------------------------------------------------|-------------------|
| 1/2 cup shortening | 1 cup sugar |
| 2 eggs, well beaten | 2 1/2 cups flour |
| 2 teaspoons baking powder | 1/4 teaspoon salt |
| 1/4 cup maraschino cherry juice | 1/2 cup milk |
| 1 8 oz. jar maraschino cherries, finely chopped | |
| 1/2 cup nuts | |

Cream shortening and sugar. Add eggs and beat until smooth. Sift together dry ingredients and add alternately with juice and milk. Fold in cherries and mix well. Add nuts. Bake in greased and floured pans at 325 degrees F. for 40-45 minutes or until toothpick inserted in center comes out dry.

Cranberry Bread

| | |
|------------------------------------|---------------------------|
| 1 cup coarsely chopped cranberries | 2 tablespoons sugar |
| 1 tablespoon grated orange peel | 2 cups flour |
| 1 teaspoon soda | 3/4 cup sugar |
| 1 egg, beaten | 1/2 cup orange juice |
| 1/2 cup water | 3/4 cup melted shortening |
| 1 cup chopped nuts | |

Combine cranberries, orange rind and 2 tablespoons sugar. Set aside. Sift together flour, soda, salt and 3/4 cup sugar. Combine egg, orange juice, water and shortening. Add to flour mixture. Combine flour mixture and cranberry mixture. Add nuts and stir only until just blended. Bake in loaf pan at 350 degrees for one hour.

Harvest Pear Breakfast Loaf

| | |
|----------------------------|--------------------------|
| 1/2 cup butter | 1 cup sugar |
| 2 eggs | 2 cups all purpose flour |
| 1/2 teaspoon baking powder | 1 teaspoon baking soda |

1/2 teaspoon salt
1/4 cup buttermilk
2 medium pears, chopped

1/8 teaspoon nutmeg
1 teaspoon vanilla

Grease a large loaf pan (9x5) or two small loaf pans (8x3). In a large bowl, cream together butter, sugar and eggs. In a smaller bowl, combine the dry ingredients. Add the dry ingredients alternately with the buttermilk. Fold in the vanilla and pears. Pour batter into prepared pans. Bake in a 350 degree F. oven for approximately 1 hour and 15 minutes (1 large pan) or 50-55 minutes (2 small pans). Let cool in pans on wire rack for 15 minutes. Remove from pan and cool thoroughly. May be warmed slightly before serving in foil. Makes 12 slices.

Pineapple-Oatmeal Bread

1 1/2 cups all-purpose flour
3/4 cup brown sugar
1/2 teaspoon salt
1 8-oz. can crushed pineapple
1/3 cup milk
1/4 cup chopped pecans

1 cup quick-cooking oats
2 teaspoons baking powder
1 beaten egg
1/3 cup cooking oil
1/2 teaspoon vanilla
2 tablespoons quick-cooking oats

In bowl stir together flour, 1 cup oats, sugar, baking powder and salt. Combine eggs, undrained pineapple, oil, milk and vanilla. Add to dry ingredients, stirring just until moistened. Fold in nuts. Grease an 8 1/2 x 4 1/2 x 2 1/2-inch loaf pan; sprinkle with 2 tablespoons oats. Turn batter into prepared pan. Bake at 350 degrees F. for 60 to 65 minutes. Cool in pan for 10 minutes; remove loaf. Cool thoroughly. Wrap and store overnight at room temperature before slicing.

Strawberry Bread

3 cups flour
1 teaspoon baking soda
1 teaspoon salt
1 1/4 cups vegetable oil

2 cups sugar
1/2 teaspoon cinnamon
4 eggs
2 cups sliced fresh strawberries

Mix flour, sugar, baking soda, cinnamon and salt in a large bowl. Add eggs, oil and strawberries. Mix just until moistened. Spoon into 2 greased and floured loaf pans. Bake at 350 degrees 1 hour and 10 minutes. Cool in the pans several minutes; remove to wire racks to cool completely. Makes 2 loaves.

Poinsettia-Shape Fruit Bread

3 1/4 to 3 3/4 cups all-purpose flour
3/4 cup milk
1/3 cup granulated sugar
2 eggs
3/4 cup dried cranberries
1 egg white, slightly beaten
Coarse sugar

2 packages active dry yeast
1/3 cup butter or margarine
1 teaspoon salt
3/4 cup golden raisins
2 teaspoons finely shredded lemon peel
1 tablespoon water

In a large mixing bowl combine 1 1/2 cups of the flour and the yeast. In a medium saucepan, heat and stir milk, butter, granulated sugar and salt until warm (120 to 130 F) and butter almost melts. Add milk mixture to flour mixture along with the eggs. Beat with an electric mixer on low to medium speed for 30 seconds, scraping the bowl. Beat on high speed for 3 minutes. Stir in raisins, dried cranberries, lemon peel and as much of the remaining flour as you can. Turn dough out onto a lightly floured surface. Knead in enough of the remaining flour to make a moderately soft dough that is smooth and elastic (3 to 5 minutes total). Shape into a ball. Place in a lightly greased bowl; turn once. Cover and let rise in a warm place until double (1 1/2 to 2 hours).

Punch dough down. Turn out onto a lightly floured surface. Divide dough into thirds. Cover; let rest for 10 minutes. Grease 3 baking sheets. Roll each portion of the dough into an 8-inch square. Carefully transfer one of the squares to one of the baking sheets, reshaping as necessary. Using a sharp knife, cut 4-inch slits from the corner to within 1/2 inch of the center of the square. Fold every other point to the center to form a pinwheel. Use water to moisten points of dough in center and press to seal. Repeat with remaining squares and baking sheets. Cover and let rise in a warm place until nearly double (about 50 minutes). Place 2 of the baking sheets, covered, in the refrigerator while the first loaf bakes. Stir together the egg white and water. Before baking, lightly brush mixture over loaf. Sprinkle with coarse sugar. Bake, one loaf at a time, in a 325 F oven for 20 to 25 minutes or until golden. Transfer pinwheel to wire rack and let cool. Repeat with remaining baking sheets from refrigerator. (Store egg white mixture, covered, in refrigerator when not in use.) Store loaves in airtight container at room temperature for up to 2 days or in the freezer up to 1 month. Makes 3 pinwheel loaves. To present: Cut out paper leaves in the shape of poinsettia leaves, and place the bread on top, on a glass plate.

Oatmeal Carrot Cake Bread

| | |
|--------------------------------------------------------|---------------------------------------------|
| 1 cup quick or old-fashioned oats, uncooked | 1/2 cup skim milk |
| 2 1/2 cups all-purpose flour | 1 cup firmly packed brown sugar |
| 1 tablespoon baking powder | 1/2 teaspoon baking soda |
| 1/2 teaspoon ground cinnamon | 1 1/2 cups shredded carrots, about 3 medium |
| 1/2 cup raisins | 2 eggs lightly beaten |
| 1 can (8 ounces) crushed pineapple in juice, undrained | |
| 1/4 cup vegetable oil | 1 teaspoon vanilla |
| Cream cheese spread, directions follow (optional) | |

Heat oven to 350 degrees. Spray bottom only of a 9-by-5-inch loaf pan with cooking spray. In medium bowl, combine oats and milk; set aside. In large bowl, combine flour, sugar, baking powder, baking soda and cinnamon; mix well. Stir in carrots and raisins; set aside. Add pineapple and its juice, egg whites or eggs, oil and vanilla to oat mixture; mix well. Add to flour mixture; stir just until moistened. (Do not overmix.) Pour into pan. Bake 60 to 75 minutes or until wooden pick inserted in center comes out clean. Cool 10 minutes in pan; remove to wire rack. Cool completely.

Cream cheese spread: Combine 4 ounces cream cheese with 2 teaspoons brown sugar and 1/4 teaspoon vanilla. Mix until smooth. Serve with bread, if desired.

AMISH FRIENDSHIP BREAD

Note: DO NOT USE METAL BOWL OR SPOON - DO NOT REFRIGERATE.

STARTER:

1 c. flour
1 c. sugar
1 c. milk

Start instructions with day 1.

DAY 1 - Do nothing. DAY 2 - Stir with a wooden spoon. DAY 3 - Stir with a wooden spoon. DAY 4 - Stir with a wooden spoon. DAY 5 - Add: 1 cup flour, 1 cup sugar, 1 cup milk. DAY 6 - Stir with a wooden spoon. DAY 7 - Stir with a wooden spoon. DAY 8 - Stir with a wooden spoon. DAY 9 - Stir with a wooden spoon. DAY 10 - Add: 1 cup flour, 1 cup sugar, 1 cup milk. On DAY 10 - make the Amish Friendship Bread.

First pour off three 1 cup starters. Save one for yourself and give the other to 2 friends.

Pour remaining batter into a large bowl and add the following ingredients:

| | | |
|----------------------|-----------------------------------|--------------------------|
| 1 c. oil | 2 c. flour | 1 c. sugar |
| 1/2 c. milk | 3 eggs | 1 1/4 tsp. baking powder |
| 3 TBsp. cinnamon | 1 tsp. vanilla | 1/2 tsp. salt |
| 1/2 tsp. baking soda | 1 lg. box instant vanilla pudding | |

Pour into 2 well greased and sugared loaf pans. Bake at 350 degrees for 40-50 minutes. Cool for 10 minutes (longer if glass) before removing from pans. This does real well in the freezer. Makes a delicious sweet bread.

Pumpkin Bread

| | |
|--------------------------|---------------------------|
| 1/2 cup sugar | 1/2 cup vegetable oil |
| 3/4 cup pumpkin pure | 2 eggs |
| 1 cup all-purpose flour | 1/2 cup whole-wheat flour |
| 1 teaspoon baking powder | 1 teaspoon baking soda |
| 1 teaspoon cinnamon | 1/4 teaspoon salt |
| 1/2 cup raisins | |

In a large bowl, stir together sugar, oil, pumpkin, and eggs. In a medium bowl, stir together both flours, baking powder, baking soda, cinnamon, and salt. Fold this into the pumpkin mixture, stirring the two mixtures just to moisten the dry ingredients. Stir in the raisins. Pour the batter into a greased 9-inch loaf pan. Bake in pre-heated 350 degree-oven for about 1 hour or until a pick inserted in the center of the bread comes out clean.

Poppy Seed Bread

| | |
|---------------------------------|--------------------------------|
| 3 cups all-purpose flour | 2 1/2 cups sugar |
| 1 teaspoon salt | 1 1/2 teaspoons baking powder |
| 3 eggs, beaten | 1 1/2 cups milk |
| 1 1/2 cups vegetable oil | 1 1/2 teaspoons poppy seeds |
| 1 1/2 teaspoons vanilla extract | 1 1/2 teaspoons almond extract |

Preheat oven to 350 degrees F. In a large bowl, combine the flour, sugar, salt, baking powder and poppy seeds together. Then in a separate bowl, combine the eggs, milk, vegetable oil, vanilla and almond extracts and add this to the flour mixture, beating well. Pour into two greased 9x5-inch pans and bake for one hour.

MUFFINS

Crumb Muffins

| | | |
|------------------------------|----------------------|-------------------------|
| 1 large egg, slightly beaten | 1 c. milk | 1/4 c. melted margarine |
| 1 c. dry bread crumbs | 1 c. flour | 1 Tbs. sugar |
| 1/2 tsp. salt | 1 Tbs. baking powder | |

Preheat oven to 375 degrees F. Combine in mixing bowl: egg, milk, margarine, and bread crumbs. Stir and set aside. Sift together: flour, sugar, salt, and baking powder. Fold dry ingredients into liquids. Stir just until all is moistened. Fill greased muffin tins 2/3 full. Bake 25 minutes at 375 degrees F. -- Makes 12 muffins.

Super-Healthy Carrot Bran Muffins

| | | |
|---------------------------------|------------------------------|-----------------------|
| 1 1/2 cups All Bran or raw bran | 1 cup boiling water | 1/2 cup oil |
| 1 1/2 cup brown sugar | 1/4 cup honey | 3 eggs |
| 1 pt buttermilk | 2 1/2 cups whole wheat flour | 3 1/2 tsp baking soda |
| 1 1/2 cup oatmeal | 1 1/3 cups shredded carrots | 3/4 cups raisins |
| 1 tsp salt | | |

Note: When using raw bran use 1/2 cup more boiling water. Pour boiling water over All Bran and set aside for 10

minutes. Beat oil, sugar and honey until well blended. Add eggs, one at a time, beating well after each addition. Stir in buttermilk and soaked ran cereal. Mix all dry ingredients together in separate bowl. Add dry ingredients mixture to egg mixture. Mix well. Stir in oatmeal, carrots, and raisins. Let stand 1 hour or overnight in refrigerator. Heat oven to 350°/ Fill greased muffin cups 2/3 to 3/4 full with batter. Bake 25 – 35 min. Makes 36

Corn Meal Muffins

| | | |
|--------------------------------------|-----------------|-------------------|
| 2 eggs, separated | 1 c. buttermilk | 3 Tbs. Shortening |
| ½ c. buckwheat or wheat flour or rye | 1 c. corn meal | ½ tsp. Soda |
| 1 tsp. Baking powder | 1 tsp. Salt | |

Beat the egg yolks with a spoon. Add buttermilk and shortening and stir again. Sift the buckwheat, wheat or rye, measure, add corn meal, soda, baking powder and salt and sift into the liquid. Stir as little as possible to dampen the flour. Fold in beaten egg whites and pour into a warm iron muffin or cornstick pan. Bake at 425 degrees about 20 minutes.

Healthy Oatmeal Muffins

| | | |
|------------------|------------------------------|-----------------------------------------------|
| 1 c. buttermilk | 1 egg | 1 c. whole wheat flour |
| 1/2 tsp. soda | 1/2 c. packed brown sugar OR | 1/2 c. applesauce OR frozen orange juice |
| 1 c. rolled oats | 1/2 tsp. salt | 1 1/2 tsp. baking powder 1/4 c. vegetable oil |

Pour buttermilk over oats. Let stand 5 minutes. Add egg and brown sugar to oats and mix well. Add sifted dry ingredients and oil. Mix well. If raisins or dates or other fruit such as chunks of apple, etc. ... are desired add them. Spoon into 12 greased muffin tins or cup cake liners. Bake at 400 degrees F. for 18 minutes or until brown. -- Makes 12.

Peanut Butter Muffins

| | | |
|-----------------------|----------------------|---------------|
| 1 1/2 c. sifted flour | 2 tsp. baking powder | 1/2 tsp. salt |
| 1/4 c. shortening | 1/4 c. peanut butter | 1/2 c. sugar |
| 1 egg | 1/2 c. milk | |

Sift dry ingredients. Cream shortening and peanut butter. Add sugar and beat until light and fluffy. Add well-beaten egg; then flour and milk alternately. Stir until smooth. Bake at 350 degrees F. about 25 minutes.

Pumpkin Muffins

| | | |
|----------------------------|------------------------------------------|------------------|
| 3 1/3 c. whole wheat flour | ½ t. baking powder | ½ t. baking soda |
| 1 t. salt | 1 t. cinnamon | ½ t. cloves |
| 1 ¼ c. sugar | 2/3 c. oil | 2 c. pumpkin |
| 1 c. water | ½ c. raisins, nuts or choc. chips (opt.) | |

Combine all ingredients and mix well. Place in greased muffin tins. Bake at 350° for 15-20 minutes.

Basic Wholegrain Muffins

| | | |
|--------------------------------|--------------------------------|----------------------------|
| 2 c whole wheat flour | 1 t baking soda | 1/4 c brown sugar or honey |
| 1 t ground cinnamon (optional) | 1/8 t ground cloves (optional) | 1/2 t salt |
| 1/2 c raisins | 1 egg, beaten | |

1 c buttermilk, yogurt, or sour milk 3 T oil or melted butter

Mix all dry ingredients thoroughly, including raisins. Make a well in the center and add egg, milk and oil. Mix only until dry ingredients are moist. Fill greased muffin pans half full and bake at 375 d. for about 15 minutes. Good hot or cold. Makes 12 to 16 muffins. Variations: Omit raisins. Add 1 cup blueberries or chopped fruit. Add nuts or seeds, if desired. Omit 1 cup or more whole wheat flour and replace it with rye, soy or triticale flour, rolled oats or oat flour, wheat germ, or bran. Omit baking soda and buttermilk. Add 2 teaspoons baking powder and 1 cup milk.

Oatmeal Muffins

| | | |
|----------------------|---------------------------|-------------------------------------------|
| 4 cups quick oats | 5 eggs | 2 1/2 cups shortening , melted and cooled |
| 6 cups flour | 2 1/2 teaspoons salt | 1 1/2 quart buttermilk |
| 3 cups brown sugar | 5 teaspoons baking powder | |
| 2 1/2 teaspoons soda | | |

Soak oats in buttermilk. Add eggs and brown sugar and mix lightly. Blend in shortening . Stir dry ingredients together and add to oats mixture. Blend only enough to moisten dry ingredients., Fill oiled muffin pans 2/3 full. Bake 15-20 minutes at 400 degrees.
(Makes 5 dozen.)

Cinnamuffins

Kids love these:

- | | | |
|------------------------------|-----------------------|-------------------------|
| 1/4 cup oil | 1/2 cup dark molasses | 1 cup applesauce |
| 1 1/2 cups whole wheat flour | 1/2 tsp baking soda | 1 1/2 tsp baking powder |
| 3/4 tsp cinnamon | pinch cloves | 1/2 tsp salt |
| 1/2 cup raisins | | |

Preheat oven to 375 degrees F. Grease a 12-cup muffin tin--use the smallish-sized cups with this recipe. Mix oil, molasses, and applesauce. Sift together the flour, soda, baking powder, cinnamon, cloves, and salt. Stir together wet and dry ingredients and raisins. Drop into muffin cups and bake 18 to 20 minutes.

Ash Cake (Pioneer Recipe)

- | | | | |
|----------------|--------------------------|-------------|---------------|
| 4 c. corn meal | 1 Tbs. lard (shortening) | 2 tsp. salt | boiling water |
|----------------|--------------------------|-------------|---------------|

Scald meal in water. Add the salt and shortening. When mixture is cool, form into oblong cakes, adding more water if necessary. Wrap the cakes in cabbage leaves, or place one cabbage leaf under cakes and one over them, and cover them with hot ashes.

The Indians cooked Ash Bread by making a hole in the center of the ashes of a hot fire, raked down to the hearth, then placing the dough in the hole, let it crust and cover with hot ashes and embers. Bake to suit taste.

Oatmeal Muffins

- | | | |
|-----------------------------|------------------------------|-----------------------|
| 1 cup flour, wheat or white | 1 tsp salt | 1 cup quick oats |
| 1 cup milk | 1/2 cup brown or white sugar | 1/3 cup vegetable oil |
| 1 Tbsp baking powder | 1 egg slightly beaten | |

Mix flour, oats, sugar, baking powder and salt. Add milk, Oil and egg and mix just until moistened. Fill greased muffin cups almost full. Bake @ 400° 14- 16 minutes Yield: 12 muffins

Gingerbread Muffins

- | | | | |
|---------------------------|----------------|---------------------------------|----------------|
| 1/2 cup sugar | 1 1/2 tsp soda | 1 egg | 1 tsp cinnamon |
| 1/3 cup oil or shortening | 1 tsp ginger | 1/3 cup molasses | 1/2 cup cloves |
| 1 cup hot water | Scant tsp salt | 2 1/2 cup flour, white or wheat | |

Beat sugar, egg, oil and molasses until light and fluffy. Measure flour, soda, cinnamon, ginger, cloves, and salt into another bowl. Add hot water with dry ingredients. Mix just until smooth. Fill nonstick muffin pans.

Bake @ 350° 12 – 15 minutes Yield: 15 – 18 muffins.

Gingerbread Muffin Mix

- | | |
|----------------------------|----------------------------|
| 1 3/4 cups flour | 2 tablespoons sugar |
| 3 teaspoons baking powder | 1/2 teaspoon baking soda |
| 1 teaspoon ground cinnamon | 1/2 teaspoon ground nutmeg |
| 1/4 teaspoon ground ginger | 1/4 teaspoon ground cloves |
| 1/2 teaspoon salt | |

Combine all the ingredients in a medium bowl. Store the mixture in an airtight container. Print out directions below and attach to mix:

- | | |
|-------------------------|------------------------|
| 1 jar ginger muffin mix | 1/4 cup butter, melted |
| 1 egg | 1 teaspoon vanilla |
| 1 cup milk | |

Preheat oven to 400 degrees and grease 12 muffin tins. In a large bowl, combine muffin mix with butter, egg, vanilla and milk. Stir the mixture until the ingredients are blended. Do not over mix. The batter will be lumpy. Fill muffin tins 2/3 full and bake for 12-25 minutes.

Muffin Mix

| | |
|-----------------------------|---------------------------|
| 8 cups all-purpose flour | 3 cups sugar |
| 3 tablespoons baking powder | 2 teaspoons salt |
| 2 teaspoons ground cinnamon | 2 teaspoons ground nutmeg |

In a large bowl, combine flour, sugar, baking powder, salt, cinnamon and nutmeg. Mix well. Package into gift-size jars, using 2 3/4 cups of mix for each jar (this will fit into a 20-ounce jar, the type used for salsa). Store in a cool, dry place. Use within 6 to 8 months. Makes 11 cups of mix or 4 gift jars. On jar label, place the following directions:

| | |
|-----------------------|-----------------------------------------------------|
| 2 3/4 cups Muffin Mix | 1 egg |
| 1 cup milk | 1/2 cup melted butter or margarine or vegetable oil |

Preheat oven to 400 degrees. Spray muffin pans with vegetable cooking spray. Place Muffin Mix in a medium bowl. Combine egg, milk and butter in a small bowl. Add all at once to Muffin Mix. Stir until just moistened; batter will be lumpy. Fill prepared muffin tins 3/4 full. Bake 18 to 20 minutes, or until golden brown. Makes 10 large muffins.

VARIATIONS:

Cornmeal: Substitute 1/2 cup of cornmeal for the Muffin Mix.

Butterscotch-Pecan Muffins: Melt 6 tablespoons butter in saucepan. Stir in 6 tablespoons brown sugar. Place 1 tablespoon of brown-sugar mixture and 2 to 3 pecans in bottom of each muffin cup. Fill cups 3/4 full with batter.

Dried Fruit Muffins: Add 1 cup chopped dried fruit to liquid ingredients.

Banana Muffins: Add 1/2 cup mashed banana (about 1 banana) to liquid ingredients, then add to Muffin Mix.

Blueberry Muffins: Gently fold 1 cup fresh, frozen or drained canned blueberries into basic muffin batter just before filling pans.

Cranberry-Nut Muffins: Gently fold 1 cup chopped fresh or frozen cranberries, 1/2 cup chopped nuts and 3 tablespoons sugar into basic muffin batter just before filling muffin pans.

Molasses Cornmeal Bran Muffins

| | | |
|-------------------------|-------------------------|-----------------|
| 1 cup all-purpose flour | 1 tsp baking soda | 1 tsp salt |
| 2 cups bran | 1/4 cup yellow cornmeal | 1 1/4 cups milk |
| 1/2 cup molasses | 1 cup raisins | |

Preheat oven to 325°F. Sift together flour, baking soda and salt in a medium mixing bowl. Stir in bran and cornmeal; set aside. In a separate bowl, whisk together milk and molasses until smooth; stir in raisins. Blend bran and milk mixtures together; stirring until completely mixed. Spoon into prepared muffin pan; each cup should be about two-thirds full. Bake for 25 minutes or until a toothpick inserted into the center of a muffin comes out clean. Remove from oven. Let cool completely on wire racks before serving. Makes 1 dozen muffins.

Pumpkin Muffins

| | |
|------------------------------------|---------------------------|
| 1/2 cup butter, softened | 1 cup sugar |
| 1 1/4 cups canned pumpkin | 2 eggs |
| 2 cups flour | 2 teaspoons baking powder |
| 1 1/2 teaspoons cinnamon | 1/2 teaspoon nutmeg |
| 1/4 teaspoon salt | 1 cup milk |
| 1/2 cup walnuts or pecans, chopped | 1/2 cup raisins |
| 1 tablespoons cinnamon sugar | |

Preheat oven to 375 degrees. Grease or paper-line muffin tins. Cream butter with sugar; add pumpkin and eggs, stirring completely. Stir in sifted, dry ingredients alternately with milk; do not overmix. Fold in nuts and raisins. Pour batter into muffin tins, filling two-thirds full. Sprinkle on cinnamon sugar mixture. Bake about 25 minutes. Makes two dozen small muffins or 10-12 regular-size muffins.

Raspberry Lemon Muffins

| | |
|----------------------------------------|--------------------------|
| 2 cups flour | 1 cup sugar |
| 1 tablespoon baking powder | 1/2 teaspoon salt |
| 2 eggs, lightly beaten | 1 cup light cream |
| 1/2 cup vegetable oil | 1 teaspoon lemon extract |
| 1 1/2 cups fresh or frozen raspberries | |

In a large bowl, combine flour, sugar, baking powder and salt. Combine the eggs, cream, oil, and lemon extract; stir into dry ingredients just until moistened. Fold in raspberries. Spoon into 18 greased or paper-lined muffin cups. Bake at 400 degrees for 18-20 minutes or until golden brown.

Any-Fruit-Will-Do Muffins with Streusel Topping

Streusel Topping:

| | |
|------------------------------|--------------------------------|
| 1/3 cup brown or white sugar | 1/2 teaspoon ground cinnamon |
| 1 tablespoon unsalted butter | 1/2 cup finely chopped walnuts |

Muffins:

| | |
|----------------------------------------------------------------|-------------------------------------------|
| 2 1/2 cups unbleached all-purpose flour | 1 teaspoon baking soda |
| 2 teaspoons baking powder | 1/2 teaspoon ground cinnamon |
| Pinch of salt | 1 1/3 cups light brown sugar, packed firm |
| 2/3 cup vegetable oil | |
| 1 tablespoon minced citrus zest (from 1 lime, lemon or orange) | |
| 1 egg | 1 cup buttermilk |
| 2 teaspoons vanilla extract | 1 3/4 cups fruit, lightly packed |

Topping: Mix sugar and cinnamon in a small bowl or workbowl of a food processor; add butter. If mixing by hand, use fingertips, a pastry blender or two forks to blend the fat into dry ingredients until mixture looks like coarse irregular crumbs, with no visible lumps of fat. If mixing in a food processor, pulse about 10 times, then process five to 10 seconds until there are no visible lumps of fat; stir in nuts and set aside.

Muffins: Adjust oven rack to middle position and heat oven to 400 degrees. Lightly grease the top surface of a 12-cup muffin pan; use liners, if necessary. In a medium bowl, whisk 2 1/2 cups flour with baking soda, baking powder, cinnamon and salt; set aside.

In a large bowl, whisk together brown sugar, oil, zest and egg; whisk in buttermilk and vanilla. Gently whisk dry ingredients into wet ingredients to partially blend. Continue mixing batter with a rubber spatula, making sure that ingredients at the bottom are incorporated into batter; fold in fruit. (Frozen fruit will help "firm" up batter. If batter seems too wet, add a few more tablespoons of flour — up to 1/4 cup.)

Using an ice-cream scoop, place a portion of batter into each muffin cup, filling to the brim. Sprinkle a portion of streusel topping over batter in each muffin cup. (If you find you have unfilled muffin cups in your baking pan, fill those with water to distribute heat evenly).

Bake 15 minutes; reduce heat to 350 degrees and bake until muffins are golden brown and spring back when lightly pressed with fingertips, 10 to 12 minutes. Let muffins cool in pan for 5 minutes then transfer them to a wire rack. Serve warm or at room temperature. Makes 1 dozen.

Apple Muffins

| | |
|----------------------------------|---------------------------|
| 3/4 cup milk | 1/2 cup vegetable oil |
| 1 egg | 2 cups flour |
| 1 teaspoon salt | 1/3 cup sugar |
| 1/2 teaspoon cinnamon | 3 teaspoons baking powder |
| 1 cup apples, peeled and chopped | |

Blend milk, oil and egg; add to combined dry ingredients. Mix until moistened; fold in chopped apples. Bake in paperlined or greased muffins tins at 400 degrees for 18-20 minutes. Makes 1 dozen muffins.

Apple-Pumpkin Muffins

| | |
|-----------------------------------------------------------------------------------|----------------------------------|
| 1 2/3 cups flour | 1 cup sugar |
| 1 tablespoon plus 1 teaspoon pumpkin pie spice, divided | |
| 1 teaspoon baking soda | 1/4 teaspoon salt |
| 1/4 teaspoon baking powder | 1 cup canned pumpkin |
| 1/2 cup butter softened | 1 apple, peeled & finely chopped |
| 3 tablespoons water, 3 tablespoons oil, 2 teaspoons baking powder, mixed together | 3 tablespoons sugar |

Preheat oven to 350 degrees. Line muffin tins with paper liners. Set aside. In large bowl, combine flour, 1 cup sugar, 1 tablespoon pumpkin pie spice, baking soda, salt and baking powder. Make a well in center of mixture, pour in pumpkin, margarine and water, oil, and baking powder mixture. Stir until well-moistened; fold in apple. Spoon batter into prepared muffin tins, filling 2/3 full. Set aside. In small bowl, combine 3 tablespoons sugar and pumpkin pie spice, sprinkle evenly over muffins. Bake 20 minutes or until toothpick inserted in center comes out clean. Remove pans immediately and cool on wire racks.

Blueberry Corn Muffins

| | |
|----------------------------------------|-------------------------------|
| 1 cup cornmeal | 1 cup flour |
| 1/2 cup sugar | 2 1/2 teaspoons baking powder |
| 1/4 teaspoon salt | 1 cup buttermilk |
| 6 tablespoons margarine, melted | 1 egg, slightly beaten |
| 1 2/3 cups fresh or frozen blueberries | |

Preheat oven to 400 degrees. Line 12 muffin cups with paper liners.

Sift the cornmeal, flour, sugar, baking powder and salt into mixing bowl. Make a well in the center and pour buttermilk, margarine and egg into well. Stir just until combined. Fold in the blueberries; fill each lined cup 2/3-full. Bake about 20-25 minutes. Makes 1 dozen muffins.

Blueberry Muffins

| | |
|------------------------------------------------------------|-----------------------------------|
| 4 3/4 cups all-purpose flour | 1 3/4 tablespoons baking powder |
| 1/2 teaspoon salt | 1 cup plus 1 tablespoon salad oil |
| 2 cups sugar | 3 eggs |
| 1 3/4 cups milk | 1 teaspoon vanilla |
| 1 teaspoon almond extract | |
| 2 cups blueberries or raspberries (either fresh or frozen) | |

Mix flour, baking powder and salt together. Set aside. Blend sugar and oil together until well-mixed. Add eggs, milk vanilla and almond extract and mix. Add dry ingredients and mix only until combined. Do not over-mix. Fold in berries. Place in lined muffin cups and bake at 350 degrees F. for 30 minutes.

Blueberry Struesel Muffins

| | |
|-------------------------------------------------|----------------------------|
| 1/4 cup butter, softened | 1/3 cup sugar |
| 1 egg | 2 1/3 cups flour |
| 1 tablespoon plus 1 teaspoon baking powder | 1/2 teaspoon salt |
| 1 cup milk | 1 teaspoon vanilla extract |
| 1 1/2 cups fresh or frozen (thawed) blueberries | |

For Streusel Topping:

| | |
|---------------|--------------------------|
| 1/2 cup sugar | 1/2 teaspoon cinnamon |
| 1/3 cup flour | 1/4 cup butter, softened |

Cream butter; gradually add sugar, beating at medium speed of electric mixer until light and fluffy. Add egg, beating well. Combine flour, baking powder and salt; add to creamed mixture alternately with milk, stirring well after each addition. Stir in vanilla and fold in blueberries. Spoon batter into greased muffin tins, filling 2/3 full. Prepare Streusel Topping by combining sugar, flour and cinnamon. Cut in 1/4 cup softened butter with pastry blender until mixture looks like crumbs. Sprinkle on top of muffin batter. Bake at 375 degrees F for 25-30 minutes, or until golden brown.

Chocolate Chocolate Chip Muffins

| | |
|-----------------------------|-------------------------------------------|
| 1 chocolate fudge cake mix | 1 small package chocolate instant pudding |
| 3/4 cup water | 3 beaten eggs |
| 1/4 cup applesauce | 1/4 cup vegetable oil |
| 1/4 teaspoon almond extract | 3/4 cup frozen chocolate chips |

Preheat oven to 350 degrees. Mix cake mix, pudding, water, eggs, applesauce, oil and almond extract until smooth. Stir in chocolate chips last. Fill muffin cups 3/4 full and bake about 23-33 minutes until done. Time depends on the size of your muffins.

Christmas Cranberry Muffins

| | |
|--------------------------------|--------------------------|
| 1 cup raw cranberries, chopped | 1/2 cup sugar |
| 2 cups flour | 3/4 teaspoon baking soda |
| 1/4 teaspoon salt | 1/4 cup sugar |
| 1 egg, beaten | 3/4 cup buttermilk |
| 1/4 cup shortening, melted | |

Mix cranberries and 1/2 cup sugar and let stand overnight. Sift together flour, baking soda, salt and 1/4 cup sugar. In separate bowl, mix together beaten egg, buttermilk and melted shortening. Add all at once to sifted dry ingredients; add cranberry/su-gar mixture and stir together. Fill greased muffin tins 2/3 full. Bake at 400 degrees F for 20 minutes.

Fresh Peach Muffins

| | |
|--------------------------|----------------------|
| 1 3/4 cups flour | 1/2 cup sugar |
| 3 teaspoon baking powder | 1/2 teaspoon salt |
| 1 teaspoon cinnamon | 1/2 teaspoon nutmeg |
| 1 egg | 1/2 cup milk |
| 1/4 cup oil | 1 cup peaches, diced |
| 1/2 cup walnuts, chopped | |

Topping:

| | |
|---------------------|---------------------|
| 1/4 cup margarine | 1/2 cup brown sugar |
| 2 teaspoon cinnamon | 1/4 cup flour |

Sift flour with sugar, baking powder, salt and spices. Beat together egg, milk and oil. Stir into dry mixture, mixing only until all of the flour mixture is moistened. Stir in peaches and walnuts. Spoon into greased or paper-lined muffin tins. Sprinkle with topping and bake at 400 degrees for about 20 minutes.

Jumbleberry Lemon Muffins

| | |
|--------------------------------------------------------------------------------------------------------------------|-------------------------------------|
| 2 cups flour | 1 cup sugar |
| 2 teaspoons baking powder | 1/2 teaspoon salt |
| 2 teaspoons lemon extract | 1 cup Land O' Lakes Lite Sour Cream |
| 1/2 cup Land O' Lakes Butter, melted | 1 beaten egg |
| 2 cups mixed berries (1/3 cup blueberries, 2/3 cup boysenberries, 1 cup raspberries or any combination of berries) | |

Mix together all ingredients (except berries) until moist. Stir in berries. For 8 large muffins, bake at 375 for 25 minutes. For 12 medium muffins, bake at 375 for 20 minutes. Brush with butter and sprinkle with sugar. Serves 8.

Lemon Chiffon Muffins

| | |
|---------------------------------------------|------------------------------------|
| 1/2 cup softened butter | 1/2 cup sugar |
| Grated peel of 1 lemon (about 1 tablespoon) | 2 tablespoons milk |
| 2 eggs, separated | 3 tablespoons lemon juice |
| 1 cup all-purpose flour | 1 teaspoon baking powder |
| 1/4 teaspoon salt | 1/4 cup chopped walnuts or almonds |
| 1 tablespoon sugar | 1 teaspoon nutmeg |

Cream butter, sugar, lemon peel, milk and egg yolks in a mixing bowl until light and fluffy. Beat in lemon juice. Combine flour, baking powder and salt in a separate bowl. Add to batter and mix just until blended. Beat egg whites until soft peaks form; fold into batter. Spoon into 12 greased muffin pan wells. Sprinkle with mixture of nuts, sugar and nutmeg. Bake at 375 degrees F for 15 to 20 minutes.

Mini Peanut Butter and Chocolate Muffins

| | |
|--------------------------------------------------------------|-----------------------------------|
| 1 3/4 cups all-purpose flour | 2/3 cup packed light brown sugar |
| 2 1/2 teaspoons baking powder | 1/4 teaspoon salt |
| 3/4 cup milk, at room temperature | 2/3 cup chunk-style peanut butter |
| 1/4 cup vegetable oil | 1 large egg, at room temperature |
| 1 1/2 teaspoons vanilla extract | |
| 4 ounces (about 2/3 cup) miniature semisweet chocolate chips | |

Preheat the oven to 350 degrees F. Lightly butter twenty-four 13/4- by-3/4-inch (1-ounce) muffin or biscuit cups. In a large bowl, stir together the flour, brown sugar, baking powder and salt. In another bowl, stir together the milk, peanut butter, oil, egg and vanilla until blended. Make a well in the center of the dry ingredients and stir in milk mixture just to combine. Stir in the miniature chips.

Spoon the batter into the prepared muffin cups. Bake in a 350-degree F oven for 15 to 20 minutes, or until a toothpick inserted into the center of one muffin comes out clean. Remove the muffin tin or tins to a wire rack. Cool the muffins in the pan or pans for 5 minutes. Remove the muffins from the cups and finish cooling on the rack. Serve warm or cool completely and store the muffins in an airtight container at room temperature. Makes 24 miniature muffins.

Morning Glory Muffins

| | |
|-------------------------|----------------------|
| 2 cups flour | 1 1/4 cups sugar |
| 2 teaspoons baking soda | 2 teaspoons cinnamon |

1/2 teaspoon salt
1/2 cup raisins
1/2 cup shredded coconut
3 eggs
2 teaspoons vanilla

2 cups grated carrots
1/2 cup chopped nuts
1 apple, peeled, cored and grated
1 cup vegetable oil

Preheat oven to 350 degrees.

In a large bowl, sift together the flour, sugar, baking soda, cinnamon and salt. Stir in the grated carrots, raisins, nuts, coconut and apple. In a separate bowl, beat together the eggs, oil and vanilla. Stir into the flour mixture just until moistened. Spoon batter into well-greased muffin tins. Bake 20 minutes. Makes 24 small muffins.

Oat Muffins

1 cup stone-ground whole wheat flour
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg
1 carton (8 oz.) plain nonfat or lowfat yogurt
2 egg whites, slightly beaten
1 cup raisins

1 cup rolled oats
1/4 teaspoon cloves
1/2 teaspoon baking soda
1/4 cup plus 1 tablespoon vegetable oil
1 tablespoon molasses or brown sugar

Combine flour, oats, cinnamon, cloves, nutmeg, baking powder and baking soda in a bowl.

In a separate bowl, mix yogurt, oil egg whites, molasses or brown sugar and raisins. Add to dry ingredients and mix lightly, just until moistened. Pour batter into lightly greased or paper-lined muffin tins; bake at 375 degrees for 17-19 minutes. Makes 1 dozen

Pumpkin Muffins

3/4 cup brown sugar
1/2 cup butter, softened
1/4 cup pecans, chopped
1 teaspoon soda
1 3/4 cup flour

1/4 cup molasses
1 egg, beaten
1 cup cooked mashed pumpkin
1/4 teaspoon salt

Cream sugar, molasses and butter; add egg and pumpkin and blend well. Mix the flour with soda and salt, stir into pumpkin mixture. Fold in nuts. Fill well-greased muffin pans half-full with batter; bake at 375 degrees F. for 20 minutes.

BROWN RICE MUFFINS

1 1/4 c. sifted flour
2 eggs beaten
1/2 t. salt

1 c. cold cooked brown rice
2 T. sugar
2 T. oil

2 t. baking powder
1 c. milk

Sift together flour, baking powder, salt and sugar. Combine milk, eggs, oil and rice. Combine the two mixtures, Do not over beat as this will make heavy muffins. Pour into twelve buttered muffin tins. Bake at 425° for 20-25 minutes or until lightly browned.

BREAKFASTS

Breakfast Fruit Sauce

1 1/4 cup apple juice
1 T arrowroot
1 drop vanilla

1 large tart apple, peeled and sliced
1/4 t lemon peel
Dash of nutmeg

½ cup blueberries

½ cup strawberries

Place 1 cup apple juice and apples in a pan and bring to boil. Reduce heat, cover, and simmer for 5 minutes or until crisp-tender. Stir arrowroot into ¼ c apple juice. Add it to pan with lemon peel, vanilla, nutmeg and cook, stirring until sauce thickens. Remove from heat and stir in berries. Serve hot or room temp.

Cereal Recipe (Can be done in a Thermos)

(This is a complete protein containing complex and simple carbohydrates and fats.)

Equal parts of the following:

Amaranth Barley

Corn Oats

Quinoa (more protein) or Millet (more sweetness)

Rice Wheat

Almonds (or any other nut) Sesame Seeds Sunflower Seeds

If you can grind the grains, this will reduce the cooking time, if you are unable to do this just cook the cereal until the grains are done (about a half hour to forty five minutes)

Boil water (approximately double the amount of grain), stir in the grains (if you're using ground meal whip with a wire whip or egg beater to prevent lumps). If the grains are ground you can turn off the heat and cover, the cereal will be ready to eat in 10 minutes. If you are using whole grains you'll need to cook them longer. Sweeten to taste.

Hint: A good way to cook whole grains and save energy is to put boiling water and the grains in a thermos and leave overnight. In the morning you'll have a fully cooked cereal.

Whole Wheat Sweet Porridge

Thick, sweet and satisfying, this whole wheat porridge was easy for our ancestors to whip up whether at home or on the road. It makes a delicious and nourishing breakfast, a comforting snack on a winter's night, or even a dessert at the end of a light meal.

1 lb. wheatberries 3 cups water 2 cups milk

1/2 cup raisins 1/2 cup almonds or walnuts cinnamon, honey

Rinse the whole wheat and bring to a boil with the water. Cover pot, lower heat to a simmer and cook 1/2 hour. Add the milk, raisins and nuts. Continue to cook till the wheat is crunchy-tender, about 30 minutes, depending on size and age of wheat. Prepare little dishes of cinnamon and honey for setting on the table. Pour the wheat porridge into a casserole dish, or spoon it into separate bowls, and serve. Let guests add their own ground cinnamon and honey to taste. Serves 4-6 (breakfast or dessert)

Fresh Homemade Cold Cereals

2 c. flaked wheat berries 2 c. flaked rye berries

2 c. rolled oat groats 1 c. flaked barley

Preheat oven to 300 degrees. Mix grains thoroughly. Spread freshly flaked grains evenly on a baking sheet. Bake for 15 minutes stirring twice. Remove from oven and cool. Store in a container.

Baked Cereal

1/2 cup whole wheat 1/2 cup pearl barley 1/2 cup oat groats

1/2 cup millet 3/4 teaspoon salt 4-1/2 cups water

Combine all ingredients in a 2-quart casserole. Cover with a glass lid or aluminum foil. Bake overnight at 150o to 200o. Serve with honey and milk. Refrigerate unused portion in an airtight container.

Cream of Wheat or Oatmeal

2 c. freshly ground whole-wheat berries or oat groats 3 c. water

Place water in saucepan. Add flaked wheat or rolled oats. Bring to rolling boil. Reduce heat. Simmer for 2 minutes. Remove from heat and let stand 5 minutes.

Fruit and Rice porridge - 4 servings

2 cups cooked brown rice 2 cups milk

2 cups apple juice ½ cup dried apricot, chopped

Place rice juice and apricots in a sauce pan and bring to boil. Reduce heat and simmer about 10 minutes, until juice

Method No. 3: Cook the corn meal in salted boiling water over low heat, stirring constantly, until the mush is thick. Place in double boiler and cook at least 30 minutes. It may be cooked this way in the evening and re-heated in the morning as in Method No. 2.

Rice Griddlecakes

1 c. milk 1 c. warm cooked rice ¼ tsp. Salt 2 eggs, separated
1 Tbs. Melted butter 1 c. white flour

Mix the milk, rice, and salt in a large bowl. Beat the egg yolks and add them, then stir in the butter and flour. Beat the egg whites until stiff, and gently fold them in. Drop by large spoonfuls onto a moderately hot, buttered griddle or frying pan. Turn with a spatula when the cakes are full of bubbles, and bake on the other side until lightly browned. Keep warm in a 200-degree F. (95 degree C.) oven until you have enough to serve. (Makes about 18 griddlecakes)

Baked Rice

Preheat oven to 350 degrees.

Combine in covered casserole:

2 c. hot water 1 c. rice ½ tsp. Salt 1 Tbs. Margarine

Cover and bake 45 minutes or longer for large quantities.

Wheat in a Thermos

½ cup wheat kernels 1 qt. Boiling water

Place wheat in boiling water and cook for 2-3 min. then put in thermos. Screw on lid. Sit 2 hours or overnight. Strain. Serve with honey or sugar as breakfast cereal.

Multi-Grain Granola

2 c. flaked oat berries 2 c. flaked wheat berries 1/2 c. rye berries
1/2 c. barley berries 1/2 c. powdered milk 1/2 c. sunflower oil
1/2 c. honey 1/2 c. sunflower seeds 1/4 c. sesame seeds
1 c. raisins 2 c. dried banana chips

Place your oat, wheat, rye and barley berries in the flaker mill. On low heat mix together sunflower oil and honey. Stir until blended and easy to pour. Add to the flaked grain berries, powdered milk, oil and honey mixture. Mix well until all of the dry ingredients are coated. Bake according to directions above, adding sunflower and sesame seeds during the last 10 minutes. Remove from the oven, add raisins and banana chips.

Ground Wheat Breakfast Cereal

Bring to a boil:

3 c. water

Combine separately and add:

1 c. cold water 1 c. ground wheat 2 tsp. Salt

Stir constantly while thickening to prevent lumps. Reduce heat and cook 15 to 20 minutes. Serve with milk and sugar, honey or molasses.

Fresh Homemade Cold Cereals

2 c. flaked wheat berries 2 c. flaked rye berries 2 c. rolled oat groats
1 c. flaked barley

Preheat oven to 300 degrees F. Mix grains thoroughly. Spread freshly flaked grains evenly on a baking sheet. Bake for 15 minutes stirring twice. Remove from oven and cool. Store in a container.

Cream of Wheat or Oatmeal Breakfast Cereal

2 cups freshly ground whole wheat berries or oat groats 3 cups water

Place water in saucepan. Add flaked wheat or rolled oats. Bring to rolling boil. Reduce heat. Simmer for 2 minutes. Remove from heat and let stand 5 minutes.

Cracked Wheat

1 cup cracked wheat 2 cups water

In a 1 ½ qt pan put cracked wheat and water. Bring to boil, lower heat and simmer, covered for 20 minutes. Makes about 3 cups.

Canned peaches
Milk

Chocolate Cream of Wheat Cereal

1 cup water ¼ cup germade
Add small amt vanilla Alt. Chocolate, add 1/8 cup Nestlé's chocolate drink mix
Makes 2 servings

Date Brown Rice and Millet Cereal

1 c brown rice ½ cup millet
4 ½ cup water ¼ cup chopped dates
2 tsp maple syrup ¼ tsp cinnamon
1 cup skim milk

Place rice, millet, and water in a med pan, bring to a boil allow to cook for a minute or two. Stir in the dates, syrup, and cinnamon. Cover the pan, turn heat to lowest setting and steam the grains for 45 minutes. Remove from heat and let it stand another 10 minutes. Serve with milk.

Three Bears Porridge With Milk

1 ½ cup water ¼ cup bulgur
1/3 cup rolled oats 2 T chopped dates

Place water and bulgur in a small pan and bring to boil. Reduce heat and simmer about 8 minutes or until bulgur is soft. Stir in the rolled oats and the chopped dates. Continue to simmer for another 1-2 minutes. Serve hot with milk.

Hot Apple Cider Breakfast Bowl

1 ½ cups cooked brown rice 1 cup apple cider
1 cup water 2T ground almonds
Dash cinnamon

Place all ingredients in a med sized pan and bring to a boil. Reduce heat, cover and simmer 1 hour. (Can be done the night before)

Place cooked mixture in a blender and process until smooth. Reheat if necessary.

Apple Cinnamon Oatmeal

1 cup water ¼ cup apple juice
1 tart apple, diced 2/3 cup rolled oats
Dash of cinnamon 1 cup skim milk

Place the water, juice, and apples in a medium pan and bring to a boil. Stir in rolled oats and cinnamon. Return to a boil, then reduce heat and simmer until thick. Serve hot with milk 2 servings

Grape Nuts

6 cups whole wheat flour 1 ½ cups brown sugar
1 tsp salt 2 cups buttermilk 1 tsp baking soda

Mix and press or roll onto 2 cookie sheets and bake at 300° for 1 hour or until dry. Grind with a meat grinder to the size of grape nuts and put in oven at 400° until golden brown, about 8 minutes. After grinding, the crumbs may be sifted from the cereal. Use the crumbs in place of cracker to make a crust.

Cracked Wheat-Traditional

1 cup cracked wheat 2 cups water 2 cups milk
1 tsp cardamom 2T nuts per serving 1T honey per serving
1/2 apple per serving

In a 1 ½ qt pan put cracked wheat and water. Bring to boil, lower heat and simmer, covered for 20 minutes. Makes about 3 cups. While wheat is cooking heat milk with cardamom, simmer. Serve with milk, nuts, honey, and apples. Serves 4

Oatmeal Cereal –Traditional

| | | |
|-----------------------|-------------|--------------------|
| 1 cup rolled oats | 3 cups milk | 1T cinnamon |
| 2tsp almond flavoring | 1T raisins | 1T chopped almonds |
| 1T sesame seeds | | |

In pan put oats and milk. Bring to boil, then simmer about 15 minutes. Add cinnamon and almond flavoring, serve with more milk, raisins, almonds, and sesame seeds. Serves 4

Buckwheat Breakfast Cereal - 4 servings

| | |
|----------------|------------------------|
| 2 ½ cups water | ¾ cup buckwheat groats |
| 1 T honey | 1/3 cup raisins |
| ¼ tsp cinnamon | ¾ cup skim milk |

Bring water to boil in sauce pan. Stir in groats, reduce heat, cover, and simmer for 20-25 minutes, until quite soft. Stir in honey, raisins, and cinnamon. Cook additional 5 minutes. Serve with milk.

You can use dried apricots in place of raisins.

Barley Breakfast Bowl - 6 servings

| | |
|-----------------|----------------|
| 1 cup barley | 4 cups water |
| 2 T honey | 1 tsp cinnamon |
| 1 cup skim milk | |

Place the barley in water in sauce pan. Bring to boil and simmer 1 ½ hours. Add honey and cinnamon. Stir and cover. Simmer an additional 10minutes. Stir in milk and serve.

Millet Cereal

| | | |
|----------------------------|-------------------------|--------------------|
| 2 cups water | ¼ tsp salt | ½ cup millet |
| 1 apple chopped (optional) | ¼ cup raisins(optional) | Cinnamon and sugar |

Bring water and salt to boil. Add millet. Reduce heat to low, cover, and steam 25-30 minutes; don't stir. Add apple to top of millet the last 5 minutes. Serve with raisins, milk and sprinkle with cinnamon and sugar. Makes 6 servings

Homemade Cold cereal

| | |
|------------------------------------|--------------------------------|
| 3 cups milk | 2 T honey |
| 4 cups ww flour OR 3 cups ww flour | 1 cup quick oats |
| 1 tsp baking soda | 1 cup (not packed) brown sugar |
| 1 tsp salt | |

Mix milk and honey together. Add wheat flour, soda, brown sugar and salt, mix thoroughly. Beat until smooth. Spread on 1/8 - 1/4 in thick on 2 or 3 greased cookie sheets. Bake 350 degrees for 35-40 minutes or until golden crisp. Remove edges if cereal starts to brown too much. Cool completely. Break into flakes. Store in air tight container. Makes up to 6 cups cereal.

Millet Delight

| | |
|-----------------------|---------------------|
| 1 cup uncooked millet | 2/3 c chopped dates |
| ½ c milk powder | c coconut |
| 5 1/2 c hot water | 1 t vanilla |

Combine in 9x13 pan bake 30m minutes, remove stir, return and bake

Basic Cream Of Wheat Recipe

| | |
|--------------------------|-----------------|
| 2 Cups Milk dash of salt | 1/3 cup Germade |
|--------------------------|-----------------|

Pour milk or water into saucepan, bring to a boil. Slowly add Germade to boiling liquid while stirring constantly, until boiling resumes. Cover pan and turn off heat. Let stand 1 minute. Add your favorite topping.

Ingredients To Add To Cream Of Wheat or Cream of Rice

Apple-cinnamon - Cube an apple and add to the milk. Bring to a boil. Mix a teaspoon of cinnamon with the other ingredients and add to the boiling mixture.

Applesauce - After the milk comes to a boil add a quarter cup of applesauce and the other ingredients

Apricot - Add two to four diced apricots (fresh, canned, or dried) to the milk. Bring to a boil and add the other ingredients.

Banana - Slice one banana into the milk while it is coming to a boil. Add the other ingredients.

Berries - Add 1/4 cup of your favorite berries to the cooked Cream Of Wheat just before serving. Stir well and serve.

Butter Pecan Ice Cream - Fix Cream of Wheat the regular way and top with a scoop of butter pecan ice cream.

Cheese - Add 1/8 cup of your favorite cheese, cubed or shredded, to the milk. Stir constantly until melted. Add the other ingredients.

Date-Nut - Add 1/8 cup of chopped dates and nuts to the boiling milk. Add the other ingredients.

Fried Cream Of Wheat (O.K. This isn't an ingredient, but it is delicious.)

Make a double recipe (four servings) of Cream Of Wheat, using any of the additional ingredients. Serve two portions. Put the other two portions, in covered bowls, in the refrigerator. The next day, invert the bowls over a medium hot oiled griddle (or skillet) and the cereal will plop onto the griddle in nicely formed pancakes. Cook for two minutes on each side. Top with your favorite syrup or fruit compote.

Fruit - Add 1/8 cup of your favorite fruit (if the fruit is canned you should drain it. You can substitute the juice for part of the milk) to the boiling milk. Add the other ingredients.

Ham - Cut ham (about 1/8 cup) into small cubes. Fry lightly in a skillet with a half teaspoon of olive oil. Add to the milk. Bring to a boil and add the other ingredients.

Honey - Add 1 teaspoon of honey to the milk. Stir until dissolved. Add the other ingredients.

Ice Cream - Fix Cream Of Wheat the regular way and top with a scoop of vanilla ice cream.

Marshmallows - Add 1/8 cup marshmallows to the boiling milk. Add the other ingredients.

Nuts - Add 1 Tablespoon chopped nuts to the boiling milk. Add the other ingredients.

Peaches - Add 1 sliced fresh peach to the cooked Cream of Wheat. Stir and serve.

Peanut Butter - Add 1 Tablespoon peanut butter to the milk. Stir until it is dissolved (This is slow, but it allows your taste buds time to anticipate the results). Add the other ingredients.

Raisins - Add 1 Tablespoon of raisins to the boiling milk. Add the other ingredients.

Polenta With Breakfast Fruit Sauce

| | |
|------------------|------------------------------|
| 6 1/2 cups water | 2 cups cornmeal |
| 2tsp butter | 2 cups breakfast fruit sauce |

Place 5 cups of water in a large saucepan and bring to a boil. Meanwhile, stir the remaining water into the cornmeal. When water in pan is boiling, stir in the cornmeal. Keep stirring until smooth. Reduce heat and cover pan. Simmer 25 minutes, stirring frequently, until thick. Rinse a 9x5 loaf pan with cold water. Pour the polenta into the pan and refrigerate overnight. Next morning, cut the polenta into 12 slices. Cook the polenta, a few slices at a time, in a large skillet with the butter. Serve hot with heated fruit sauce. Garnish with oranges.

Simple Whole Wheat Waffles

| | |
|-----------------------------------|----------------------------|
| 1 c. freshly ground wheat berries | 2 eggs |
| 1 c. milk | 2 Tbs. Melted butter |
| 1/4 level tsp. Salt | 2 level tsp. Baking powder |

Combine the flour, salt and baking powder in a medium size bowl. Beat in the eggs and milk until batter is smooth. Stir in the melted butter. Mix well. Pour in hot, well-oiled waffle iron. Cook until the waffle is brown.

Corn Meal and Wheat Griddlecakes

| | | | |
|------------------|--------------------|------------------------|---------------|
| 1/3 c. corn meal | 2/3 c. wheat meal | 1 tsp. Cream of tartar | 1/2 tsp. Soda |
| 3/4 tsp. Salt | 3 Tbs. Brown sugar | 3 Tbs. Shortening | 1 egg |
| 3/4 c. milk | | | |

Cut the shortening into the combined dry ingredients with a pastry cutter. Add the egg and milk beaten together. Cook on moderately hot greased griddle. If the griddle is too hot the cakes will burn and not cook through properly. Serve with maple syrup or honey or applesauce.

Gingerbread Pancakes With Lemon Sauce

| | |
|---------------------|--------------------|
| 1 1/3 cups flour | 1tsp baking powder |
| 1/4 tsp baking soda | 1/4 tsp salt |
| 1/2 tsp ginger | 1 tsp cinnamon |
| 1 large egg | 1 1/4 c milk |
| 1/4 c molasses | 3 T veg oil |

Cook on a hot griddle. Watch closely they burn easily. Makes 20 pancakes

Lemon sauce

| | |
|-------------------------|-----------------|
| ½ cup sugar | 1 T cornstarch |
| 1 C hot water | 2 T butter |
| ½ tsp grated lemon peel | 2 T lemon juice |

In a medium saucepan, mix sugar and cornstarch. Gradually add hot water. Cook, stirring over medium heat until the mixture is thick and clear. Add remaining ingredients, stirring until butter melts. Serve warm.

Makes about 1 ½ cups

Sourdough Buttermilk Pancakes

| | | |
|-----------------------------|-----------------|--------------|
| 1 1/2 c. starter | 2 eggs | 2 Tbs. sugar |
| 2 Tbs. melted butter or oil | 1 1/2 tsp. salt | 1 tsp. soda |
| 1 c. buttermilk | 1 c. flour | |

Put the start in a warm bowl and let it set till it is room temperature. Separate the eggs and stir in the yolks with the start. Warm the buttermilk to lukewarm and stir it and the butter and flour into the start. Combine the sugar, salt and soda and sprinkle it over the top of the batter. Fold it in with a large spoon. Beat the egg whites until they peak and fold them into the batter. Nothing left to do but cook and enjoy.

Pancakes With Potato Flakes

| | |
|-----------------------------------------|-----------------------|
| 1 1/2 cups biscuit mix or pancake flour | 3/4 cup potato flakes |
| 1/4 teaspoon salt | 1 Tablespoon sugar |
| 1 1/2 teaspoons soda | 2 eggs |
| 3 Tablespoons cooking oil | 1 1/2 cups buttermilk |
| 1/2 cup milk | |

Combine in mixing bowl biscuit mix or pancake flour, potato flakes, salt, sugar, soda, eggs, and cooking oil. Add buttermilk and milk. Blend thoroughly. Heat grill or fry pan to 375 degrees F. Grease lightly. Pour batter onto grill or fry pan and brown on both sides. Serve. Makes 12 medium pancakes.

Apple Pancakes

| | | |
|-------------------------------|----------------------|-------------------------|
| 1 c. hydrated DH apple slices | 2 c. Super Quick Mix | 1 T. egg powder, sifted |
| ½ t. cinnamon | 1 ½ c. water. | |

Whisk together dry ingredients. Drain apples, reserving juice; chop finely. Add apples and water to dry ingredients; whisk just until combined. Let stand 5 minutes. Cook in hot oiled griddle. Makes 10, 4-inch pancakes.

Cider Syrup

| | | |
|-----------------|------------------|--------------------------|
| ½ c. sugar | 1/8 t. nutmeg | 1 T. cornstarch |
| 1/8 t. cinnamon | 1 c. apple juice | 1 T. bottled lemon juice |

In small saucepan, whisk together dry ingredients. Add juice and bring to boil, stirring. Remove from heat; stir in lemon juice. Serve over pancakes.

Buttermilk Pancakes

| | | |
|-------------|--------------|------------------|
| 1 c. flour | 2 T. sugar | 1 t. baking soda |
| 1/2 t. salt | 1 beaten egg | 1 c. buttermilk |
| 2 T. oil | | |

Blend dry ingredients together. Combine egg, buttermilk, and oil. Add liquids to the dry ingredients. Beat only till well combined. Cook in a hot pan.

Apple Pancakes With Creamy Syrup

| | |
|--------------------------|-----------------------------|
| 1 1/2 cup ww pancake mix | 1 c coarsely chopped apples |
| ½ tsp cinnamon | ¾ c milk |
| ¼ light corn syrup | 1 egg beaten |
| 1 T butter melted | |

Combine ingredients and cook on hot griddle. You might also try these with fresh peaches or well drained fruit

Creamy Syrup

3/4 c maple syrup
1 tsp butter
Cook first 3 ingredients until boiling, remove from heat; add vanilla. Serves 4

1/4 c half and half
1/4 tsp vanilla

Scrambled bread

1 tsp butter
2 eggs beaten
Melt butter in frying pan. Add bread and sauté until golden brown. Add remaining ingredients and scramble until fluffy.

1 slice whole wheat bread, broken in small pieces
2 slices cooked bacon, coarsely crumbled

Whole Wheat Bagels Cream Cheese, Dried Mixed Fruit

1 med potato, quartered
2 T yeast
1 egg, beaten
4-4 1/2 cups ww flour

1 1/2 cup water
2 t honey
1 cup gluten
1 egg white, beaten

Cook potatoes in water about 15 min. Place potatoes and water in blender until smooth. Add water to make 2 cups. Place in bowl until cool to lukewarm, add yeast and honey. When the yeast is bubbly stir in egg and gluten. Add 1/2 c ww flour and beat on med speed about 5 minutes. Add enough remaining flour to make a firm dough knead for 5 minutes. Place in oiled bowl and let rise 46-60 minutes. Punch down divide into 24 pcs. Roll into 7' rope form circles moistening ends. Let rise on lightly floured board. Bring a large 4 quart pan of water to boil. When bagels have risen for 15 minutes or so drop them in boiling water. When they have floated to the surface, let them boil for 2 minutes, then turn them over for 2-3 minutes more. Remove with slotted spoon and let them drain on cake rack. Place bagels on baking sheets lightly coated with oil. Brush bagels with egg white and sprinkle with seeds if desired. Bake 400 degrees for 12-15 minutes. Flip and bake 12-15 min more. Remove from pan and cool on rack.

Buttermilk cornmeal pancakes

6 eggs
2 1/4 cups cornmeal
1/3 cup sugar
1 tsp baking soda
8 T butter melted

2 1/2 cups buttermilk
1 cup flour
1 T baking powder
3/4 tsp salt

Beat eggs in large bowl. Add buttermilk, cornmeal, flour, sugar, baking powder, baking soda and salt. Beat until smooth. Mix in 6 T melted butter. Cook in a hot buttered skillet or griddle. 1/4 cup at a time approx 2 minutes on each side. Serve warm with syrup.

Buckwheat Pancakes

1 c. freshly ground hard red wheat berries
1 3/4 c. milk
1 c. freshly ground buckwheat
2 Tbs. Molasses

4 level tsp. Baking powder
1 egg
1 level tsp. Salt

Combine the freshly ground whole wheat, buckwheat flour, salt and baking powder. Add the egg and milk gradually while stirring. Add molasses. Beat until smooth. Lightly oil frying pan or griddle. Spoon in pancakes, when bubbles form and break on pancakes, turn and brown other side.

Whole Wheat Buttermilk Pancakes

4 T. Buttermilk powder
2 T. Vegetable oil
1/2 tsp baking Soda

1 cup Water
1 tsp Baking Powder

1 cup flour
1/2 tsp salt
1 T sugar
1 egg

Mix all ingredients in bowl and stir. DO NOT OVERBEAT! Batter should be slightly lumpy. Cook on hot griddle. Add 4-5 chocolate chips to each pancake after spooned on griddle for chocolate chip pancakes. Drop a few blueberries on for blueberry pancakes.

Cereal Pancakes

1 c. freshly rolled oat groats cooked
2 eggs
3 level tsp. Baking powder

1 c. milk
1 c. wheat flour
2 level tsp. Salt

Combine the flour, salt and baking powder. Add the eggs and cooked rolled oats. Beat well until smooth. Lightly oil frying pan or griddle. Spoon in pancakes, when bubbles form and break on pancakes, turn and brown other side.

Blender Wheat Pancakes

1 cup milk (1/3 cup non-fat dry milk and 1 cup water)
1 cup uncooked whole wheat
2 teaspoons baking powder

2 eggs
2 tablespoons honey or sugar

2 tablespoons oil
1/2 teaspoon salt

Put milk and wheat in blender. Blend on highest speed for four or five minutes or until batter is smooth. Add and blend on low, eggs, oil, baking powder, honey, and salt. Bake on hot griddle.
Makes 6 to 8 pancakes

Pancakes

1 1/2 cups biscuit mix or pancake flour
1/4 teaspoon salt
1 1/2 teaspoons soda
3 Tablespoons cooking oil
1/2 cup milk

3/4 cup potato flakes
1 Tablespoon sugar
2 eggs
1 1/2 cups buttermilk

Combine in mixing bowl biscuit mix or pancake flour, potato flakes, salt, sugar, soda, eggs, and cooking oil. Add buttermilk and milk. Blend thoroughly. Heat grill or fry pan to 375 degrees F. Grease lightly. Pour batter onto grill or fry pan and brown on both sides. Serve. Makes 12 medium pancakes.

Flaxseed Pancakes

1/4 c. soy protein powder isolate
1 Tbs. Sugar
1 egg
2 Tbs. oil

1/4 c. fresh ground flaxseed
1 tsp. baking powder
2 Tbs. cream
A little water to thin

Mix and cook on hot buttered pan. You can add some cinnamon, a few blueberries or some chopped nuts.

Yeast Raised Buckwheat Pancakes

2 cups milk
1/4 package yeast
2T oil

1 Tbsp molasses
1/2 tsp salt
1 3/4 cups buckwheat flour

1 egg or 2 egg whites or 1/4tsp baking soda dissolved in 1/4 cup lukewarm water

Scald milk, stir in molasses and let cool to lukewarm. Place yeast in large mixing bowl and pour milk over it, stirring gently to dissolve yeast. Stir in salt, oil, and 1/4 cup flour. Let rest 10 minutes. Stir in rest of flour. Cover bowl with damp cloth and let rise overnight (10-12 hours.)

Preheat griddle over low heat. Beat egg, gently fold egg or soda water mixture into batter, drop batter onto griddle, cook until bubbly, flip and cook a few minutes more. Serve hot.

Makes about 16-5inch pancakes

Oatmeal Griddle Cakes

3/4 cup oatmeal
1 egg
3/4 cup oat flour
2T sugar

1 1/4 to 1 1/2 cup milk
2T oil
1 tsp baking powder
1/2 tsp salt

Combine cooked oatmeal, milk, egg, and oil in a bowl. In another bowl stir together oat flour, baking powder, sugar, and salt. Add the dry ingredients to the wet mixture and stir. Place large spoonful of batter on lightly greased hot griddle. Makes 12- 18 pancakes

Western Nugget Pancakes

1 cup cracked wheat
1 1/4 c water

| | |
|-------------------|---------------------------|
| 2 cups flour | 2 tsp salt |
| 1 T baking powder | 2T dry milk powder |
| 2T sugar | ¼ c oil, or melted butter |
| 1 Cup water | |

Soak cracked wheat in 1¼ cups water for 2 hours or over night. Stir the soaked cracked wheat with water, flour, salt, baking powder, dry milk, and sugar together. Add oil or melted butter and 1 cup water. Stir only until batter is smooth. Drop by spoonfuls onto hot greased griddle. Makes about 29, 4-inch pancakes. Batter can be kept in refrigerator. Good with pineapple syrup.

Ezekiel Pancakes or Waffles

| | | |
|----------------------|-------------|----------------------------------------|
| 2 cups Ezekiel flour | 2 cups milk | 2 eggs |
| 2 tsp baking powder | 1 tsp salt | ¼ cup oil, melted shortening or butter |

Mix together and cook on hot griddle as usual

Whole Wheat Buttermilk Pancakes

| | | |
|------------------------|--------------------|---------------------|
| 4 T. Buttermilk powder | 1 cup Water | 1 cup flour |
| 1 T sugar | 2 T. Vegetable oil | 1 tsp Baking Powder |
| ½ tsp salt | 1 egg | ½ tsp baking Soda |

Mix all ingredients in bowl and stir. DO NOT OVERBEAT! Batter should be slightly lumpy. Cook on hot griddle. Add 4-5 chocolate chips to each pancake after spooned on griddle for chocolate chip pancakes. Drop a few blueberries on for blueberry pancakes.

Anytime Wheat Cakes With Raisins and Nuts-Traditional

| | | |
|-----------------------|------------------------------|---------------|
| 1 cup milk | 2 eggs | 2T honey |
| 1 tsp vanilla | 2 cups cracked wheat, cooked | ¼ cup raisins |
| ¼ cup chopped walnuts | ¾ cup flour | |

In blender mix milk, eggs, honey and vanilla. Blend at high speed 15 seconds. Add cooked cracked wheat, raisins, and nuts. Mix by hand with a spoon until smooth. It should be fairly thick. Grease a griddle and cook as pancakes. Serve hot with honey and yogurt. Serves 4 makes 24.

Buttermilk Cornmeal Pancakes

| | |
|----------------------------|----------------------------|
| 6 eggs | 2 1/2 cups buttermilk |
| 2 1/4 cups yellow cornmeal | 1 cup all purpose flour |
| 1/3 cup sugar | 1 tablespoon baking powder |
| 1 teaspoon baking soda | 3/4 teaspoon salt |

Preheat oven to 250°F (120°C). Beat eggs in large bowl to blend. Add buttermilk, cornmeal, flour, sugar, baking powder, baking soda and salt. Beat until smooth. Mix in 6 tablespoons melted butter. Add 1/2 tablespoon melted butter to large nonstick skillet over medium heat. Working in batches, pour batter by 1/4 cupfuls into skillet, spacing apart. Cook pancakes until golden brown on bottom, bubbles form and edges appear dry, about 2 minutes. Turn pancakes over; cook until bottoms are golden brown, about 2 minutes. Transfer pancakes to baking sheet; place in oven to keep warm. Repeat with remaining batter, adding more melted butter by 1/2 tablespoonfuls to skillet as necessary. Serve pancakes with maple syrup. Serves 6 to 8.

Corn Meal Pancakes

| | | |
|--------------------------|-------------------------------|---------------------|
| 1 1/3 c. cornmeal | 1 ½ c. boiling water | 1 T. cooking oil |
| ¾ c. milk | 1 T. sugar, honey or molasses | 2 beaten eggs, opt. |
| 2/3 c. whole-wheat flour | 1 t. salt | 1 T. baking powder |

Pour the water over the cornmeal and let sit for 5 minutes. Add the oil, milk, sugar and eggs. Combine the dry ingredients with the corn meal mixture. Bake on a lightly greased griddle, turning when ready.

Apple and Oatmeal Pancakes

| | |
|------------------------------|-----------------------------------------|
| 1 1/4 cups buttermilk | 2/3 cup quick-cooking oats |
| 1 egg, beaten lightly | 2 tablespoons firmly packed brown sugar |
| 2/3 cup grated, peeled apple | 3/4 cup all-purpose flour |

1 teaspoon baking soda
1 teaspoon cinnamon

1/2 teaspoon salt
2 tablespoons vegetable oil

Maple syrup as an accompaniment In a bowl whisk together 1 cup of the buttermilk and oats. Set aside for about 15 minutes. In a large bowl whisk together the egg, brown sugar and apple. Stir in the flour, baking soda, salt, cinnamon, oil, the oat mixture and the remaining 1/4 cup buttermilk and mixing well. Preheat a greased griddle over moderate heat. When hot, ladle scant 1/4 cup batter for each pancake. Pancakes are ready to turn when bubbles appear on top and the sides appear "dry". Continue cooking until the bottoms are golden. Serve pancakes with maple syrup. Makes about twelve 4-inch pancakes

Apple-Cinnamon Oat Pancakes

1/2 cup whole wheat flour
1 tablespoon sugar
1/2 teaspoon ground cinnamon
1 egg
1/2 cup applesauce
1/2 cup finely chopped walnuts

1/2 cup quick-cooking or old fashioned oats
1 teaspoon baking powder
1/2 teaspoon salt
2/3 cup milk
2 tablespoon vegetable oil

Stir together flour, oats, sugar, baking powder, cinnamon, and salt in mixing bowl. Beat egg in separate bowl; stir in milk, applesauce, and oil. Add liquid mixture to dry ingredients, stirring just until blended. Fold in walnuts. Heat greased griddle or skillet over medium heat or to 375°F (190°C). Griddle is ready when a few drops of water bubble and skitter rapidly around. For each pancake, pour scant 1/4 cup batter onto hot griddle. Cook pancakes until puffed, bubbly and dry around edges. Turn and cook other sides until golden brown. Makes about 10 (4-inch) pancakes.

Pumpkin Cinnamon Pancakes

2 cups all purpose flour
1/2 tsp baking soda
1 2/3 cups buttermilk
2 T butter, melted
Maple syrup

1/3 cup brown sugar
1/2tsp ground cinnamon
3/4cup canned pumpkin
4 T butter

1 1/2tsp baking powder
1/2 tsp salt
3 large eggs

Preheat oven to 200°F (95°C). Combine first 6 ingredients in large bowl. Whisk buttermilk, pumpkin, eggs and melted butter in medium bowl until well blended. Add to flour mixture and whisk until smooth. Melt 1 tablespoon butter in large nonstick skillet over medium heat. Working in batches, drop batter by 1/4 cupfuls into skillet. Cook pancakes until bubbles form on top, sides appear dry and bottoms are golden brown, about 2 1/2 minutes. Turn pancakes over. Cook until bottoms are golden brown, about 2 minutes. Transfer to baking sheet; place in oven to keep warm up. Repeat with remaining batter, adding more butter to skillet as necessary for each batch. Serve pancakes hot with maple syrup. Makes about 15.

Four-Grain Pancakes

1/2 cup old-fashioned rolled oats
1/2 cup all-purpose flour
4 tsp brown sugar
1/2 tsp baking soda
1 cup buttermilk
2 T butter, melted

1/2 cup whole-wheat flour
2 T yellow cornmeal
1 1/2 tsp baking powder
1/2 tsp salt
2 eggs, separated
Shortening

Preheat oven to 400°F (205°C). Toast oats on a baking sheet in preheated oven, stirring oats occasionally, until oats are fragrant and toasted, about 7 minutes. Transfer oats to food processor. Whirl until coarsely chopped. Transfer to large mixing bowl. Add flours, cornmeal, sugar, baking powder, baking soda and salt to oats. Set aside. Whisk together buttermilk, egg yolks and melted butter in a small bowl. Set aside. Beat egg whites in a clean small bowl until stiff peaks form. Set aside. Make a well in center of dry ingredients. Add buttermilk mixture to well; stir until combined. Gently fold in egg whites. Heat griddle or skillet over medium heat or to 375°F (190°C). Grease griddle with shortening, if necessary. Griddle is ready when a few drops of water bubble and skitter rapidly around. For each pancake, pour scant 1/4 cup batter onto hot griddle. Cook pancakes until puffed and dry around edges. Turn and cook other sides until golden brown. Makes about nine 4-inch pancakes. Recipe can be doubled.

Pancakes with Variations

1 egg
3/4 cup milk

1 cup all-purpose or whole wheat flour
1 T sugar (white or brown)

2 T vegetable oil
1/4 tsp salt

1 T baking powder

In a medium mixing bowl, beat egg until fluffy. Add remaining ingredients and beat just until smooth. For thinner pancakes, stir in additional 1 to 2 tablespoons milk. Heat greased griddle or skillet over medium heat or to 375°F (190°C). Griddle is ready when a few drops of water bubble and skitter rapidly around. For each pancake, pour scant 1/4 cup batter onto hot griddle. Cook pancakes until puffed, bubbly and dry around edges. Turn and cook other sides until golden brown. Makes about 10 (4-inch) pancakes. Recipe can be doubled.

Variations:

Fruited Pancakes: Stir in 1/2 cup fresh or frozen (thawed and drained) berries or chopped fruit such as bananas, apples, peaches or pears.

Crunch Pancakes: Stir in 1/2 cup chopped nuts, trail mix or granola. Cinnamon-

Oatmeal Pancakes: Substitute 1/2 cup quick-cooking oats for 1/2 cup flour. Stir in 1/2 teaspoon ground cinnamon with the flour.

Cornmeal Pancakes: Substitute 1/2 cup cornmeal for 1/2 cup all-purpose flour.

Protein Pancakes

1/2 cups whole wheat flour
1/4 cup quick-cooking oats
1 tsp baking powder
1 1/2 cups milk
3 T yogurt
2 T vegetable oil

1/2 cup bran
1/4 cup all-purpose flour
1/4 tsp baking soda
2 large eggs
2 T sesame oil
Honey for accompaniment

Mix together whole wheat flour, bran, quick cooking oatmeal (uncooked and ground fine in a blender), flour, baking powder, and baking soda in a large mixing bowl; set aside. In another bowl, beat together milk, eggs, yogurt, and sesame oil. Add to flour mixture and stir to mix well. Heat a large skillet to medium heat; brush with vegetable oil. Pour batter onto skillet. Cook over medium heat about 2 minutes on each side or until the top bubbles; turn and cook briefly on the other side. Serve with honey. Makes 20.

MISC. BREAKFAST ITEMS

Rice and Sausage Pancakes with Country Gravy

Gravy:

1 T sausage drippings
2 ounces bulk pork sausage, cooked, crumbled
Salt and ground white pepper

1 T all-purpose flour

2/3 cup milk

Heat drippings in medium saucepan over medium heat; stir in flour until smooth. Cook 4 minutes. Gradually stir in milk; cook, stirring, until mixture thickens. Stir in sausage, salt and pepper. Keep warm.

Pancakes:

2 T butter or margarine
1 1/3 cups milk
6 ounces bulk pork sausage, cooked, crumbled

1/4 cup plus 2 T all-purpose flour

1 large egg, beaten

1 cup cooked rice, cooled

Melt butter in large saucepan over medium heat; stir in flour until smooth. Cook 5 minutes. Gradually stir in milk; cook, stirring, until mixture thickens. Whisk in eggs; remove from heat. Stir in rice and sausage. Use 3 tablespoons batter for each pancake and cook in greased medium skillet over medium heat until golden brown. Serve pancakes with gravy. Makes approximately 12 pancakes (4 servings).

Chili Relleno casserole

1 lb Monterey Jack Cheese
1 can diced chilies
1 cup flour

1 lb Sharp cheddar cheese
1 cup milk
6 eggs

Grate cheeses and mix with chilies, place in a well greased 9x13 pan. Blend together milk flour and eggs. Pour over cheese and stir slightly. Bake 375 degrees for 45 minutes. Serve with salsa and sour cream.

Lumber Jack breakfast

| | | |
|-------------------|--------------------|-----------------------|
| 2 eggs separated | 1 ½ cups hot water | 1 cup quick oats |
| 1 cup white sugar | ½ cup brn sugar | ½ cup 1/2 cup veg oil |
| 1 tsp vanilla | 1 1/3 cup flour | ½ tsp baking powder |
| ½ tsp baling soda | 1 tsp cinnamon | |

In mixer bowl beat egg whites until soft peaks form; remove and set aside. In bowl stir oats into hot water and let stand a few minutes. Add egg yolks, sugars. Oil, and vanilla and mix well. Add flour, baking powder, soda, and cinnamon. Mix on medium speed for 3-4 minutes. Fold in beaten egg whites. Pour into lightly greased 9x13 pan. Bake until golden 350 for 30 min. make topping while cake is baking.

TOPPING:

| | | |
|----------------------|----------------------|-------------------|
| 1 cup brown sugar | 1/3 cup butter | 2 T cream or milk |
| 1 cup flaked coconut | ½ cup chopped pecans | Or 1 cup granola |

In med saucepan bring brown sugar, butter and milk to boil. Stir in cocoanut and nuts or granola. Spread on hot cake right from oven.

Early Morning Coffee Cake

| | | |
|-------------|------------------------|---------------|
| 1 c butter | ¾ c. brown sugar | ½ c. sugar |
| 1/4 t. salt | 1/3 c. evaporated milk | 2 tsp vanilla |
| 2 c flour | 2 eggs | |

Topping:

| | | |
|---------------|--------------------|------------------|
| 1 c. flour | ½ c. melted butter | 1 c. brown sugar |
| 1 t. cinnamon | ½ c. chopped nuts | |

Mix topping, set aside. Cream butter and sugars. Add eggs, one at a time, and beat. Combine flour, baking soda and salt. Add alternately with milk and vanilla. Pour batter in 9x13 inch buttered cake pan or angel food pan. Sprinkle with topping and bake 1 hour at 350°F.

Crepes With Apple Filling

| | |
|--------------------------------|-----------------------------|
| 2 c nonfat milk, reconstituted | 1 c WW flour |
| Pinch of salt | 2 whole eggs, reconstituted |
| 1 Tbsp melted or oil | |

Sift flour and salt in bowl. Make a well in the center, add eggs. Pour in half of the milk slowly stirring constantly. Stir in oil beat well or until smooth. Add remaining milk, cover and let stand at room temp for at least 30 min before using. If too thick add a little more milk.

Cook 2-3 T in well coated pan. Cooked crepes can be frozen with wax paper in between.

Apple Filling for Crepes

| | |
|--------------------------------|------------------------------|
| 6 large apples | 2T flour |
| ½ c each brown and white sugar | ¾ tsp cinnamon |
| ¼ tsp nutmeg | 1/8 tsp each salt and ginger |
| 1 T lemon juice | 1 Tbsp. butter or margarine |

Cook apples adding enough water not to burn. Add rest of ingred except flour. Mix small amt of water with flour to make a paste, add and cook until thick. Cool and fill crepes. Top with whipping cream.

High Fiber Breakfast Cake-Traditional

| | | |
|------------------------|--------------------|----------------------|
| 1½ cup ww pastry flour | 1½ cup rolled oats | ½ tsp baking soda |
| ½ cup butter | ½ cup honey | 1½ cup chopped dates |
| 2T honey | 1 cup water | 1 cup chopped nuts |
| 1/8tsp cloves | 1 tsp cinnamon | ½ tsp ginger |

Mix flour, oats, and baking soda. Cut in butter, and blend until crumbly. Stir in ½ cup honey. Spread half the mixture in a thin layer in bottom of greased 8x8 pan. In a pan bring to boil dates, honey, and water. Boil stirring

constantly about 5 minutes. Remove from heat and add nuts and spices. Spread over oat mixture in pan, cover with remaining oat flour mixture. Bake 350 for 40 minutes. Serves 8

Variation; Chop 6 apples and mix ½ cup water and ¼ cup honey. Bring to boil stirring constantly about 5 minutes. Stir in nuts, 1 T cinnamon and ½ tsp ginger. Use in place of date mixture.

Baked Oatmeal Breakfast Treat

| | | |
|---------------------|-----------------|---------------------|
| 3 cups quick oats | 1 cup brn sugar | 2 tsp baking powder |
| 1 tsp cinnamon | 1 tsp salt | 1 cup milk |
| ½ cup melted butter | 2 eggs beaten | |

Mix together and pour into a 9 inch square greased pan. Bake at 350 degrees F for 40-45 minutes. Serve warm with milk. Times the recipe by 1 1/2 for a 9 by 13 inch pan.

Yogurt Breakfast Cake

| | |
|---------------------------------------|-------------------------|
| ½ cup margarine or butter | 1 ½ cup brown sugar |
| 2 cups ww flour | ¼ cup white flour |
| 1 egg or 1 powdered egg reconstituted | 1 c sour milk or yogurt |
| 1 tsp baking soda | ¼ tsp cloves |
| ¼ tsp cinnamon | ½ tsp salt |

Pre heat oven to 350. cut brn sugar and flour into butter until it resembles crumbs. Set aside 1 cup of mixture. To remaining crumbs add rest of ingredients and beat thoroughly. Spoon into greased 9x15 pan. Sprinkle remaining crumbs on top. Bake for 30 minutes.

Egg Soufflé Breakfast Casserole

| | |
|--------------------------|--------------------------|
| ¼ c diced green pepper | 2 green onion |
| 1 t butter | 4 slices ww bread |
| 2 ½ oz thinly sliced ham | 2 cups skim milk |
| 6 eggs | ½ t salt |
| 1 t dry mustard | 1 can mushrooms |
| ¼ c parmesan cheese | 2 cooked potatoes, diced |

Cook green pepper and onion in butter until tender. Cube bread and spread in bottom of 9x13 pan Dice meat and spread over bread. Combine milk, eggs, salt and mustard in blender. Blend on high for 20 seconds. Pour over bread and meat. Top with mushrooms and potatoes, sprinkle with parmesan cheese. Bake 350 degrees for 30-40 minutes
10 servings

Biscuits and Gravy With Sausage or Bacon - 15 servings

| | | |
|------------------------|-----------------|------------------|
| 6 Cups Milk | 1 lb. Sausage | 2 lb. Bacon |
| 2 tsp. Salt | Pepper to taste | 4-6 T Cornstarch |
| 1/4 - 2 Cup Cold Water | | |

Cut Bacon into 2@ strips and brown in the 12" Dutch oven When the Bacon is almost browned, add Sausage and brown. Mix 4 T Cornstarch with 1/4 cup of Cold Water - mix well. When Sausage is browned, add Cornstarch Mixture and stir. Add Milk and bring it to a slow boil until desired consistency. If needed, mix the remaining Cornstarch with Water and add to gravy to thicken. Salt and Pepper to taste. To serve, cut Biscuits in 2 lengthwise and pour Gravy on top.

ROSCOE'S ONE POT BREAKFAST

| | |
|--------------------------------------------------------------------|-------------------------|
| 2 Lbs Breakfast Sausage | 1/4 Cup chopped Parsley |
| 1 Large or 2 medium Onions (chopped) | Salt & Pepper |
| 12 med. potatoes (diced) or 4 lb. Package of Frozen Diced Potatoes | |
| 1 lb. grated cheese | 2 doz. Eggs |

Brown Sausage in well oiled dutch oven. Drain most of the grease and then add Potatoes and Onions - blend together well. Mix 2 dozen Eggs in a mixing bowl. Pour Scrambled Eggs into oven and stir in slightly. Add Salt and Pepper to taste. Bake for an hour until Potatoes are done and Eggs are set. Add Parsley, if desired, and sprinkle Cheese on top for last 10 minutes of cooking time.

* This recipe also tastes good with Bacon in place of the Sausage. Just cut the Bacon into 1" pieces before cooking.

Classic Latkes

3 potatoes, peeled and shredded
2 large eggs
1 teaspoon salt
2 tablespoons vegetable oil
1 onion, peeled and grated
3 tablespoons all-purpose flour
1/4 teaspoon baking powder
1/2 cup light sour cream

Place potatoes in a colander and squeeze out as much liquid as possible. In a large bowl, combine potatoes, onion, eggs, flour, salt and baking powder; mix well. Heat oil in a skillet over medium heat. Add batter in heaping tablespoons and flatten each to make a pancake. Fry until golden brown, about 3 minutes. Turn and cook other side; drain on paper towel. Serve with sour cream. 4 servings.

Good For You Doughnuts Raised

1 cup milk
1 cup honey
3 eggs
4 1/2 -5 1/2 cups ww flour
1/2 cup butter
1T yeast dissolved in 1/4 cup warm water with touch of honey
1 cup bran
1 tsp mace

Scald milk, remove from heat, add butter and honey to dissolve. Let cool. Dissolve yeast. In a mixing bowl beat eggs, add the milk mixture and beat in bran with 2 c flour and mace. Add yeast and more flour to soft dough. Knead well. Turn into greased bowl, let rise until double (2hrs.) Turn onto lightly floured board roll to 1/2 in thick cut out. Place on greased cookie sheet and let rise abt 1 hour.. Fry donuts in oil abt 370 degrees until lightly brown.

Good For You Doughnuts- Cake

2 eggs
3T melted butter
4-4 1/2 cup ww flour
1T cinnamon
3/4 tsp mace
1 cup honey
1 cup bran
5tsp baking powder
1/4 tsp nutmeg
3/4 cup milk

Put eggs in mixing bowl and beat until light. Add honey, blend in butter. Add dry ingredients alternately with milk. On a lightly floured board turn out dough and roll to abt 1/2 in thick. Cut into shape and fry in 370 degree oil. (Don't go hotter than 375) Drain on paper towels. Makes 38-40 donuts.

CRÈME BRULÉE FRENCH TOAST

Ingredients:

1/2 cup (1 stick) unsalted butter
2 tablespoons corn syrup
5 large eggs
1 teaspoon vanilla
1 cup packed brown sugar
1 (8 to 9) inch round loaf Challah bread
1 1/2 cups half and half
1/4 teaspoon salt

Directions:

In a small heavy saucepan melt butter with brown sugar and corn syrup over moderate heat, stirring, until smooth and pour into a 13 by 9 by 2-inch baking dish.

Cut 6 (1-inch) thick slices from center portion of bread, reserving ends for another use, and trim crusts. Arrange bread slices in one layer in baking dish, squeezing them slightly to fit. In a bowl whisk together eggs, half and half, vanilla, and salt until combined well and pour evenly over bread. Chill bread mixture, covered, at least 8 hours and up to 1 day.

Preheat oven to 350 degrees F and bring bread mixture to room temperature. Bake uncovered, in middle of oven until puffed and edges are pale golden, 35 to 40 minutes.

Serve with fresh fruit

Economy Pancake Syrup

Combine in saucepan:

1 c. brown sugar, lightly packed 3 c. water 5 tsp. cornstarch

Cook until slightly thickened.

Add: 1 tsp. maple flavoring Store in refrigerator.

Syrup from Honey

Honey Water

Combine equal parts of honey and water. Mix together and bring to boil. Simmer 5 minutes. Can add cinnamon.

Honey Syrup

1 cup honey ½ cup butter or margarine

½ tsp cinnamon

Heat honey and butter in saucepan over low heat until melted. Add cinnamon. Stir well. Use while warm.

Fruit Syrup

½ cup water 2 T cornstarch

1 12 oz frozen juice concentrate

Using a whisk stir cornstarch into water in saucepan. Add juice concentrate. Bring to boil and stir until thickened, 1-2 minutes.

Spicy apple syrup

1 Cup unsweetened apple juice 1 T cornstarch

1 tsp cinnamon ½ tsp allspice

1-2 T honey

Whisk cornstarch and spices into cold juice. Bring to boil. Stir until thickened. 1-2 minutes.

Tutti Frutti Topping

1 cup canned apricots, drained and coarsely mashed or pureed

½ cup unsweetened crushed pineapple, undrained

Bring fruit to boil in small saucepan. Cook until desired thickness or just warm.

PANCAKE SYRUP

1 C Brown Sugar 1/4 C Water

1/4 Teaspoon Cinnamon -- optional 2 Tbsp Butter or Margarine

Combine ingredients and simmer for 15 to 20 minutes. Cool to thicken.

Maple Syrup

1 ¾ cups white sugar ¼ cup brown sugar

1 cup water

Bring to boil and cook 1 minute

ADD;

½ tsp vanilla ½ tsp maple flavoring

CANDIES

Canned Milk Fudge

2 c sugar 1/2 c cocoa 1 c canned milk

1/4 tsp salt ¼ c. margarine 1 t. vanilla

1 c. nuts, chopped

Mix together sugar, cocoa, milk and salt. Boil until firm ball forms in cold water. Remove from heat. Add margarine, beat a little. Add vanilla and nuts.. Stir well then spread on buttered pan to cool. Cut in squares when cool.

Condensed Milk Kisses

1 1/3 c (1 can) sweetened condensed milk 3 c. shredded coconut 1/2 tsp vanilla

1/8 tsp salt

Combine ingredients. Drop by teaspoonful on greased cookie sheet. Bake at 375 degrees for 15 minutes. For variety use 1/2 cup peanut butter and 1 cup nuts.

No Cook Fudge

| | | |
|-----------------|----------------------|-------------------------|
| 1/2 c. butter | 1/3 c. boiling water | 4 1/2 c. powdered sugar |
| 1/2 c. dry milk | 1/2 c. cocoa | Dash of salt |
| 1/3 c. nuts | | |

Bring water and butter to a boil. Take off heat. Add powdered sugar, dry milk, cocoa and salt. Press into a buttered pan, place nuts on top.

Vinegar Taffy

| | |
|----------------------|-----------------|
| 2 cups sugar | 1/2 cup vinegar |
| 2 tablespoons butter | |

Put butter into heavy skillet. When melted, add sugar and vinegar. Stir only until sugar is dissolved. Boil until when tried in cold water, drop of mixture will become brittle or form a hard ball. (Or cook to hard ball stage on a modern candy thermometer.) Turn onto buttered pan or plate to cool. As edges cool, fold toward center; as soon as it can be handled, pull until white and glossy. Stretch and cut.

Lion House Taffy

| | |
|------------------------|--------------------|
| 2 cups sugar | 1 1/2 cups water |
| 1 cup white corn syrup | 1 teaspoon salt |
| 1/2 teaspoon glycerine | 1 teaspoon vanilla |
| 2 tablespoons butter | |

Mix sugar, water, corn syrup, salt and glycerine in a heavy saucepan. Bring to a boil; cook to 258 degrees. Remove from heat; let stand for 2-3 minutes. Add vanilla and butter; stir vigorously until butter is melted. Pour into buttered cookie sheet; cool until easy to handle. Pull taffy until it turns white. Cut in pieces and wrap. Makes about 4 dozen pieces. (Note: glycerine can be purchased from a pharmacy and is an important ingredient in this recipe.)

English Toffee

| | |
|------------------------------------|-------------------------------|
| 2 sticks (1 cup) butter | 1 tablespoon white corn syrup |
| 2 tablespoon water | 1 cup sugar |
| 3/4 cup sliced or slivered almonds | 1 7-ounce bar of chocolate |

Mix all ingredients except almonds and chocolate in electric frying pan. Cook on high heat. Stir all the time you cook, 8-10 minutes. Candy will get very thick and will turn golden brown in color. It will also follow spoon around the pan. Add almonds, stirring constantly. Pour on buttered cookie sheet. While hot, break chocolate bar on top of candy. When it's melted, spread over the surface of the toffee and sprinkle chopped nuts on top. If you want to coat the candy with chocolate on both sides, wait until the chocolate sets on one side. Then turn pan upside down on a clean surface, and frost bottom of the candy with chocolate and nuts as before. Break into serving pieces.

Peanut Butter Chews

| | |
|--------------------------|--------------------------------------------------|
| 1 cup peanut butter | 1 cup corn syrup or honey |
| 1 1/4 cup powdered sugar | 2 cups instant (1 1/4 cups non-instant) dry milk |

Mix all ingredients well. Press into a cake pan or pie plate, or roll into walnut-size balls. Makes about 25 pieces.

Perfect Caramels

| | |
|-------------------------|------------------------------------------------|
| 2 cups light corn syrup | 2 cups granulated sugar |
| 3 cups heavy cream | 1/2 of a 14-ounce can sweetened condensed milk |
| 1 tablespoon vanilla | 1 cup walnuts, coarsely broken |

In a heavy saucepan cook together syrup and sugar until mixture boils and changes color slightly about 5 minutes. In meantime, combine heavy cream and sweetened condensed milk in double boiler and scald over boiling water; keep warm. Add warm cream to syrup, 1/4 cup at a time, stirring well. Allow 45 minutes for total addition. Keep candy boiling over medium heat, stirring frequently. Cook to firm ball stage (at sea level, 242 degrees; at Utah's altitude, this will be around 232 to 234 degrees; see note below.) Remove from heat; stir in nuts and vanilla. Pour, without scraping pan, into buttered 8-or-9-inch square pan. Let stand overnight. Remove candy from pan; cut into 8 pieces each way. Wrap in waxed paper. Makes 3 1/2 pounds or 64 pieces.

Golden Caramels

Adjusted for an altitude of 5,000 feet

| | |
|-----------------------------|-------------------------|
| 2 cups whipping cream | 1/2 cup milk |
| 1 1/4 cups light corn syrup | 2 cups sugar |
| 1/4 teaspoon salt | 1/2 cup evaporated milk |
| 1 teaspoon vanilla | |

Butter an 8-inch square baking pan; set aside. In a 4-cup glass measure, combine cream and milk. In a heavy 4-quart saucepan, combine 1/3 of the cream-milk mixture, corn syrup, sugar and salt. Place over low heat and stir occasionally with a wooden spoon until mixture comes to a boil. Simmer for 30 minutes or until mixture turns a light tan color. Increase heat to medium and insert thermometer. Without stopping the boiling, slowly add the remaining cream mixture. Cook until the thermometer reaches 232 degrees. Add evaporated milk and cook to 232 degrees again, stirring constantly. Remove from heat and stir in vanilla. Without scraping, pour into prepared pan. Allow to stand at room temperature overnight. Cut into squares and wrap or dip in chocolate. Nuts can be added with vanilla, if desired.

Peanut Butter Balls (Candy)

Peanut Butter

Powdered Sugar

Mix together equal parts peanut butter and powdered sugar. Knead lightly to blend. Add more of either ingredient as needed to make consistency of Play Dough. Roll into log and slice 1/4" thick or roll 1/2 to 1 tsp. of dough into ball or shape into square. Place balls on wax paper and refrigerate for at least 2 hours to chill so they hold their shape better. Serve as candy or dip in chocolate.

Whole Wheat Candy

| | |
|-----------------------------|----------------------------|
| 1 c. butter | 1 1/2 c. whole wheat flour |
| nuts, coconut, sesame seeds | 1 c. honey |
| 1 c. peanut butter | |

Melt butter, honey, and peanut butter. Add flour. Cook and stir a few minutes. If you don't like raw wheat, add nuts, coconut, or sesame seeds.

Old Fashioned Hardtack Candy

| | | |
|------------|-------------------|------------|
| 2 C. sugar | 3/4 C. corn syrup | 1 C. water |
|------------|-------------------|------------|

Mix and cook to 270 degrees F. or hard brittle stage with threads as it falls in cool water. Remove from the heat and add food coloring as desired and 1/2 tsp. flavoring (cinnamon, peppermint, etc.). Pour into a buttered dish and cool. Break into pieces and roll in powdered sugar.

Fruit Honey Candy

| | | |
|----------------------------------|-----------------------|-------------------|
| 1/4 c. dried prunes | 1/4 c. dried apricots | 1/4 c. dried figs |
| 1/2 c. chopped nuts (or coconut) | | |
| 1/2 c. dates | 1/2 c. raisins | 1/3 c. honey |

Let clean dried prunes and apricots stand in boiling water for 5 minutes. Run all the fruit through a food chopper. Add honey. With buttered hands, shape into balls. Roll in chopped nuts or coconut. Nuts may be added or other dried fruits, like peaches or pears substituted.

DESSERTS – MISC

Bread Pudding (Pioneer Recipe)

| | | |
|--------------|--------------------------|------------------------------------|
| 1 egg | 1/2 C. soft bread crumbs | 1 1/4 C. milk |
| 1 T. honey | 1 T. sugar | 1/4 tsp. each, cinnamon and nutmeg |
| dash of salt | | |

Sauce:

| | | |
|--------------|------------|-------------------------|
| 3 C. water | 1 C. sugar | 1/4 C. flour |
| 1/4 C. water | 1T. butter | cinnamon, vanilla, salt |

Beat egg. Combine with other ingredients. Put in a pudding dish or custard cups. Set in a larger pan of hot water. Bake slowly at 300 degrees F. for 25 minutes. Serve with sauce.

To make the sauce, melt the sugar in a pan. Add 3 C. water and dissolve by heating to boiling. Thicken it with a flour paste made from 1/4 C. flour and 1/4 C. water. Add 1 T. butter and Cinnamon, vanilla, and salt to taste. Pour over pudding.

Bread Pudding

| | |
|---------------------|---------------------------------------|
| 4 3/4 cups milk | 1/2 pound butter |
| 1 2/3 cups sugar | 1 teaspoon salt |
| 1 teaspoon cinnamon | 1/2 teaspoon nutmeg |
| 1 1/2 cups milk | 6 eggs |
| 2 teaspoons vanilla | 3 quarts bread, cut into 1-inch cubes |
| 1/3 cup raisins | Vanilla sauce (see recipe below) |

Place the 4 3/4 cups milk, butter, sugar and spices on stove and heat to 200 degrees. Immediately remove from heat. (Do not overheat! Do not boil!)

Let cool for 5 minutes. In another bowl combine the 1 1/2 cups milk, eggs and vanilla. Hand whip for 30 seconds.

Combine the two mixtures and mix with a hand whip for another 30 seconds. Place 3 quarts of bread, loosely packed, in a 3-quart casserole dish or pan. Evenly pour the milk mixture over the bread.

Sprinkle raisins over the bread-and-milk mixture. Use a spatula to make sure bread is completely soaked. Cover with foil and bake at 350 degrees for 1 hour, or until it reaches a consistency of Jell-O.

Just before serving, evenly pour 1/3 cup of vanilla sauce over each serving. Serve soon after cooking; it doesn't have a long shelf life.

Vanilla Sauce:

| | |
|---------------------------|------------------|
| 1 1/4 cups cornstarch | 1 1/4 cups sugar |
| 1 quart boiling water | 1/4 cup vanilla |
| 1 quart half & half cream | |

Mix cornstarch and sugar together into a sauce pan. Add boiling water and stir until smooth. Place over heat, stirring constantly, until thick. Remove from heat and let cool. When cool, add vanilla and half & half.

Grand Sierra Resorts Bread Pudding

| | |
|---------------------------------|-----------------------------------------------------------|
| 3 1/2 cups bread cut into cubes | 1 cup raisins, blueberries or other fresh fruit of choice |
| 5 fresh eggs | 1 cup granulated sugar |
| 2 1/2 cups half-and-half | 1 cup heavy cream |
| 2 teaspoons real vanilla | 1 teaspoon cinnamon |
| 1 teaspoon nutmeg | |

Heat oven to 300 degrees. Grease a 9-by-13-inch cake pan. Combine the bread and the fruit and place in prepared pan. In a separate bowl, combine eggs, sugar, half-and-half, cream, vanilla, cinnamon and nutmeg. Cover with

aluminum foil and bake for 45 to 55 minutes, or until a knife inserted in the center comes out clean. Remove from oven and cool slightly.

Honey Carrot Pudding

| | |
|-----------------------------|----------------------------------|
| 3/4 cup butter or margarine | 3/4 cup honey |
| 1 cup bread crumbs | 2 eggs, well-beaten |
| 1 cup grated carrots | 1 cup diced dates |
| 1 cup raisins | 1 cup chopped apples |
| 1 cup chopped nuts | 1 cup whole wheat or white flour |
| 1 teaspoon soda | 1/4 teaspoon salt |
| 1 1/2 teaspoons cinnamon | 1/2 teaspoon nutmeg |
| 1/2 teaspoon ground cloves | |

Old-fashioned Nutmeg Sauce:

| | |
|--------------------------|--------------------------|
| 1/2 cup granulated sugar | 2 tablespoons cornstarch |
| 1/4 teaspoon salt | 2 cups boiling water |
| 1/4 cup margarine | 1/2 teaspoon nutmeg |
| Pinch of ground cloves | |

For pudding: Cream butter and honey. Beat in eggs. Add carrots, raisins, dates and apples and set mixture aside. In another bowl, combine dry ingredients and spices. Stir into mixture. Add bread crumbs and nuts and mix in with hands. Spoon mixture into two well-greased 46-ounce juice cans (3/4 full).

Cover cans with aluminum foil and secure with strings. Place cans on a rack in large kettle (on top of stove) half full of water. Bring to boil. Reduce heat and simmer - steaming pudding for 2 hours. Serve with hard sauce or Old-fashioned Nutmeg Sauce.

For Old-fashioned Nutmeg Sauce:

Combine first 3 ingredients. Slowly add boiling water. Simmer and stir until thick and clear. Stir in margarine and spices.

Blueberry Summer Pudding

| | |
|---------------------------------------------------------|--------------------------------|
| 3 1/2 cups fresh blueberries | 3/4 cup sugar |
| 2 teaspoons orange juice | 3 tablespoons butter, softened |
| 6 to 9 slices firm white sandwich bread, crusts removed | |
| Whipped cream or vanilla ice cream, if desired | |

Line a loaf pan (about 8 1/4-by-4 1/2-by-2 1/2-inch) with plastic wrap. In a medium-size saucepan, combine blueberries, sugar and orange juice. Over medium heat, bring to a boil; cook until berries release their juices, about 5 minutes; cool.

Meanwhile, spread butter on one side of each bread slice. Line the bottom of the pan with some of the bread slices, butter side down, trimming to fit. Spoon half of the fruit over the bread. Repeat layers of bread and fruit one more time; finish with a layer of bread. Cover with plastic wrap; refrigerate 8 to 24 hours, until bread has absorbed blueberry juice.

Remove plastic wrap on top. To prevent sticking, run a thin knife between the plastic wrap and the pan. Place a large serving plate on top of the pudding; invert; remove plastic wrap from the pudding.

To serve, use a serrated knife to cut in thick slices. Serve with whipped cream or vanilla ice cream if desired. Makes 6 servings.

Christmas Pudding

| | |
|--------------------------|------------------------------------|
| 1 cup carrots, grated | 1 cup apples, grated |
| 1 cup raisins, ground | 1 package diced dates |
| 1 cup stale bread crumbs | 1/2 cup glazed mixed fruit, ground |
| 1/2 cup margarine | 1 1/4 cups flour |
| 1 teaspoon soda | 1/2 teaspoon salt |
| 1/2 teaspoon cloves | 1/2 teaspoon nutmeg |
| 1 teaspoon cinnamon | 1/2 cup pecans, chopped |

Stir all ingredients together until well mixed. Make sure every child in the family takes at least one stir. Scoop mixture into a buttered, wide-mouth quart canning jar until 3/4 full. Set into a large kettle with boiling water about 1/3 way up the container. Bring water to a boil again, and then turn to medium heat. Steam 3 hours. Serve warm and top with ice cream or whipped cream.

Elegant Creamy Cheesecake

| | | |
|-----------------------------|---------------------------------|-----------------------|
| 9-inch graham cracker crust | 16 ounces (2 cups) cream cheese | 1/2 cup sugar |
| 2 eggs | 1 tsp. vanilla | 1 1/2 cups sour cream |
| 1/4 cup sugar | 1 teaspoon vanilla | |

With a blender or mixer beat together the cream cheese, 1/2 cup sugar, eggs, and 1 teaspoon vanilla until well blended and creamy. Pour into graham cracker crust and bake at 350 degrees F. for 30 minutes. While this bakes, stir the sour cream, 1/4 cup sugar, and 1 teaspoon vanilla together. Spread over the hot cheesecake and return to oven for 5 minutes more. Serve plain or with favorite fruit topping. Serves 8 to 10.

Pudding Fudge

| | |
|--------------------|--------------------------|
| 1 c. sugar | 1 pkg. Chocolate pudding |
| 1/2 c. canned milk | 2 Tbs. Butter |

Mix all together except butter. Cook until soft ball stage. Mix in butter. Add nuts if desired. Pour into a buttered dish. Cool and cut into squares.

Homemade Ice Cream

| | | |
|----------------------|----------------|-----------------------|
| 4 eggs | 2 1/2 c. sugar | 6 c. Morning Moo Milk |
| 4 c. Evaporated Milk | 2 T. vanilla | 1/2 t. salt |

Beat eggs and sugar until creamy. Slowly beat in milks, salt, vanilla. Pour into canister and freeze as usual.

Fast Condensed Milk Icing

| | | |
|----------------------|-----------|-------------------|
| 1 can condensed milk | 2 c sugar | 1 stick margarine |
| 2 tsp cornstarch | | |

Dissolve cornstarch in 2 t. water. Mix all ingredients cook over med. Heat until soft ball stage. Let cool and put on cooled cake. Covers 1 round cake. If making an oblong cake, double recipe.

Condensed Milk Pound Cake

| | | |
|------------------------|----------------------|--------------------|
| 3 c cake flour, sifted | 2 c sugar | 3 sticks margarine |
| 6 eggs | 1 can condensed milk | 3 tsp vanilla |

Cream margarine and sugar; add eggs, one at a time, beating well after each. Add flour and milk alternately, ending with flour. Add vanilla. Bake at 325 degrees for 1 1/2 hours.

Fresh Fruit Pizza

Sugar Cookie Crust:

| | |
|---------------|-------------------|
| 2 cups flour | 2 cubes margarine |
| 1/2 cup sugar | |

Cream Cheese Filling:

1 8-ounce package cream cheese 1/3 cup powdered sugar
1/2 teaspoon vanilla

Fresh Fruit Topping:

Kiwi slices Pineapple rings
Thinly sliced watermelon Banana slices dipped in lemon juice
Strawberry slices Fresh peach slices
Mandarin orange sections Other fruits in season

Orange glaze:

1/4 cup lemon juice 1 cup sugar
3 tablespoons cornstarch 1 small can orange juice concentrate
2 cans water

Prepare sugar cookie crust by creaming flour, margarine and sugar together. Press dough into greased pizza pan and bake at 350 degrees for 10-15 minutes until lightly browned. Remove from oven and cool. Make cream cheese filling by whipping cream cheese, powdered sugar and vanilla together. Whip until smooth and fluffy. Spread on cooled crust. Arrange well-drained fresh fruit toppings in layers on crust. Use fruits that contrast to make a beautiful "pizza." Make orange glaze by combining sugar and cornstarch in saucepan. Add juice and water. Cook and stir constantly over medium heat until mixture is slightly thickened, clear and bubbly. Cool until warm and thick, stirring to keep smooth and without lumps. Pour over arranged fruit. Chill pizza several hours or overnight before serving.

Blueberry Buckle

1 1/4 cups sugar 1/2 cup butter or margarine
3 eggs 3/4 cup milk
2 1/4 cups flour 3 teaspoons baking powder
1/2 teaspoon salt 1 teaspoon ground nutmeg
1/4 teaspoon ground cloves
1 package (16 ounces) frozen blueberries or 1 1/2 pints fresh blueberries
1 1/2 tablespoons lemon juice 3/4 cup brown sugar
3/4 cup flour 1/2 teaspoon cinnamon
1/3 cup butter or margarine, softened

Preheat oven to 375 degrees. Mix sugar, butter, eggs and milk until well-blended. Add flour, baking powder, salt, nutmeg and cloves. Spread into greased 9-by-13-inch pan. Top with blueberries. In separate bowl, combine remaining ingredients until crumbly. Sprinkle mixture over blueberries. Bake 45-50 minutes or until top springs back when lightly touched. Cut into squares.

Baked Apples in Caramel-Cream Sauce

6 large apples, peeled and cut into fourths
2 tablespoons margarine 1/2 cup pecans, coarsely chopped
1/4 cup brown sugar 1/2 cup heavy cream

Preheat oven to 400 degrees F. Put apples, round sides up, in a shallow ungreased, 8-inch square baking pan. Sprinkle with brown sugar and dot with margarine. Bake 35-40 minutes, until apples are tender. Pour cream over apples. Stir to mix cream and syrup with a fork. Top with pecans. Serve warm.

Berries with Baked Meringue

1 16-ounce bag frozen mixed berries
Grated zest of 1/2 orange (orange part of the orange peel)
2 teaspoons granulated sugar

Topping:

2 large egg whites
3 tablespoons granulated sugar
1/8 teaspoon cream of tartar

Preheat oven to 350 degrees. Place the berries in a saucepan on low heat. Stir in orange zest and sugar and cover. Cook, stirring occasionally, until berries are hot throughout. Drain excessive liquid and reserve for later use. Meanwhile, beat egg whites with an electric beater on medium speed in a clean, grease-free, glass or metal bowl. When they're foamy, stop and add cream of tartar. Continue to beat. When soft peaks form, continue beating while sprinkling in sugar in a slow stream. Continue to beat until peaks are stiff and glossy. Working quickly, divide the hot fruit among four oven-proof bowls or tea cups. (A slotted spoon is helpful here.) Spoon a puff of the meringue over each bowl, and place them all in the oven on the middle rack. Bake 10-12 minutes, until the meringue is light brown and puffy, and the fruit underneath is hot and juicy. Serve each bowl with a saucer or plate underneath, (and warn guests that the bowls are hot!)

Apple Brown Betty

4 cups coarse fresh bread crumbs
4 sweet apples, such as Fuji or Golden Delicious, cored and thinly sliced
1/3 cup brown sugar
1 tablespoon finely chopped fresh ginger or 1 teaspoon ground ginger
1 teaspoon ground cinnamon
Whipped cream for serving, optional
1/2 cup (1 stick) butter, melted
1 tablespoon fresh lemon juice
3 tablespoons dry sherry, optional

Heat oven to 375 degrees F. Lightly butter a 2-quart casserole or baking dish. Stir together bread crumbs and butter; set aside.

Combine apples, brown sugar, lemon juice, ginger and cinnamon, mixing until well-blended. To assemble, spread 1 cup of the buttered bread crumbs in bottom of casserole; top with one-third of apple mixture. Sprinkle 1 tablespoon sherry over apple, if using. Spread another cup of bread crumbs and top with half of remaining apples and another tablespoon of sherry. Make a third layer of bread crumbs and top with remaining apples and sherry. Spread remaining bread crumbs on top of apples.

Cover with foil and bake 30 minutes; uncover and bake 30 minutes longer. Cool until warm and serve with whipped cream, if using. Makes 6 servings.

Apple Crepe Cake

1/2 cup butter or margarine
1 cup brown sugar, packed
1/4 teaspoon nutmeg
16 8-inch crepes
8 large apples, peeled and sliced
1/2 teaspoon cinnamon
Juice of 1 lemon
1 cup sliced almonds, toasted

Hot Caramel Sauce

1 1/4 cups sugar
1 cup heavy cream
1/2 cup water
1/2 teaspoon vanilla

Melt butter in large, heavy skillet. Add apples and toss carefully to coat with butter. Add sugar and saute apples until just tender, keeping their shape as much as possible. Add cinnamon, nutmeg and lemon juice. Pour off any excess liquid. Reserve about 8 slices for garnish.

On a heat-proof serving platter, place a single crepe, brown side up. Spread about 2 tablespoons of apple mixture over crepe. Sprinkle a few almonds over apples. Repeat until all crepes are used. Top with reserved apple slices.

Cover with aluminum foil and heat in a low oven (225-250 F.) until warm. Serve with Hot Caramel Sauce.

For sauce: Combine sugar and water in heavy skillet and cook, stirring occasionally, over low heat until sugar melts.

Raise heat and cook until sugar caramelizes and turns a deep mahogany brown. Stand back (in case mixture splatters) and slowly pour in cream. Stir over low heat until smooth, then mix in vanilla. Makes about 2 cups.

DESSERTS - CAKES

AUNT BEA'S MOIST CARROT CAKE

1 ½ cups oil 2 cups sugar 2 cups flour
4 eggs 2 tsps soda 2 tsp cinnamon
½ tsp salt 2 cans carrots mashed up (Drained)
1 cup walnuts optional

Mix all ingredients together and bake at 350 for 40 to 45 minutes

Frosting

1 cup butter 1 box powdered sugar 1 8oz cream cheese
1 tsp vanilla
Mix together frost COMPLETELY cooled cake

Apple Chip Cake

Bake at 350 50-60 min. Grease & flour 9x13 cake pan

Cake:

In large bowl mix dry ingredients:

3 cups flour 2 cups Sugar
2 tsp. Cinnamon 1 tsp. Soda

Add to dry mix:

4 cups grated apples (4 small granny smith)
2 eggs 2 tsp. Vanilla

Mix and then add 2/3 cup oil. Put in greased pan and top it with:

Topping:

Mix with pastry blender:

½ cup butter ½ cup flour
1 cup brown sugar 1 cup pecans – chopped

Sprinkle on cake and bake at 350 for 50-60 min. Can be served warm with whipping cream or ice cream

Harvest Cake

2 ¾ C. Dried Apples (soak in warm water for about an hour)

3 C. Flour (can use white or whole wheat or combination)

2 C. Sugar 1 C. Oil

1 C. Chopped Nuts (optional) 2 tsp. Soda

2 tsp. Vanilla 2 Eggs

Mix apples and sugar. Let set for an hour. Sift together soda and flour. Beat eggs, oil, and vanilla together. Add apples and oil mixture to flour.

Mix and bake in greased & floured tube pan for 1 hour in 350 degrees oven.

Cherry Crumb Cake

1 ½ cups self-rising flour 2 cups quick oats

1 ½ cups brown sugar ¾ cup

1 (21-oz.) can pie filling

Mix everything together, except the pie filling. Reserve 1 cup of the crumb mixture for topping. Pat into a 9 x 13 x 2-inch casserole dish that has been sprayed with a non-fat cooking spray. Pour can of pie filling on top of crumb mixture. Sprinkle the rest of crumb mixture (1 cup) on top of pie filling. Bake 45 minutes to 1 hour in a slow oven (300 degrees F.) Serve warm with vanilla non-fat frozen yogurt or Dream Whip. Sprinkle Grape-Nuts cereal on top if desired.

Chocolate Snack Cake

1 2/3 cups all purpose flour 1 cup packed brown sugar

| | |
|---------------------------|------------------------|
| 1/4 cup unsweetened cocoa | 1 teaspoon baking soda |
| 1/2 teaspoon salt | 1 cup water |
| 1/3 cup oil | 1 teaspoon vinegar |
| 1/2 teaspoon vanilla | |

Mix dry ingredients. Stir in liquid ingredients completely. Pour into an ungreased 8-inch square pan. Bake at 350 degrees F for 35-40 minutes, or until a toothpick inserted in the center comes out clean. Cool. Dust with powdered sugar just before serving.

Applesauce Cake: Omit cocoa and vanilla. Stir 1 1/2 teaspoons ground allspice into the flour mixture. Reduce water to 1/2 cup and stir in 1/2 cup applesauce.

Chocolate Chip: Omit cocoa and vanilla. Stir in 1/3 cup chopped nuts into flour mixture. Sprinkle 1/3 cup mini chocolate chips over the batter in pan.

Double Chocolate: Sprinkle 1/2 cup semi-sweet chocolate chips over the batter in pan.

Maple Nut: Omit cocoa and vanilla. Stir 1/2 cup chopped pecans into the flour mixture and 1/2 teaspoon maple extract in with the water.

Pound Cake

| | | |
|--------------------------|----------------------|-----------------------|
| 2 sticks butter(no marg) | 1/2 c. shortening | 3 c sugar |
| 6 eggs | 3 c sifted flour | 1/2 tsp baking powder |
| 1/4 tsp salt | 1 c. evaporated milk | 2 tsp vanilla |

Cream together butter and shortening; gradually add sugar and continue to cream until light and fluffy. Add eggs, one at a time, and continue to beat well after each. Sift together flour, baking powder, and salt; add to creamed mixture alternately with milk, ending with flour. Add vanilla and lemon flavoring, if used, and beat just to blend. Pour into large greased and floured tube pan. Bake in 350°F oven for 1 hour and 15 minutes or until cake tests done. Let stand in pan 5-10 minutes. Turn out on rack to cool.

Lemon Jell-O Cake #2

| | |
|---------------------|---------------------------------|
| 1 - Yellow Cake Mix | 1 -small pkg. lemon jello (dry) |
|---------------------|---------------------------------|

Mix above together.

Add:

| | | |
|-------------|--------|----------------|
| 3/4 cup oil | 4 eggs | 1 1/3 c water. |
|-------------|--------|----------------|

Bake in 9 x 13 pan - 350 degrees - 45 minutes. Glaze: Grate 2 lemons - juice of 2 lemons and 2 c. powdered sugar.

When cake is done, poke holes in it, with wooden spoon or fork, and pour glaze over. Cool

Quick Fluffy Chocolate Frosting

| | |
|-----------------------|--------------------------------------------------------|
| 1 envelope Dream Whip | 1/2 c. cold skim milk |
| 1/2 tsp. Vanilla | 1 (2-oz.) pkg. JELL-O sugar-free chocolate pudding mix |

Blend together skim milk, vanilla, and Dream Whip mix. Beat until stiff. Add pudding mix and continue to beat until light and fluffy. Add more skim milk if too thick. Use as a frosting on low-

Crazy Chocolate Cake

| | | |
|--------------------------|-----------------------------|------------------------------------|
| 1 egg | 2 c. sugar | 1 c. shortening |
| 1 c. baking cocoa powder | 3 c. wheat flour, sifted 2x | 1/4 c. non-instant dry milk |
| 2 t. baking powder | 2 t. baking soda | 2 t. vanilla |
| 2 c. boiling water | | |

Mix all at once and beat for 3 minutes. Place in greased 9 x 13 pan. Bake at 350° for 35-45 minutes or until done.

Whole Wheat Carrot Cake (Dried Foods)

| | | |
|------------------------------------------------|---------------------------------------------|-------------------------|
| 1 C. cooking oil | 1 C. granulated sugar | 1 C. packed brown sugar |
| 1 tsp. vanilla | 4 eggs (2/3c egg pdr&2/3c water) | 2 C. whole wheat flour |
| 1/3 C. dry milk | 1 tsp. each: baking soda | 1 t. baking powder |
| 1 t. salt | 2 tsp. ground cinnamon | 1 C. chopped nuts |
| 1 C. DH Carrot or 3 C. finely shredded carrots | | |

Reconstitute eggs with warm water and whip with wire whip. Re-hydrate carrots in 3 C. warm water, let set for about 20 minutes, and drain.(should be about 3 C.) In a large mixer bowl, combine oil, granulated sugar and brown sugar on low speed of electric mixer till mixed. Add vanilla; beat in eggs. In another bowl, stir together flour, milk

powder, baking soda, baking powder, salt and cinnamon. Add to egg mixture till well blended. Stir in carrots and nuts. Pour batter into a greased and floured bundt pan. Bake in 350° oven for 50-60 minutes or till cake tests done. Cool in pan, and invert on serving plate. Sprinkle sifted powdered sugar on top.

Blender Wheat Spice Cake

| | | |
|--------------------------|--------------|------------------|
| 2 ¼ c. whole-wheat grain | 2 T. vinegar | 2 c. water |
| ¾ c. cooking oil | 2 c. sugar | 2 t. baking soda |
| 1 t. cinnamon | ¼ t. nutmeg | ¼ t. cloves |
| ½ t. salt | | |

Place water, vinegar and wheat into blender and blend on high 2-3 minutes. Stir. Blend again 2-3 minutes until the grain is blended into a flour batter. Add oil and stir in with spoon. Then blend again for 1 minute. (batter should be near 6 c. mark on blender). Set aside. Pour batter into a large mixing bowl. Stir in sugar. Sprinkle soda, spices and salt over batter and stir until well blended. Bake at 350° for 40-45 minutes.

Light Angel Food Cake

| | | |
|------------------------|------------------|------------------------|
| ¾ c. whole wheat flour | ¼ c. corn starch | 1 ¼ c. powdered sugar |
| 12 large egg whites | ½ t. salt | 1 ½ t. cream of tartar |
| 1 c. powdered sugar | 1 t. vanilla | |

Mix dry ingredients (reserving 1 c. sugar) together in bowl. Put egg whites in another bowl with salt and cream of tartar. Whip on high speed until whites will stand in peaks. Switch to low speed. Gradually add 1 c. powdered sugar and flavoring. Stop the mixer and sprinkle in 1/3 of the flour mixture. Lightly blend again using the momentary switch. Do not thoroughly blend. Add the remaining flour mixture and blend only until mixed. Pour into angel food cake pan and bake 30-35 minutes at 375°. Invert pan to cool.

Chocolate Zucchini Cake

| | |
|-----------------------------------|----------------------------------------|
| 1/2 cup butter or margarine | 1/2 cup oil |
| 1 3/4 cups sugar | 2 eggs |
| 1/2 cup sour cream | 1 teaspoon vanilla |
| 2 1/2 cups flour | 1/2 cup cocoa |
| 1/2 teaspoon baking powder | 1 teaspoon baking soda |
| 1/2 teaspoon cinnamon | 1/2 teaspoon ground cloves |
| 1 teaspoon salt | 2 cups grated zucchini, loosely packed |
| 1/4 cup semisweet chocolate chips | |

Chocolate Cream Frosting:

3 ounces semisweet chocolate
1/2 cup cream
1 teaspoon vanilla

Butter and flour 9 inch x 13 inch pan. Cream butter, oil and sugar. Add eggs one at a time. Add sour cream and vanilla. Add dry ingredients (flour last). Add zucchini. Mix well. Pour into pan. Sprinkle chocolate chips over surface. Bake at 325 degrees for 45 minutes. Sprinkle with powdered sugar when cool or frost with chocolate cream frosting.

Chocolate Cream Frosting: Melt chocolate, add cream and vanilla. Beat until stiff enough to spread. Do not overbeat

Berry-Topped Blintz Bake

For the blintz:

| | |
|---------------------------------|-----------------------------------|
| 4 ounces soft cream cheese | 8-ounce small-curd cottage cheese |
| 3 eggs plus 1 egg yolk | 1/4 cup plus 1 tablespoon sugar |
| 1/2 cup plus 1 tablespoon flour | 3/4 teaspoon vanilla |

| | |
|------------------------------------------------|------------------------------|
| 3/4 cup dairy sour cream or sour half-and-half | 1/4 cup milk |
| 1/4 cup (1/2 stick) butter, melted | 1 teaspoon grated lemon peel |
| 1 teaspoon baking powder | |

For the topping:

| | |
|---------------------------------------------|---------------------------------------|
| 1 cup fresh or frozen mixed berries, thawed | 3/4 cup blackberry or blueberry syrup |
|---------------------------------------------|---------------------------------------|

Preheat oven to 350 degrees F. Butter an 8-inch square dish with 2-inch-high sides (2-quart size pan). For blintz, place cream cheese, cottage cheese, egg yolk, 1 tablespoon of the sugar, 1 tablespoon of the flour and the vanilla in a blender container. Blend on low speed until smooth, stopping and scraping down sides of container once. Transfer cheese mixture to bowl; set aside. Do not wash blender. Place the 3 eggs, the sour cream, milk, butter and lemon peel in blender container. Blend on medium speed until smooth. Add combined 1/2 cup flour, 1/4 cup sugar and the 1 teaspoon baking powder. Blend on high speed until smooth. Pour half of the batter into the baking dish. Drop small spoonfuls of cheese mixture in evenly spaced rows on top of batter. Pour remaining batter on top. Bake until puffy and edges begin to turn golden, about 45 minutes. For topping, combine berries and syrup in small saucepan. Heat over low heat until warm, stirring occasionally. Cool blintz on wire rack for 5 minutes. To serve, cut into squares; top with berries. Makes 6 to 8 servings.

18-Karat Cake

| | |
|--------------------------|--------------------------------------------|
| 2 cups all-purpose flour | 2 teaspoons baking soda |
| 2 teaspoons cinnamon | 1/2 teaspoon salt |
| 3 eggs | 3/4 cup vegetable oil |
| 3/4 cup buttermilk | 2 cups sugar |
| 2 teaspoons vanilla | 1 (8-ounce) can crushed pineapple, drained |
| 2 cups grated carrots | 3 1/2 ounces shredded coconut |
| 1 cup chopped walnuts | |

Preheat oven to 350. Generously grease a 9-by-13-inch baking dish or two 9-inch cake pans; set aside. Sift together flour, baking soda, cinnamon and salt; set aside. In large bowl, beat eggs. Add oil, buttermilk, sugar and vanilla; mix well. Add flour mixture, pineapple, carrots, coconut and walnuts. Stir well. Pour into prepared baking dish or pans. Bake 50-55 minutes, or until wooden pick comes out clean.

Buttermilk Glaze

| | |
|-------------------------|-------------------------------|
| 1 cup sugar | 1/2 teaspoon baking soda |
| 1/2 cup buttermilk | 1/4 pound butter or margarine |
| 1 tablespoon corn syrup | 1 teaspoon vanilla |

In small saucepan, combine sugar, baking soda, buttermilk, butter or margarine and corn syrup. Bring to a boil. Cook 5 minutes, stirring occasionally. Remove from heat and stir in vanilla. Remove cake from oven and slowly pour glaze over hot cake. Cool cake in pan until glaze is totally absorbed, about 15 minutes. Turn out of pan, if desired. Cool completely. Meanwhile, prepare frosting (below).

Cream Cheese Frosting

| | |
|------------------------------------------------------|-------------------------------|
| 1/4 pound butter or margarine at room temperature | |
| 1 (8-ounce) package cream cheese at room temperature | |
| 1 teaspoon vanilla | 2 cups confectioners' sugar |
| 1 teaspoon orange juice | 1 teaspoon grated orange rind |

Beat together butter or margarine and cream cheese until fluffy. Add vanilla, confectioners' sugar, orange juice and orange peel. Mix until smooth. Spread on cake. Refrigerate until frosting is set. May be refrigerated. Yield: 20 to 24 servings.

Apricot-Lemon Bundt Cake

For the cake:

| | |
|--------------------------|----------------------------|
| 1 pkg. yellow cake mix | 4 eggs |
| 1 teaspoon lemon extract | 1 3-ounce box lemon Jell-O |
| 3/4 cup apricot puree | 3/4 cup vegetable oil |

Glaze:

| | |
|---------------------|------------------------|
| 1/4 cup lemon juice | 3/4 cup powdered sugar |
|---------------------|------------------------|

Heat oven to 325 degrees.

Combine cake ingredients in an electric mixer and blend well. Pour into a greased bundt pan. Bake about 50 minutes or until done. Remove cake from pan. Mix glaze ingredients together. While cake is still warm, make holes with a fork and pour glaze over the cake.

Fresh Peach Cake

Cake:

| | |
|----------------------|-----------------------------------------------------------|
| 1 1/2 cups sugar | 2 eggs |
| 3/4 cup oil | 1 1/2 cup mashed fresh peaches (about 3 medium), unpeeled |
| 2 cups flour, sifted | 1 teaspoon soda |
| 1 teaspoon cinnamon | 1/2 teaspoon salt |

Frosting:

| | |
|----------------------------------|--------------------|
| 1 cup sugar | 1 teaspoon flour |
| 1 stick butter (not margarine) | 2 egg yolks |
| 2/3 cup evaporated milk | 1 teaspoon vanilla |
| 1/2 cup chopped pecans, optional | |

For cake: Mix sugar, eggs and oil until blended. Add peaches. Sift dry ingredients together. Add to peach mixture. Pour into greased and floured 9x12-inch pan. Bake at 350 degrees F. for 40 minutes. (For glass pans, bake at 325 degrees F. for 30 minutes.) Cool. Frost.

For frosting: Place sugar, flour and butter in saucepan. Beat yolks and milk together; add to pan. Bring to a boil, stirring constantly. Cool until thick - about 10 minutes. Add vanilla and nuts. Cool completely and spread on cake.

Chocolate Beet Cake

| | |
|--------------------------------------------------------|--------------------------|
| 1 can (16 oz.) beets, pureed with liquid, about 2 cups | |
| 4 eggs | 1 1/2 cups vegetable oil |
| 2 cups sugar | 2 1/2 cups flour |
| 2 teaspoons baking powder | 2 teaspoons salt |
| 4 tablespoons cocoa | 1 1/2 teaspoons vanilla |
| Chocolate or German chocolate frosting | |

Puree beets with liquid; set aside. Cream sugar, oil and eggs together. Fold in dry ingredients then vanilla. Fold in beet mixture. Pour in lightly greased 9-by-13-inch pan; bake at 375 degrees for 35-40 minutes. Cool and frost with icing of choice.-

Chocolate Beet Cake

Beets make this cake moist and sweet — they are the secret ingredient that will never be guessed. Frost and fill the cake with either your favorite cream cheese frosting or chocolate frosting.

| | |
|----------------------------------------------------------------|-------------------------------------|
| 4 (1-ounce) squares unsweetened chocolate, cut in small pieces | |
| 4 eggs | 2 cups brown sugar (almost 1 pound) |
| 1/2 cup canola oil | 1 teaspoon vanilla extract |
| 2 cups unbleached all-purpose flour | 1 1/2 teaspoons baking powder |
| 1 teaspoon baking soda | 1/2 teaspoon salt |
| 1 pound red beets, trimmed, peeled and grated (about 3 cups) | |

Preheat oven to 350 degrees. Brush two 9-inch round pans with melted butter and dust lightly with flour, or spray generously with cooking spray. Line the bottoms with circles of parchment or waxed paper. Melt the chocolate in the top of a double boiler, over gently boiling water; upper pan should not touch water. Keep warm. Whip the eggs and brown sugar with an electric mixer for about 5 minutes, until the mixture is noticeably thicker. Add the oil, whipping until it is incorporated. Add the vanilla and melted chocolate and scrape the sides and bottom of the bowl. Sift together the flour, baking powder, baking soda and salt. Add to the egg mixture and mix on low speed until well-mixed, stopping to scrape the bowl. Add the beets and mix well. Pour into the prepared pans. Bake until the center of the cakes spring back when touched with a finger, 40 to 50 minutes. Cool completely.

To fill and frost: With a serrated knife, trim the dome from both cakes so they are flat. Trim the sides of the cake if they seem dry. If you wish, grind the cake trimmings in a food processor and reserve them for the sides of the cake.

Put one of the cake layers on a cardboard circle or a flat serving plate. Spread on about 3/4 cup of frosting. Gently flatten the second cake layer on top. Frost the sides and top of the cake with about 1 cup of frosting. If desired, press some of the reserved cake crumbs onto the sides of the cake. Serves 12 to 20.

Cranberry Orange Bundt Cake

| | |
|-------------------------------------------------------|------------------------------------------|
| 3 1/3 cups cake flour (or 3 cups all-purpose flour) | |
| 1 1/2 teaspoons baking soda | 2/3 cup margarine, room temperature |
| 1 1/4 cups sugar | 3 eggs or 6 egg whites, room temperature |
| 1 1/2 teaspoons grated orange peel | 1 1/2 cups buttermilk |
| 1 1/2 cups finely chopped fresh or frozen cranberries | |

Preheat oven to 350 F. Grease and flour a 10-inch bundt pan.

Sift together flour and soda; set aside. In a separate large bowl, using an electric mixer, beat margarine and sugar until creamy. Add eggs or egg whites and orange peel; beat mixture until light and fluffy.

Sprinkle half the dry mixture over the margarine mixture and beat until blended. Beat in half the buttermilk. Repeat process with the remaining portions; beat just until blended. Gently stir in cranberries.

Pour batter into the prepared pan. Bake 1 hour or until cake tests done when a toothpick inserted into the cake comes out clean. Cool 10 minutes in pan. Remove from pan and complete cooling on a rack. Makes 24 servings.

Dried Apple Pudding Cake

| | |
|--------------------|--------------------------------|
| 2 cups water | 1 1/2 cups dried apples, diced |
| 2 cups sugar | 1/2 cup shortening |
| 2 eggs | 1 cup nuts, chopped |
| 1 teaspoon vanilla | 2 cups flour |

2 teaspoons soda in 1/4 cup hot water 1 teaspoon salt
1 teaspoon nutmeg 1 teaspoon cinnamon

1 cup raisins, optional Simmer apples in water until tender; set aside. In mixing bowl, cream sugar, shortening and eggs. Add apples, nuts and vanilla. Mix in dry ingredients. Pour into a 9-by-13-inch pan; bake at 350 degrees for 35-40 minutes. Serve hot topped with ice cream, whipped cream or lemon sauce. Makes 16 servings.

Cream Cheese Pound Cake

Active time 30 minutes; start to finish 3 hours, including cooling time

| | |
|-------------------------------|---------------------------------------------|
| 1 1/2 cups all-purpose flour | 1 1/2 cups whole-wheat pastry flour |
| 1 1/2 teaspoons baking powder | 1/2 teaspoon salt |
| 3 large eggs | 1/2 cup nonfat buttermilk |
| 1/3 cup canola oil | 2 tablespoons light corn syrup |
| 1 tablespoon vanilla extract | 6 large egg whites |
| 2 cups sugar, divided | 1/2 cup (1 stick) unsalted butter, softened |
| 8 ounces Neufchatel cheese | |

Preheat oven to 325 F. Coat a 12-cup Bundt pan with cooking spray and dust with flour. Whisk all-purpose flour, whole-wheat flour, baking powder and salt in a medium bowl. Whisk whole eggs, buttermilk, oil, corn syrup and vanilla in another medium bowl until well blended. Beat egg whites in a large clean bowl with an electric mixer on high speed until light and foamy. Gradually beat in 1/2 cup sugar until stiff glossy peaks form. Beat butter and Neufchatel in a large bowl until creamy. Add the remaining 1 1/2 cups sugar and beat, scraping down the sides of the bowl as needed, until pale and fluffy, about 4 minutes. Alternately add the flour and buttermilk mixtures, beating until just smooth. Fold in about one-third of the egg whites with a rubber spatula until just smooth and no white streaks remain. Fold in the remaining egg whites. Scrape the batter into the prepared pan, spreading evenly.

Bake the cake until a wooden skewer inserted into it comes out clean and the top springs back when touched, 1 hour to 1 hour 10 minutes. Cool in the pan on a wire rack for 10 minutes. Loosen the edges with a knife and turn out onto the rack; let cool for at least 1 hour more before slicing.

Easy Apple Cake

| | |
|------------------------------------------------|------------------------|
| 2 cups diced tart apples (peeling unnecessary) | 1 cup sugar |
| 1 egg | 1 cup sifted flour |
| 1 1/2 teaspoons cinnamon | 1 teaspoon baking soda |
| 1 cup chopped pecans | |

Sauce:

| | |
|-----------------------------|------------------------|
| 1/2 cup brown sugar | 1/2 cup white sugar |
| 2 heaping tablespoons flour | 3/4 cup water or cider |
| 1/4 cup butter | 1 teaspoon vanilla |

Mix sugar and diced apples; let stand until sugar dissolves. Add egg; beat. Sift dry ingredients and stir into apple mixture. Heat oven to 375 degrees (350 or a bit less for oven-glass pan). Bake in a greased 8-inch square pan 35-40 minutes.

Meanwhile, make the sauce. Combine both sugars with flour and stir well in a saucepan. Stir in water; cook and stir over medium heat until thick. Stir in butter, cut into bits. Stir in vanilla. Beat until butter melts.

When cake is baked, pour sauce over it while still hot. Cool a bit before cutting. For a no-fat dessert, bake apple mixture in a pie plate, skip the sauce and top warm wedges with frozen vanilla yogurt.

Fudge Cake

1 1/4 cups flour
1/4 teaspoon salt
2 teaspoons baking powder
3/4 cup milk

3/4 cup sugar
2 tablespoons cocoa
1/2 cup nuts, chopped
3 tablespoons melted shortening

Fudge Sauce:

1/2 cup sugar
1/3 cup cocoa
1 cup boiling water

1/2 cup brown sugar
1 teaspoon vanilla

combine flour, sugar, salt, cocoa, baking powder and nuts; blend with milk and melted shortening. Pour into a well-greased 9-inch square pan. For sauce, combine sugars and cocoa; blend in vanilla and boiling water. Pour over top of cake. Bake at 350 degrees for 40 minutes. Serve with whipped cream if desired.

Grandma Cutchen's Peanut Butter Fudge Cake

2 cups all-purpose flour
1 teaspoon soda
4 tablespoons cocoa
1/2 cup buttermilk
1 teaspoon vanilla

2 cups sugar
2 sticks butter
1 cup water
2 eggs, beaten with a fork
1/2 cup peanut butter

Preheat oven to 350 degrees. Combine flour, sugar and soda in a large bowl. Bring butter, cocoa, water and buttermilk to a boil in a saucepan. Pour mixture over dry ingredients and mix well. Add eggs and vanilla. Pour into greased and floured 9-by-14-by-1 1/2-inch pan. Bake for 25 minutes (or until cake loosens from pan and toothpick comes out clean).

Spread a thin layer of peanut butter (crunchy or creamy) over warm (not hot) cake. (You may not need full 1/2 cup.) Frost with Fudge Frosting when cool.

Fudge Frosting:

1 stick butter
6 tablespoons buttermilk
1 teaspoon vanilla

4 tablespoons cocoa
1-pound box powdered sugar

Bring butter, cocoa and buttermilk to a boil in a saucepan. Pour over powdered sugar and mix well. Add vanilla and mix. Pour over cake. Serves 15.

Grandmother's Special White Cake

1/2 cup shortening
2 eggs
2 cups flour
3 teaspoons baking powder
Whipped cream, sweetened
Mint

1 cup sugar
1 tablespoon vanilla
1/2 teaspoon salt
1 cup milk
Fresh ripe peaches, sliced and peeled

Preheat oven to 350 degrees. Cream shortening, sugar and eggs. Stir in vanilla. Sift flour, salt and baking powder together. Alternately add dry ingredients and milk to shortening mixture. Batter will be thick. Pour into two 9-inch round greased layer pans. Bake at 350 degrees for about 30 minutes. When cooled, fill and top with sweetened whipped cream. Garnish with sliced fresh peaches and mint sprigs.

Harvest Chocolate Pumpkin Cake

For the Pumpkin Filling:

3-ounce package cream cheese, softened
1/2 cup cooked pumpkin
1/8 teaspoon ground nutmeg
1/2 cup whipping cream

1/2 cup powdered sugar
1/2 teaspoon ground cinnamon
1/4 teaspoon vanilla extract

For the Cake:

4 eggs, separated
1 teaspoon vanilla extract
1/3 cup unsweetened cocoa powder
1/4 teaspoon baking powder
1/3 cup water

3/4 cup sugar
1/2 cup all-purpose flour
1/2 teaspoon baking soda
1/2 teaspoon salt

For the Chocolate Glaze:

2 tablespoons butter
2 tablespoons water
1/2 teaspoon vanilla extract

2 tablespoons unsweetened cocoa powder
3/4 cup powdered sugar

To prepare Pumpkin Filling:

Beat cream cheese with powdered sugar. Beat in pumpkin, cinnamon, nutmeg and vanilla. Slowly add whipping cream, beating until slightly thickened. Refrigerate about 2 hours.

To prepare the Cake:

Heat oven to 375 F. Line jellyroll pan or baking pan with sides, 15 1/2-by-10 1/2-by-1-inch, with foil. Generously grease foil.

Beat egg whites in large bowl on high speed of mixer until soft peaks form; gradually add 1/2 cup sugar, beating until stiff peaks form. Set aside. Beat egg yolks and vanilla in medium bowl 3 minutes; gradually add remaining 1/4 cup sugar, beating 2 additional minutes.

Combine dry ingredients; add to yolk mixture alternately with water, beating on low speed just until smooth.

Gradually fold chocolate mixture into beaten whites with rubber spatula until well blended. Spread batter evenly in prepared pan.

Bake 12 to 15 minutes or until top springs back when touched lightly. Immediately loosen cake from edges of pan; invert on clean towel sprinkled with powdered sugar. Carefully peel off foil. Immediately roll cake in towel, starting from narrow end; place on wire rack to cool completely. Carefully unroll cake; remove towel. Spread cake with filling; reroll without towel.

To prepare Chocolate Glaze:

Melt butter in a small saucepan over low heat; add cocoa and water, stirring until smooth and slightly thickened. Do not boil. Remove from heat; cool slightly. Gradually add powdered sugar and vanilla, beating with whisk until smooth. Makes about 1/2 cup.

Spoon glaze over top of rolled cake. Refrigerate until just before serving. Cover and refrigerate any leftover dessert. Makes 10 to 12 servings.

Lazy Daisy Cake

2 eggs
1/4 cup butter
2 teaspoons vanilla
1 teaspoon baking powder

1 cup sugar
1/2 cup milk
1 cup flour

Topping:

1 cube melted butter
6 tablespoons milk
1 cup chopped nuts

1 cup brown sugar
1 teaspoon vanilla
1 cup coconut

Beat eggs until stiff and gradually add sugar. While eggs are beating, bring butter and milk to boil. Set aside, and when slightly cool, add vanilla. Sift flour and baking powder together. Add alternately and quickly, buttermilk and flour mixtures to eggs and sugar.

Bake in buttered glass baking dish (8x12) for about 25 minutes at 325 degrees. When slightly cool, spread on topping. Place under broiler until topping is brown and bubbling.

For topping: Boil butter, sugar and milk until it caramelizes. Add vanilla, walnuts and coconut.

Lemon Cake with Lemon Filling and Lemon Butter Frosting

For the cake:

| | |
|---------------------------------------------------------------------------------|---------------------------|
| 2 cups all-purpose flour | 2 teaspoons baking powder |
| 1 teaspoon salt | |
| 1/2 cup vegetable shortening or 1/2 cup (1 stick) butter or margarine, softened | |
| 1 1/4 cups sugar | 3 large eggs |
| 1 teaspoon vanilla extract | 1 cup milk |

Preheat oven to 350 F. Grease and flour two 8-inch round cake pans. In a medium bowl, stir together flour, baking powder and salt. In a large bowl, using an electric mixer at medium speed, beat shortening and sugar until light and fluffy, about 5 minutes. Add eggs, 1 at a time, beating well after each addition. Beat in vanilla. Reduce speed to low; add flour mixture alternately with milk, beginning and ending with flour mixture. Beat just until smooth, scraping bowl frequently with spatula.

Spoon batter into prepared pans and bake about 30 minutes or until toothpick inserted in the center of the cake comes out clean. Cool in the pans on wire racks 10 minutes. With small knife, loosen layers from sides of pans; invert onto wire racks to cool completely.

For the Lemon Filling:

| | |
|-----------------------------------|-------------------------|
| 3 large lemons | 1 tablespoon cornstarch |
| 6 tablespoons butter or margarine | 3/4 cup sugar |
| 4 large egg yolks | |

Grate 1 tablespoon of lemon peel. Squeeze lemons to make 1/2 cup of juice. In a 2-quart saucepan, with a wire whisk, mix cornstarch and lemon peel and juice until smooth. Add butter and sugar. Heat to boiling over medium heat. Boil 1 minute, stirring constantly.

In a small bowl, beat egg yolks lightly. While still beating, add a small amount of hot lemon mixture. Pour the egg mixture into the saucepan, beating the hot lemon mixture rapidly. Reduce heat to low; cook, stirring constantly, 5 minutes or until thick (do not boil).

Pour mixture into medium bowl. Press plastic wrap onto surface to keep skin from forming as it cools. Cool to room temperature. Refrigerate 3 hours, or up to 3 days. Makes about 1 cup.

For the frosting:

| | |
|-------------------------------------------------|--------------------------------------------|
| 1/2 cup (1 stick) butter or margarine, softened | 1 package (16 ounces) confectioners' sugar |
| 2 tablespoons fresh lemon juice | 1 teaspoon grated lemon peel |
| 2 tablespoons milk or half-and-half | |

In a large bowl, with electric mixer at medium-low speed, beat confectioners' sugar, softened butter, lemon juice and lemon peel until smooth and blended. Beat in 1 to 2 tablespoons of milk as needed for easy spreading consistency. Increase speed to medium-high; beat until light and fluffy. Makes about 2 1/2 cups.

To assemble: With a long, serrated knife, split each cake layer in half horizontally, making 4 layers. Place 1 layer, cut side up, on a cake plate. Spread half of the lemon filling up to 1/4 inch from the edge. Top with another layer, cut side down and spread with 1/2 cup frosting. Repeat with remaining 2 layers and filling. Frost side and top of cake with remaining frosting. Refrigerate cake until serving time. Makes 12 servings.

Oatmeal Cake

1 cup oatmeal
1 1/4 cups boiling water
1/2 teaspoon salt
1 teaspoon cinnamon
1 cup brown sugar
1 teaspoon vanilla

1/2 cup (1 cube) butter or margarine
1 1/3 cups flour
1 teaspoon soda
1/2 teaspoon nutmeg
1 cup white sugar
2 eggs

Icing:

1/2 cup brown sugar
1/2 cup pecans

1/2 cup evaporated milk
1 cup coconut

Preheat oven to 350 degrees F. Mix together oatmeal, butter and boiling water. Let stand 20 minutes. Sift together flour, salt and soda and spices; add to oatmeal mixture. Stir together sugars and add to oatmeal, stirring thoroughly. Stir in eggs and vanilla. Mix thoroughly. Pour into greased 9x13-inch pan. Bake for 35-40 minutes. Mix icing ingredients and pour over cake as soon as it comes out of the oven. Return to oven and cook until it bubbles around edges.

Oatmeal Cake

2 1/2 cups boiling water
1 cup butter, soft
1 cup honey
1 cup whole wheat flour
1 teaspoon baking soda
2 teaspoons nutmeg
1/2 pint whipping cream

2 cups oatmeal
2 cups brown sugar
4 eggs
1 1/2 cups white flour
2 teaspoons cinnamon
2 teaspoons vanilla

Pour boiling water over oats and let stand while preparing cake. Cream butter and brown sugar, then add honey and eggs. Stir well and add remaining ingredients, including oatmeal mixture. Blend well and pour into greased 9-by-13 pan. Bake 350 for 45-50 minutes. Serve with whipping cream.

Oatmeal Chocolate Chip Cake

1/2 cup margarine
1 cup quick-cook oats
1 cup white sugar
1 3/4 cups flour
1/2 teaspoon salt
1 teaspoon vanilla
3/4 cup nuts, chopped

1 3/4 cups boiling water
1 cup brown sugar
2 eggs
1 teaspoon soda
1 tablespoon cocoa
1 package (12 oz.) semisweet chocolate chips

Melt margarine in boiling water; stir in oatmeal and cool. Add sugars and stir well. Add eggs and blend. Stir in dry ingredients, vanilla and half the chocolate chips. Pour into greased, floured 9-by-13-inch pan. Sprinkle remaining chocolate chips and nuts over top. Bake at 350 degrees for 40 minutes.

Peachy Peach Cake

1/2 cup butter
1 teaspoon lemon rind, grated
1 cup flour
1/4 teaspoon salt
1/3 cup sugar

1/2 cup sugar
2 eggs
1 teaspoon baking powder
4 large peaches, peeled and sliced
1/2 teaspoon cinnamon

Cream butter and 1/2 cup sugar until light and fluffy. Add lemon rind. Beat in eggs, one at a time. Sift flour, baking powder and salt together and slowly beat into batter. Pour half batter into greased 8-inch square pan. Cover with peaches, then dot with remainder of batter. Combine 1/3 cup sugar and cinnamon; sprinkle over top. Bake at 350 degrees for 50 minutes. Serve with whipped cream if desired.

Pineapple Upside-Down Cake

| | |
|-------------------------------------|-----------------------------------------------|
| 1 box yellow cake mix | 1/4 cup melted butter |
| 1/8 cup brown sugar | 1 15-ounce can crushed pineapple, with liquid |
| 8 to 12 maraschino cherries, halved | |

In a 2-quart mixing bowl, make cake batter according to the directions on back of box. In a greased 3 1/2- to 5-quart slow cooker, layer melted butter, brown sugar, pineapple with juice and cherries. Pour cake batter over the top. Cover and cook on low heat 4-5 hours or until cake is firm in the center. Makes 8-10 servings.

Quick Cherry Crumb Cake

| | |
|------------------------------------------------------------|--------------------------|
| 2 cups buttermilk baking mix | 1/2 cup sugar |
| 1 teaspoon grated lemon peel | 3/4 cup dairy sour cream |
| 2 tablespoons melted butter or margarine | 1 egg, beaten |
| 1 1/2 cups pitted and halved fresh sweet cherries, divided | |
| Streusel Topping | |

Mix baking mix, sugar and lemon peel. In a separate bowl, combine sour cream, melted butter and egg; mix well. Add sour cream mixture to baking mix mixture and stir only until moistened. Fold in 1/2 cup cherries. Pour into oiled and floured 8-inch square baking pan. Sprinkle remaining cherries and Streusel Topping over batter. Bake at 375 degrees 35-40 minutes or until wooden pick inserted near center comes out clean. Serves 9.

Streusel Topping: Combine 1/2 cup flour, 3 tablespoons packed brown sugar, 1/2 teaspoon ground cinnamon and 1/4 teaspoon salt. Mix in 3 tablespoons softened butter or margarine with a fork. Add 1/4 cup chopped walnuts and mix well. Makes about 1 cup.

Raspberry-Cream Cheese Coffee Cake

| | |
|------------------------------------------------|------------------------------|
| 1 package (8 ounces) cream cheese, softened | 1 1/4 cups sugar, divided |
| 2 large eggs, 1 lightly beaten | 1 cup sour cream |
| 1 teaspoon almond extract | 2 1/2 cups all-purpose flour |
| 1 teaspoon baking powder | 1 teaspoon baking soda |
| 3/4 cup butter | |
| 3/4 cup raspberry preserves, melted and cooled | |
| 3/4 cup sliced natural almonds | |

Preheat oven to 350 degrees. Grease and flour a 10-inch springform pan and set aside. Beat cream cheese at medium speed of an electric mixer until creamy. Gradually add 1/2 cup sugar, beating well. Add 1 egg. Beat well. Set aside. Combine sour cream, almond extract and beaten egg. Stir until well-blended. Set aside.

Combine flour, baking powder, baking soda and 3/4 cup sugar in a large bowl. Cut in butter with a pastry blender until mixture resembles coarse meal. Set aside 1 cup flour mixture. Add sour cream mixture to remaining flour mixture, stirring just until dry ingredients are moistened.

Spoon batter into prepared pan, spreading evenly over bottom and 2 inches up sides of pan. Spread cream cheese mixture evenly over batter. Drizzle raspberry preserves over cream cheese mixture. Sprinkle with reserved 1 cup flour mixture. Sprinkle almonds over flour mixture.

Bake for 50 minutes or until crust is golden. Cool in pan on a wire rack 10 minutes. Remove sides of pan. Cut into wedges. Serve warm.

Shaker Dried Apple Cake

| | |
|---------------------------------|------------------------------|
| 1 cup dried apples | 1 cup molasses |
| 2/3 cup sour cream | 1 cup granulated sugar |
| 1 egg | 1 3/4 cups all purpose flour |
| 2 teaspoons baking soda | 1 teaspoon cinnamon |
| 1/2 teaspoon cloves or allspice | 1/2 teaspoon salt |

Place dried apples in a bowl and add cold water to cover. Refrigerate overnight, or at least 6 hours. Drain and chop finely. Place in a saucepan with molasses, and when it begins to simmer, cook for 20 minutes. Cool. Combine cream, sugar and egg and beat until smooth. Combine remaining dry ingredients and sift together several times. Add liquids to dry ingredients and beat until smooth. Stir in fruit and molasses mixture. Pour into a buttered and floured 8x8x2 pan and bake in a preheated 350 degrees F. oven for 45-50 minutes or until done. Dried apricots or prunes may be substituted for apples.

Sour Cream Spice Cake

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|-----------------------------|---------------------------------------------|
| 2 cups all-purpose flour | 1 1/2 cups brown sugar, packed |
| 1 cup raisins, chopped | 1 cup sour cream |
| 1/2 cup chopped walnuts | 1/4 cup stick margarine or butter, softened |
| 1/4 cup shortening | 1/2 cup water |
| 2 teaspoons ground cinnamon | 1 1/4 teaspoons baking soda |
| 1 teaspoon baking powder | 3/4 teaspoon ground cloves |
| 1/2 teaspoon salt | 1/2 teaspoon ground nutmeg |
| 2 large eggs | |

Heat oven to 350 degrees. Grease bottom and sides of rectangular pan, 13-by-9-by-2 inches, with shortening; lightly flour. Beat all ingredients with electric mixer on low speed 30 seconds, scraping bowl occasionally. Pour into pan. Bake 40 to 45 minutes, or until toothpick inserted in center comes out clean. Cool on wire rack. Frost, if desired.

Sunshine Cake

| | |
|------------------------------|-----------------------------------------------|
| 6 eggs | Pinch of salt added to eggs before beating |
| 1/3 teaspoon cream of tartar | 2/3 cups flour |
| 1 cup sugar | Grated rind of 1 lemon, or 1 teaspoon vanilla |

Separate eggs; beat yolks to a very stiff froth. Whip whites to foam, add cream of tartar and whip until very stiff. Add sugar to yolks and beat. Then add the beaten whites and flavoring. Then fold in flour lightly. Put in moderate (350 degrees) oven at once, in ungreased (tube or flat) pan. Bake for 30 to 45 minutes. Invert to cool.

Wonderful Carrot or Zucchini Cake

| | |
|--------------------------------------------------|-----------------------|
| 1 1/2-3 cups dried, shredded zucchini or carrots | 1 cup sugar |
| 1 cup brown sugar, packed | 1 1/2 cups canola oil |
| 4 eggs | 2 cups flour |
| 2 teaspoons baking powder | 1 teaspoon salt |
| 2 teaspoons baking soda | 2 teaspoons cinnamon |
| 1/2 teaspoon nutmeg | |

1 cup walnuts, chopped Pour boiling water over dried zucchini or carrots; let stand 20-25 minutes. Drain and measure out 3 cups reconstituted vegetables. In a mixing bowl, combine sugars, oil and eggs; beat 1 minute. Combine dry ingredients; mix with oil and sugar. Fold in reconstituted zucchini; blend thoroughly. Mix in nuts. Pour into greased and floured bundt or a 9-by-13-inch pan. Bake at 350 degrees for 45-60 minutes or until toothpick

inserted in middle comes out clean. Cool in round pans for 10 minutes; remove from pans. Cool completely and frost with favorite cream cheese frosting or dust with powdered sugar. Makes 16 servings.

Zucchini Spice Cake

| | |
|---------------------------------------------------|-------------------------------------------------|
| Vegetable oil spray and flour for dusting the pan | |
| 1 package plain yellow cake mix | 1 3.4-ounce package vanilla instant pudding mix |
| 1 cup sour cream | 1/2 cup water |
| 1/4 cup vegetable oil | 4 large eggs |
| 1 teaspoon ground cinnamon | 1/2 teaspoon ground nutmeg |
| 1/4 teaspoon ground cloves | 1/4 teaspoon salt |
| 2 cups grated zucchini (about 1 medium zucchini) | |

Preheat oven to 350 degrees. Generously mist a 10-inch tube pan with nonstick cooking spray, then dust with flour. Beat the cake mix, pudding mix, sour cream, water, oil, eggs, cinnamon, nutmeg, cloves and salt on low speed for 1 minute. Stop the mixer; scrape down the sides of the bowl with a rubber spatula. Beat 2-3 more minutes on medium speed. Fold in the grated zucchini. Pour the batter into the prepared pan. Bake on center oven rack until it springs back when lightly pressed with your finger, 60 to 65 minutes. Allow to cool for 20 minutes. Run a long, sharp knife around the edge of the cake and invert it on a rack or plate to cool. Frost as desired.

Pear Coffee Cake

| | |
|-----------------------------------------|---------------------------|
| 2 cups canned pears, drained and sliced | 1 teaspoon lemon juice |
| 1 egg | 3/4 cup milk |
| 1/2 cup oil | 2 cups flour |
| 1/3 cup sugar | 3 teaspoons baking powder |
| 1 teaspoon salt | |

Topping:

| | |
|-----------------------|---------------------------------------|
| 1/2 cup sugar | 1/2 cup flour |
| 1/4 teaspoon cinnamon | 1/4 cup butter or margarine, softened |

Sprinkle pears with lemon juice. Beat egg, stir in milk and oil. Stir in remaining ingredients all at once until flour is moistened (batter will be lumpy). Pour into greased 9-by-13-inch pan; top with pear slices.

For topping, cut softened butter or margarine into combined dry ingredients. Sprinkle over pears and bake at 400 degrees for 30-35 minutes.

DESSERTS – COBBLERS

Dutch Oven Cobbler

| | |
|--------------------------------|-----------------------------------------|
| 1 box white or yellow cake mix | 1 stick of butter |
| 2 cups water | 2 containers cinnamon apple pie filling |

Line dutch oven with foil. Empty pie filling into dutch oven. Empty cake mix on top of pie mix into dutch oven and spread evenly. Add 2 cups water and butter. **DO NOT MIX**. Place dutch oven on 10 coals. Place 8 coals on lid of dutch oven. Cook about 1 hour. Any type of pie filling can be used. Cherry filling with chocolate cake makes a great combination! Yummie!

FRUIT COBBLER

| | |
|-----------------------|----------------------------|
| 2 cans of pie filling | 1 white or yellow cake mix |
|-----------------------|----------------------------|

4 T butter or butter flavor Crisco

Melt butter in Dutch oven or cast iron skillet. Add pie filling and bring to boil. Mix cake mix according to package directions, substituting powdered milk and Just Whites or powdered eggs for fresh if necessary. Pour evenly over fruit. Cover and cook at medium low for 30 minutes or more until done. Serves 6-8

Rhubarb-Strawberry Cobbler

Filling

1 1/4 pounds rhubarb, cut into 1-inch chunks (4 cups)
1/2 cup sugar
1/4 cup cold water

1 tablespoon cornstarch
1 pint strawberries, hulled and quartered

Biscuits:

1 1/2 cups all-purpose flour
1 1/2 teaspoons baking powder
1/4 teaspoon salt
1/4 teaspoon ground nutmeg
3/4 cup plus 1 tablespoon heavy or whipping cream

1/4 cup plus 1 teaspoon sugar
1/2 teaspoon baking soda
1/4 teaspoon ground cinnamon
4 tablespoons cold butter cut up

1. Prepare filling: In 3-quart saucepan, heat rhubarb and sugar to boiling over high heat, stirring constantly. Reduce heat to medium-low and simmer until rhubarb is tender, about eight minutes.
2. In cup, blend cornstarch and water until smooth. Stir cornstarch mixture and strawberries into rhubarb mixture; continue cooking 2 minutes, or until mixture boils. Remove saucepan from heat.
3. Preheat oven to 400 degrees F. Prepare biscuits: In bowl, stir together flour, 1/4 cup sugar, baking powder, baking soda, salt, cinnamon, and nutmeg. With pastry blender or 2 knives used scissor-fashion, cut in butter until mixture resembles coarse crumbs. Add 3/4 cup cream, stirring just until mixture forms soft dough that pulls away from side of bowl.
4. Turn dough onto lightly floured surface; knead six to eight times to blend thoroughly. With floured rolling pin, roll dough into 10 1/2-by-6 1/2-inch rectangle, 1/2-inch thick. Cut dough lengthwise in half, the crosswise three times to make eight biscuits. Brush biscuits with remaining 1 tablespoon cream and sprinkle with remaining 1 teaspoon sugar.
5. Reheat filling until hot. Pour into 11-by-7-inch glass or ceramic baking dish or shallow 2-quart casserole.
6. Place biscuits on top of filling. Place sheet of foil under baking dish; crimp edges to form rim to catch any overflow during baking. Bake 20-25 minutes, until biscuits are lightly browned and filling is bubble. Cool on wire rack 30 minutes; serve warm. Makes 8 servings.

Berry Cobbler

Filling

2 quarts fresh berries washed and stemmed
2 cups sugar

6 tablespoons cornstarch
2 tablespoons butter or margarine

Topping

1 1/2 cups sifted flour
1/4 cup sugar
1/4 cup butter or margarine

2 teaspoons baking powder
1/2 teaspoon salt
1/2 cup milk

Preheat oven to 400 degrees F. Place berries in an ungreased 3-quart casserole; mix cornstarch and sugar and stir into berries. Taste and, if too tart, add more sugar. Dot with butter and let stand 20 minutes; stir well. Meanwhile, prepare topping. Sift flour, baking powder, sugar and salt into a bowl, then cut in butter with a pastry blender until mixture resembles coarse meal. Mix in milk with a fork to form a stiff dough. Drop from a tablespoon on top of berries, spacing evenly. Bake, uncovered, 30 minutes until lightly browned and bubbly. Cool to room temperature before serving. Makes 6 servings.

Fresh Apple Cobbler

5 cups tart green apples, peeled and sliced
1 1/2 teaspoons fresh lemon juice
3/4-1 cup sugar
1/2 teaspoon freshly grated nutmeg
2 tablespoons butter, cut into cubes

1 teaspoon cinnamon
3 tablespoons flour
1/4 cup whipping cream

Pastry:

2 cups flour
1/4 teaspoon salt
5 tablespoons cold milk

2 teaspoons baking powder
1/2 cup shortening

Preheat oven to 350 degrees. Butter a 9-by-13-inch pan; set aside.

Place prepared apples in large bowl, sprinkle with lemon juice and toss to coat. Add sugar, cinnamon, nutmeg and flour; blend.

Spread apple mixture into baking pan; scatter butter cubes over top and drizzle with cream.

Prepare pastry: Combine dry ingredients; cut in shortening with pastry blender until mixture resembles coarse meal. Add milk to form dough that holds together. Makes 10-12 servings.

Roll pastry to 1/4-inch thick. Place on top of apple mixture; cut vents in surface. Bake until crust is golden brown and filling is bubbly, about 35 minutes.

Individual Boysenberry Cobblers

1/4 cup melted butter or margarine
1 cup plus 1 1/2 tablespoons granulated sugar
1 cup whipping cream
1 quart boysenberries or blackberries
Mint sprigs (optional)

1 1/4 cups all-purpose flour
2 1/2 teaspoons baking powder
1 teaspoon vanilla
About 1 tablespoon powdered sugar

Evenly divide butter among 6 ramekins or deep ovenproof bowls (holding about 1 1/2 cups each). Place the ramekins slightly apart on a 10-by-15-inch baking pan. In a bowl, combine flour, 1 cup granulated sugar and baking powder. Add cream and vanilla and stir just until evenly moistened. Drop equal spoonfuls of dough into ramekins. In a bowl, gently mix berries with remaining 1 1/2 tablespoons granulated sugar; set aside 2/3 cup of berries and spoon remaining berries over dough. Bake in a 350-degree oven until cake portion is deep golden and springs back slightly when gently pressed, 40 to 45 minutes. Scatter remaining berries on top, sift powdered sugar over them. Serve warm; garnish with mint sprigs.

Peach-Strawberry Cobbler with Buttery Lemon Crust

For Fruit

1 1/4 pounds firm ripe peaches (about 5), peeled, pitted, cut into 1-inch thick wedges
12 ounces strawberries (about 3 cups), hulled
1/3 cup sugar

1 tablespoon cornstarch

For Topping

1/2 cup all purpose flour
Pinch of salt
1/2 cup sugar
1 teaspoon grated lemon peel
Vanilla ice cream

1/4 teaspoon baking powder
1/2 cup butter, room temperature
1 large egg yolk
1/2 teaspoon vanilla extract

For Fruit: Preheat the oven to 375 degrees F. Butter an eight-inch square baking dish. Mix all ingredients in large bowl. Let stand until sugar dissolves, stirring occasionally, about five minutes. Transfer to prepared dish.

For topping: Mix the flour, baking powder and salt in a small bowl. Using an electric mixer, beat butter and sugar in a large bowl until smooth. Beat in egg yolk, lemon peel and vanilla. Add the flour mixture; mix just until moist dough forms. Spoon the dough atop the fruit, spacing evenly. Bake until juices bubble thickly and topping is golden, about 55 minutes. Cool slightly and serve with ice cream. Makes 6 servings. For this recipe try doubling the topping mixture for a little more crust with the fruit.

Raspberry Cobbler 2 cups flour

2 cups sugar (plus 3/4-1 cup additional sugar)
2 cups milk
2 teaspoons baking powder
1 quart raspberries
1 teaspoon salt
1 stick (1/2 cup) margarine

Melt margarine in a 9-by-13-inch baking pan in oven. Mix dry ingredients well. Add milk and mix. Pour into melted margarine. Spread raspberries on top. Sprinkle with 3/4-1 cup sugar. Bake for 1 hour at 350 degrees, or until golden brown. Serve with cream or whipping cream while still warm.

BERRY COBBLER

4 cups fresh berries
1 cup flour
1/2 teaspoon salt
1 cup milk
1/2 cup butter (1 stick)
1 1/4 cups sugar
1 teaspoon baking powder
1/2 teaspoon vanilla

Toss the berries with 3/4 cup of the sugar and let stand for a few minutes. In a bowl, combine the flour, baking powder, remaining 1/2 cup sugar and the salt. Add the vanilla and milk, and stir until combined. Melt the butter in a Pyrex dish, pour the batter in and stir. Spoon the fruit over the batter; bake at 350 F for 45 minutes. Makes 8 servings.

BERRY COBBLER

4 cups fresh berries (2 cups thawed frozen berries)
1/3 cup sugar
1/4 teaspoon salt
1 teaspoon baking powder
1/2 teaspoon vanilla extract
1 cup all-purpose or whole-wheat pastry flour
1/2 cup sugar
1 cup nonfat milk
2 tablespoons butter, melted

1. Spray a 1 1/2-quart baking dish or an 8-by-8-inch pan with nonstick cooking spray and set aside. Preheat the oven to 350 F.
2. Place the fruit and 1/3 cup sugar in a bowl and set aside.
3. In another bowl, combine the flour, salt, 1/2 cup sugar and baking powder, and mix well. Add the milk, vanilla and butter, mix well and pour into the prepared pan. Add the fruit on top — do not stir.
4. Bake for about 40 minutes, or until lightly browned around the edges. Serve warm or at room temperature. This is even better with a scoop of low-fat vanilla ice cream or frozen yogurt on top. Makes 8 servings.

DESSERTS – COOKIES/ BARS/ BROWNIES

Cassie's Zucchini Brownies

| | |
|-----------------------------|----------------------------------|
| 2 cups all-purpose flour | 1 teaspoon salt |
| 1 1/2 teaspoons baking soda | 1/3 cup unsweetened cocoa powder |
| 1 cup white sugar | 2 eggs |
| 2 cups grated zucchini | 1/2 cup vegetable oil |
| 1 teaspoon vanilla extract | 1/2 cup chopped walnuts |

Preheat oven to 350 degrees. Grease a 10-by-15-inch jellyroll pan. In a large mixing bowl, sift together flour, salt, soda, cocoa and sugar. Combine eggs, zucchini, oil and vanilla; blend into dry ingredients. Stir in walnuts. Bake for 20 minutes in preheated oven. Cool in the pan, and then cut into bars.

Best Gotta-Have-It Brownie

Brownies:

| | |
|------------------------|------------------------------------|
| 1 cup butter, softened | 2 cups sugar |
| 1/3 cup cocoa | 4 eggs |
| 1 1/2 cups flour | 2 teaspoons vanilla |
| 1/4 teaspoon salt | 1 1/2 cups chopped nuts (optional) |

Topping:

| | |
|--------------------------------|---------------------------|
| 1 pound mini marshmallows | 1 2/3 cups powdered sugar |
| 1/2 cup butter, softened | 1/3 cup cocoa |
| 1/3 cup canned evaporated milk | |

Mix butter, sugar and cocoa. Stir in eggs; add flour, vanilla, salt and chopped nuts. Stir; pour into greased, 1-inch-deep baking sheet. Bake at 350 degrees for 20 minutes or until done. Cover with mini marshmallows; bake for 3 minutes. Mix powdered sugar, butter, cocoa and evaporated milk. Frost brownies.

Body Shop Spa Brownies

| | |
|------------------------------------|------------------------------------------|
| 1/2 cup prunes, cut in quarters | 1/2 cup water |
| 1 cup whole-wheat flour | 1/2 cup cocoa powder |
| 2 teaspoons baking powder | 1 dash salt |
| 2 teaspoons flax seeds | 3/4 cup turbinado sugar |
| 5 ounces fat-free rice milk, plain | 1/2 cup maple syrup |
| 1 1/2 teaspoons vanilla | 2 tablespoons chopped walnuts (optional) |

Cut a piece of parchment paper to fit an 8-by-8-inch baking pan. Oil the pan and place the paper in the bottom. Preheat the oven to 350 degrees. Combine prunes and water in a small saucepan and bring to a boil. Reduce heat and simmer for 5 minutes, until prunes are very soft and some of the water has evaporated. Pour prunes and any remaining water into a blender cup and set aside.

Sift the whole wheat flour, cocoa, baking powder and salt into a medium bowl. Stir together until well mixed. Set aside.

Using a spice grinder, grind the flax seeds into a coarse meal. Add them to the prunes in the blender cup along with the turbinado sugar, rice milk, maple syrup and vanilla. Blend well until mixture is smooth and frothy. If necessary, stop the blender once and use a long handled spoon to scrape down the sides. Pour into a large bowl.

Add the dry ingredients and (optional) walnuts to the wet ingredients, and stir just until combined. Do not overmix. Pour batter into the prepared baking pan and spread evenly. Bake for 40-55 minutes, until brownies are firm to the touch and have pulled away from the sides of the pan. Cool, then cut into 12 pieces. Serves 12.

Gourmet Mint Brownies

Brownies:

| | |
|-------------------------------------------------------------|-------------------------------|
| 1 (8-ounce) package cream cheese, softened | 1/4 cup sugar |
| 1 egg | 1 teaspoon peppermint extract |
| 4 drops green food coloring | 1 cup margarine or butter |
| 4 ounces (4 squares) unsweetened chocolate, cut into pieces | |
| 2 cups sugar | 2 teaspoons vanilla |
| 4 eggs | 1 cup all-purpose flour |

Frosting:

| | |
|-------------------------------------------------------------|----------------------------|
| 2 tablespoons margarine or butter | 2 tablespoons corn syrup |
| 2 tablespoons water | |
| 2 ounces (2 squares) unsweetened chocolate, cut into pieces | |
| 1 teaspoon vanilla | 1 cup confectioners' sugar |

Garnish:

Sugared mint leaves and violets

Brownies: Heat oven to 350 degrees. Grease and flour 9-by-13-inch pan. In small bowl, beat cream cheese and 1/4 cup sugar until smooth. Add 1 egg, mint extract and food coloring; mix well. Set aside.

In large saucepan, melt margarine and chocolate over very low heat, stirring constantly. Remove from heat; cool slightly. Stir in sugar and vanilla. Add 4 eggs, one at a time, beating well after each addition.

Lightly spoon flour into measuring cup; level off. Stir flour into chocolate mixture; mix well. Spread in prepared pan. Carefully spoon prepared cream cheese filling over brownie mixture. Gently cut through layers with knife to marble.

Bake at 350 degrees for 45 to 50 minutes or until set. Cool completely.

Frosting: In heavy saucepan, bring margarine, corn syrup and water to a rolling boil. Remove from heat. Add chocolate; stir until melted. Stir in vanilla and enough confectioners' sugar for desired spreading consistency. Beat until smooth. Frost cooled bars. Cut into 36 bars. Store in refrigerator, if desired.

If desired, garnish with sugared fresh mint leaves and violets using egg white and superfine sugar.

Whip egg white until foamy using a fork. Use a small brush and brush the egg white on the top and bottom of mint leaves and violets. Place on a piece of wax paper and sprinkle superfine sugar on leaves and violets using a flour sifter or salt shaker. Let them dry at room temperature. Store in airtight container for three or four days.

One-Bowl Cream Cheese Brownies

| | |
|----------------------------------------|--------------------------------------------|
| 4 squares unsweetened baking chocolate | 3/4 cup (1 1/2 sticks) butter or margarine |
| 2 cups sugar | 4 eggs |
| 1 teaspoon vanilla | 1 cup flour |
| 1 cup coarsely chopped nuts | 8-ounce package cream cheese, softened |
| 1/3 cup sugar | 1 egg |
| 2 tablespoons flour | |

Heat oven to 350 degrees F (325 degrees F for glass baking dish). Microwave chocolate and butter in large microwave-safe bowl on high (100 percent power) for 2 minutes or until butter is melted. Stir until chocolate is completely melted. (Or, on stove top, heat chocolate and butter over very low heat in small saucepan, stirring constantly until melted and smooth.)

Stir the 2 cups sugar into chocolate until well blended. Mix in 4 eggs and vanilla. Stir in 1 cup flour and nuts until well blended. Spread in greased 13- by 9-inch baking pan. Beat cream cheese, the 1/3 cup sugar, 1 egg and 2 tablespoons flour in same bowl until well blended. Spoon mixture over brownie batter. Swirl with knife to marbleize. Bake 40 minutes or until toothpick inserted in center comes out with fudgy crumbs. Do not overbake. Cool in pan. Cut into squares. Makes 24 brownies.

Jubilees (crisp, chewy cookies)

| | | | |
|----------------|------------|--------|----------------|
| 1/4 lb. butter | 1 c. sugar | 2 eggs | 1 tsp. Vanilla |
|----------------|------------|--------|----------------|

1 ½ c. (215 g) flour
 Cornflakes, slightly crumbled

1 tsp. Baking powder
 Jam or jelly

¼ tsp. Baking soda

½ tsp. Salt

Preheat the oven to 350 degrees F. (180 degrees C) and grease some cookie sheets. Cream the butter, then add the sugar gradually, combining well. Add the eggs and vanilla and mix well. Mix together the flour, baking powder, baking soda, and salt. Add to the first mixture and combine thoroughly. Chill until firm enough to handle, then shape with your fingers into 1-inch balls. Roll in cornflakes and place on the cookie sheets, about 2 inches apart. Indent each in the center with your finger and fill with a little jam or jelly. Bake for 15-20 minutes or until firm. (Makes about 40 cookies)

Eat-N-Run Bars

1/2 c. margarine

3 c. mini marshmallows

1/2 c. peanut butter

1/4 c. dry milk

1/4 c. Tang

1/4 c. wheat germ (opt)

1 c. raisins

4 c. Cheerios cereal

In large saucepan, melt margarine and marshmallows over low heat, stirring constantly. Stir in peanut butter until melted. Mix in milk and tang powder and wheat germ.

Remove from heat. Fold in raisins and cereal, stirring until evenly coated. Pat evenly into a buttered pan, 9 by 9 inches. Cool. Cut into bars about 3 inches by 1.

Tangy Lemon Bars

2-1/2 cps

flour – divided

½ cp.

Powdered sugar

1 cp.

Butter/margarine

1 tsp.

Baking powder

4

Eggs

2 cps.

Sugar

½ tsp.

Grated Lemon Rind

¾ cp.

Lemon juice

Combine 2 cups flour and ½ cup powdered sugar. Cut butter into flour mixture with a pastry blender until mixture resembles course meal. Spoon flour mixture into an ungreased 13x9x2 pan, press firmly and evenly. Bake at 350 for 20-25 minutes or until crust is lightly browned.

While crust is baking beat together, eggs, sugar, remaining flour and baking powder until light (approx. 3 min.)

(This is an important step). Then stir in lemon juice and pour over crust and bake an additional 25-30 min. or until lightly browned and set.

Cool on a wire rack. When cool dust lightly with powdered sugar and cut into bars. Makes about 2 dozen.

Swedish Ginger Cookies

1/2 C. Molasses

1/2 C. Butter

2 1/2 C. Sifted all-purpose flour

1/4 tsp. Baking soda

1/2 tsp. Cinnamon

1/2 C. Sugar

1 Egg, well-beaten

1/4 tsp. Salt

1/2 tsp. Ginger

1.Heat molasses in small saucepan to boiling point.The boil 1 minute. Add sugar and butter and stir until butter is melted.Cool. Beat in egg. Sift together flour, salt, soda and spices.

2.Add to first mixture and mix thoroughly. Cover bowl tightly and chill overnight.

3.Roll out a portion of the dough at a time on lightly floured pastry cloth. Roll out thin.

4.Cut into desired shapes. Bake in a moderate oven (350) 6 to 8 minutes.

Note: The dough may be shaped into a roll and wrapped in waxed paper.

Chill thoroughly overnight or longer.

Slice thin and bake in moderate oven (350). These should be stored in an airtight container - allow flavor to "ripen".

Jam or Marmalade Bars

½ c. shortening

½ c. sugar

½ tsp. Vanilla

½ tsp. Almond extract

1 egg

1 ½ c. flour

1 tsp. Baking powder

½ tsp. Cinnamon

¼ tsp. Ground cloves

½ tsp. Salt

Raspberry jam or marmalade

Preheat the oven to 400 degrees F. (205 degrees C). Grease an 8-inch square pan. Cream the shortening with the sugar, vanilla, and almond extract. Stir in the egg and blend well. Mix together the flour, baking powder, cinnamon, cloves, and salt, add to the first mixture, and combine thoroughly. Spread half the dough in the pan. Cover with a layer of jam or marmalade. Pat the remaining dough on top and bake for about 25 minutes. Cool, then cut into bars 1 x 4 inches. (Makes 16 bars)

WHOLE WHEAT BROWNIES

| | | |
|-------------------------------------------|---------------|------------------------|
| 3/4 C. vegetable oil or melted shortening | 2 C. sugar | 4 eggs |
| 1 C. applesauce | 2 tsp vanilla | 2 C. whole wheat flour |
| 1 tsp baking powder | 1/2 tsp salt | 1/2 tsp baking soda |
| 1/2 C. cocoa | | |

Cream oil or shortening and sugar. Add eggs, applesauce, and vanilla. In a separate bowl, combine flour, baking powder, salt, baking soda, and cocoa. Grease 13X 9 pan and pour in batter. Bake at 350 for 35-40 minutes. You can add chocolate chunks, fruit, or nuts for variety. NOTE: If you have a grain mill, grind your wheat on the finest setting. They are more like a cake than a brownie, but are still good.

Frosting:

| | | | |
|-------------------------|-----------|---------------------|---------------|
| 1/2 C. melted margarine | 2 T cocoa | 2 C. powdered sugar | 1 tsp vanilla |
|-------------------------|-----------|---------------------|---------------|

Mix with milk to spreading consistency.

Peanut Butter Oatmeal Cookies

| | | |
|-----------------------------|----------------------------|----------------------|
| 1 1/2 c. peanut butter | 3/4 c. butter or margarine | 3/4 c. shortening |
| 3 3/4 c. packed brown sugar | 3 eggs | 1 c. chocolate chips |
| 3 tsp. Vanilla | 3 c. whole-wheat flour | 3 tsp. Baking powder |
| 1 1/2 tsp. Salt | 3 c. rolled oats | |

Mix together peanut butter, butter, shortening and sugar till creamy. Add eggs and vanilla and mix well. Add flour, baking powder and salt to creamed mixture, blending well. Stir in oats. Drop cookies onto ungreased cookie sheet. Bake 14 minutes at 350 degrees. Makes 12 dozen.

Peanut Butter Cookies

| | |
|----------------------|------------------------|
| 1 c. softened butter | 1 c. peanut butter |
| 1 1/4 c. honey | 2 eggs |
| 1 tsp. Vanilla | 4 c. whole-wheat flour |
| 1/2 tsp. Salt | 2 tsp. Soda |

Blend butter until smooth. Add peanut butter and blend again. Add honey and blend again. Add eggs 1 at a time and beat until mixed. Add vanilla. Add dry ingredients and mix well. Roll into balls and put on ungreased cookie sheet. Use a fork dipped in cold water and flatten with a criss cross of the fork. Bake at 350 degrees for 10 minutes on the top rack of the oven. Remove immediately. Cool and enjoy.

Peanut Butter Oatmeal Log Roll

| | |
|------------------|--------------------|
| 2 c. rolled oats | 2 c. powdered milk |
| 1 c. raisins | 1 c. peanut butter |
| 1 c. corn syrup | |

Combine rolled oats and peanut butter. Mix well. Add remaining ingredients. Using hands, mix well, separate into 4 parts. Roll into the shape of a log. Slice into 1/2: pieces.

Peanut Butter Log

| | | |
|--------------------|--------------|-------------------------------|
| 1 c. Peanut Butter | 1/2 c. Honey | 1 1/2 c. Non instant dry milk |
|--------------------|--------------|-------------------------------|

Coconut

Mix peanut butter, honey, and milk powder in a bowl. Shape into log then roll in coconut. Chill for 30 minutes or until firm.

Tangy Lemon Bars

| | |
|----------------------------|------------------------|
| 2-1/2 cps flour – divided | 1/2 cp. Powdered sugar |
| 1 cp. Butter/margarine | 1 tsp. Baking powder |
| 4 Eggs | 2 cps. Sugar |
| 1/2 tsp. Grated Lemon Rind | 3/4 cp. Lemon juice |

Combine 2 cups flour and 1/2 cup powdered sugar. Cut butter into flour mixture with a pastry blender until mixture resembles course meal. Spoon flour mixture into an ungreased 13x9x2 pan, press firmly and evenly. Bake at 350 for 20-25 minutes or until crust is lightly browned.

While crust is baking beat together, eggs, sugar, remaining flour and baking powder until light (approx. 3 min.) (This is an important step). Then stir in lemon juice and pour over crust and bake an additional 25-30 min. or until lightly browned and set. Cool on a wire rack. When cool dust lightly with powdered sugar and cut into bars. Makes about 2 dozen.

Oatmeal Dried Fruit Cookies

| | |
|-----------------------------------------------|-----------------------------|
| 1-1/4 cups butter or margarine, softened | 1-1/4 cups brown sugar |
| 1 egg | 2 teaspoons vanilla extract |
| 1-1/2 cups all-purpose flour | 1 teaspoon baking soda |
| 1 teaspoon salt | 1 teaspoon ground cinnamon |
| 1/2 teaspoon ground nutmeg | 3 cups quick cooking oats |
| 1 cup dried cranberries, or other dried fruit | |

Preheat oven to 375 degrees F (190 degrees C). In a large bowl, cream together the butter and sugar until light and fluffy. Beat in the egg, then stir in the vanilla. Sift together the flour, baking soda, salt, cinnamon and nutmeg; gradually stir into the creamed mixture. Finally, stir in the quick oats and dried fruit. Drop by rounded spoonfuls onto the unprepared cookie sheet. Bake for 8 to 10 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely. Make 3 dozen. (36 servings)

Chocolate Chip Cookies - Makes about 100 cookies

| | | |
|------------------------|--------------|------------------------------|
| 2 c. Crisco shortening | 2 c. sugar | 1 c. brown sugar |
| 4 eggs | 4 t. vanilla | 4 c. WW flour (or 1/2 white) |
| 2 t. baking soda | 2 t. salt | 2 c. oatmeal |
| 2 c. chocolate chips | | |

Beat shortening, sugars, eggs and vanilla until creamy. Add dry ingredients 1 cup at a time, when mixed, add in choc. chips. Bake at 350° for 11 minutes on greased cookie sheet. (recipe can be halved)

Cheesecake Squares

| | | |
|---------------------|----------------------|--------------------------------|
| 2 c. condensed milk | 1/2 c. lemon juice | 3/4 c. shortening or margarine |
| 1 c. brown sugar | 1 3/4 c. wheat flour | 1/2 t. baking soda |
| 1 t. salt | 1 1/2 c. oats | |

In blender, blend condensed milk and lemon juice until set. Set aside. Mix shortening and sugar. Mix flour, soda, salt and oats together. Mix the flour mixture with the shortening mixture until crumble. Place 1/2 of the crumb mixture in a greased 9 x 13 pan. Press into pan. Spread lemon filling over the top of crumb crust. Top with remaining crumb mixture. Bake at 350°, 25-30 minutes or until lightly browned. Cool and cut into bars.

Apple Streusel Bars

For crust:

| | |
|----------------------------|-------------------|
| 2 cups flour | 1/2 cup sugar |
| 1/2 teaspoon baking powder | 1/2 teaspoon salt |
| 1 cup butter, softened | 1 egg, beaten |

For apple filling:

| | |
|---------------------|--------------------------------------|
| 1/2 cup sugar | 1/4 cup flour |
| 1 teaspoon cinnamon | 6 cups peeled & sliced baking apples |

For glaze:

| | |
|----------------------|------------------------------------|
| 1 cup powdered sugar | milk (enough to make a thin glaze) |
| 1/2 teaspoon vanilla | |

To prepare pastry:

Combine flour, sugar, baking powder and salt. Cut in butter. Stir in egg to moisten (mixture will be dry). Divide mixture in half. Press half in the bottom of a lightly greased 9-by-13-inch pan. Preheat oven to 350 degrees.

To prepare apple filling:

Combine apples with sugar, flour and cinnamon. Stir to coat. Arrange apples over bottom crust. Crumble remaining dough over apples. Bake for 40 minutes. Cool.

To prepare glaze:

Combine powdered sugar and vanilla. Add enough milk to make a thin glaze. Drizzle across top of apple bars. Cut into squares.

Apricot Oatmeal Cookies

| | |
|-------------------------|-----------------------------------|
| 3 cups butter, softened | 3 cups confectioners' sugar |
| 1 large egg | 3/4 teaspoon pure vanilla extract |
| 6 cups flour | 3 cups old-fashioned rolled oats |
| Pinch of salt | 1 1/2 cups diced apricots |

In an electric mixer with the paddle attachment, cream the butter until fluffy. Add confectioners' sugar, and cream until smooth. Add egg and vanilla and beat until incorporated.

In a larger bowl combine flour, oats and salt. Beat dry ingredients into butter mixture until a dough forms. Stir in apricots. (If necessary, because of the volume, transfer the dough to a large bowl to finish the mixing by hand.) Shape the dough into 4 equal logs, each 2 inches in diameter. Or, for larger cookies, shape the logs 3 inches in diameter. Wrap logs separately in plastic wrap and chill until firm, about 2 hours.

Preheat oven to 325 F. Line baking sheets with parchment paper. With a sharp knife, slice cookies 1/4-inch thick and arrange on baking sheets, leaving about 1/2 inch between. Bake the cookies for 20 minutes, or until golden brown. Cool on wire racks. Makes about 120 2-inch rounds or about 60 3-inch rounds.

Aunt Linda's Chocolate Chip Cookies

| | |
|--------------------------------------|------------------------|
| 1 cup plus 2 tablespoons brown sugar | 1 egg |
| 3/4 cup shortening | 3/4 teaspoon salt |
| 2 1/2 teaspoons baking soda | 3/4 teaspoon vanilla |
| 1 3/4 teaspoons water | 2 1/2 cups bread flour |
| 1 package (12 oz.) chocolate chips | |

Combine brown sugar, egg, shortening, salt, soda, vanilla and water. Beat on high for one minute. Scrape bowl and beat one more minute; add flour. Combine until mixed. Beat on high for one minute; fold in chocolate chips. Refrigerate for one hour. (This will increase the height of the cookie.) Bake on ungreased cookie sheet at 350 degrees for 10 minutes. Makes about 3 dozen cookies.

Boiled Cookies

| | |
|----------------------|-----------------------|
| 3 cups quick oatmeal | 1/2 cup peanut butter |
| 2 cups sugar | 2 tablespoons cocoa |
| 1/2 cup milk | 1/2 cup margarine |

Place oatmeal and peanut butter in a large bowl. Mix sugar, cocoa, milk and margarine in a saucepan and bring to a boil, stirring constantly. Boil 1 minute. Pour over oatmeal and peanut butter. Mix thoroughly. Drop by the teaspoonful on waxed paper and let cool. Makes about 3 dozen.

Chewy Oatmeal-Peanut Butter Cookies

Preparation time: 15 minutes plus baking

Yield: About 6 dozen cookies

| | |
|-------------------------------|---------------------------|
| 1/3 cup butter or margarine | 1 cup brown sugar, packed |
| 3/4 cup sugar | 3 eggs |
| 1 teaspoon vanilla | 2 cups peanut butter |
| 4 1/2 cups quick-cooking oats | 2 teaspoons soda |

Choice or all of following:

| | |
|---------------------------------|---------------|
| 1 cup M&M's | 1 cup raisins |
| 1 cup semisweet chocolate chips | |

Cream butter and sugars; add eggs, vanilla and peanut butter until well-blended. Stir in oats, soda and optional choice ingredients. Shape into 1-inch balls, place on greased cookie sheet and flatten to 2-inch diameter. Bake at 350 degrees for 8-10 minutes. Cool on cookie sheet for 2 minutes before removing to rack to cool completely.

Chocolate Chip Cookie Dough

| | |
|-----------------------------------|--------------------|
| 2 cups shortening | 2 cups white sugar |
| 2 cups brown sugar | 4 eggs |
| 2 teaspoons vanilla | 5 cups flour |
| 2 teaspoons baking soda | 2 teaspoons salt |
| 1-2 packages mini chocolate chips | |

Mix first five ingredients, stir in dry ingredients. Dough is done when it forms a ball and pulls away from the sides of the bowl. Divide dough into 4-5 sections and wrap in plastic. Put wrapped rolls into a Ziploc bag and freeze. To bake: defrost in refrigerator or for a few minutes in a microwave. Roll into balls and place on greased cookie sheet. Bake at 350 degrees for 10-12 minutes.

Chocolate Chip Cookies

| | |
|------------------------------|--------------------------------------|
| 1 1/2 cups butter, softened | 1 1/4 cups firmly packed brown sugar |
| 1 cup sugar | 2 eggs |
| 1 tablespoon vanilla extract | 3 3/4 cups all-purpose flour |
| 1 cup quick-cooking oats | 2 teaspoons baking soda |
| 1 teaspoon salt | |

Choose from the following stir-ins:

1 1/2 cups candy-coated chocolate pieces
Two 4-ounce bars milk chocolate, cut into small chunks
12-ounce package semisweet chocolate chips
1 1/2 cups raisins

Heat oven to 350 degrees F. In large mixer bowl combine butter, brown sugar and sugar. Beat at medium speed, scraping bowl often, until creamy, 1 to 2 minutes. Add eggs and vanilla, continue beating until well mixed, about 1 minute. Reduce speed to low; add all remaining cookie ingredients. Continue beating, scraping bowl often, until well mixed, 1 minute to 2 minutes. By hand, stir in chocolate pieces or desired stir-in.

Drop by rounded tablespoonfuls 2 inches apart onto ungreased cookie sheets. Bake for 10 minutes to 12 minutes or until very lightly browned. For even baking, rotate cookie sheets halfway through baking time. Let stand 1 minute before removing from cookie sheets. Makes 5 dozen cookies.

Variations:

Cocoa Chocolate Chip Cookies: Omit quick-cooking oats and substitute 1/2 cup unsweetened cocoa.

Peanutty Chocolate Chip Cookies: Omit quick-cooking oats and substitute 1 cup peanut butter.

Easy Chocolate Chip Bars: Prepare cookies as directed above. Spread dough into lightly greased 15-by-10-by-1-inch jellyroll pan. Bake in a 350-degree F oven for 25 minutes to 30 minutes or until toothpick inserted in center comes out clean. Cool completely. Cut into 48 bars.

Fudgy Nut Bars

| | |
|------------------------------------|--------------------------------|
| 1 cup margarine | 2 cups brown sugar |
| 2 eggs | 2 teaspoon vanilla |
| 2 1/2 cups flour | 1 teaspoon baking soda |
| 1 teaspoon salt | 3 cups oats |
| 1 12-ounce package chocolate chips | 1 can sweetened condensed milk |
| 2 tablespoons margarine | 1 cup chopped nuts |
| 1/2 teaspoon salt | 2 teaspoon vanilla |

Cream margarine and sugar, add eggs and vanilla. Add flour, baking soda, salt and oats. Set aside.

Pat 2/3 of dough mixture into greased 9-by-13 pan.

In double boiler, mix and melt chocolate chips, condensed milk, 2 tablespoons margarine, nuts, salt and vanilla. (Or microwave until melted and smooth).

Spread chocolate mixture over dough mixture in pan. Put remaining dough on top. (It won't cover the chocolate — parts will show through).

Bake at 350 degrees for 25 minutes.

GINGERBREAD HOUSE

This recipe makes one complete house, with enough dough left over for two sides of another house.

| | |
|------------------------|---------------------------|
| 2 3/4 cups flour | 3 teaspoons baking powder |
| 1/8 teaspoon cloves | 1/2 teaspoon cinnamon |
| 1/3 cup brown sugar | 2/3 cup molasses (light) |
| 1 egg, slightly beaten | 1/2 cup melted shortening |

Mix dry ingredients, sugar included, together in large mixing bowl. Combine egg and molasses, then add to the dry ingredients and mix. Add melted shortening to mixture and mix with wooden spoon until all mixture pulls together in a ball. Lightly grease and flour a cookie sheet. Roll the dough out on a cookie sheet. Place the pattern for the house pieces on the dough and cut out the pattern. Be sure to remove the dough from the windows. Bake at 375 degrees for 10-12 minutes. Allow to cool completely before using.

Snow Icing

| | |
|----------------------------------|----------------------------|
| 6 egg whites | 1 teaspoon cream of tartar |
| 1 2-pound package powdered sugar | |

Beat egg whites to soft peaks. Add cream of tartar and mix well. Slowly add powdered sugar and continue beating to stiff peaks. Keep covered until use so it doesn't dry out.

Jumbo Oatmeal Peanut Butter Cookies

| | |
|--------------------|-----------------------|
| 3/4 cup margarine | 1/2 cup peanut butter |
| 1 cup sugar | 1 cup brown sugar |
| 2 eggs | 1/4 cup milk |
| 1 teaspoon vanilla | 2 cups flour |

| | |
|--------------------------------|-----------------------|
| 1 teaspoon soda | 1 teaspoon salt |
| 1 teaspoon cinnamon (optional) | 1 cup chocolate chips |
| 1 1/2 cups oatmeal | |

Cream together margarine, peanut butter and sugars. Add eggs, milk and vanilla. Mix until smooth. Gradually add flour, soda and salt, mixing well. Stir in oatmeal and chocolate chips. Drop on ungreased cookie sheet and bake at 375 degrees for 10 minutes.

Lemon Bars

For the crust:

| | |
|--------------------------------------------------------------------------|------------------------------|
| 1 1/2 cups all-purpose flour | 1/2 cup confectioners' sugar |
| 12 tablespoons (1 1/2 sticks) unsalted butter, cut into pieces, softened | |

For the filling:

| | |
|--------------------------------|-----------------------------------|
| 4 large eggs | 1 1/2 cups granulated sugar |
| 1 tablespoon all-purpose flour | 1 tablespoon grated lemon peel |
| 1/2 cup fresh lemon juice | Confectioners' sugar, for dusting |

Preheat the oven to 350 F. Lightly butter a 12-by-9-by-2-inch baking pan.

For the crust, combine the flour and confectioners' sugar in a medium bowl. Add the butter and stir or cut it in with a pastry blender until the mixture resembles coarse meal. If it's too soft, chill it for 30 minutes.

Press the mixture into the bottom and up the sides of the pan. Bake until golden brown, about 18 minutes. Let cool.

For the filling, whisk together the eggs, sugar, flour, lemon peel and lemon juice in a medium bowl. Pour the filling into the baked crust. Skim off any bubbles from the surface of the filling. Bake until the filling is set, about 30 minutes longer.

Let cool on a rack, then cut into 24 bars. Sift confectioners' sugar over the bars before serving. Store in the refrigerator. Makes 24 bars.

Lorraine McBride's Pumpkin Cookies

| | |
|-----------------------------------------------|---------------------------|
| 1 cup shortening | 4 eggs |
| 3 cups sugar | 1 small can pumpkin |
| 3 cups flour | 1 teaspoon salt |
| 2 teaspoons nutmeg | 2 teaspoons cinnamon |
| 2 teaspoons baking soda | 2 teaspoons baking powder |
| 1 Tablespoon vanilla | 2 cups flour |
| 2-3 cups chocolate chips or raisins, optional | |

Mix shortening, eggs and sugar. Stir in pumpkin. Add three cups of flour and mix until blended. Add salt, spices, baking powder and baking soda and vanilla. Stir in 2 more cups of flour. When thoroughly mixed, add chocolate chips or raisins, if desired.

Drop by teaspoonful on sprayed cookie sheet. Bake at 375 degrees F. for 10-12 minutes. Yield 6-7 dozen

Old-Fashioned Sour Cream Cookies

| | |
|--------------------|----------------------------|
| 1/2 cup shortening | 1 1/2 cups sugar |
| 2 eggs | 1 cup sour cream |
| 1 teaspoon vanilla | 2 3/4 cups flour |
| 1/2 teaspoon soda | 1/2 teaspoon baking powder |
| 1/2 teaspoon salt | |

Mix shortening and sugar. Stir in eggs one at a time. Add sour cream and vanilla. Stir in dry ingredients. Chill dough for one hour. Drop by teaspoonfuls on ungreased cookie sheet. Bake at 375 for 8-10 minutes.

McIntosh McAroons

| | |
|----------------------------|---------------------------------------|
| 14 ounce bag flake coconut | 1 cup flour |
| 1/4 teaspoon salt | 14 ounce can sweetened condensed milk |
| 2 1/2 teaspoons vanilla | 1 cup semisweet chocolate chips |
| 4 tablespoons margarine | |

Mix coconut, flour, and salt in large bowl. Add sweetened condensed milk and vanilla. On well-greased cookie sheet, drop dough by tablespoons, shaping into a round cookie. Bake at 375 degrees for 12-13 minutes, until a few flakes of coconut look toasted. DON'T OVERBAKE! Remove and cool. Melt chocolate chips and margarine (use a small, deep bowl — for easy dipping) in microwave (high) for about 2 minutes. Stir until smooth. Dip half of each cookie into chocolate, covering top and bottom. (Rewarm chocolate in microwave if it thickens while dipping). Place cookie on buttered plate and continue, until entire batch of macarons are dipped. Place in refrigerator for 10 minutes to set chocolate. Macarons should be half white, half brown.

Mom's Cookie Bars

| | |
|---------------------------------------|--------------------------------|
| 2 cups flour | 2 teaspoon baking powder |
| 1/2 teaspoon salt | 1/2 teaspoon pumpkin pie spice |
| 1 teaspoon cinnamon | 1 square butter |
| 1 cup sugar | 2 eggs, beaten |
| 1 teaspoon vanilla | 3/4 cup raisins |
| 3/4 cups maraschino cherries, chopped | |
| 1/2 cup nuts, chopped | |

Glaze:

| | |
|--------------------------------------------------|--------------------|
| 1 1/2 cups powdered sugar | 1 teaspoon vanilla |
| 2-4 tablespoons milk or to spreading consistency | |

Sift dry ingredients together; set aside. Cream sugar and butter; add eggs and vanilla. Stir in dry ingredients, raisins, cherries and nuts. Mold into cylinders; flatten into bars on greased cookie sheet. Bake at 350 degrees for about 15 minutes or until lightly browned. Cool and glaze. Makes about 60 bars.

For glaze, combine all ingredients; whisk until smooth and spreading consistency. Brush over cooled cookie bars.

Nanaimo Squares

For crust:

| | |
|--------------------|------------------------------|
| 1/2 cup butter | 1 teaspoon vanilla |
| 1/4 cup sugar | 5 tablespoons cocoa |
| 2 tablespoons milk | 1/2 cup chopped walnuts |
| 1 cup coconut | 2 cups graham cracker crumbs |

For custard:

| | |
|----------------|-------------------------------------|
| 1/4 cup butter | 3 tablespoons Bird's Custard Powder |
|----------------|-------------------------------------|

| | |
|-------------------------|----------------------|
| 3 to 4 tablespoons milk | 2 cps powdered sugar |
|-------------------------|----------------------|

For chocolate glaze:

| | |
|-------------------------------|---------------------|
| 4 squares semisweet chocolate | 1 tablespoon butter |
|-------------------------------|---------------------|

Prepare crust by mixing butter, sugar, vanilla, cocoa, and milk. Add graham cracker crumbs, coconut and walnuts. Mix well. Press into a 9-inch square pan and chill. Prepare custard by creaming together butter, milk, and custard powder. Blend in powdered sugar and spread over bottom layer. Chill well. In separate bowl, melt 4 squares semisweet chocolate with 1 tablespoon butter in microwave or over hot water. Stir until melted and spread carefully over chilled custard layer. Cut into 1-inch squares and serve in petit four paper cups.

Oatmeal Chocolate Chip Bars

| | |
|--------------------------------------------------------|----------------------------------|
| 1 1/2 cups firmly packed brown sugar | 1 cup shortening |
| 2 tablespoons molasses | 2 teaspoons vanilla |
| 2 eggs | 3 cups quick-cooking rolled oats |
| 1 cup all-purpose flour | 1 teaspoon baking soda |
| 1 teaspoon salt | 3/4 cup chopped nuts |
| 1 12-ounce package (2 cups) semi-sweet chocolate chips | |

Heat oven to 350 degrees. Grease a 15-by-10-by-1 or 13-by-9-inch pan. In large bowl, beat brown sugar and shortening until light and fluffy. Add molasses, vanilla and eggs; blend well. Stir in oats, flour, baking soda and salt; blend well. Stir in nuts and chocolate chips. Spread in greased pan.

Bake at 350 degrees for 20 to 25 minutes or until light golden brown and center is set. Cool slightly. Cut into bars. Serve warm or cool. Makes 4 dozen.

Old Fashioned Gingersnaps

| | |
|------------------------------------|---------------------------------|
| 3/4 cup butter | 1 cup sugar |
| 1 egg | 1/4 cup molasses, light or dark |
| 2 cups flour, stirred and measured | 2 teaspoons soda |
| 1/2 teaspoon salt | 2 teaspoons ground ginger |
| 3/4 teaspoon ground cinnamon | |
| 1/4 teaspoon ground cloves | |

Cream butter, add sugar gradually. Beat until fluffy. Add egg and molasses; blend. Stir or sift together flour, soda, salt and spices. Stir into dough. Roll dough into balls about the size of walnuts; roll in granulated sugar. Place on ungreased baking sheet 1 1/2 inches apart. Bake at 350 degrees for 8-10 minutes, or until cookies have melted and puffed. For crisper cookies, bake until cookies flatten down. Cookies form perfect rounds with traditional gingersnap cracks on top. Makes 5 dozen.

Original Tollhouse Chocolate Chip Cookies

| | |
|----------------------------------------------|-----------------------------|
| 2 1/4 cups flour | 1 teaspoon baking soda |
| 1 teaspoon salt | 1 cup butter, softened |
| 3/4 cup sugar | 3/4 cup brown sugar, packed |
| 1 teaspoon vanilla | 2 eggs |
| 1 package (12 oz.) semisweet chocolate chips | |
| 1 cup nuts, chopped | |

Preheat oven to 375 degrees. In a small bowl, combine flour, baking soda and salt; set aside.

Cream butter, sugars and vanilla; beat in eggs. Gradually blend in flour mixture. Stir in chocolate chips and nuts. Bake on ungreased cookie sheet for 9-to 11 minutes. Makes 5 dozen cookies. (Note: Dough may be rolled into 15-inch logs, chilled and then sliced for baking.)

Raisin Filled Cookies

Filling:

| | |
|---------------------|--------------------------|
| 1 1/2 sugar | 1 1/2 water |
| 3 cups raisins | 1 cups nuts (optional) |
| 2 tablespoons flour | 2 tablespoons cornstarch |

Cookie:

| | |
|-------------------------|-----------------------------|
| 2 cups sugar | 1 cup milk |
| 1 cup shortening | 2 eggs |
| 7 cups flour | 4 teaspoons cream of tartar |
| 2 teaspoons baking soda | 1 teaspoons salt |
| 2 teaspoons vanilla | |

Cook filling until thick. Cool in refrigerator for approximately one hour.

For cookies: Cream shortening, sugar, vanilla and eggs. Next, alternate adding dry ingredients (flour, cream of tartar, baking soda, salt) and liquid (milk) until mixed.

Roll out cookie dough, cut with round cutter, drop teaspoon of filling in center of cookie, place another round on top and seal edges.

Bake at 375 degrees for 15 min. Makes 3 dozen.

Ranger Cookies

| | |
|------------------------------------------|--------------------------|
| 2 cups margarine | 2 cups sugar |
| 2 cups brown sugar | 4 eggs |
| 1 tablespoon vanilla | 4 cups flour |
| 1 teaspoon baking powder | 4 teaspoons baking soda |
| 4 cups old-fashioned oatmeal | 4 cups crisp rice cereal |
| 1 package (10 oz.) Heath Bits of Brickle | |

Cream margarine, sugars, eggs and vanilla. Add flour, baking powder, baking soda; blend well. Stir in oatmeal, rice cereal and brickle chips. Mix well until all ingredients are blended.

Roll into large balls or use an ice-cream scoop and place at least 3 inches apart on ungreased cookie sheet. Bake at 350 degrees for 10-12 minutes. Remove from oven and tap cookie sheet firmly on counter to flatten cookies. Makes about 48 large cookies.

Raspberry Custard Bars

| | |
|------------------------------------------|-----------------------------------------|
| 2 cups flour | 1 1/3 cup plus 1/2 cup sugar, divided |
| 1 cup butter, softened | 1 14-ounce can sweetened condensed milk |
| 3 eggs | 4 cups fresh or frozen raspberries |
| 1 8-ounce package cream cheese, softened | |
| 1/2 teaspoon vanilla extract | 1 cup whipping cream, whipped |

In a mixer or food processor, mix flour, 1/3 cup sugar and butter until mixture resembles damp sand. Press firmly into an ungreased 9-by-13-inch pan. Bake at 350 degrees for 10 minutes.

Beat 1 cup sugar, condensed milk and eggs. Fold in raspberries and spread over hot crust. Return to oven and bake until custard is set, 40-45 minutes. Cool completely before frosting.

In a medium bowl beat cream cheese, remaining 1/2 cup sugar and vanilla until smooth. Fold in whipped cream. Spread over bars. Store in refrigerator. Makes about 24 bars.

Soft Oatmeal Raisin Cookies

| | |
|-------------------------|------------------------------|
| 3 eggs | 1 1/2 cups raisins |
| 1 cup margarine | 1 cup brown sugar |
| 1 cup sugar | 2 teaspoons vanilla |
| 2 1/2 cups flour | 1 teaspoon salt |
| 2 teaspoons baking soda | 1/2 teaspoon baking powder |
| 1 teaspoon cinnamon | 1/2 teaspoon cloves |
| 1/2 teaspoon nutmeg | 2 cups old-fashioned oatmeal |

Beat eggs and pour over raisins; let stand 1 hour. Cream margarine, sugar, vanilla, salt and spices. Add raisins, egg mixture and blend well. Add remaining dry ingredients and oatmeal; mix completely. Make large balls and place at least 2 inches apart on ungreased cookie sheet. Bake at 350 degrees for 10-12 minutes. Makes 2 dozen large cookies.

Soft Sugar Cookies

| | |
|------------------------------|------------------------------|
| 1 1/2 cups sugar | 1 cup (2 sticks) butter |
| 1/4 cup sour cream | 2 teaspoons vanilla |
| 2 eggs | 3 1/2 cups all-purpose flour |
| 1/2 teaspoon cream of tartar | 1/2 teaspoon baking soda |
| 1/2 teaspoon salt | |

Cream together sugar, butter, sour cream and vanilla. Add eggs, mixing well. Add flour, cream of tartar, baking soda, and salt, and mix until combined. Cover the dough and refrigerate at least 3 hours, or overnight. Roll dough out on a floured surface and cut into shapes, using cookie cutters (or a ring from a canning jar lid for circles). Preheat oven to 375 degrees. Bake for 7-8 minutes on cookie sheets covered with parchment paper, or that are greased or sprayed with non-stick cooking spray. Don't over-bake; these will just be tinged with brown on the edges. Allow to cool and decorate as desired.

South African Chocolate Caramel Fingers

Crust:

| | |
|------------------|------------------------|
| 1/2 cup butter | 1/4 cup powdered sugar |
| 1 1/2 cups flour | |

Mix butter and sugar, then add flour. Press into 9-by-13-inch pan. Bake at 350 degrees for 15 minutes or until golden brown on edges.

Filling:

| | |
|---------------------------|--------------------------------|
| 1/2 cup butter | 1 cup sweetened condensed milk |
| 2 tablespoons maple syrup | 1 teaspoon vanilla |
| 1 large chocolate bar | |

In saucepan melt butter, milk and syrup. Boil for 5 minutes stirring constantly. Remove from heat and add vanilla. Spread over crust and let cool. Melt chocolate bar (or chocolate chips) on top. Let chocolate set and cut into squares. Makes 24.

Soft Gingersnaps

| | |
|---------------------|----------------------------|
| 3/4 cup shortening | 1 cup brown sugar (packed) |
| 1 egg | 1/4 cup molasses |
| 2 1/4 cups flour | 2 teaspoons soda |
| 1 teaspoon cinnamon | 1 teaspoon ginger |

1/2 teaspoon cloves
Granulated sugar

1/4 teaspoon salt

Cream shortening, brown sugar, egg and molasses. Mix in remaining ingredients except granulated sugar. Cover and chill one hour. Heat oven to 375 degrees. Shape dough by rounded teaspoonfuls into balls. Dip tops in granulated sugar. Place balls sugared-side-up, 3 inches apart on lightly greased baking sheet. Bake 10 to 12 minutes or until set. Immediately remove from baking sheet.

Southern Sweet Potato Bars

| | |
|-----------------------------------------------------|---------------------------------------|
| 2 cups quick or old-fashioned oats | 1 1/2 cups all-purpose flour |
| 1/4 teaspoon salt | 1/8 to 1/4 teaspoon ground red pepper |
| 1 cup (2 sticks) butter softened | 2/3 cup granulated sugar |
| 1 teaspoon vanilla | |
| 2 cups mashed cooked sweet potato or canned pumpkin | |
| 2 eggs, lightly beaten | 3/4 cup firmly packed brown sugar |
| 1 cup chopped pecans | |

Heat oven to 375 F. Lightly grease 13x9-inch baking pan. Combine oats and flour; mix well. Remove 2/3 cup and add salt and red pepper; set aside for filling. To remaining oat-flour mixture, add butter, granulated sugar and vanilla; blend with electric mixer on low to medium speed until crumbly. Reserve 1 cup for topping. Press remaining mixture evenly onto bottom of prepared pan. Bake 15 minutes; remove from oven. In separate bowl, combine sweet potato, eggs, brown sugar and extract and reserved 2/3 cup oat-flour mixture; mix well. Spread evenly over warm crust. Add nuts to reserved topping mixture; mix well. Sprinkle evenly over sweet potato filling. Bake 30 to 35 minutes or until topping is light golden brown. Cool; cut into bars. Serve at room temperature. Store in refrigerator tightly covered.

The Best Chocolate Chip Cookie

| | |
|---------------------------------------------------|---------------------------------------------|
| 1/4 cup Crisco shortening | 8 tablespoons (1 stick) butter softened |
| 1 cup packed light brown sugar | 1/2 cup granulated sugar |
| 1 large egg | 1 large egg white |
| 2 teaspoons vanilla | 2 cups plus 2 tablespoons all-purpose flour |
| 1/4 teaspoon baking powder | 1/8 teaspoon salt |
| 10 ounces chocolate chunks (preferred over chips) | |

Heat oven to 375 degrees. Beat Crisco and butter in a medium bowl with a wooden spoon until pretty smooth but with a few harder pieces (about 1 minute). Add sugars and stir until well-blended. Add egg, egg white, and vanilla and beat until smooth. In a separate bowl, whisk together the flour, baking powder and salt. Add to the batter and mix together until smooth. Add chips and fold in.

Line a large cookie sheet with parchment paper. For large cookies, place heaping tablespoons of dough on the paper with 1 1/2 inches between the outer edges of the balls of dough. Shape dough quickly with your hand so each spoonful is compact.

Bake for about 12 minutes, or until tops are lightly browned. Rotate pan front to back halfway through baking; do not overcook. Slide parchment paper onto wire racks to cool. Repeat as needed with fresh sheets of parchment paper.

The Ultimate Oatmeal Cookie

| | |
|-------------------------------|-------------------------------------|
| 1 1/4 cups packed brown sugar | 1 cup butter or margarine, softened |
| 1 teaspoon baking soda | 1 teaspoon ground cinnamon |

| | |
|------------------------------|--------------------------------------------|
| 1 teaspoon vanilla | 1/2 teaspoon salt |
| 2 eggs | 3 cups quick-cooking or old-fashioned oats |
| 1 1/3 cups all-purpose flour | 1 cup raisins, if desired |

Heat oven to 350 degrees. Beat all ingredients except oats, flour and raisins in large bowl with electric mixer on medium speed or mix with spoon. Stir in oats, flour and raisins.

Drop dough by rounded tablespoon about 2 inches apart onto ungreased cookie sheet. Bake 9 to 11 minutes or until light brown. Immediately remove from cookie sheet to wire rack. Makes about 3 dozen.

Urban Legend Cookie Recipe & Neiman Marcus (Free) Cookies

| | |
|---------------------------------------------|---------------------------|
| 2 cups butter or margarine | 2 cups granulated sugar |
| 2 cups brown sugar | 4 eggs |
| 2 teaspoons vanilla | 4 cups flour |
| 3 cups oatmeal, ground to powder in blender | |
| 1 teaspoon salt | 2 teaspoons baking powder |
| 2 teaspoons baking soda | 24 ounces chocolate chips |
| 1 (8-ounce) Hershey bar, grated | 3 cups chopped nuts |

Cream butter with both sugars. Add eggs and vanilla. Add flour, oatmeal, salt, baking powder and baking soda to creamed mixture. Add chocolate chips, candy and nuts. Roll dough into balls and place 2 inches apart on cookie sheet. Bake for 6 minutes in 375-degree oven. Makes 112 cookies. This recipe can be halved.

Yummy Squares

| | |
|---------------------------------|----------------------------------------|
| 1 1/2 cup graham cracker crumbs | 1 6-ounce package milk chocolate chips |
| 1 can sweetened condensed milk | 1 teaspoon vanilla |
| 1/2 teaspoon cinnamon | 1/2 chopped walnuts |

Combine ingredients. Spray an 8-by-8-inch square pan with nonstick cooking spray. Pour mixture in pan and bake at 350 degrees for 30 minutes. Cut into squares.

To make cookies, cream shortening and sugar; don't whip. Mix in pumpkin, eggs and vanilla. In a separate bowl, combine flour, soda, baking powder, salt and cinnamon. Add to pumpkin mixture. Scoop on greased cookie sheet and bake at 350 degrees for 12-16 minutes.

To make frosting: Combine butter, milk and brown sugar in a large saucepan. Boil for 2 minutes. Take off heat, let cool. Be sure not to add the powdered sugar until mixture is really cool. When cool, add powdered sugar and vanilla. Add more powdered sugar if too thin. Frost cookies and serve. Makes 42 medium-size cookies.

Cereal Balls

10 cups assorted cereal (we use puffed wheat, rice chex, & cheerios)

4 cups miniature marshmallows 1/3 cup peanut butter 1/4 cup butter

Put cereal in a large bowl (largest Tupperware size works best). Melt the remaining 3 ingredients in pot stirring frequently until smooth. Pour mixture over cereal, stir until evenly coated. Shape into balls with buttered hands.

Apricot Health Bars

| | |
|--------------------------------------------------|----------------------------|
| 3/4 cup butter or margarine, softened | 1/4 cup packed brown sugar |
| 1 egg, slightly beaten | 1 teaspoon vanilla extract |
| 1 1/2 cups quick or old-fashioned oats, uncooked | |
| 1/2 cup all-purpose flour | 1/4 cup wheat germ |
| 1 teaspoon cinnamon | 1/2 teaspoon salt |
| 3/4 cup diced, dried apricots | 1/2 cup chopped walnuts |

1/2 cup shredded coconut

Preheat oven to 350^f F. In large bowl, cream butter and sugar; stir in egg and vanilla. Add oats, flour, wheat germ, cinnamon and salt. Mix until well blended. Stir in apricots, walnuts and coconut. Spread dough evenly in a 12x8-inch baking pan. Bake for 18 to 20 minutes until golden. Cool slightly, then cut into bars. Makes about 2 dozen.

Energy Bars

| | | |
|-------------------------|----------------------|---------------------------|
| 1 c. bran flakes cereal | ¼ c. wheat bran | ¼ c. wheat germ |
| 1 ½ t. orange zest | ¼ c. orange juice | 1 c. dried fruit, chopped |
| 1 egg, beaten | ¼ c. vegetable oil | ½ c. applesauce |
| ½ c. honey | 1/3 c. powdered milk | ¾ c. whole wheat flour |
| ¾ c. all-purpose flour | ¼ t. baking soda | |

Preheat oven to 350°. Grease a 13 x 9 x 2 inch pan. In medium bowl, combine cereal, bran, wheat germ, orange zest and juice, dried fruit, egg, oil, applesauce, honey and milk powder; blend well. Let set 5 minutes. In large bowl, stir together flours and soda. Stir in the first mixture and mix until all ingredients are combined. Spread batter evenly in pan. Bake 15-17 minute or until golden. Cool. Makes 20 bars.

DESSERTS – PIES

Amish Shoo Fly Pies

Crumb Mixture:

| | | | |
|------------|------------------|------------------|-----------------|
| 2 c. flour | ¾ c. brown sugar | 1/3 c. margarine | 1/2 tsp. nutmeg |
|------------|------------------|------------------|-----------------|

1 tsp. cinnamon

Syrup Mixture:

| | | | |
|---------------|--------------------|--------|----------------|
| 1 c. molasses | 1/2 c. brown sugar | 2 eggs | 1 c. hot water |
|---------------|--------------------|--------|----------------|

1 tsp. baking soda, dissolved in the hot water

2 unbaked 8" pie crusts

Mix crumb ingredients together until crumbs are formed. In separate bowl, mix syrup ingredients together. Pour 1/2 of syrup into each pie shell, then top each with crumbs, using 1/2 on each. Bake at 400 degrees for 10 minutes. Reduce heat to 350 degrees and bake for 50 more minutes. Cool completely before cutting.

Whole Wheat Pie Crust

Blend:

| | |
|---------------------------|-------------------------|
| 1 Cup butter or margarine | 1 Cup whole wheat flour |
|---------------------------|-------------------------|

1 Tbsp. sugar

Add:

1/2 Cup ground nuts

Press in 9" x 13" pan and bake 350 degrees for 15-20 minutes.

Whole Wheat Pie Crust

Makes 1 - 9" crust - In a large bowl combine:

| | |
|--------------------------|-----------------------|
| 2 cups whole wheat flour | 1/2 cup vegetable oil |
|--------------------------|-----------------------|

Mix until a moist but crumbly consistency is achieved. If necessary, add water to achieve the desired consistency.

Use your hands to form a ball with the dough and place it into the middle of the pie form. Press down the dough towards and up the edges of the form. Trim any overhanging dough with a knife and use it to patch up any thin spots. Either prebake or fill with whatever ingredients your recipe calls for.

Pie Crust

| | | |
|--------------------|-----------------------|----------------------------|
| 4 cps white flour | 1 Tbsp. sugar | 2 tsp. salt |
| 1-¾ cps shortening | 1 egg slightly beaten | 1 Tbsp. vinegar ½ cp water |

Mix flour, sugar, salt and cut in shortening until crumbly. In ½ cp water add egg and vinegar then add into flour mixture and mix with fork. Roll out on floured board (makes 3 10" pie crusts)

Pie Crust with Milk

| | | |
|--------------|-------------|--------------------------------------------------|
| 2 cups flour | 1 tsp. salt | Cut in 2/3 cup plus 1 heaping Tbs. of shortening |
|--------------|-------------|--------------------------------------------------|

Add about 1/3 cup milk (stir in with a fork and then mix together with hands)

Makes one pie shell (top and bottom). I usually don't double the recipe. If I make two pies, I use the first one for the two bottom crusts and then mix another one for the top crusts.

Blackberry Filling

2 cups of Berries 1 cup sugar 2 Tbsp. cornstarch

Take 1 cup (or a little more) berries and blend in blender. Then mix with and coornstarch and heat until thick. Then add remaining berries and stir and pour into pie shell. Let cool and garnish with whipping cream.

Easy Strawberry Pie

1 Graham Crackerless Crust 1- 8 oz. strawberry yogurt 1-10oz.frozen strawberries in syrup
1-8 oz tub whipped topping ½ t. cinnamon 1 T. cornstarch

Drain juice from thawed strawberries into small sauce pan. Dissolve cornstarch in juice. Heat and stir until thickened. Let cool. In large bowl mix together strawberries, yogurt, whipped topping, cinnamon and cooled syrup. Pour into cooled crust. Refrigerate 1 hour before serving.

Graham Crackerless Crust

1 c. whole wheat flour ½ t. salt 1 t. baking powder
½ c. sugar 1 T. dry milk 6 T. butter or marg., melted
½ t. vanilla

Mix dry ingredients together. Add margarine and vanilla. Mix well. Press into 9" pie plate. Bake at 400° for 5 minutes.

Dried Fruit Pie

1 1/2 lb. sweet pastry 2 cups pitted prunes 2 cups dried apricots
1 cup golden raisins 1/2 cup dried apples 3/4 cup sugar
1/2 cup almonds or walnuts, chopped coarsely 4 oz. butter, melted
1 egg sugar apricot glaze

Roll out two-thirds sweet pastry about 1/8 inch thick on a lightly floured surface. Line an 11" pie plate with the pastry, trim off the excess dough, prick the bottom of the shell with a fork and chill at least 30 minutes. Place the dried fruit in a large saucepan and cover with cold water, bring to a boil, and simmer gently for 10 minutes. Drain the fruit in a colander and chop it coarsely. In a bowl combine the fruit with the sugar, almonds and melted butter. Roll out the remaining one-third of the pastry and brush the dough lightly with beaten egg and sprinkle with sugar. With a saw-toothed pastry wheel, cut 12 strips from the dough. Fill the shell with the fruit mixture, mounding it in the center, moisten the edge of the shell with the beaten egg, and arrange the strips in lattice fashion over the fruit, pressing the ends onto the edge of the shell. Make a decorative border on the rim of the pie. Bake the pie on the bottom third of a preheated 425 degree oven for 30 minutes. Reduce the heat to 375 degrees and bake the pie for 20-30 minutes more, or until the pastry is browned. Remove from the oven and brush the fruit with melted apricot glaze. Serves 8.

Dutch Apple Pie

One pie crust

Filling:

2 cups dried apples firmly packed 2 cups boiling water.

Pour over apples and let set for at least 5 minutes.

Mix together:

1 cup sugar 2 tbsp. flour 1/2 tsp. cinnamon

Add to the apple mix and continue cooking until thick. Stir constantly to prevent scorching. Pour mixture into pie shell and dot with 1 tbsp. butter

Topping:

1 cup packed brown sugar 1/2 cup flour 1/4 cup butter

Cut in till crumbly. Sprinkle over the apple mixture and place in 350< oven for 55 minutes.

Dried-Apple Tart with Crisp Crumble Topping

12 ounces dried apples 1/4 cup packed light brown sugar

4 cups water 2 cups apple cider
 1 tablespoon fresh lemon juice 4 (3-inch) cinnamon sticks
 6 tablespoons cold butter, cut into 1/4-inch pieces
 3/4 cup all-purpose flour 1/4 cup granulated sugar
 1 recipe pastry dough of your choice, rolled out and fit into an 11-inch tart pan with a removable fluted rim
 Whipped cream or vanilla ice cream as garnish

In a large kettle simmer the first 6 ingredients with a pinch of salt, covered, about 15 minutes or so until the apples are plumped. Simmer uncovered, stirring occasionally, about 1 hour or until thick. Discard cinnamon sticks. Filling may be made 2 days ahead and cooled before being chilled, covered. Preheat oven to 375 degrees F.

In a food processor pulse butter, flour and granulated sugar until crumbly. Transfer topping to a bowl and chill, covered, until ready to use. Line pastry shell with foil and bake in middle of oven until shell is set, about 12 minutes. Gently remove foil and bake shell until edge is golden, about 5 minutes. Immediately spoon filling into shell and crumble topping evenly over filling. Bake tart in middle of oven 30 minutes or until topping is golden. Cool tart in pan on a rack. Serve tart with whipped cream or ice cream. Serves 8.

Dried Apple Pie

2/3 to 3/4 lb quality dried apples 22 to 24 oz quality dry cider (see notes)
 about 1 tsp ground cinnamon about 1/2 tsp fresh-grated nutmeg

Vermont maple syrup (preferably Grade C), to taste.

1 pie crust, with extra for latticing

Preheat your oven (the impoverished student ALWAYS preheats the oven!) to a good pie-baking temperature. I think I usually use 350. Bake the pie shell until it's about done. (This is a slightly unusual pie, as you'll see, and it isn't going to be in the oven long enough for the crust to cook later, so cook it now.) While the crust is cooking, put the apples into a coverable saucepan with the dry cider. Cook them, uncovered, a few minutes, until they begin to fluff up. If you want to fancify this up, you can add some dried cherries (I'd use sour ones, but it's up to you), dried cranberries, or even raisins. It doesn't need them, mind you, but I don't think they'd hurt it. Add the cinnamon and nutmeg and maple syrup. Stir, cover, and cook 5 or 10 more minutes, until the liquid is just about completely absorbed. Watch the heat, or stir frequently to prevent it from burning. If the liquid fails to disappear, drain the apples before you pour them into the pie shell. You may also be able to reduce the liquid and pour it over the apples in the shell. I encourage you, when you've poured about half the apples into the crust, to place a liberal and pleasant number of fresh pecans atop them before you finish the pour. This provides a delicate and refreshing (etc.). Basically, if you want it a little bit richer, add pecans or maybe walnuts. Make a lattice over the top with the extra crust; bake until the lattice is done.

Dried Apricot Pie

Dried apricot pie filling:

2 1/2 cups dried apricots Water
 1 cup sugar 1 tablespoon cinnamon
 2 1/2 tablespoons Minute tapioca

Put dried apricots into microwave safe bowl, add just enough water to cover fruit. Microwave for 15 minutes or until tender. Add sugar, cinnamon and tapioca. Set aside.

Pie Crust:

2 cups All Purpose Flour 2/3 cups Crisco
 1/8 teaspoon salt 1/4 cup ice water with 1 tablespoon vinegar

Cut Crisco into the flour and salt. Slowly add ice water and vinegar mixture to dry ingredients. Form dough into a ball. DO NOT HANDLE TOO MUCH. Roll 1/2 of dough into thin pie crust shell. Place shell into ungreased 9" pie pan. Fill shell with Dried Apricot Pie Filling. Roll last 1/2 of dough into top crust and cover filling. Crimp edges of top and bottom dough with fingers to close. Dab 1 tablespoon of milk on top of crust and sprinkle with about 1 teaspoon sugar. Bake at 400 F for 40-45 minutes or until the crust is golden brown. Yields one 9" apricot pie.

MOCK APPLE PIE (ZUCCHINI PIE)

6 C. Zucchini (NOTE: extra large zucchini are preferred, they're firmer)
 1 1/4 C. Sugar 1 1/2 tbsp. flour
 1 1/2 tsp. cream of tartar 1 1/2 tsp. cinnamon
 Dash of salt and nutmeg Dough for double pie crust

Pare zucchini, wash and slice lengthwise. Remove seeds. Slice like apples. Add a little water and bring to a boil in a large saucepan. Simmer for about 15 minutes or until tender. Cool and drain well. Add rest of ingredients and place into an unbaked 9 inch pie crust. Cover with top pie crust and flute to seal edges. Cut slits into top of crust for steam to escape. Bake at 350 degrees for 45 to 60 minutes

Lemonade Pie

2 1/2 cup graham cracker crumbs 1/2 cup sugar
1/2 cup plus 1 tablespoon butter, melted

Preheat oven to 375 degrees. Combine ingredients. Press into two 9-inch pie plates. Bake 8 minutes. Let cool on rack.

Filling:

14 ounces sweetened condensed milk 6 ounces frozen lemonade concentrate
12 ounces whipped topping 2 cups fresh strawberries, sliced
1/2 cup blueberries

In large mixing bowl, fold sweetened condensed milk and lemonade concentrate (do not make lemonade according to package). Refrigerate mixture 10 minutes. Fold whipped topping into condensed milk/lemonade mixture. Fold in fresh fruit, reserving some fruit for garnish. Pour into cooled pie crusts. Refrigerate at least 2 hours. Before serving, garnish with remaining strawberries and blueberries.

Deep Dish Cherry-Peach Pie

1 1/4 cups all-purpose flour 1 1/4 cups quick or old-fashioned oats
1/2 cup sugar 1/2 teaspoon baking powder
3/4 cup margarine, divided 2 tablespoons cold water
1 20-oz. can lite cherry pie filling 1 16-oz. can sliced peaches in juice, drained

Heat oven to 425 degrees F. Combine flour, 1 cup oats, sugar and baking powder; cut in 1/2 cup margarine until crumbly. Remove 1 cup of mixture and add to it 1/4 cup oats. Cut in 1/4 cup margarine until crumbly; set aside. Mix remaining oat mixture with water and stir with fork just until moistened; press onto bottom and 1 1/2-inches up sides of 9-inch springform pan. Bake 15 minutes. Cool slightly. Combine pie filling and peaches; spread into crust. Top with reserved crumb mixture. Bake 30 to 35 minutes or until golden. (Or bake at 400 F. in 9-inch deep dish plate.

Fresh Peach Pie

1 cup water 1 cup sugar
5-6 tablespoons cornstarch 2 tablespoons lemon juice
2 tablespoons butter 1 cup fresh peaches, mashed
1 cup fresh peaches, sliced 1 pie crust

Combine water, sugar, cornstarch and lemon juice in small saucepan. Stir constantly; boil until thick. Remove from stove; add 2 tablespoons butter and cool. Add fruit and pour into pie shell. Chill and serve with whipped cream if desired.

Joseph F. Smith's Favorite Custard Pie

1 unbaked pie crust 2 cups milk
4 eggs 1/2 cup sugar
Pinch of salt Generous sprinkling of nutmeg

Put milk in bowl. Beat eggs and strain through fine sieve into bowl of milk. Add sugar, salt and nutmeg. Stir well and pour into pie shell. Bake at 375 degrees until knife inserted in center barely comes out clean. Do not overcook or custard becomes watery.

Melissa Thornton's Coconut Cream Pie

Filling:

| | |
|----------------------|-----------------------------------|
| 1 cup sugar | 2 tablespoons cornstarch, heaping |
| 5 eggs, separated | 2 1/2 cups milk |
| 1/4 cup butter | 1 teaspoon vanilla |
| 1 prebaked pie crust | 1/2 cup flaked coconut |

Meringue:

| | |
|---------------------|------------------------------------|
| 7 tablespoons sugar | 3 tablespoons confectioners' sugar |
| 1 pinch salt | 1/2 teaspoon cream of tartar |
| 1 teaspoon vanilla | 2 tablespoons coconut |

Preheat oven to 350 degrees.

For filling, combine the sugar and cornstarch in a medium-size thick-bottomed pot. Separate egg whites from yolks and set whites aside. Add the egg yolks and slowly add the milk until combined and not lumpy. Cook over medium heat until thick, stirring constantly. Remove from heat.

Add butter one piece at a time, stirring, until melted. Add vanilla and 1/2 cup coconut. Stir well. Place filling in baked pie shell.

To make meringue: Mix sugars in a small bowl and stir well. Place reserved egg whites in mixer bowl. Add a pinch of salt. Beat on medium low until frothy. Add cream of tartar and increase speed to medium high. When soft peaks form, begin adding sugar gradually. Beat until firm (but not dry) peaks form. Add vanilla and beat on high about 30 seconds.

Place meringue on top of filling. Make sure that meringue covers entire filling area and seals to crust. Sprinkle remaining 2 tablespoons coconut over meringue.

Bake at 350 until meringue is lightly browned, about 8 minutes. Cool at room temperature, then refrigerate. Serve cold or at room temperature.

NOTE: A whipped topping also works well with this pie. Cool pie after filling. Cover top with whipped cream. Sprinkle with coconut. Do not bake. Refrigerate until serving.

Millie's Famous Coconut Cream Pie

| | |
|--------------------------------|------------------------------|
| 4 tablespoons cornstarch | 4 tablespoons white flour |
| 2/3 cup granulated white sugar | 1/4 teaspoon salt |
| 3 cups milk | 4 egg yolks, slightly beaten |
| 2 teaspoons vanilla | 1 pint whipping cream |
| 1/2 cup powdered sugar | 1 cup coconut |
| 2 9-inch prepared pie shells | |

Mix together cornstarch, flour, sugar and salt; mix these dry ingredients with approximately 1 cup of milk; set aside. In a heavy pan, scald remaining milk. Add reserved mixture to pan of scalded milk and cook over medium heat until slightly thickened, stirring constantly. Remove from heat. Add 4 slightly beaten egg yolks. Cook a minute or two longer. When slightly cool, add 2 teaspoons vanilla. Stir and cool thoroughly before placing in cooked pie shells.

Beat 1 pint whipping cream until stiff, but not dry. Gently fold in 1/2 cup powdered sugar (flavored with a few drops vanilla). Gently place cream on top of cooled pudding in the pie shells. Spread evenly; take the back of a spoon and make soft peaks. Sprinkle generously with coconut, about 1/2 cup for each pie. Refrigerate about 1 hour before serving. Makes 2 9-inch pies.

No-Fail Pie Crust

2 1/2 cups flour
1 teaspoon salt
1 egg, beaten
1/3 cup ice water

1 1/4 cups shortening
1/2 Tbsp. sugar
1 teaspoon vinegar

Blend flour, shortening, sugar and salt until crumbs resemble small peas. Combine egg, vinegar and water; sprinkle over flour mixture. Toss quickly with a fork, mixing lightly. Shape into a ball; roll out on well-floured board. Makes 1 2-crust pie.

Old-Fashioned Pumpkin Pie

2 eggs, slightly beaten
1 1/2 teaspoons cinnamon
1/2 teaspoon ginger
1/2 teaspoon salt
3 tablespoons molasses
1 9-inch unbaked pie shell

3/4 cup sugar
1/2 teaspoon nutmeg
1/4 teaspoon allspice
1 16-ounce can pumpkin
1 12-ounce can evaporated milk (undiluted)
1 egg white, unbeaten

Preheat oven to 400 degrees F. Make filling: In a large bowl combine 2 eggs, sugar, spices, salt, pumpkin, molasses and evaporated milk. Stir with wooden spoon or whisk until mixture is smooth. Lightly brush pie shell with egg white. Fill with pumpkin mixture. Bake 55 to 60 minutes, or until tip of sharp knife inserted in center comes out clean. Let cool on wire rack. Serve garnished with whipped cream. Serves 8.

Peach Cream Pie

2 cup fresh peaches, peeled and sliced
1 package (3 oz.) cream cheese, softened
1/4 teaspoon salt
1/8 teaspoon cardamom
2 egg yolks
1 unbaked 9-inch pie crust
1/3 cup brown sugar
1 tablespoon flour
1/2 cup sour cream

Peel and slice peaches. Spread cream cheese on bottom crust. Combine sugar, salt, flour and cardamom; blend in sour cream. Add beaten egg yolks; stir until smooth. Arrange peaches over cream cheese layer. Pour sour cream and egg mixture over fruit. Bake at 425 degrees for 10 minutes and 350 degrees for 40 minutes.

Peachy Pie

3 to 3 1/2 cups fresh peaches, sliced and mixed with 1/2 cup sugar; or 3 cups canned or frozen peaches, drained
2 tablespoons cornstarch
1/2 cup sour cream
1 tablespoon lemon juice
1 teaspoon cinnamon
1 package (3 ounces) cream cheese, softened
2 eggs
1/3 cup sugar
1 unbaked pie crust for 10-inch pie

Mix peaches and cornstarch. Set aside. Cook cream cheese and sour cream until it thickens, stirring constantly. Mix eggs, juice and sugar in mixer bowl. Add cheese mixture and beat until cool. Arrange peaches in unbaked pie crust. Pour filling over peaches. Sprinkle with cinnamon. Bake in a preheated 425-degree oven for 10 minutes and then at 350 degrees for 30 to 35 minutes. Cover with sheet of foil to retard browning if necessary. This pie may be made with a double crust. Follow pie directions the same as for single crust using lattice or regular top crust over filling.

Pumpkin Pie Squares

| | |
|-----------------------|-----------------------------------|
| 1 cup flour | 1/2 cup butter |
| 1/2 cup quick oats | 1 cup packed brown sugar, divided |
| 4 cups pumpkin | 2 12-ounce cans evaporated milk |
| 4 eggs | 1 1/2 cups sugar |
| 2 teaspoons cinnamon | 1/4 teaspoon ground cloves |
| 1 teaspoon nutmeg | 2 tablespoons butter, chilled |
| 1 cup pecans, chopped | 1/2 pint whipping cream |

For crust: Combine flour, butter, oats and 1/2 cup of the brown sugar. Mix well and pat into a greased 9-by-13-inch baking dish. Bake at 350 degrees for about 10 minutes. Cool.

For filling: While the crust is baking and cooling, combine pumpkin, evaporated milk, eggs, sugar, cinnamon, cloves and nutmeg. Beat well and pour over cooled crust.

For topping: Cut 2 tablespoons of chilled butter into the remaining 1/2 cup brown sugar. Stir in pecans and sprinkle over pumpkin filling. Bake at 350 degrees for about 50 minutes.

Whip cream and serve a dollop on each pumpkin pie square. Makes about 12 servings.

Raspberry Pie

| | |
|--------------------------------------|------------------------------------|
| 1 9-inch unbaked pie crust | 3 cups fresh or frozen raspberries |
| 2 heaping tablespoons Minute Tapioca | 2/3 cup sugar |

Place fresh raspberries in pie crust. Combine tapioca and sugar; add to berries in crust. Bake at 425 degrees for 15 minutes, reduce heat to 325 and bake for 25 minutes. Cool and serve with ice cream or whipped cream.

Raspberry-Rhubarb Pie

| |
|-----------------------------------------------------|
| Double-crust pastry for a 9-inch pie (recipe below) |
| 1 1/3 cups sugar, plus additional for sprinkling |
| 3 tablespoons cornstarch |
| 1/2 teaspoon grated orange rind |
| 2 cups fresh rhubarb, cut into 1/2-inch pieces |
| 2 cups fresh or unthawed frozen raspberries |
| 2 tablespoons butter |

Prepare pastry. Preheat oven to 425 degrees Fahrenheit. Line a pie plate with bottom crust of pastry.

In a small bowl, combine the sugar, cornstarch and orange rind. Set aside.

In a separate bowl, combine the rhubarb and raspberries. Turn half the fruit into the pastry-lined pie plate; sprinkle with half the sugar mixture. Repeat with the remaining fruit and sugar; dot with butter.

Cover with the top crust, seal and flute the edges. Cut slits in the top crust and sprinkle with sugar. Cover the edges with strips of aluminum foil to prevent overbrowning. Bake for 30 minutes. Remove the foil and bake about 15 minutes longer or until crust is light brown and juices bubble through the slits. Makes 8 servings.

Rhubarb Pie

| | |
|-----------------------------|----------------------|
| 1 10-inch unbaked pie shell | 1 cup sugar |
| 1 teaspoon vanilla | 2 cups diced rhubarb |
| 2 tablespoons flour | |

Topping:

3/4 cup flour

1/3 cup margarine

1/2 cup brown sugar

Mix rhubarb with other ingredients. Pour into pie shell.

Mix topping ingredients together. Spread over rhubarb. Bake at 400 degrees F. for 10 minutes; then at 350 degrees F for 30 minutes or until done.

Rhubarb Sauce or Glaze

3 cups rhubarb, cut in 1-inch pieces

1/2 cup red currant jelly

2 tablespoons water or orange juice

Optional: 9-inch baked pie shell

2/3 cup sugar

1 1/2 tablespoons cornstarch

1 quart fresh strawberries (or part sliced bananas)

Cut rhubarb into small pieces and mix with sugar in a medium-size, heavy-bottomed saucepan. Set over medium-low heat and cover tightly; cook for 10 minutes or until juice has formed. Drain off 2/3 cup juice; add water if not enough. Cool the juice. Reserve rhubarb pieces.

Melt the currant jelly in a small saucepan; add the rhubarb juice and blend with cornstarch that has been blended with the 2 tablespoons water (or orange juice). Cook over medium heat until the juices and jelly are thickened and bubbly. Cool a bit.

Wash strawberries and remove stems. If making into a pie, coat the baked pie shell with a bit of the glaze and add the rhubarb pieces to the bottom of the pie shell. Arrange strawberries, pointed ends up, in pie shell. Spoon the warm rhubarb glaze over all, being sure to coat all the berries. Cover and chill.

Shaker Lemon Pie

2 large lemons

2 cups sugar

4 eggs, well beaten

1 9-inch unbaked pie shell and top crust

Slice lemons as thin as paper, rind and all. Combine with sugar; mix well. Let stand 2 hours, or preferably overnight, blending occasionally. Add beaten eggs to lemon mixture; mix well. Turn into pie shell, arranging lemon slices evenly. Cover with top crust. Cut several slits near center. Bake at 450 degrees F. for 15 minutes. Reduce heat to 375 and bake for about 20 minutes or until silver knife inserted near edge of pie comes out clean. Cool before serving.

Sour Cream Lemon Pie

2/3 cup granulated sugar

1 cup milk

1 tsp finely grated fresh lemon peel

1/2 stick butter cut in small pieces

1 9-inch pie shell, baked and cooled

For garnish: sweetened whipped cream, lemon slices, fresh mint sprigs

3 tablespoons cornstarch

Yolks from 3 large eggs

1/4 cup lemon juice

1 cup sour cream

Mix sugar and cornstarch in a medium-size saucepan. Whisk in milk until smooth, then yolks until blended. Stir in lemon peel and juice. Add butter and whisk constantly over medium heat 5 to 7 minutes, just until boiling. Remove from heat and stir 1 minute longer. Cover surface with plastic wrap to keep a skin from forming. Cool at room temperature. Stir in sour cream until well blended. Pour into pie shell. Cover loosely and refrigerate at least 6 hours until set, or up to 2 days. Shortly before serving, garnish with whipped cream, lemon sliced and mint sprigs.

Sweet Potato Pie

3 eggs, slightly beaten
2 3/4 cups well-mashed, cooked sweet potatoes or yams
2 1/4 cups evaporated milk
1 1/2 teaspoons ground cinnamon
3/4 teaspoon ground ginger
2 9- or 10-inch prepared deep-dish pie crusts, unbaked

1 cup sugar
1/2 cup (1 stick) butter, melted
3/4 teaspoon salt (optional)
1/2 teaspoon ground cloves

Heat oven to 425 degrees. In a large mixing bowl, thoroughly beat all ingredients together. Pull out oven rack and place pie crusts on it; carefully pour in filling. Protect edges of crust with a circle of foil. Slide the rack back in slowly. Bake 15 minutes. Reduce oven temperature to 350 degrees. Bake until knife inserted in center comes out clean — about 55 minutes longer. Refrigerate until chilled. Serve with whipped cream, if desired. Refrigerate any remaining pie immediately. Makes two pies.

Apple Pie

Filling:

6 medium cooking apples, peeled, sliced (6 cups)
1/2 cup sugar
2 tablespoons butter, diced
1/2 teaspoon ground cinnamon

2 tablespoons flour
1 tablespoon lemon juice

DESSERTS – PUDDINGS & JELLOS

Raspberry Dessert

Crust:

2 cups flour
1 cup walnuts, chopped

1 cup brown sugar
1/2 cup margarine, softened

Filling:

1 package (8 oz.) cream cheese
1 cup powdered sugar

2 envelopes Dream Whip with milk added

Topping:

1 package raspberry flavored Danish Dessert mix
2 cups fresh raspberries or 1 package (16 oz.) frozen strawberries, thawed

Mix the crust ingredients together, press into 9-by-13-inch pan. Bake at 350 degrees for 15 minutes. While crust is hot; divide in half and crumble.

Mix filling together until stiff. Spread half of the crust in the baking pan; cover with filling and remaining crust; refrigerate. To serve, cut into squares and spoon the raspberry topping over each serving.

Mix Danish dessert according to package directions; add fresh or frozen raspberries.

Raspberry Layered Dessert

| | |
|---------------------------------------------------|----------------------------------|
| 2 cups graham cracker crumbs | 1/2 cup butter, melted |
| 6 tablespoons powdered sugar | 2 1/2 cups boiling water |
| 1 package (6 oz.) raspberry gelatin | 1/2 cup sugar |
| 2 tablespoons lemon juice | |
| 2 packages (10 oz.) frozen raspberries with juice | |
| 2 cups whipping cream | 1 cup powdered sugar or to taste |
| 1 package (8 oz.) cream cheese, softened | |
| 1/2 cup nuts, chopped | |

Combine cracker crumbs, 6 tablespoons powdered sugar and melted butter; pat 2/3 of mixture into bottom of 9-by-13-inch pan. Reserve remaining crumbs.

Dissolve gelatin in 2 1/2 cups boiling water; add sugar, lemon juice and raspberries with juice. Chill until partially set. Whip cream; sweeten to taste. Beat cream cheese until smooth; fold in whipped cream mixture. Layer 1/2 whipped cream over crumb layer, then add gelatin. Continue alternating, ending with whipped cream. Top with remaining crumbs and chopped nuts, if desired.

Raspberry-Peach Trifle

| | |
|----------------------------------------------------------|------------------------------------------------------------------|
| 16-ounce package unsweetened frozen peach slices, thawed | |
| 12-ounce package unsweetened frozen raspberries, thawed | |
| 13 1/2-ounce poundcake loaf, cut into 1-inch cubes | |
| 2 tablespoons sugar | 3 1/2-ounce box instant vanilla pudding |
| 1 3/4 cups skim milk | 12-ounce container light whipped topping 1/2 cup orange juice |

In a large bowl, combine peaches, raspberries and sugar. Toss to coat, and set aside. In a mixing bowl, combine pudding mix and skim milk. With a wire whisk, mix 1 to 2 minutes or until well-blended. Put pudding in refrigerator for 5 minutes, or until soft-set. Fold in half of whipped topping.

Place half of cake in bottom of trifle bowl and drizzle with half of orange juice. Arrange half of fruit over cake and top with half of pudding mixture. Repeat layers. Cover and chill for at least two hours. If desired, spread remaining whipped topping over trifle before serving.

Pumpkin Cream Trifle

| | |
|-----------------------------------------------------|-----------------------------------------------------|
| 1 package spice cake mix | 1 3.4-ounce package instant vanilla pudding mix |
| 1 cup canned pumpkin | 1/2 cup water |
| 1/2 cup vegetable oil | 3 eggs |
| 1 teaspoon ground cinnamon | 1/2 teaspoon ground ginger |
| 2 cups cold milk | 2 3.4-ounce packages instant cheesecake pudding mix |
| 1 8-ounce carton whipped topping | 1 cup chopped pecans, toasted |
| 3/4 cup English toffee bits or almond brickle chips | |

In a large bowl, combine first eight ingredients, mixing well. Transfer to a 9-by-13-inch nonstick baking pan. Bake at 350 degrees for 45-50 minutes. Cool on wire rack. At this point, the cake can be frozen for later use.

Combine milk and pudding mixes; whisk for 2 minutes. Fold in whipped topping. Cut cake into 1-inch cubes. Layer cake, pudding mixture, pecans and toffee bits in glass 3-quart bowl; repeat to make three layers. Refrigerate until ready to serve.

Emotional English Trifle

This recipe has three parts that will be layered in either individual goblets or a large glass bowl.

Part 1:

1 large angel food cake - Break up in pieces onto cookie sheet.

Part 2:

- 1 (4 3/4-ounce) package of strawberry-flavored Danish Dessert
- 1 (16-ounce) box frozen strawberries

Make Danish Dessert according to package directions using 2 cups water. While still hot, add frozen berries. Break apart to speed thawing.

Part 3:

- 1 (3-ounce) package instant vanilla pudding
- 2 cups milk
- 1 (8-ounce) carton sour cream

Make pudding as directed on box using two cups milk. Gently stir in sour cream. To layer in goblet, put cake on the bottom, then strawberry mixture, then vanilla pudding. Repeat. Serve topped with a dollop of whipped cream. Make a day ahead, and top with the cream just before serving.

Vanilla Pudding Mix

- | | | |
|------------------------|--------------------|----------------|
| 1 c. dry powdered milk | 1/3 cup cornstarch | 1/3 cup sugar |
| Good dash of salt | 1 egg (opt) | 3 T. margarine |
| 1 t. vanilla | | |

Chocolate Pudding Mix

- | | | |
|---------------------------|--------------------|----------------|
| 1 cup dry powdered milk | 1/3 cup cornstarch | 2/3 cup sugar |
| 1/3 cup unsweetened cocoa | Good dash of salt | 3 T. margarine |
| 1 t. vanilla | | |

Choose either the vanilla recipe or the chocolate recipe. Combine all of the dry ingredients in a small container. In a sauce pan, slowly whisk together 3 cups of tap water and the contents of one bag of Pudding Mix. Stir and stir until the mixture is smooth. Cook and stir the pudding over medium (**not high**) heat until it begins to boil. This will take a few minutes. After the pudding boils, count to 60. Remove the pudding from the heat. It will thicken as it cools. For vanilla, quickly whisk in an egg now. Next mix in margarine and vanilla. Allow the mixture to cool a little before serving.

Tapioca Pudding

- | | | |
|------------------------|---------------------------|----------------------|
| 1 egg, slightly beaten | 1/4 c. sugar | 1/8 t. salt |
| 3 T. Minute tapioca | 1/3 c, plus 2 T. dry milk | 2 3/4 cups hot water |
| 3/4 t. vanilla | | |

Mix all ingredients except water in a saucepan. It will be very stiff. Gradually add hot water and stir well. Cook over medium heat, stirring constantly until mixture comes to a full boil. Remove from heat. Add vanilla. Pudding thickens as it cools.

Hawaiian Jell-O Dessert

- | | |
|------------------------------------------|-----------------------------------------------|
| 1 can (1 lb, 4 1/2 oz) crushed pineapple | 1 package (3 oz) Jell-O lime or lemon gelatin |
| 1/2 cup milk | 1/4 teaspoon almond extract |
| 3/4 cup crushed ice | |

Drain pineapple, reserving 3/4 cup syrup. Bring syrup to a boil; add Jell-O Gelatin, stirring until gelatin dissolves. Combine pineapple and milk in an electric blender; blend well. Add gelatin mixture, extract, and ice. Mix thoroughly in blender. Pour into dessert dishes. Chill until set, about 1 hour. Makes about 3 cups, or 6 servings.

Fruit Pudding Delight

- 4 (20-oz.) cans chunk pineapple (drained, reserve 1 cup juice)
- 2 (11-oz.) cans mandarin orange sections, drained
- 2 c. maraschino cherries, drained
- 6 large bananas (cut into bite sized pieces)
- 1 c. Grape-Nuts cereal

1 large pkg. Instant vanilla pudding (regular [6-oz.] or sugar free [2.1-oz.])
Drain pineapple, reserving 1 cup. Combine fruit and 1 cup Grape-Nuts in a large bowl; toss gently. Combine pudding with reserved pineapple juice in a mixing bowl. Beat on high speed of electric mixer one minute. Pour pudding over fruit and Grape-Nuts to coat well. Serve in small dessert dishes. Yield: 16 servings

Basic Fruit Gelatin

Combine in saucepan:

1 c. fruit juice, drained from canned fruit 1 envelope unflavored gelatin
Stir to begin dissolving gelatin. Then heat almost to boiling point until liquid is clear. Remove from heat and add:
1 c. cold fruit juice or water 1 Tbs. Lemon juice
1 Tbs. Frozen orange juice concentrate
Chill until set.

Options:

When partially set, fold in fresh or drained canned fruits as desired. If using fresh unsweetened fruits and tart juice, add 2-4 Tbs. Sugar to hot gelatin mixture. When partially set, fold in 1 c. shipped cream or cottage cheese. Replace second cup fruit juice with 1 c. chilled yogurt. Omit lemon juice and/or orange concentrate if using strong-flavored fruit juices. (Serves 4-6)

Homemade Jello

1 envelope unflavored gelatin. 1/2 envelope unsweetened Kool-Aid
3/8 cup + 1 tsp sugar 1 cup boiling water
1 cup cold water

Prepare as you'd expect (dissolve gelatin, sugar Kool Aid in boiling water; stir in cold water; divide into 4 little dishes; chill overnight). The flavor isn't quite as intense as that of packaged Jello. I have a feeling though that a whole packet of Kool-Aid would be too much.

Ginger Ale Salad

Pour one-half cup of boiling water over one package of Lemon Jell-O. Set in hot water until thoroughly dissolved, stirring all the time. Cool and add 1 1/2 cups ginger ale. Set in a cold place until it begins to thicken, then stir in 1/4 cup finely cut nutmeats, 1/4 cup finely cut celery, one cup finely cut assorted fruits (pineapple, orange, apple, cherries or grapes), one tablespoonful finely cut crystallized ginger.

Broken Glass Salad

3-ounce package lime gelatin 3-ounce package orange gelatin
3-ounce package cherry gelatin Water
34 single graham crackers 1 stick margarine, melted
3/4 cup sugar 20-ounce can crushed pineapple
1 envelope unflavored gelatin 1 tablespoon cold water
1 large box whipped topping mix 1 cup cold milk
1 teaspoon vanilla

Make each box of lime, orange and cherry gelatin according to package directions using 1 1/2 cups boiling water. Pour each flavor into a greased 8-inch square pan and chill in refrigerator until set. Cut into 1/2-inch cubes. Crush graham crackers and mix with margarine and 1/4 cup sugar. Save 1/2 cup of the graham cracker mixture and set aside. Press remaining graham cracker crumbs into bottom of a cold-cut keeper or 9-by-13-inch baking dish. Drain juice from crushed pineapple and add water to juice to make 1 cup. Dissolve gelatin in 1 tablespoon cold water and then mix gelatin with pineapple juice in a saucepan. Heat at medium temperature until pineapple juice mixture is hot, then set aside to cool.

Whip two 1.3-ounce envelopes of whipped topping with cold milk according to package directions. Fold in remaining 1/2 cup sugar and vanilla. Fold in cooled pineapple juice mixture, drained pineapple and gelatin cubes.

Pour into prepared pan and sprinkle reserved 1/2 cup crumbs on top. Chill in refrigerator until set, at least 2 hours. Slice to serve. Makes 10 to 12 servings.

Fluffy Green Jell-O Salad

| | |
|---------------------------------------|-------------------------------|
| 1 small package lime-flavored gelatin | 1 large can crushed pineapple |
| 1 small carton cottage cheese | 1 small (8-ounce) Cool Whip |

Mix gelatin with pineapple. Add cottage cheese and whipped topping. Refrigerate until serving.

Golden Glow Gelatin Salad

| | |
|----------------------------------------------|-------------------------------------------|
| 1 20-ounce can crushed pineapple | 1 3-ounce package orange-flavored gelatin |
| 1 3-ounce package pineapple-flavored gelatin | |
| 2 cups cold water | 4 cups grated carrots |

Drain pineapple; reserve. To pineapple juice, add enough water to make 2 cups total. Bring to a boil in a small saucepan. Place gelatins in medium bowl. Add the hot juice; stir until gelatin dissolves. Stir in 2 cups cold water. Refrigerate until gelatin thickens, 1 to 1 1/2 hours. Fold in pineapple and carrots. Pour into an 8-cup mold or bowl. Refrigerate until set, about 3 hours.

Green Cottage Cheese Salad

| | |
|------------------------------------|--------------------------------------------|
| 1 (3-ounce) package lime Jell-O | 1 (3-ounce) package lemon Jell-O |
| 1/2 cup sugar | 3/4 cup boiling water |
| 1 (16-ounce) carton cottage cheese | 1 (8-ounce) can crushed pineapple, drained |
| 1 cup whipped cream | 1 cup chopped walnuts |
| Lettuce leaves | |

Combine lime and lemon Jell-O with sugar and dissolve in boiling water. Add cottage cheese, pineapple, whipped cream and nuts. Refrigerate until firm in an oblong pan. Cut into squares; serve on lettuce leaves.

Lemonade Salad

| | |
|------------------------------------|-----------------------------|
| 1 package (6 oz.) lemon gelatin | Dash of salt |
| 3/4 cup sugar | 2 cups hot water |
| 1 can (6 oz.) lemonade concentrate | 2 cups light cream, whipped |

Dissolve gelatin, sugar and salt in boiling water; add lemonade concentrate and set until syrupy. Whip cream and fold into partially set gelatin; chill until firm in 6-cup mold or 9-by-13-inch pan.

Pineapple-Orange Gelatin Mold

| | |
|-------------------------------------------------------|--------------------------------------------|
| 1 package (6 oz.) orange gelatin | 2 cups hot water |
| 1 package (8 oz.) cream cheese, softened | 1 carton (8 oz.) non-dairy topping, thawed |
| 2 cans (20 oz.) crushed pineapple | |
| 2 cans (6 oz.) mandarin oranges, drained and reserved | |
| 2 cups sour cream | 1 cup miniature marshmallows |

Dissolve orange gelatin in 2 cups hot water. Add 1 cup cold water and reserved orange juice; mix well. Whip creamed cheese with thawed whipped topping. Blend mixture to orange gelatin. Whip until mixed well. Add 1 can crushed pineapple and 1 can mandarin oranges. Set until firm.

For sauce, blend sour cream, second cans of pineapple and oranges and marshmallows; chill. Unmold gelatin and cover with sauce.

Red Cranberry Salad

2 packages (6 oz.) raspberry gelatin 3 cups boiling water
1 tray ice cubes, 14-16 cubes 1 cup cold water
4 apples, peeled and diced 1 can (15 oz.) whole cranberry sauce
2 packages (10 oz.) frozen raspberries, thawed
1 can (20 oz.) crushed pineapple, undrained

Dissolve raspberry gelatin in hot water; stir to thicken with ice cubes. When ice is dissolved, add additional water and chill until thickened. When thickened, blend in apples, cranberry sauce, raspberries and juice and undrained pineapple. Chill in large container until set. Makes about 20 servings.

DESSERTS - BEANS

Mock Pumpkin Pie (with beans)

(Creamy pumpkin pie taste from mashed white beans.)

3 eggs 2 tbsp light molasses 1/8 tsp baking soda
1 tsp salt 1/4 tsp nutmeg 1/2 tsp ginger
1/4 tsp cloves 1/2 tsp cinnamon 3/4 cup(s) honey
2 cup(s) warm water 2/3 cup(s) nonfat dry milk powder
2 cup(s) cooked white beans, mashed

Combine all ingredients in order into mixing bowl. Blend until smooth. Pour mixture into chilled pie shell(s).

(Makes one 10-inch or two 8-inch pies.) Bake for 10 minutes at 450 degrees F, then reduce heat to 350 degrees F.

Bake an additional 20 to 50 minutes at 350 degrees F., or until knife inserted into pie comes out clean.

NOTE: If crust gets done before the middle, bake covered. (I've made this. It's good with ice cream. Eat it the first day it's baked for best flavor.)

Navy Bean Bundt Cake

1-2 cups cooked navy beans 1 cup butter (softened)
1 cup sugar b cup brown sugar (firmly packed) 1 tbsp. vanilla
2 eggs 2 cups flour
1 1/2 tsp. baking powder 1 tsp. baking soda
1 1/2 tsp. nutmeg 2 tsp. cinnamon
1 cup evaporated milk 1 cup water
1/2 cup chopped pecans or walnuts 1-2 cups flaked coconut

Puree beans in blender or mash with fork. Set aside. In large bowl combine butter, sugars and vanilla, beat until creamy. At high speed, add eggs. Stir in beans. In medium bowl, combine flour baking powder, baking soda, nutmeg and cinnamon. Stir one half of dry ingredients until blended. Add nuts and coconut, blend. Pour into greased bundt pan. Bake at 350 degrees for 50-55 minutes, pour into 13 x 9 x 2 greased pan and bake for 25-30 minutes.

Grandma Raven's Pinto Bean Pie

3 cups Pinto beans, cooked unseasoned and mashed fine
4 Eggs 1-1/2 cups Sugar
1/2 cup Milk 2 tbs. Butter
1/4 tsp. Salt 1/2 tsp. Nutmeg
1/2 tsp. Cinnamon 1/2 tsp. Allspice
Pecan halves

Mix all the ingredients well. Place in an unbaked pie shell, top with pecan halves, and bake in a moderate oven (350 degrees F) until done.

Chocolate Chip Oatmeal Cookies (Made with white beans)

| | |
|----------------------------|-----------------------------------|
| 1/2 cup cooked white beans | 1 cup brown sugar |
| 4 eggs | 1 tsp. vanilla |
| 2 1/4 cups flour | 1 tsp. baking powder |
| 1/2 tsp. baking soda | 1/2 tsp. salt |
| 2 cups chocolate chips | 1 cup pecans (or walnuts) chopped |

Beat beans and sugar together. Add eggs, vanilla. In separate bowl sift together flour, baking soda, baking powder and salt. Add flour moisture to bean/sugar mixture. Stir until well blended. Stir in chocolate chips, and nuts. Cover and refrigerate dough for 1 hour. Preheat oven to 350 degrees. Drop by tablespoonfuls onto greased cookie sheet. Bake 10-15 minutes depending on size of cookies. Makes 4 dozen.

PINTO BEAN APPLE CAKE

| | | |
|----------------------------|---------------------------|--------------------|
| 1/2 c. butter or margarine | 1 c. brown sugar | 2 eggs |
| 1 c. warm water | 2 c. flour | 1 t. baking soda |
| 1 t. salt, | 1 t. allspice | 1 t. cinnamon |
| 1 c. mashed pinto beans | 1 c. sweetened applesauce | 1 c. raisins (opt) |
| 1 c. nuts (opt) | 1 t. vanilla | |

Cream butter, sugar and eggs. Add water and dry ingredients. Stir in beans, applesauce, raisins, nuts and vanilla. Bake in 2 greased loaf pans at 350 degrees for 40-50 minutes. Very good for freezing.

IDAHO'S PINTO BEAN PIE

| | | |
|---------------------------------|------------------|-------------------|
| 1/2 c. sugar | 1 c. brown sugar | 1/2 c. butter |
| 1 heaping c. mashed pinto beans | 2 eggs, beaten | unbaked pie shell |

Blend sugars, eggs and butter until creamy. Add pinto beans and blend well. Pour into 9 inch unbaked pie shell. Bake at 375 for 20 min. at 350 for additional 25 minutes or until done. (Tastes like Pecan Pie) Can be served with whipped cream or ice cream.

SPICY OATMEAL MUFFINS

| | | |
|----------------------|------------------------------------|--------------------|
| 1 c. oatmeal | 2 1/4 c. whole wheat flour | 1 c. warm water |
| 2 T. dry milk powder | 3/4 c. mashed pinto beans | 1 T. baking powder |
| 2 egg whites | 1/4 t. salt | 1 egg |
| 1 t. cinnamon | 1/4 c. melted butter or applesauce | 1/4t. nutmeg |
| 1 c. chopped walnuts | 1 c. honey | 1/2 c. raisins |

In a large bowl, mix oats and warm water. Let stand 3 minutes. Meanwhile, measure and mix dry ingredients. Beat liquids into oat mixture until smooth. Add nuts, raisins and mixed dry ingredients and stir just until moistened. Fill muffin tins coated with cooking spray 3/4 full or pour into a 9 x 13 pan. Bake at 350 degrees for 20-25 minutes until done. Let cool 5 minutes before removing from pan.

Double-Crust Bean Pie

Black beans, cheese, bell peppers, onion and spices baked between 2 pie crusts Makes 6 servings.

| | | |
|--------------------------------------|---------------------------|---------------------------------|
| 1 Tsp vegetable oil | 3/4 tsp chili powder | 1 onion finely chopped |
| 1/4 tsp cayenne pepper | 1 small green bell pepper | 1/4 tsp black pepper (chopped) |
| 1 (15 oz.) can black beans (drained) | | 1/3 cup salsa |
| 1 1/2 cups shredded Cheddar cheese | | 1/4 cup chopped red bell pepper |

2 (9 inch) unbaked pie crusts

Preheat oven to 325°

Heat oil in a medium saucepan over medium heat. Sauté onion and green pepper until tender. Stir in beans, salsa, red bell pepper, chili powder, cayenne and black pepper. Reduce heat to low and simmer for 15 minutes.

Spoon half of the mixture into one of the pie crusts and cover with half of the cheese. Repeat with remaining beans and cheese. Top with remaining crust.

Bake in oven for 1 hour.

Best-Ever Nut Bread Makes two loaves,

| | | |
|---------------------------------|----------------|-------------------------|
| 2/3 cup shortening | 2 cups sugar | 4 eggs |
| 2 cups split pea puree | 2/3 cup water | 3 1/2 cups sifted flour |
| 2 tsp baking soda | 1 tsp salt | 1/2 tsp baking powder |
| 1 tsp cinnamon | 1/2 tsp cloves | 1/2 tsp nutmeg |
| 1 cup chopped walnuts or pecans | | |

Preheat oven to 350 degrees F. Cream together shortening, and sugar. Beat in eggs, one at a time. Add split pea puree and water. In a separate bowl, sift together dry ingredients, except nuts. Stir into creamed mixture along with nuts. Bake in 2 well-greased 5x9-inch loaf pans for 60 to 70 minutes. When a toothpick inserted into the center of loaf comes out clean, the bread is done. Cool loaves and store in airtight plastic bags.

Oatmeal Chocolate Chip Cookies Makes 4 dozen cookies

| | |
|-----------------------------------------------------------|----------------------------|
| 1 can (15-ounce) Great Northern beans, drained and rinsed | |
| 1/2 cup butter | 1 cup sugar |
| 1 cup brown sugar | 2 eggs |
| 1 tsp baking powder | 1 tsp. baking soda |
| 1 tsp vanilla | 1/2 tsp salt |
| 2-1/2 cups flour | 2 c. quick-cooking oatmeal |
| 6 ounces chocolate chips | 1 tsp cinnamon |
| 1 cup chopped nuts (optional) | |

Preheat oven to 375 F. Puree beans in food processor or mixer with 1/4 cup water until smooth. Cream beans, butter and sugars in mixer. Add eggs, baking powder, baking soda, vanilla, salt, flour, cinnamon, and oatmeal; mix thoroughly. Mix in chocolate chips and nuts. Drop dough by rounded teaspoon onto a greased cookie sheet. Bake for 9 to 10 minutes or until golden. Cool on cookie sheet for one minute.

Beananza Bars Makes 32-36 bars

| | |
|-----------------------------------------------------------------------------------------|--------------------------------------------------|
| 1/2 cup flour | 2/3 cup packed light brown sugar |
| 2/3 cup quick-cooking oats | 1 cup natural wheat & barley cereal (Grape Nuts) |
| 1 can (15 ounces each) Pinto or Great Northern beans or | |
| 1 1/2 cups cooked Pinto or Great Northern beans, rinsed, well drained, coarsely chopped | |
| 3/4 cup dark raisins | 3/4 cup chopped dates |
| 1 cup flaked coconut | 1/2 cup chopped walnuts or almonds |
| 7 tablespoons melted margarine | 1/2 cup honey |
| 1 teaspoon vanilla | 1 teaspoon ground cinnamon |
| 1/8 teaspoon salt | |

Combine flour, brown sugar, oats, cereal, beans, raisins, dates, coconut, and walnuts in large bowl. Add remaining ingredients, mixing well. Press mixture evenly into greased 13x9-inch baking pan. Bake at 350° F. until bars are browned and firm to touch in center, 20 to 25 minutes. Cool completely before cutting. Notes: 1 2/3 cups low-fat granola cereal can be substituted for oats and natural wheat and barley cereal. Use a pastry cutter to chop beans quickly and easily.

Pinto Bean Fudge

| | |
|--------------------------------------|---------------------------------|
| 1 cup warm cooked pinto beans | 1 cup cocoa |
| 3/4 cup melted butter | 1 T vanilla |
| 2 pounds powdered sugar (7 1/2 cups) | 1 cup chopped pecans (optional) |

Mash or sieve beans. Add melted butter or margarine, cocoa and vanilla. Mix in powdered sugar gradually. Add nuts if desired. Press into a 9 x 13 inch oiled or non-stick pan. Store in the refrigerator.

Bean Puree

Soak and cook 1/12 pound dry beans by preferred methods listed on this site, cooking beans until very tender or nearly mushy. Drain beans, reserving cooking liquid. Put 1 to 2 cups beans in blender with 1/4 cup to 1/2 cup reserved cooking liquid. Blend on medium speed until smooth, stopping blender occasionally to scrape sides and stir puree up from bottom. Bean mixture should circulate slowly. Makes about 2 cups of puree.

Split pea puree-

Add 2 1/2 cups of water per 1 cup of split peas. Bring to a boil, reduce heat, cover, simmer. Simmer 45 to 55

minutes for split peas. Add more water if cooking time is extended due to high altitude, hard water, or prolonged storage prior to cooking. Stir a few times. Cook the split peas until they are very soft but just short of falling apart. When cooking is complete, remove from heat and let cool slightly but do not drain. In small batches puree the split peas with a sieve, food mill, blender, food processor, or potato masher. Puree should be the consistency of canned pumpkin. Add water to thin if necessary. Covered and refrigerated, puree should keep three to four days. It also freezes well.

DESSERTS - RICE

Old Fashioned Rice Pudding

Make a double batch and enjoy the leftovers for breakfast

| | | | |
|------------------|-------------|---------------------------|------------|
| 2 Large eggs | ¼ cup honey | 1 tsp vanilla | ¼ tsp salt |
| 2 cups skim milk | | 2 cups cooked brown rice | |
| Nutmeg | | ½ cups raisins (optional) | |

Place eggs, honey, vanilla, salt, and milk in blender. Pulse to mix well. Pour over cooked rice in a 9 X 9 baking dish. Add raisins if desired. Stir only until mixed. Sprinkle with nutmeg. Bake in 325° oven for 30 – 35 minutes or just until pudding is set. (Tip: A double recipe fills a 9 X 13 pan. Bake 325 ° 30 – 35 min. Yield 6 servings

FRUITED RICE

| | | |
|----------------------------|---------------------------|---------------------------|
| ½ c. brown rice, uncooked | 2 T. dried minced onion | 1 T. dried parsley flakes |
| 2 t. chicken bouillon | 2 t. brown sugar | ½ t. dried thyme leaves |
| ¼ t. black pepper | 1/8 t. ground red pepper | ½ c. wild rice, uncooked |
| ¼ c. dried apricots, dried | ¼ c. cranberries, chopped | ¼ c. raisins or currants |
| 2 ¼ c. water | 1 T. butter | ¼-1/2 c. orange juice |

Combine all ingredients except dried fruit in large saucepan. Bring to a boil over high heat. Cover, reduce heat and simmer 45-50 minutes or until rice is almost tender. Stir in Orange Juice and dried fruit. Simmer, uncovered, 15 minutes or until rice is tender.

Raisin Pudding

| | |
|---------------------------------------------------------|-------------------------------|
| 1 c, drained, 48-hour sprouted wheat, buckwheat or rice | 1 c. pineapple or apple juice |
| 1 tsp. Slippery elm powder | ¼ c. carob powder |
| ½ c. raisins | Pinch salt |

Blend wheat and juice to medium cream, stir in carob and slippery elm powder until smooth, then add raisins. Chill for several hours or overnight. Serve in custard cups with a large raisin on top. Serves 4 to 6.

Creamy Rice Pudding

Combine in top of double boiler:

| | |
|-----------|-----------|
| ¼ c. rice | 2 c. milk |
|-----------|-----------|

Cook uncovered 45 minutes or until rice is tender.

Beat together: 2 egg yolks (reserve whites) ¼ c. sugar ¼ tsp. Salt

Stir some of rice mixture into beaten yolks; add yolks to hot rice mixture and cook 3-4 minutes, stirring constantly.

Remove from heat and add: 1 tsp. Vanilla

Beat until frothy: 2 egg whites

Add: 2 Tbs. Sugar

Beat until stiff. Fold egg whites into pudding. Chill and serve.

Options:

Place pudding in a baking dish. Spread beaten whites on top and brown delicately in the oven.

Add ½ c. raisins to pudding.

Special orange pudding: Add whites with egg yolks. Stir in 1 tsp. Grated orange rind. When chilled, blend in ½ c. cottage cheese. Serves 6

Danish Rice Pudding

3 c. cooked rice 4 c. warm milk 2 tsp. Cinnamon ½ c. raisins
1 c. sugar or honey 2/3 c. dried egg mix ¼ tsp. Salt

Combine rice, milk, sugar, and salt. Cook over low heat until thickened. Stir often. Add vanilla and raisins. Stir well. Rehydrate egg mix in ½ c. warm water. Beat until foamy. Remove pudding from heat and fold in eggs. Sprinkle with cinnamon and serve.

BROWNIES

1/3 cup unsweetened cocoa powder 1/3 cup oil 2 eggs
1 1/2 t. vanilla 1 cup sugar ¼ t. salt
1/2 teaspoon baking powder ½ cup white rice flour ¼ cup brown rice flour
½ cup chopped walnuts (optional)

Combine cocoa and oil together in small bowl until blended. Whisk eggs and vanilla 1 minute in large bowl; whisk in sugar, baking powder and salt. Stir in cocoa mixture, rice flour, brown rice flour and nuts. Pour mixture into lightly greased 8-inch square pan. Bake in 350 degree oven 20 to 25 minutes, or until wooden pick inserted in center comes out clean. Cool brownies in pan on wire rack. Dust with confectioners sugar, if desired. Cut into 16 squares.

PEACH CRISP

2 c. cooked brown rice 1-15oz can peach slices/1-2/3c fresh 2/3 c. brown sugar, divided
¾ c. flour ½ t. cinnamon 1/8 t. ground nutmeg
¼ c. butter or margarine ½ c. chopped walnuts or pecans

Combine rice, peaches and 1/3 c. sugar in buttered, shallow 1 ½ qt. baking dish. Mix flour, remaining sugar, and spices. Cut in butter until mixture is crumble. Sprinkle over rice. Sprinkle nuts over flour mixture. Bake at 350° for 20-25 minutes. Serve warm with whipped cream or ice cream if desired.

CRANBERRY RICE DESSERT

¼ c. dried cranberries ¼ c orange juice 2 T. honey
1 T. butter or marg., melted 1/8 t. salt 1/8 t. ground cinnamon
1 c. long-grain rice, cooked

In a bowl, combine all but rice. Stir in the rice. Transfer to a greased 1 ½ c. baking dish. Cover and microwave on high for 1 ½-1 ¾ minutes or until heated through. Stir mixture before serving. Serves 2.

FLUFFY RICE DESSERT

1-3oz box sugar-free cherry Jello 1 c. boiling water 1-20oz can crushed pineapple
1 ½ c. hot cooked rice 1 c. whipped topping

In a bowl, dissolve Jello in boiling water. Drain pineapple, reserving juice, set pineapple aside. Add juice to Jello, stir in rice. Chill until mixture begins to thicken. Fold in whipped topping and pineapple. Chill for 1 hour.

CINNAMON RICE WITH APPLES

¾ c. white rice, uncooked 1 ½ c. apple juice 1 apple, cored, and chopped
1/3 c. raisins ½ t. cinnamon ¼ t. salt

In saucepan, combine rice, apple juice, chopped apple and raisins. Season with cinnamon and salt. Bring to a boil, reduce heat to low and cover for about 17 minutes. Lift lid, and see if rice is moist enough for your taste; if not, cook another couple minutes.

RICE PUDDING

3 beaten eggs 2 cups milk 1/2 cup brown sugar
1 tsp. vanilla 1 1/2 c. cooked rice ½ c. raisins (opt)
¼ t. nutmeg

Beat eggs, add sugar, beat until smooth. Add in all remaining ingredients, stir until blended. Pour into greased 1 ½ quart casserole that has been greased. Bake at 325 degrees for 45-55 minutes. Serve hot or cold. For dessert, serve with whip cream and cinnamon. For breakfast it can be served cold with milk. Serves 6.

Rice in Cream (Pioneer Recipe)

¾ cup uncooked rice 1 teaspoon salt

4 cups milk
1/2 teaspoon almond extract

1/2 cup sugar
1 cup heavy cream, whipped

Cook rice and salt in milk over boiling water until rice is soft and mixture is thick (about 1 1/2 hours). Add sugar and almond extract. Chill, then stir in whipped cream.

Can also be served with berries.

BROWN RICE PUDDING

1/2 c. uncooked regular
3 Tbs. margarine
3/4 c. milk
Cream

3 Tbs. honey
1/4 tsp. ground cinnamon
1/4 c. raisins (optional)

Honey OR Brown Sugar

Cook rice as directed. Stir in 3 Tbs. honey, the margarine, cinnamon, milk, and raisins. Heat to boiling; reduce heat. Cook over low heat, stirring occasionally, until of desired consistency, 10 to 15 minutes. Serve warm with cream and honey. -- 3 to 4 servings.

DRINKS

Magic Milk Shakes (Just Like Wendys)

1-1/2 to 2 cups ice water
1/4 cup unsweetened cocoa
2 tablespoons corn oil

1-1/2 cups nonfat dry milk powder
1 teaspoon vanilla
5-second squirt of non-stick spray

2/3 cup sugar
1 to 1 1/2 trays of ice cubes

Place all of the ingredients into the blender, including the oil and the non-stick spray. Use less water for thicker milk shakes and more water for shakes that are easy on your blender motor. The blender should be about 3/4's full. Place the lid on. Process for a full 2 minutes. Pour into cups and serve. Makes 4 - 12oz servings

Variations: 1 very ripe banana for a chocolate banana shake, a big spoonful of peanut butter for a decadent Chocolate Peanut Butter Shake, a few broken red and white candy mints for a refreshing Chocolate Mint shake.

Vanilla Milk Shakes: omit the cocoa powder, reduce the sugar to 1/2-cup and add 1 tablespoon (yes a full tablespoon) of vanilla flavoring.

Instant Breakfast

1 c. ice cold water
1 egg (1 T. egg powder)

1/4 c. non-instant milk or 1/2 c. instant milk powder
1/2 c. fresh or canned fruit
1 T. sugar or honey

Blend all ingredients until smooth. Serves 1-2.

Emergency Baby Formula

1/3 c. + 2t. instant milk pdr.
Mix together completely. Add:

1 1/3 c. boiled water
1 T. oil

2 t. sugar

BREAKFAST SMOOTHIE

1 banana
1 cup yogurt, plain

1/4 c strawberries

1/3 cup milk

Combine in blender and blend until smooth.

Orange Banana Smoothie

- 1 cup cold milk
- 1 banana
- 1 pinch salt
- 4 cubes ice
- 2 oranges, peeled and segmented
- 1/4 cup sugar
- 1/2 C container vanilla yogurt

In a blender, combine milk, oranges, banana, sugar, salt and yogurt. Blend for about 1 minute. Insert ice cubes, and blend until smooth. Pour into glasses and serve.

Lemon Berry Smoothie

- 1 C blueberry nonfat yogurt
- 1 cup ice cubes
- 1 1/2 cups skim milk
- 1 cup fresh blueberries

- 1 cup fresh strawberries
 - 1 teaspoon powdered lemonade mix
- Place yogurt, milk, ice cubes, blueberries, strawberries, and lemonade mix in a blender. Pulse until smooth and creamy.

Triple Threat Fruit Smoothie

- 1 kiwi, sliced
- 1 banana, peeled and chopped
- 1/2 cup blueberries
- 1 cup strawberries
- 1 cup ice cubes
- 1/2 cup orange juice
- 1 Cup peach yogurt

In a blender, blend the kiwi, banana, blueberries, strawberries, ice, orange juice, and yogurt until smooth.

Dana's Tropical Fruit Smoothie

- 1 (15 ounce) can crushed pineapple with juice
- 1 cup plain yogurt
- 1 banana
- 8 cubes ice
- 1 cup orange juice

• Combine undrained can of pineapples, yogurt, banana, and ice cubes in a blender. Blend while adding orange juice until fruit is pureed and it is the desired consistency.

Quick Start Breakfast Drink

- 2 cups pineapple juice
- 2 bananas
- 2 cups vanilla yogurt
- 1 cup strawberries, hulled
- 1/4 cup wheat germ
- 1 teaspoon vanilla extract

1. In a blender combine pineapple juice, bananas yogurt, strawberries, wheat germ and vanilla extract. Blend until smooth.

Yam Smoothie

- 2 medium yams
- 3 cups vanilla yogurt
- 1 cup milk
- 2 cups ice cubes
- 1 teaspoon white sugar
- 1 ripe banana, sliced

1. Prick yams with a fork, and place on a plate. Cook in the microwave for 8 to 10 minutes, turning once, until tender. Cool, peel and dice.

2. Combine the yams, yogurt, milk, ice cubes, sugar and banana in the container of a blender. Blend until smooth.

Healthy Smoothie

- 1 banana
- 1/2 apple
- 1 kiwi, peeled
- 1/2 cup frozen mixed berries
- 1 cup orange juice
- 1/2 cup soy milk
- 1/2 cup nonfat plain yogurt
- 1/2 cup tofu
- 3 T peanut butter
- 2 T aloe vera juice
- 2 T flaxseed oil
- 1 tsp barley grass powder (optional)

In a blender, combine banana, apple, kiwi, mixed berries and orange juice. Blend until smooth. Add soy milk, yogurt, tofu, peanut butter, aloe vera juice, flaxseed oil, and barley grass

Strawberry Smoothie

- 8 strawberries, hulled
- 1/2 cup skim milk
- 1/2 cup plain yogurt
- 3 tablespoons white sugar
- 2 teaspoons vanilla extract
- 6 cubes ice, crushed

1. In a blender combine strawberries, milk, yogurt, sugar and vanilla. Toss in the ice. Blend until smooth and creamy. Pour into glasses and serve.

Gloomy Day Smoothie

- 1 mango - peeled, seeded, and cut into chunks
- 1 banana, peeled and chopped
- 1 cup orange juice
- 1 cup vanilla nonfat yogurt

1. Place mango, banana, orange juice, and yogurt in a blender. Blend until smooth. Serve in clear glasses, and drink with a bendy straw!

Tropical Strawberry

- 1 1/2 cups frozen strawberries
- 1/2 cup milk
- 2 tablespoons white sugar
- 1 cup frozen pineapple chunks
- 1 1/2 cups yogurt
- 1 cup crushed ice

In a blender, blend the strawberries, pineapple, milk, yogurt, sugar, and ice until smooth

Hot Cocoa Mix

- 1 1/2 c. white sugar
- 1 c. powdered non-dairy creamer
- 1 c. nonfat dry milk
- 3/4 c. unsweetened cocoa powder

Combine sugar, creamer, milk, and cocoa powder in a large bowl. Mix well and store in an airtight container until ready to use. To serve, put 3 T. of powder in a mug, fill with hot water, and serve.

Strawberry Shake

- 1/2 c. sliced strawberries
- 3/4 c. orange juice
- 1/4 c. nonfat dry milk
- 4 ice cubes

Put ingredients in blender and blend until mixture is smooth. Serves 2.

Molasses Milk

This hot beverage is high in iron, and tastes like a caramel-taffy milk. Heat 3/4 cup of reconstituted milk. Stir in a spoonful of molasses. Serve. Kids love this stuff.

Orange Harvest Cooler

- 1/3 c. frozen OJ concentrate (or 1 banana)
- 4-6 ice cubes, partially crushed
- 1/3 c. instant dry milk mixed with 1 c. water
- 1-2 teaspoons sugar (optional)

Whirl all ingredients in blender. Serves 2.

Yogurt-Fruit Smoothie

- 1/4 c. yogurt (vanilla, plain or fruit flavored)
- 1/2 cup frozen orange juice
- 1/3 c. dry milk
- 1/2 c. water
- 1/2 banana
- 4 ice cubes

Mix all in blender until smooth.

Orange Punch

- 5 c. cold water
 - 1 c. nonfat dry milk
 - 12-ounce frozen orange juice
- Mix water with milk powder and add frozen juice. Stir well or blend. Chill and serve. Makes 4 servings.

Orange Julius

- 2 cups orange juice
- 1/2 tsp. vanilla
- 2 Tbsp. sugar
- 1/2 cup crushed ice
- 1/2 cup powdered milk

Put all ingredients in blender and blend until ice is totally crushed. Serves 2.

TROPICAL BREAKFAST PARFAIT

- 2 c. vanilla yogurt
- 1 c. berries or pineapple
- 1 sm. can mandarin oranges
- 3/4 c. Rice Krispie cereal

Put 2 T. yogurt in 4 juice glasses. Top with 4 orange slices. Shrink the oranges w. 1 1/2 T. cereal followed by 2 more T. yogurt. Top with fresh fruit and sprinkle of cereal.

RICE MILK

- 1 1/2 c. water
- 2 t. honey or fructose
- 1/2 c. cooked brown rice
- 1 T. oil
- 1 t. sesame seeds

Blend all ingredients together in a blender for 2-3 minutes. For drinking strain in a colander lined with gauze cloth. For cooking or on cereals no need to strain, unless desired. Makes @ 1/2 c.

Milk Shake

¾ c. water ½ c. powdered milk 4 tsp. Flavored syrup (Chocolate, strawberry or your own favorite)
 Blend until thick and frosty. Fresh fruit and sugar may be substituted for syrup.

Wheat Milk

1 cup wheat sprouts (2 days) 4-6 cups spring or filtered water
 ½ cup raisins, soaked

Blend wheat sprouts with water for 2 minutes at high speed. Strain through a fine wire mesh strainer, discarding pulp and returning liquid to blender. Add raisins; blend and strain as before.

Rice Cream

1 envelope gelatin 3 c. milk
 3 Tbs. Rice 1 ½ Tbs. Sugar
 1/8 tsp. Salt 1 c. heavy cream
 1 tsp. Vanilla

Soak the gelatin in 3 tablespoons cold water. Put 2 cups of the milk in a heavy-bottomed saucepan, add the rice, and cook, stirring often to prevent scorching, until the rice is tender, about 20 minutes. Add the gelatin and stir to dissolve, then add the remaining cup of milk, sugar, and salt. Let cool. Whip the cream until soft peaks form, add the vanilla, and fold into the rice mixture. Cover and chill. Serves 8 to 10. (Good with a little maple syrup on top.)

Corn Tea

¼ c. cracked corn 4 c. water

Place cracked corn in hot water and bring to a boil. Simmer for about 5 minutes. Strain and serve. It makes a good and tasty hot beverage. 4 servings.

Punch for the Bunch

Dissolve:

1 (3-oz.) pkg. Cherry Jello 1 c. boiling water

Add:

1 (6-oz.) can frozen lemonade 1 (6-oz.) can orange juice OR large can pineapple juice

Mix altogether with above:

3 c. cold water 1 qt. Cranberry juice

1 bottle gingerale

Fruit Frosty (Dried Foods)

1 c. dehydrated fruit (rehydrated in ½ c. water) 1 c. ice
 1 c. unflavored yogurt ¾ c. milk
 3 Tbs. Sugar

Blend fruit and water in blender for several minutes. Add other ingredients and blend 30 seconds more.

Barley Cream

Put 1 C. of barley in a large pot, then add 7-10 C. pure water. Bring to a boil and then reduce heat and simmer for 2-24 hours (the longer it simmers, the thicker it gets. However, the water simmers away pretty quickly, so you have to keep adding water as it simmers. The longest I have simmered is 2 1/2 hours, which creates a really thick milk). Once it is done simmering, strain out the barley water into a jar and then add honey to sweeten. Add 1/4 tsp Cream of Tartar and mix. Refrigerate the barley "milk" and drink chilled.

It tastes very pleasant and mild. In fact, I keep some made in the fridge for when my daughters are craving something like milk (since we don't consume dairy or meat products). They love it and it is really good for them.

Barley Water

Mix all ingredients together except bread crumbs and place in a greased baking dish. Sprinkle with bread

Wheat and Cheese Casserole

| | | |
|--------------------|-------------------------------|---------------------------|
| 3 c. steamed wheat | 2 cans Cream of Mushroom soup | 1 c. milk |
| ½ t. dry mustard | ½ t. salt | 1 t. Worcestershire sauce |
| ¾ c. grated cheese | | |

Combine all ingredients in a baking dish, reserving ¼ c. cheese for the top. Bake at 350° for 40-45 minutes

Sesame Chicken and Pasta

| | | |
|----------------------------|---------------------------|------------------------------|
| 8 oz. whole wheat linguine | 3 cloves minced garlic | 1 T. red wine vinegar |
| 1 T. brown sugar | 6 T. chunky peanut butter | ¼ c. soy sauce, light |
| 6 T. sesame oil | 2 T. hot chile oil | 2 cans chicken chunks, drain |
| 4 T. sesame seeds | ½ lb pea pods | |

Cook linguine according to package directions, add pea pods during last minute. Drain, rinse under cold water and set aside. Put garlic, vinegar, sugar, peanut butter and soy sauce in food processor; chop for 1 minute. With the processor still on slowly add the sesame and hot chili oils through the feed tube and process until well blended. Toss chicken with linguini and pea pods, add sauce and ½ the sesame seeds. Sprinkle with remaining seeds and serve at room temperature. Serves 6.

Tuna Wheat Casserole

| | | |
|--------------------------------|------------------------------|----------------|
| 2 c. steamed wheat | 1 can Cream of Mushroom Soup | 1 can tuna |
| 1 T. dry onion | salt and pepper to taste | 2 eggs, beaten |
| 1/2 c. cracker or bread crumbs | | |

Mix together wheat, soup, tuna, onion, and seasonings. Pour into buttered casserole dish. Top with cracker or crumbs. Bake at 350° for 30-40 minutes.

Chicken and Wheat Casserole

| | | |
|------------------------------|----------------------------|------------------------------|
| ¼ c. margarine | ½ c. chopped celery | ¼ c. chopped onion |
| 2 cans Cream of Chicken Soup | 1 c. milk | salt and pepper to taste |
| ½ t. poultry seasoning | 4 c. steamed wheat | 2 c. cooked, chopped chicken |
| 1 c. grated cheese | ½ c. buttered bread crumbs | |

Sauté celery and onion in margarine, in large skillet. Stir in soup, milk, cheese and seasonings. Add wheat and chicken. Pour into greased 2-quart casserole. Scatter with bread crumbs. Bake at 350° for 35-40 minutes.

Cheeseburger Meatloaf

| | | |
|----------------------------|------------------------|---------------------------|
| 2 lbs. hamburger | ¼ c. ketchup | 2 eggs |
| 1 T. Worcestershire Sauce | 1 c. whole wheat flour | ½ T. pepper |
| ½ c. water | 2 T. mustard | 1 pkg. dry onion soup mix |
| 1 c. cubed American cheese | | |

Mix all ingredients. Spread in 9" loaf pan. Bake uncovered at 350°. For 1 hour. Top with ketchup and bake ½ hour longer.

Fried Rice-less

| | | |
|---------------------------|-----------------------------|--------------------------|
| 2 T. oil | 1 c. coarsely chopped onion | 1 c. green pepper, diced |
| 2 c. meat (chicken, etc.) | 2 c. cooked whole wheat | 2 T. soy sauce |
| ½ t. salt | 2 eggs, slightly beaten | |

In large skillet, sauté onion and green pepper in oil. Then add meat and wheat. Add eggs, soy sauce and salt. Stir until eggs are cooked.

Boston Baked Whole Wheat

| | | |
|--------------------------|------------------|------------------------|
| 4 c. whole wheat kernels | 10 c. water | 1 lb. bacon, cut in ¼" |
| 1- lg. onion, diced | 1/2 c. molasses | salt/pepper to taste |
| 1 c. catsup | ½ t. dry mustard | |

In large roaster or Dutch oven, combine wheat, water, bacon, and onion. Combine remaining ingredients in bowl and pour into pan with wheat. Cover and bake at 200° F. for 6 hours. Remove cover the last ½ hour of baking. Add a little boiling water if mixture becomes too dry. Serve hot with bread. Makes 14 cups.

Sausage and Wheat Casserole

| | | |
|----------------------------|-------------------------|----------------------------|
| 2 ½ c. cooked wheat | ½ lb. pork sausage | 1 med. Onion, chopped |
| 1/2c. green peppers | 1 t. seasoned salt | pepper to taste |
| ½ t. garlic salt | ½ t. Italian seasonings | 1-16 oz can diced tomatoes |
| 1 c. tomato juice or sauce | 1 c. mild cheese | |

Brown sausage in large skillet. Add onions and peppers. Cook over medium-low heat until tender. Stir in all the seasonings, tomatoes and tomato juice. Simmer another 5 minutes. Stir in wheat. Cover and simmer 15 minutes until wheat is hot. Sprinkle top with cheese before serving. 6 servings.

NOTE- can substitute 2 c. rice for wheat.

Jambalaya

| | | |
|---------------------------------|---------------------------------|---------------------|
| 2 c. cooked wheat | 2 T. oil or butter or margarine | 1 T. flour |
| ½ t. garlic powder | 1 green pepper, chopped | ½ c. onion, chopped |
| 1- 14.5 oz. diced tomatoes | salt and pepper to taste | ¼ t. thyme |
| 2 T. Worcest. sauce | 2 c. cooked shrimp or chicken | 1 c. tomato sauce |
| ¾ c. pepper jack cheese, grated | 2 T. parsley | |

Heat oil in sauce pan, add onions and green peppers. Cook until tender. Stir in flour and blend thoroughly. Add tomatoes, water, seasonings, Worcestershire sauce, stir, occasionally. Add wheat and meat then toss. Sprinkle parsley and cheese over the top and place in a 350° oven for 15 minutes. Serves 6.

Turkey Casserole

| | | |
|-------------------------------------------------|----------------------------------------------|--------------------------------|
| 3 c. cooked wheat | 2 c. cooked, cubed turkey or chicken | ¼ c. oil, butter or margarine |
| ¼ c. onion chopped | ½ c. celery, chopped | 2 c. broccoli, fresh or frozen |
| ¼ c. flour in ¼ cold water | 2 c. chicken broth or water w/ 2 t. bouillon | 1 c. milk |
| salt & pepper to taste | 1 t. poultry seasoning | 1 c. mild cheese, grated |
| ½ c. slivered almonds or breadcrumbs (optional) | | |

Heat oil, add onion and celery. Cook until tender. Blend in flour/water mixture. Stir in chicken broth and milk. Add broccoli. Cook over low heat, stirring constantly until thickened. Add seasonings, wheat, turkey and cheese. Pour into buttered, 2 qt. casserole dish. Sprinkle with almonds or breadcrumbs and more cheese if desired. Bake at 350° for 30-40 minute

BEAN DISHES

GREAT NORTHERN BURRITOS

| | |
|------------------------------------|----------------------------------|
| 2 cups cooked great northern beans | 1 onion, chopped |
| 3 cloves garlic, minced | 1 bell pepper, chopped |
| 1/4 cup slivered almonds | 2 cups cooked Spanish style rice |
| 1/2 tsp. dried basil | 1/2 tsp. dried oregano |
| olive oil | salt and pepper |
| 1 pkg. tortillas | |

Saute onion, garlic and bell pepper until softened. Stir in beans, basil and oregano, almonds, salt and pepper. Over medium-high heat, warm tortillas one at a time, flipping once. Once tortilla is hot (working fairly quickly), spoon rice, then bean mixture into the center of the tortilla. Fold in the left and right sides, and roll burrito closed from the bottom to the top (that doesn't sound very clear, but I imagine you know the routine).

Chili Spaghetti

| | |
|--------------------|-------------------------------------------|
| 8 ounces spaghetti | 1 medium onion, finely chopped |
| 2 Tbs. Butter | 2 1-pound cans chili con carne with beans |

Cook spaghetti as directed on package. Drain. Sauté onion in butter until tender. Add chili and heat to serving temperature, stirring occasionally. Serve spaghetti topped with chili mixture. Serves 4.

Pinto Bean Tamale Pie

| | | |
|-----------------|---------------------------------|--------------------|
| 1 ¼ c. cornmeal | 1 (4 oz) can diced green chiles | ½ tsp salt |
| ¼ c. water | 1 (12 oz) can evaporated milk | ½ tsp onion powder |

1 c. water
 1/2 tsp cumin
 1/4-1/2 tsp chili powder

1/2 tsp garlic powder
 2 (15 oz) cans drained pinto beans

1 (12 oz) can beef chunks
 1/4 tsp sugar

Combined cornmeal, salt, milk and water in small saucepan and cook on medium until bubbling. Continue stirring until VERY thick (2-3 min). Save 1/2 cp cornmeal mixture; cover with plastic wrap. Put rest of mixture in a lump in bottom of greased 10 in pie plate and allow to cool 3 min. Using a slightly wedged hand press dough to cover bottom and sides of plate and bake at 425 for 10 min. While crust is baking, pour beef into medium saucepan and break-up. Add rest of ingredients and bring to boil, simmer uncovered for 5 min, stirring often. Spread pinto beef mixture over baked cornmeal. On piece of waxed paper flatten reserved cornmeal into an 8-inch round. Place on center of bean filling and bake for add'l 15 min – serves six – this can also be used over rice or tortillas.

SLOPPY JOES (Beans)

1 T. oil
 3 c. cooked brown rice
 4-6 hamburger buns

1 med. onion, chopped
 2-16oz pinto beans

1 med. green pepper, chopped
 3/4 c. hickory barbecue sauce

Heat oil in large skillet over medium-high heat. Add onion and pepper. Cook 2-3 minutes. Add rice, beans and sauce. Simmer 10-15 minutes, until heated through. Serve on buns.

Chicken, Hominy and White Beans

2 (15oz) cans white beans
 3 c. water
 1/2 t. cumin
 1/4 t. oregano

1 (15oz) can hominy
 1/4 c. dried minced onion
 1/2 t. dried minced garlic
 2 T. bottled lime juice

1 (12oz) can chicken chunks
 2 t. chicken bouillon
 1/4 t. coriander
 1 t. hot pepper sauce

Combine all ingredients in saucepan and simmer 10-15 minutes. Serves 5-6.

Mexican Bean Bake

2 cps boiling water
 6 corn tortillas cut in 1/4s
 1 Tbsp chicken soup base

1/2 lg onion
 1/2 cp pinto bean flour
 1-1/2 cps grated jack cheese

1/2 cp green chile salsa
 2 cps cooked rice

Whisk bean flour into water. Add salsa, onions and base; bring back to boil and cook 3 minutes over med heat. In 1 qt baking dish layer rice, 1/2 tortillas and 1/2 salsa mixture. Top with tortillas and salsa and cheese and bake at 350 until cheese bubbles (about 15 min)- cover if you omit cheese.

Oil-Free Refried Beans

5 c. Pinto beans
 2 Tbs. Onion powder
 1 Tbs. Sea Salt

3-4 Tbs. Green and red salsa
 1 tsp. Garlic powder

Soak the pinto beans for 12 hours, then sprout them in a sprout bag for 2 days maximum. Cook the beans on a low flame, approximately 40 – 60 minutes or until soft. Scoop off any foam that builds up during cooking. When soft, pour off half to 2/3 of the cooking water. Mash up the softened beans with a mashing tool or a food processor. Add the salsa sauce and spices. Traditionally, bean dips are used with corn chips, tostadas and burritos. As an alternative, serve this dip on the side with cooked quinoa (a grain) and salad.

Black Bean Patties

2 cups cooked black beans
 1 cup cornmeal
 1 tablespoon cumin

1 cup cooked brown rice
 1 cup soymilk

Cool the beans and rice, if you have just cooked them. Combine all the ingredients well. Add more cornmeal as needed to form a stiff dough.

Form into patties. Add corn oil to a frying pan and fry, or grill over charcoal.

Cooking black beans:

Put 1 cup dry black beans in 3 cups water and store overnight (a quart canning jar works well for this). Bring to a boil in fresh water and simmer around 40 minutes.

Cooking brown rice: Put 1 cup brown rice in 2 1/2 cups water. Bring to a boil, then cover and simmer until water is gone, about 35 minutes. Let sit with cover on an additional 10 minutes.

Bar-B-Q'd Lentils

| | | |
|----------------------------|-----------------------------|--------------------------------|
| 2 1/3 c. Lentils -- rinsed | 5 c. water | 1/2 c. Molasses |
| 2 Tbs. Brown Sugar | 1 Tbs. Vinegar | 1/2 c. Ketchup |
| 1 tsp. Dry Mustard | 1 tsp. Worcestershire Sauce | |
| 16 oz. Tomato Sauce | 2 Tbs. Minced onions | 1/4 tsp Liquid Bar. Smoke(opt) |

Add lentils to water, bring to a boil and simmer for 30 min or until tender but whole. Add remaining ingredients to the cooked lentils and bake at 350 degrees F for 45 min.

Baked Beans (White Beans)

| | |
|------------------------------------|--------------------------------------|
| 2 cups white beans 1 tsp. salt | 1 onion chopped 1/8 lb. bacon diced |
| 3/4 cup brown sugar 1/4 cup catsup | 1 tsp. dry mustard 1 tbsp. soy sauce |
| 1 cup reserved liquid | |

Cover beans with cold water and add salt. Simmer until tender. Keep liquid. Add remaining ingredients. Place in greased casserole or bean pot. Top with 1/8 bacon strips. Bake at 275 degrees for 6-8 hours.

Italian White Bean Hummus Serving size: 16

| | | |
|----------------------------------------------|------------------------------|--------------------|
| 2 cups white beans (canned, drained, rinsed) | 1/4 cup tahini | |
| 1/4 cup lemon juice | 2 tsp minced garlic | 1 tsp cumin powder |
| Dash cayenne | 2 oz. extra-virgin olive oil | Warm water |

Combine beans, tahini, lemon juice, garlic, cumin, and cayenne in the food processor. Blend and gradually add oil and warm water until the mixture has a creamy consistency. Refrigerate overnight for the best flavor.

HUMMUS II Makes 2 cups (16 servings)

| | |
|---------------------------------------|----------------------------|
| 2 cups canned, drained garbanzo beans | 1/3 cup tahini |
| 2 cloves garlic, halved | 1/4 cup lemon juice |
| 1 Tbsp olive oil | 1 tsp salt |
| 1 pinch paprika | 1 tsp minced fresh parsley |

Place garbanzo beans, tahini, lemon juice, salt and garlic in a blender or food processor. Blend until smooth. Transfer to serving bowl. Drizzle olive oil over the garbanzo bean mixture. Sprinkle with paprika and parsley.

Chalupas Serves 10

| | | |
|--------------------|--------------------------------|------------------|
| 3 lbs. Chuck roast | 1 lb. Pinto beans | 6 – 7 cups water |
| 1 chopped onion | 2 minced garlic | 1 T. cumin |
| 2 T. chili powder | 4 oz can chopped green chilies | |

Clean and soak beans in water overnight. Combine with beef and seasonings and cook slowly for about 5 hours between 250° and 300° in covered porcelain roaster. When the beef is very tender, break up and serve over flour tortillas or corn chips. Sprinkle grated cheese and enjoy!

Mormon Baked Beans

| | | |
|---------------------------------------|--------------------|-------------------------|
| 2 c. small white beans | 6 c. water | 2 Tbs. Dehydrated onion |
| 1/4 c. oil | 1/4 c. brown sugar | 3 Tbs. Honey |
| 1/4 tsp. Dry mustard | 1 1/2 tsp. Salt | 1/8 tsp. Pepper |
| 1/2 c. bacon or bacon bits (optional) | | |

Soak beans overnight. Simmer over low heat 1 – 2 hours until tender. Drain, reserving liquid. Add onions to beans and put into a 2 quart casserole dish. Stir together oil, sugar, honey, mustard, salt, pepper and 1 cup of reserved liquid. Pour over beans and stir gently. Add enough of remaining liquid to almost cover beans. Bake at 300 3 – 4 hours. Stir in bacon or bacon bits last 30 minutes.

Boston Baked Beans (This also can be used for soup – in soup section below)

2 cups (1/2 L) navy beans, small white beans, or Great Northern beans

| | | |
|--------------------------|-----------------------------------|-------------------|
| 1c finely grated carrots | 2 t chicken or vegetable bouillon | 2 eggs |
| 2 T picante Sauce | 1 t cumin | 1 c. bread crumbs |
| Salt and pepper | | |

Mix all ingredients, adding a small amount of water, if necessary, to hold mixture together, Fill muffin tins, coated with cooking spray, full and mound top slightly. Lightly cover with foil and bake at 350 for 45 minutes. Top with grated cheese 10 minutes before done, if desired. OR serve with White Bean Gravy or Mexican Gravy. Makes 8- 12 mini loaves. Variation; Bake in a loaf pan or shape into patties and pan fry.

“Instant” Refried Bean Mix

| | | |
|----------------------------------|----------------------------------|----------------------------|
| 1 ½ c. pinto or black bean flour | 1 ½ t. chili powder | 1/8 t garlic powder (opt.) |
| ½ t. cumin | 1 t. instant minced onions (Opt) | 1 ½ t. salt |

Mix and store in airtight container.

To prepare, whisk ¾ c. above mixture into 2 ½ c. boiling water. Cook while stirring, over medium heat for 1 minute, until mixture thickens. Add favorite salsa after cooking. Keep in fridge.

Easy Cheesy Enchiladas Makes 12 Servings.

| | | |
|----------------------|---------------------------------------|--------------------------|
| 1 cup Chopped Onions | 1/2 tsp Oregano | 2 Tb Chili Powder |
| 1 Tb Beef Soup Base | 3-1/2 cups Water | 3/4 cup Black Bean Flour |
| 1 cup Tomato Sauce | 2 cups cooked Pinto Beans | 1/4 tsp Tabasco Sauce |
| 12 Corn Tortillas | 2 cups Monterey Jack Cheese, Shredded | |

Preheat oven to 400 degrees, set aside a 9" x 13" baking dish. Simmer onions, tomato sauce and seasonings in water for 3-5 minutes. Whisk in black bean flour and cook for 1 minute. Add cooked pinto beans and hot sauce. Cook for an additional 2-3 minutes. Ladle some sauce into the bottom of baking dish, layer 3 tortillas and some cheese.

Repeat with layering process until sauce, cheese and tortillas are used up. Ending with sauce and cheese on top of baking dish. Bake for 20-30 minutes until bubbly and heated through. Garnish with cilantro and chopped tomatoes. Serve with a cold salad.

MEXICAN BEAN BAKE

| | | |
|----------------------------------|---------------------------|------------------------|
| 2 c. boiling water | ½ lg. onion, grated | ½ c. green chile salsa |
| 6 corn tortillas, cut in fourths | 1/2c. pinto bean flour | 2 c. cooked rice |
| 1 T. chicken soup base | 1 ½ c. grated jack cheese | |

Whisk bean flour into water. Add salsa, onions and base; bring back to a boil. Cook 3 minutes over medium heat. In 1 qt. baking dish, layer rice, ½ tortillas and ½ salsa mixture. Top with tortillas and salsa mixture and cheese, if desired. Bake at 350 degrees until cheese bubbles, about 15 min. Cover if you omit cheese. Serves 4-6.

CHEESY BEANS AND RICE

| | | |
|-------------------------|----------------------------------------------------------------|---------------------------|
| 1 c. long grain rice | ½-1 can(4oz) diced green chilies | 1 (15oz) can corn |
| 1 T. dried minced onion | 1 ¾ c. soaked & cooked kidney beans or 1-15oz can kidney beans | |
| 2 c. water | 2 cans(8 oz) tomato sauce | 1 can (4 oz) sliced mush. |
| 1 t. garlic powder | 1 c. shredded cheese | |

Combine rice, chilies, corn, beans, onions and mushrooms in greased 2 qt. casserole dish. Combine water, tomato sauce and garlic powder in saucepan and bring to boil. Pour tomato mixture over top of casserole then top with cheese. Bake, uncovered, at 400 degrees for 35 minutes. Serves 6-8.

BEAN AND LENTIL RICE PILAF

| | | |
|-------------------------------|-------------------------|-------------------------------------------|
| 2 ¼ c. water | 2 T. dried minced onion | 1 ¾ c. cooked kidney beans or 1-15oz can. |
| 1-15oz can corn | 2 T. olive oil | 1 c. uncooked long grain rice |
| 2 t. beef bouillon 1 c. salsa | 1/4c. dry, lentils | 1 t. chili powder |

In saucepan combine water, onion, oil, bouillon and lentils and bring to a boil. Reduce heat; cover and simmer 15 minutes. Stir in remaining ingredients and bring to a boil. Reduce heat; cover and simmer 20-25 minutes longer until lentils and rice are tender. Serves 6.

PUERTO RICAN BLACK BEANS AND RICE

| | | |
|------------------------------------------|-------------------------|---------------------------|
| 3 ½ c. cooked black beans or 2-15oz cans | 1 t. oregano | ¾ c. water/1/2 for canned |
| ½ t. black pepper | ½ t. sugar | 1 T. dried green pepper |
| ¼ t. salt (none if canned beans) | 1 T. dried minced onion | |
| 1/4t. garlic powder | 2 T. ketchup | |
| ½ T. olive oil | Hot cooked rice | |

Put beans and all other ingredients, except rice, together in a pot; bring to boil. Reduce heat and simmer, uncovered, 20 minutes. Serve over rice. Serves 4-5.

Black Eyed Peas in the Crock Pot Recipe

A nice Southern dish modified for the crock pot. If you like a little spicy then add 1/4 teaspoon ground red pepper. 8 servings

| | |
|-----------------------------|--------------------------|
| 5 slices bacon | 1/2 cup onions, chopped |
| 1/2 cup celery, chopped | 2 garlic cloves, minced |
| 2 cans black-eyed peas | 1 cup water |
| drain liquid and rinse peas | 1/2 teaspoon pepper |
| 1 teaspoon dried parsley | 1 teaspoon dried oregano |
| 1 bay leaf | 1 teaspoon dried thyme |
| 1 teaspoon paprika | |

Chop bacon into 1 inch pieces. Add to medium pan and cook until crispy. Do not drain off the grease! Add onion, celery, and garlic to bacon and cook for 5 minutes. Add all of the ingredients from the pan including the bacon grease to crock pot. Add remainder of ingredients to crock pot. Cook on low for 2 hours or on high for 1 hour. Stir and serve on rice. Enjoy.

Beef or Chicken and Bean Enchiladas

Sauce:

| | | |
|---------------------------------|---------------------------|-------------------------|
| 2 T. oil | 3 T. flour | 2 T. dried minced onion |
| ½-2 T. chili powder | 2 (8oz) cans tomato sauce | ½ t. sugar |
| 1 ½ c. water (meat broth incl.) | ½ t. vinegar | ¼ t. garlic powder |

Filling:

| | | |
|-----------------------------------|--------------------------------|-------------------------------|
| 1 (12oz) can beef /chicken chunks | 1(4oz) can diced green chilies | 1-2 (15oz)cans beans, drained |
|-----------------------------------|--------------------------------|-------------------------------|

Also:

| | |
|-------------------|-----------------------------------------------|
| 12 corn tortillas | 1 (8oz) processed cheese sauce or Nacho sauce |
|-------------------|-----------------------------------------------|

In saucepan, combine oil and flour. Slowly add rest of sauce ingredients, stirring so there is no lumps and bring to a boil while stirring. Reduce heat; simmer 5 minutes, stirring occasionally. Cool while making tortillas.

In a bowl, break up meat chunks, combine with beans and chilies. Spread 1/3 c. sauce over bottom of lightly greased 9 x 13 inch baking dish. Pour some of sauce into pie pan. Quickly dip tortillas in sauce on both sides and fill with meat mixture. Roll tortillas and place seam side down in pan. Pack enchiladas tightly in pan and cover with remaining sauce. Dot with processed cheese sauce and bake, uncovered at 350° for 35 minutes.

Pinto Beef Tamale Pie

| | | |
|-----------------------|-----------------------------------|--------------------------|
| 1 ¼ c. cornmeal | 1 (4oz) can diced green chiles | ½ t. salt |
| ¼ c. water | 1 (12oz) can evaporated milk | ½ t. onion powder |
| 1 c. water | ½ t. garlic powder | 1 (12oz) can beef chunks |
| ½ t. cumin | 2 (15 oz) cans pinto beans, drain | ¼ t. sugar |
| ¼-1/2 t. chili powder | | |

Combine cornmeal, salt, milk and water in small saucepan. Cook on medium heat. Stir until bubbling; continue stirring until VERY thick, 2-3 more minutes. Save ½ c. of cornmeal mixture; cover with plastic wrap. Put rest of mixture in a lump in bottom of greased 10-inch pie plate. Allow to cool 2-3 minutes. Using a slightly wet had, press dough to cover bottom and sides of plate. Bake in 425°oven for 10 minutes. While crust is baking, pour beef into medium saucepan and break up. Add rest of ingredients and bring to a boil. Simmer, uncovered, 5 minutes, stirring

often. Spread pinto beef mixture over baked cornmeal. On a piece of waxed paper flatten reserved cornmeal into an 8-inch round. Place on center of bean filling. Bake pie for further 15 minutes and serve. Serves 6.

Variations: Pinto beef filling can also be served in tortillas, on tostadas or over rice.

Hearty Fiesta Cassoulet Makes 12 servings.

| | |
|---------------------------------------------|-----------------------------------------|
| 1 pound angel-hair pasta, uncooked | 2 14 1/2-ounce cans tomatoes, diced |
| 2 15 1/2-ounce cans black beans | 4 1/2 cans water |
| 2/3 cup frozen corn | 9 ounces smoked sausage, thinly sliced |
| 2 1/4 teaspoons garlic salt | 1 teaspoon red pepper flakes (optional) |
| 2 Tablespoons grated Jack cheese (optional) | |

In a large saucepan, combine all ingredients. Add 4 1/2 cans of water, using can from diced tomatoes. Stir well. Bring to a low boil, cover, reduce heat and simmer for 10 minutes. To serve, ladle into soup or chowder bowls. Garnish with grated red pepper and Jack cheese, if desired.

MAIN DISHES

Herbed Two-Potato Skewers

| | |
|-------------------------------------------------------|----------------------------------------------------|
| 4 Boiling potatoes (about 1 pound) | 2 small Sweet potatoes or yams (about 1 1/2 pound) |
| 1/2 c. Olive oil | 2 Tbs. Chopped fresh parsley |
| 1 Tbs. Chopped fresh tarragon OR thyme (1 tsp. dried) | |
| 1/4 tsp. Red pepper flakes | 1/2 tsp. Freshly ground pepper |
| 1/2 tsp. Salt | |

Prepare a fire in the grill. Position an oiled grill rack 4 inches above the fire. Steam all the potatoes on a rack over boiling water until they are barely tender when pierced, 15-20 minutes. Remove to a large bowl and cover with cold water. Let stand for about 2 minutes, then drain and pat dry. Cut the potatoes into 1 1/2 inch chunks and thread them onto skewers. In a small bowl whisk together the oil, parsley, tarragon, red pepper flakes, pepper, and salt; set aside. Arrange the skewers on the grill rack. Grill, turning frequently and brushing occasionally with the oil-herb mixture until the potato skins are well browned, about 10 minutes. Yield: 6 servings

Quinoa Croquettes

| | |
|-------------------------------------------|-------------------------|
| 1 cup quinoa, washed | 2 cups water |
| 1 teaspoon sea salt | 1/8 teaspoon cayenne |
| 1 Tablespoon flax seeds, ground, optional | 2 cups corn, frozen |
| 1 cup black beans, cooked | 6 garlic cloves, minced |

Be sure to wash quinoa well. Place quinoa in sauce pan with water, sea salt, and cayenne. Cover and bring to a boil. Once boiling, simmer for 15 to 20 minutes. When finished cooking, stir in garlic, ground flax seed, corn and cooked black beans. Mixture could be refrigerated at this point (for up to 4 days), and the croquettes could be made later. Oil a baking sheet if it is not nonstick. Let quinoa mixture cool just enough so the mixture can be handled without burning your hands (this should happen quickly since the frozen corn will lower the temperature.) Using your hands, take about 2 tablespoons of mixture, shape it into a log shaped piece, and place it on the baking sheet. Repeat using all mixture. You should end up with about 28 small logs/croquettes. Bake in a 350 degree F (175 degree C) oven (no need to preheat oven) for 45 minutes, or until they are golden brown and have crispy edges.

Makes 14 servings. (1 Serving = 2 croquettes)

Variations:

For richer croquettes, add ground pumpkin seeds.

Add finely chopped-seasoned tempeh instead of black beans.

Make larger croquettes, and serve as an entrée.

Garlicky Quinoa Patties

| | |
|------------------------|--------------------------------------------------|
| 1 cup quinoa, washed | 2 cups water |
| 1/2 teaspoon sea salt | 3 tablespoons pine nuts |
| 1 teaspoon ume vinegar | 6 garlic cloves, minced |
| 1/2 teaspoon sea salt | 1/3 cup pumpkin seeds, roasted, ground, optional |
| 2 cups corn, frozen | 1 cup water |

1 tablespoon vinegar

At least 4 hours before wanting to make the patties, cook the quinoa:

Once quinoa is washed, place in sauce pan with water and sea salt, bring to a boil. Once boiling, turn to low, and simmer for 15 to 20 minutes. Refrigerate.

At any time, prepare the pine nuts:

Toast pine nuts on baking sheet in a 300 degree F (150 degree C) oven for about 15 minutes. Mix nuts on sheet, and continue to bake, watching to make sure they do not burn. This should not take more than an additional 15 minutes.

When done, splash with ume vinegar and toast again briefly to dry.

To make the patties:

Combine the refrigerated cooked quinoa with the pine nuts, garlic, sea salt, ground pumpkin seeds (if desired), and corn.

Add water and ume vinegar to the quinoa/corn mixture (this helps it bind together), and mix well. If it seems a little dry or crumbly, add more water until it gets a little mushy so that patties can be formed.

Oil a baking sheet if it is not non-stick. Shape mixture into patties (it should make about 16 patties), and place on the baking sheet.

Bake in a 350 degree F (175 degree C) oven (no need to preheat oven) for 45 minutes, or until they are golden brown and have crispy edges.

VARIATIONS:

- For richer patties, use more pine nuts and/or pumpkin seeds.

- Use 2 ounces of ground up corn chips in place of the sea salt when making the patties. This is a good use of the left over broken up chips in the bottom of corn chip bags. Note: this will add more fat to the dish.

Makes 8 servings.

Skillet Potato Dinner (Fresh or Dried Foods)

Reconstitute 2 cups dehydrated sliced or diced potatoes. Drain. Heat margarine and fry potatoes with choice of the following:

1- dehydrated onions 2- dehydrated broccoli 3- canned, stewed tomatoes

4- dehydrated cheese 5- chili

6- meat of choice: bacon bits, sausage gluten, canned chicken, etc. Season to taste.

Buffalo Wings

3 cubes butter 1 bottle (large – 24 oz.) Red Cayenne Pepper - Louisiana Hot Sauce

2 Tbsp. worchestshire sauce 2 Tbsp. black pepper 1 tsp. tobasco

Sprinkle wings with garlic salt and pepper – bake at 200 for an 1 hr. Sprinkle with garlic and pepper and cook another 2 hrs. Sprinkle again with garlic salt and pepper – cook another 1.

Pour sauce over wings – turn up to 350 for 20-30 min.

Chicken Millet Casserole

1 Tablespoon oil 2/3 cup millet

3 Tablespoons dried onion 1/8 teaspoon dried minced garlic

1 can (14 1/2 ounces) chicken broth 1 can (12 1/2 ounces) chicken, drained and chopped

1 can (8 ounces) whole water chestnuts, drained and chopped

Heat oil in a medium skillet. Lightly brown millet in the oil. Stir together all ingredients in a 2 quart casserole.

Cover and bake at 350 degrees for 45 minutes or until millet is tender. Serves 6.

Chicken Pot Pie

3 to 4 cups cooked chopped chicken 1 (16-ounce) can mixed vegetables, drained

1 can cream of chicken soup 1 cup chicken broth

1 cup self-rising flour (if using ordinary flour, add 1 tsp. baking powder and 1/2 tsp. salt)

1 tsp. baking powder 1 cup milk

1/2 stick (1/4 cup) margarine, melted

Place chicken in a large casserole dish and add vegetables, soup and broth. Mix together, in a separate bowl, the

Taco Macaroni Casserole

1 lb ground beef or = TVP
2 c dry macaroni
Dried onions
1 pkg. taco seasoning or equivalent
1 can tomato soup
Grated cheese

Cook and drain beef. Add Taco Seasoning, 2 1/2 cps water, dry macaroni, onions and canned soup. Bring to a boil. Cover and simmer 8 minutes. Sprinkle cheese on top and serve.

Shepherd Pie

1 can ground hamburger
1 can green beans
2 Tbsp dried onions
Salt & pepper to taste
1 can corn
1 can tomato soup or mushroom soup
3 cps prepared instant potatoes

Mix all ingred except potatoes and place in casserole dish. Top w/potatoes. Bake 350 for 30 min.

Macaroni and Cheese Casserole

1 pkg. Macaroni and cheese (prepared as directed)
1 lb. or 1 can ground hamburger
1-8 oz. can tomato sauce
2 Tbsp dried onion
Italian seasoning to taste

Brown meat with onion and drain. Mix with other ingredients. Place in casserole dish. Top with grated cheddar cheese if desired. Warm in 350 degree.

Tamales

Tamale Dough:

5 lb. Tamale Mix/Masa
3/4-1 c. lard or shortening
1 1/2 t. baking powder
Lukewarm broth or water
salt to taste

Combine lard/shortening, baking powder and salt in a bowl and beat until fluffy. Add masa mix and enough broth/water with the fingers until dough has a spongy texture.

Corn husks: soak in warm water about 20 minutes until softened.

Meat: Cook 5 lbs of pork, chicken or beef with 1/2 chopped onion until tender. Cool and shred.

Chile Mix:

3-4 Pasilla chilies or California pods
1 t. white flour
2-4 c. water or broth
Cook chilies just in water until soft, drain the water. In a blender add the chilies, onion, flour and liquid. Blend until liquefied. Combine meat with chile mix and 1 t. oregano. Bring to a boil, let cool.

To assemble: Flatten corn husks, spread with 2 T. of dough, top with 1 T. meat mixture. Roll up and tie and each end with string. Steam over boiling water 30 minutes.

Sweet Pineapple Tamales

5 lb. Tamale Mix/Masa
3/4-1 c. lard or shortening
3-4 c. sugar
1 1/2 t. baking powder
Luke warm water
2 cans crushed, drained pineapple

Combine lard/shortening, baking powder and salt in a bowl and beat until fluffy. Add masa mix and enough broth/water with the fingers until dough has a spongy texture. Add into sugar and pineapple and mix until very soft.

Corn husks: soak in warm water about 20 minutes until softened.

To assemble: Flatten corn husks, spread with 2 T. of dough, top with 1 T. meat mixture. Roll up and tie and each end with string. Steam over boiling water 30 minutes.

Elizabeth's Tuna Dip

1 six-ounce can of tuna
1 eight oz. brick of cream cheese, warmed to room temperature (or a maybe even little warmer, so that it's really soft)

Mash the cream cheese and the tuna together, put into a nice bowl, and serve with pork rinds, celery sticks, cauliflower, etc.

Farmhouse Chicken Pot Pie (Fresh or Dried Foods)

2 c. canned chicken 1 Tbs. Chicken bouillon 2/3 c. flour 8 c. water
1/2 c. dehydrated carrots 1/2 c. dehydrated peas 1/4 c. dehydrated onions 1/2 tsp. Pepper

Pie crust pastry

Line casserole dish with 2/3 pie pastry. Cut chicken into small pieces. Combine chicken, bouillon, flour, carrots, peas, onions and pepper in large saucepan. Add water. Cook over medium heat until forms smooth thick gravy. Pour into piecrust lined casserole dish. Cover with remaining piecrust pastry. Bake at 400 degrees for 35-45 minutes until browned.

Variation: Instead of using piecrust, pour chicken combination into casserole dish and top with biscuits.

Chicken a la King

2 T. DH green pepper 3 c. water (include mush/chicken juice)
1/2 c. Super Quick white sauce mix 3 T. flour 1 1/2 t. chicken bouillon
1/2 t. onion powder 1 (10-12 oz) can chicken chunks

1 (4oz) can mushrooms

Soak green pepper in water 10 minutes. Whisk in white sauce mix; then flour, bouillon and onion powder. Bring to boil; simmer 1 minute. Add rest of ingredients and bring to boil; serve over biscuits, toast, rice or noodles. Serves 4.

Campbell's Chicken & Stuffing Skillet

1 Tbsp. butter or margarine 4 boneless chicken breast halves
1 box (6 oz.) Pepperidge Farm One Step Chicken Flavored Stuffing Mix
1 can (10 3/4 oz.) your favorite Campbell's Cream Soup*
1/2 cup milk 1/2 cup shredded Cheddar cheese

HEAT butter in skillet. Add chicken and cook 12 to 15 min. or until done. Remove chicken. PREPARE stuffing in skillet according to pkg. directions except let stand 2 min. TOP with chicken. Mix soup and milk. Pour over chicken. Sprinkle with cheese. Cover and heat through. Serves 4. Prep/Cook Time: 20 minutes

*Delicious with Campbell's Cream of Celery, Cream of Chicken or Cream of Mushroom Soup.

Campbell's Easy Chicken Pot Pie

1 can Campbell's Cream of Chicken with Herbs Soup
1 pkg. (about 9 oz.) frozen mixed vegetables, thawed
1 cup cubed cooked chicken 1/2 cup milk 1 egg
1 cup all-purpose baking mix

PREHEAT oven to 400°F. Mix soup, vegetables and chicken in 9" pie plate. MIX milk, egg and baking mix. Pour over chicken mixture. Bake 30 min. or until golden. Serves 4.

Prep/Cook Time: 40 minutes

5-Minute Burrito Wraps

1 can Campbell's Fiesta Chili Beef Soup 6 flour tortillas (8")

Shredded Cheddar cheese

SPOON 2 tbsp. soup down center of each tortilla. Top with cheese. Fold tortilla around filling. PLACE seam-side down on microwave-safe plate and microwave on HIGH 2 min. or until hot. Makes 6 burritos.

Patriarch Potatoes and Ham (Dried Foods)

1 1/2 c. dehydrated potatoes 2 c. milk 1/4 c. margarine 1/4 c. flour
1/2 c. dehydrated cheese 1 MRE (Meals Ready to Eat) ham slice or 1/2 c. ham TVP

Salt and pepper to taste

Reconstitute potatoes. Combine milk, flour, margarine, salt and pepper. Simmer until thickened. Layer potatoes, ham and cheese. Pour sauce over top. Make at 325 degrees for 40-45 minutes.

Creamy Casseroles

1 c. DH vegetables (soak in 4 c. water for 20 minutes), drain water until 3 c. veggie/water remains

Mix with 1 ½ c. white sauce mix, add w c. cooked meat. Heat thoroughly. Serve over rice or noodles.

Macaroni and Cheese

1 c. white sauce 1 c. uncooked macaroni 1 c. grated cheese

Cook macaroni in boiling water until done. Drain. Combine macaroni, white sauce and cheese. Heat. Serves 4.

Macaroni & Cheese Casserole

2/3 c. macaroni 2 c. boiling water ½ tsp. Salt 2 Tbs. Dried parsley
1 tsp. Dried onion 1 Tbs. Dried green pepper ¼ c. dried cheese 1/3 c. dry whole egg
3 Tbs. Dried milk 1 c. warm water

Cook the macaroni in the boiling salted water until tender. Drain and combine the macaroni, green pepper, parsley and onion. Mix together cheese, egg, milk, and warm water, blend well. Pour over the macaroni mixture. Place in a greased pan, bake at 350 degrees F. for 50 minutes. This recipe makes 2 servings.

Injun Corn Casserole (Dried Foods)

1 c. dehydrated sweet corn ¼ c. dehydrated onions
1 c. tomato powder 3 Tbs. Dehydrated green peppers
1 c. dry breadcrumbs 2 Tbs. Dehydrated cheese
1 Tbs. Shortening or margarine

Reconstitute vegetables. Add seasonings. Place in casserole dish. Dot with margarine or shortening. Sprinkle with cheese and crumbs. Bake at 375 degrees for 30-35 minutes.

Classic Fried Catfish

¾ cup yellow cornmeal ¼ cup all-purpose flour
2 teaspoons salt 1 teaspoon cayenne pepper
¼ teaspoon garlic powder 4 U.S. farm-raised catfish fillets
Vegetable oil

For garnish: Sliced tomato and parsley sprigs

1. Combine cornmeal, flour, salt, cayenne pepper and garlic powder. Coat farm-raised catfish with mixture, shaking off excess

2. Fill deep pot or 12-inch skillet half full with vegetable oil. Heat to 350 °F. Add catfish in single layer, and fry until golden brown, about 5 - 6 minutes, depending on size. Remove and drain on paper towels.

TUNA POTATO PATTIES

4 c. mashed potatoes, made stiff 1 ½ T. dried parsley 1-6oz can tuna in water, undrained
1 T. dried minced onion 3 T. mayonnaise 1/8 t. garlic powder
Bottled lemon juice ground pepper oil

Mix ingredients except lemon juice and pepper and oil. Make into 9 patties (1bout ½ c. each). Fry in oil in non-stick pan until lightly brown on both sides. Serve with lemon juice and pepper on top.

Hamburger Helper – Home-Style

Brown in a skillet: ¾ lb. Ground beef, 1 tsp. Salt, ½ tsp. Pepper

Add: 1 Tbs. Finely chopped onion, 1 stalk chopped celery, ¼ cup frozen or canned peas, 2/3 cup fresh or canned tomatoes, chopped

While beef is browning, cook in salted water: 1 cup crinkly noodles

Drain noodles and spread over meat mixture. Sprinkle over all: ½ - ¾ cup shredded cheese OR 1/3 cup grated Parmesan cheese

Simmer uncovered 15 minutes to blend flavors. Serve from skillet.

RICE DISHES

Quick Fried Rice

1 Tbs. Vegetable oil 2 eggs, beaten
1 pkg. (6.1 oz) RICE-A-RONI With 1/3 Less Salt Fried Rice
½ tsp. Ground ginger 2 cups cooked pork or ham, cut into short thin strips
1 cup sliced mushrooms 3 green onions, cut into ½-inch slices

In large skillet, heat oil over medium heat. Add eggs. Cook without stirring, 2 minutes or until eggs are set. Loosen eggs from pan with spatula; slide onto plate. Cut egg mixture into short thin strips. Set aside; keep warm. In same skillet, prepare Rice-A-Roni Mix as package directs, adding ginger with water and contents of seasoning packet. Bring to a boil over high heat. Cover; reduce heat. Simmer 15 minutes. Stir egg mixture, pork, mushrooms and onions into rice during last 5 minutes of cooking – 4 servings.

Sunday Rice

1 lb. sausage 1 lb. ground beef
1 onion, chopped 1 green pepper, chopped
½ c. chopped celery 3 c. boiling water
2 pkg. Noodle soup mix 1 c. uncooked rice

Brown sausage, ground beef, and onion. Dissolve soup mix in boiling water. Mix all the ingredients together and bake in a covered dish at 425 degrees for 15 minutes. Turn oven down to 200 degrees and bake for 3 ½ hours. You may top with slivered almonds.

EASY CHICKEN AND RICE CASSEROLE

1 cup uncooked rice, 1 can Cream of Mushroom or Chicken Soup
1 pkg. onion soup mix (or 2 T. beef bouillon & 1-2 T. dried onions)
1 cup water 1 can Cream of Celery Soup
1 chicken – cut up (or 8 legs or thighs)

Mix first 5 ingredients (all undiluted) in a 9 x 13 baking dish. Place cut up chicken on top of mixture, skin side up. If using chicken breasts' put a little butter on top of each chicken piece. Bake at 350° for 1 hour 15 minutes or until chicken is done.

EASY CHICKEN & RICE BAKE

4 chicken breasts 2 cans (16 oz. ea) chicken broth
1 cup raw white rice 1 onion-diced
1 stalk celery diced salt & pepper to taste

In bottom of 9x13 pan, place raw rice, onion and celery. Top with uncooked chicken breasts. Cover with chicken broth and bake at 350 for 1 hour.

CHICKEN AND RICE CASSEROLE

2 T. butter or oil 1 med. onion, peeled and diced 3 c. diced, cooked chicken
1-10oz can cream celery soup 2 cps cooked wild rice 1 c. mayonaise
1 c. shredded cheddar cheese 1 cp broccoli or green beans

Preheat oven to 350°. Heat butter or oil in small skillet over medium heat. Add onion and sauté until translucent, about 5 minutes. Remove from heat and transfer to a large bowl. Add all remaining ingredients to bowl and mix together until thoroughly combined. Pour into greased 3-quart casserole dish. Bake for 20-25 minutes or until bubbly. Let stand for 5 minutes before serving.

LEMON CHICKEN OVER RICE

1 pound chicken, cut up in bite size pieces, or equivalent to chicken tenders
½ cup butter ¼ cup lemon juice 2 cloves garlic, minced
1 small onion, chopped ½ tsp thyme, crushed 1 tsp salt
½ tsp pepper 4 c. cooked rice

Put chicken in 9 x 13 inch baking pan. Mix the remainder ingredients, except rice, together and pour over uncooked chicken. Bake in preheated 350 degree oven for 50 minutes. Serve over rice.

ARROZ CON POLLO

| | | |
|----------------------------------|-------------------------------------|----------------------------|
| 1/3 c. dried onions | 1/4 c. DH green peppers | 1 c. water |
| 2 T. oil | 1 T. garlic (1 t. minced garlic) | 1 c. rice, uncooked |
| 1/2 t. cumin | 1/2 t. turmeric | 1-15 oz can diced tomatoes |
| 1 (4 oz) can diced green chilies | 1-4 oz can chopped jalapenos(opt) | 1 c. water |
| 4 t. chicken bouillon | 2-15 oz cans chicken chunks w/broth | |
| 8 WW tortillas | 1/2 c. sour cream | |

Re-hydrate onions and green peppers in 1 c. water for 15 minutes, drain. In large pot, heat oil on high and sauté onions, peppers and garlic until lightly browned. Stir in rice. Add cumin, turmeric, tomatoes, chilies, water, bouillon and broth from chicken. Bring to a boil and cover. Reduce heat to medium-low and simmer 25 minutes. Add chicken chunks during last 5 minutes,. Serve on warm tortillas, top with sour cream. Serve refried beans on side. Serves 4-6.

EASY BLACK BEANS AND RICE

| | | |
|-----------------------------------|---------------------------|------------------------------|
| 1 T. vegetable oil | 1/2 cup chicken broth | 1 med. yellow onion, chopped |
| 1/4 t. red pepper flakes | 1 sm. red pepper, chopped | 1/4 t. dried thyme |
| 2 cloves garlic, minced | 1 bay leaf | 1/2 cup long-grain rice |
| 1 (15oz) can black beans, drained | 1/2 cup shredded cheese | tortillas |

In a large, heavy saucepan, heat the oil over moderate heat for 1 minute; add the onion and red pepper and cook, stirring, for 5 minutes or until the onion is soft. Add the garlic, black beans, rice, chicken broth, red pepper flakes, thyme and bay leaf, and bring to a boil. Adjust the heat so that the mixture bubbles gently. Cover and simmer for 20 minutes or until the rice is tender. Remove the bay leaf, and stir in the cheese. Roll up in tortillas and serve.

Chuck Wagon Hash

| | | |
|-------------------------------|---------------------------|------------------------------------|
| 1 lb. ground beef | 1/2 c. chopped onion | 1/2 t. crushed red pepper flake |
| 1 t. dried parsley | 1 t. dried oregano | 1 t. garlic powder |
| 1/2 c. beef broth (opt) | 1 can cream mushroom soup | 1 can corn |
| 2 c. white rice, cooked, cold | | 1 c. shredded Cheddar Cheese (opt) |

Preheat oven to 350° F. Place a large skillet over medium-high heat. Brown the ground beef, stirring constantly to break it up into fine pieces. When the beef is no longer pink, add the onion, and continue cooking until the onion has softened, and the beef has browned, about 5 more minutes. Drain excess grease from the beef, then season with pepper flakes, parsley, oregano and garlic powder. Stir in beef broth, soup, corn and rice. Cook for a few minutes to warm, then pour into a casserole dish. Bake for 25 minutes, then sprinkle with cheese and continue baking for minutes.

4-H Corn Special

| | | |
|------------------------------------|----------------------------|-------------------------------|
| 1 lb. ground beef | 1 sm. onion finely chopped | 1 1/2 c. cooked rice |
| 2 c. tomatoes, seed, chop | 2 c. corn | salt and pepper to taste |
| 1 T. Worcestershire sauce | 1 t. hot pepper sauce | 1 c. crushed saltine crackers |
| 1/4 c. butter or margarine, melted | | |

In a large skillet, brown beef and onion; drain. Stir in rice, tomatoes, corn, salt, pepper, Worcestershire sauce and hot pepper sauce. Pour into a greased 9 x 13 inch baking dish. Combine cracker crumbs and butter; sprinkle on top. Bake at 350 degrees for 30 minutes.

RED BEANS AND RICE

| | | |
|---------------------------|--------------------------|---------------------|
| 1 lb. dried red beans | 10 cups water | 1/2 c. dried onions |
| 1/2 c. dried celery | 1/4 c. dried peppers | 1 T. dried parsley |
| 2 bay leaves | 1 T. minced dried garlic | 4 c. water |
| 2 T. oil | 1 t. pepper | 1 t. salt |
| 1 T. Worcestershire sauce | 1 T. Tabasco sauce (opt) | 4 c. cooked rice |

Soak the beans in 10 cups water overnight or first thing in the morning (8 hours). Three hour before dinner, drain and rinse the beans and place them back into the pot. Add the onions, celery, peppers, parsley, bay leaves, garlic and enough water to cover the contents, about 4 cups. Bring to a boil and then turn down to medium heat and simmer, uncovered, 2 hours, adding more water if necessary. Then add the oil, pepper, salt, Worcestershire sauce and

Tabasco sauce, if using. Turn the heat down to low, cover the pot and continue to cook for 1 hour more. Correct the seasonings if needed. Serve over Rice. Makes 4-6 servings.

Hot and Spicy Black Beans and Rice

2 can or 3 c. cooked black beans 1 med. Onion or 3 Tbsp dried onion
½ cp green pepper 2 Tbsp chicken or veg soup base
2 cp water or bean broth 1/8 tsp cumin and 1 tsp oregano
2 Tbs white vinegar ½ tsp pepper sauce (or few red pepper flakes)
1/8 tsp garlic powder ¼ cp chopped green onion (if avail)
4 cp hot cooked rice (cooked with ¼ cp lime juice)

Combine all ingredients except green onion and rice and cook over med heat for 10 min to blend flavors and thicken sauce. Serve over hot rice and top with green onion.

Spicy Rice Pilaf

½ c. chopped onion 2 T. oil 2 c. chicken broth
¼ c. dry lentils, rinsed 1(16oz) can kidney beans 1 c. salsa
1 c. long grain rice 1 c. frozen corn 1 (2 oz) jar pimentos, drained
1 t. chili powder

In a saucepan, over medium heat, sauté onion in oil until tender. Add broth and lentils; bring to a boil. Reduce heat; cover and simmer for 15 minutes. Stir in remaining ingredients; bring to a boil. Reduce heat; cover and simmer 20-25 minutes longer or until lentils and rice are tender.

Browned Rice

1 cup rice 1/4 cup shortening
1/4 cup chopped onion, meat, celery, or other vegetables
1 tsp. salt 3 1/2 cups water

Heat shortening in skillet. Add rice. Cook, stirring constantly, about 10 minutes or until lightly browned. Add vegetables and continue cooking 2 or 3 minutes (optional). Add salt and water. Simmer over low heat 20 to 25 minutes or until rice is tender and excess liquid has evaporated.

(Makes 6 to 8 servings)

BASIC BAKED RICE

1 cup white rice 2 c. boiling water or any type of broth ½ - 1 tsp salt (opt)
2 T butter or margarine

Preheat oven to 350 degrees. Grease a 1 ½ quart baking dish or pan. Combine ingredients and place into pan. Cover and bake mixture 25-30 minutes or until rice is tender and all liquid is absorbed. Fluff rice with a fork just before serving.

STEAMED BROWN RICE

2 ½ c. water 1 c. long-grain brown rice ½ t. salt

Combine ingredients in a 2-quart saucepan. Bring to a boil. Reduce heat, cover tightly and simmer for 40 minutes. Remove from heat without lifting lid. Allow to sit for 10 minutes before using. Makes 3 c.

Variation: To shorten cooking time, soak brown rice in water at least 1 hour or overnight before cooking.

Rice Croquettes

c. (1 dL) short-grained rice ½ tsp. Salt
1 c. (1/4 L) milk 2 eggs
6 Tbs. Butter 1 ½ c. (3 ½ dL) freshly made bread crumbs
2 Tbs. Oil

Sprinkle the rice and salt into ½ c. boiling water. Cover and cook slowly until the water is absorbed, 7-10 minutes. Add the milk, stir, cover, and cook 10-12 minutes more, or until the rice is tender. Stir in 1 egg and 2 tablespoons of the butter. Spread the mixture on a shallow plate, cover with plastic wrap, and refrigerate. Beat the remaining egg in a shallow dish and put the crumbs on a piece of wax paper. Shape the chilled rice mixture into 6 conical or patty

shapes. Dip each croquette into the egg and then cover with crumbs. Melt the remaining 4 tablespoons of butter in a skillet with the oil. When hot, fry the croquettes until golden brown; don't cook them too quickly or the insides will remain cold.

(Delicate golden patties, especially good with poached fish.) Serves 4

RICE PILAF

| | | |
|--------------------------|-----------------------|-----------------------------|
| 2 cups white rice | 4 ½ C. water or broth | 2 T. oil |
| ¼ c. dried minced onions | ¼ C. DH Peppers | 2 T. chicken bouillon |
| 1 bay leaf | 1 t. lemon pepper | ½ c. chopped golden raisins |
| ½ c. chopped nuts | | |

Heat oil in saucepan over medium heat. Add rice cook, stirring frequently until lightly browned. Add remaining ingredients except nuts. Bring to boil, turn down to simmer, cover, cook 20 minutes. Sprinkle with nuts before serving.

Variation: Bring to boil, simmer 3 minutes then put in ice box cooker, 2+ hours.

BUDDY'S RICE

| | | |
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| ½ c. margarine | 2 T. minced onion | 2 cans beef broth |
| 2 cans chicken broth | 1 can water chestnuts | 1 can mushrooms |
| 2 c. brown rice | dash garlic salt | |

Melt margarine, cook onion until soft. Add remaining ingredients. Bake at 350° for 1 hour.

SPANISH RICE

| | | |
|---------------------------|--------------------------|------------------------------|
| 3-4 T cooking oil | 2 c. uncooked white rice | 4 cups water |
| 1 – 8 oz can tomato sauce | 3 T. minced onions | 1 T. chicken bouillon powder |

Heat oil in pan and add uncooked rice. Sauté rice until it turns slightly brown. Add the rest of the ingredients. Stir and bring to a full boil. Turn the heat to low. Cover pan and simmer rice for 15 minutes or until water has evaporated. Serves 8.

Variation: You can add a little garlic or Mexican seasoning powder, salsa, corn, bell pepper, peas, potatoes, olives, cilantro, enchilada sauce, etc!

Skillet Spanish Wheat

| | | |
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| 1 lb. hamburger | 2 c. steamed wheat | ½ c. chopped onion or ¼ c. dry |
| ¼ c. chopped green pepper | 1/8 t. chili powder | 1 t. salt |
| ¼ t. garlic powder | 1 can tomato soup | 1 c. water |

In a skillet; brown hamburger and sauté onion, pepper and garlic. Add chili powder, salt, tomato soup and water to meat. Add steamed wheat and cover the skillet. Allow to simmer for 30 minutes or until wheat is tender. Stir often adding more water if necessary.

BASMATI RICE W/ CORN, PEPPERS AND ONIONS

| | | |
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| 12-16 oz can corn | 3 T. butter, margarine or oil | 1 med. onion, minced |
| 2 garlic cloves, minced | 1 green/red bell pepper, minced | 2 c. Basmati rice, rinsed |
| 4 c. chicken broth | Pepper and salt to taste | |

Melt butter in med. Saucepan. When hot add onions and garlic and sauté for 3 minutes. Add the pepper and sauté until softened, about 5 minutes. Add the rice and cook over medium heat, stirring to coat the rice. Cook for about 3 minutes or until the rice is dry and beginning to turn golden. Add broth and bring to boil. Stir in corn. Cover, and simmer on low for 17 minutes.

CHICKEN RICE-A-RONI

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| 2 T. vegetable oil | 1 c. uncooked long grain rice | ½ cup fideo noodles/angel hair |
| 2 ½ cups water | 1 T chicken bouillon granules | |

Variation: Any other seasonings desired (parsley, garlic/onion powder, pepper, sage, turmeric, savory)

Variation: Add cooked pieces of chicken for a complete meal!

Heat oil in pan. Add rice and cook until rice turns cloudy white. Add fideo and cook until noodles turn a little brown. Add water, bouillon powder or desired seasonings. Stir and bring to a boil. Cover and barely simmer over low heat 15 minutes or until liquid is absorbed and rice is tender. Serves 4.

BEEF RICE-A-RONI

| | | |
|--------------------|--------------------------------|---------------------|
| 2 T. vegetable oil | 1 cup uncooked long grain rice | ½ cup fideo noodles |
| 2 ½ cups water | 1 T. beef bouillon granules | 1 T. dried onions |
| ½ tsp thyme | ½ tsp oregano | 1/8 tsp pepper |
| 1 bay leaf | | |

Heat oil in pan. Add rice and cook until rice turns cloudy white. Add fideo and cook until noodles turn a little brown. Add water, all the seasonings and bay leaf. Stir and bring to a boil. Cover and barely simmer over low heat 15 minutes or until liquid is absorbed and rice is tender. Serves 4.

GREEN AND YELLOW RICE

| | | |
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| 3 c. hot cooked rice | 1 T. chopped onion | ¼ cup butter or marg. |
| 4 beaten eggs | tsp Worcestershire sauce | ½ tsp marjoram |
| 2 c. shredded Cheddar cheese | ½ tsp thyme | 1 cup milk |
| ½ tsp rosemary | ½ tsp salt, or to taste | 1 can spinach, rinse, drained |

Combine rice and butter (butter will melt with hot rice). Combine eggs, cheese, milk and gently stir into rice. Stir in spinach, onion, Worcestershire sauce, herbs and salt. Place ingredients into a 2-quart casserole. Bake uncovered at 350 degrees for 45 minutes. Serves 6.

BROWN RICE WITH PORCINI MUSHROOMS

| | | |
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| 1 c. brown rice, uncooked | 6 sun-dried tomato halves, cut up | 1 T. dried minced onion |
| 1 T. beef or vegetable bouillon | 1 T. dried chives | ½ t. dried minced garlic |
| ¼ t. dried thyme leaves | ¼ t. black pepper | ½ c. dried porcini mushrooms |
| ¼ C. grated Parmesan cheese | 2 ½ c. water | 1 T. butter |

Combine everything but cheese in large saucepan. Bring to a boil over high heat. Cover; reduce heat and simmer 55-60 minutes or until rice is tender. Stir in cheese. Serves 4.

CHINESE FRIED RICE

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| 2 c. rice | 5 c. water | ½ c. DH vegetable soup mix |
| 2 T. oil | ¼ c. Yoshida Gourmet Sauce | 1 c. cooked meat |

Bring water, rice and vegetables to a boil, cover and simmer 20 minutes. Cool. Put oil in pan. Lightly fry rice mixture. Add sauce, thoroughly mix together and serve.

PASTA DISHES

Noodle or Ravioli Pasta

| | |
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| 3-4 c. unbleached or WW flour | 4 large eggs |
| ½ c. water | pinch salt |

Beat together the eggs, water and salt. Add enough flour to make a firm compact dough. Knead. Divide in half and while keeping one half covered roll. Out the other as thin as possible. If making noodles, but into strips with pizza cutter, pastry wheel, or sharp knife. Either cook in salted boiling water and serve or dry and store in glass jars or plastic bags. Can be frozen also.

For Ravioli: Divide in half. Roll as thin as possible. Place a spoonful of prepared filling about every two inches over the surface of the pasta. On top of this lay another sheet of pasta, previously rolled out. Cut with pizza wheel or sharp knife midway between filling. Seal the edges of each ravioli with fork and either freeze or boil gently for 10 minutes in salted water or until it floats. Drain and serve with your favorite sauce.

Cheese Filling:

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| 2 c. cottage cheese | 2 eggs, beaten |
| 1 T. parsley | ¼ t. salt |
| 1/3 c. parmesan | |

Basic Pasta II

3 ½ c. flour, unbleached or ww 5 large eggs
2 T. oil 4-6 T. water

Put the flour in a medium bowl and make a well in the center. Into this pour the liquid ingredients. Mix the flour in from the sides until a stiff dough is formed. Knead briefly.

By hand: Roll out on a floured surface until very thin about 1/16th inch. Dust with flour and let dry a minute or two then roll up as for a jelly roll. Slice in the desired width. These can be cooked right away in salted water, dried or frozen. If frozen they do not need to thaw before cooking.

By Manual Pasta Machine: Feed dough through the rollers several times until smooth and elastic. Flour lightly if it feels tacky. Put through successively thinner settings until desired thickness is reached. Cut into desired shapes.

To Make Flavored, Colored Pasta

Make Pasta as above, replacing water with:

Green: Pureed Spinach

Orange: Pureed Tomato

Red: Pureed beets

Whole Wheat Noodles

2 c. freshly ground wheat berries 6 eggs
1 tsp. salt 1 tsp. vegetable oil

boiling broth or water

In a large bowl, place the eggs and beat thoroughly. Add salt, oil and freshly ground flour. Mix well. Place flour mixture on a floured board. Place wax paper over flour mixture. Roll out dough to 1/8" thickness. With pastry cutter or sharp knife cut dough into long strips. Place strips in boiling broth or water for 5 - 7 minutes or until done.

Chinese Noodles (Chow Mein Noodles)

Make pasta, above and use the spaghetti attachment. Cut in approximately 1" lengths. Fry in hot oil until golden brown and crisp. Store in an airtight container.

Peasant Pasta

1 T extra-virgin olive oil 2 links Hot Italian sausage
4 links sweet Italian sausage 3 to 4 cloves garlic, chopped
1/2 cup chicken or vegetable broth 1 (28-oz) can crushed tomatoes
1/2 cup heavy cream Salt and black pepper
1 c. frozen green peas 24 leaves fresh basil, torn or thinly sliced
1 lb. penne rigate pasta, cooked to al dente - Grated Italian cheese, for passing

Heat a large, deep skillet over medium high heat. Add extra-virgin olive oil. Remove casings from sausage meat and add to pan. Crumble sausage meat as it browns. Add chopped garlic to the pan. When all of the crumbles have browned evenly, deglaze the pan drippings using chicken or vegetable broth. Stir in crushed tomatoes and bring the sauce up to a bubble, then reduce the heat to a simmer. Stir cream into your sauce, this will blush the color and cut the acidity of the tomatoes. Season with salt and pepper. Stir peas and basil into your sauce to combine. Toss hot drained penne rigate in pan with the sauce, then transfer pasta to serving bowl.

Pasta Salad with Fresh Cheese, Tomato and Basil

12 oz. Penne, cooked and drained 1 T. balsamic vinegar
3 T. olive oil 8 oz. fresh mozzarella, bite size pieces
6 plum tomatoes, chopped 1/2 cup fresh basil leaves, chopped
Salt and pepper

In a large bowl toss the penne, balsamic vinegar and olive oil. Stir in mozzarella, tomatoes and basil. Season with salt and pepper

Spaghetti with Marinara Sauce

1 lb. spaghetti 1 (28 oz) can crushed tomatoes
1 (14.5 oz) can diced tomatoes 1 (15 oz) can tomato sauce
1 T. minced garlic 2 t. white sugar

| | |
|-----------------------|----------------------------------------------|
| 2 t. dried parsley | 1 t. garlic powder |
| 1/2 t. salt | 1/4 t. dried oregano |
| 1/4 t. dried basil | 1/4 t. ground black pepper |
| 1 1/2 T. capers, opt. | 1 pinch crushed red pepper flakes (optional) |

In a large saucepan combine crushed tomatoes, diced tomatoes, tomato sauce, minced garlic, sugar, parsley, garlic powder, salt, oregano, basil, and ground black pepper. Add capers and crushed red pepper if desired. Cover. Bring to a boil. Lower heat and simmer, with cover, for 45 to 60 minutes. As simmering time nears, in a large pot with boiling salted water cook spaghetti until al dente. Toss spaghetti with cooked sauce. Serve warm.

Ranch Hand Macaroni and Cheese

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| 4 c. elbow macaroni | 1 T. dried onion | 1 1/2 c. cheese powder |
| 3 c. water | 2/3 c. powdered mild | 1 t. salt |
| 1/4 c. cornstarch | 1/2 t. pepper | |

Cook Macaroni until tender. Drain. Combine cheese powder, milk, onion, salt, pepper, cornstarch and water in saucepan. Cook over medium heat until it boils and is smooth. Stir constantly. Boil 1 minute. Pour sauce over macaroni and serve.

Trading Post Pasta Skillet Dinner

| | | |
|---------------------------------------------------|-------------------------|-------------------------|
| 1 c. hamburger or TVP | 1/4 c. dried celery | 1-1/2 c. elbow macaroni |
| 2 t. dried corn | 2 T. dried green pepper | 1/4 c. dried onions |
| 1 c. tomato powder or Italian seasonings to taste | chili powder to taste | 2 cans tomato sauce |
| | Salt & pepper to taste | |

Reconstitute TVP and vegetables. Boil macaroni until tender. Drain. Sauté with onions, green pepper and celery. Add tomato sauce, corn and seasonings and water as needed. Simmer 5-10 minutes. Add macaroni and mix well.

Beef N' Noodles or Pork N' Noodles

| | |
|----------------------------------------------------------------------------|-------------------------------------|
| 1 can cream of mushroom soup | 1 can beef broth (or use soup base) |
| 1 can cream of celery soup | 2 cans beef chunks or pork chunks |
| 1 can onion soup (if using pork you may want to use chicken or veg. broth) | |
| 3 c. egg noodles | |

Mix all ingredients except noodles in large covered pan or covered baking dish. Add noodles. Mix. Bake 1 hour at 350 degrees or until noodles are tender.

Fresh Basil Pesto

| | | |
|------------------------|-------------------|--------------------------|
| 2 c. fresh basil | 3/4 c. olive oil | 2 T. pine nuts, roasted |
| 1/2 c. Parmesan cheese | 1 T. fresh garlic | salt and pepper to taste |

Add all ingredients except olive oil to blender or food processor. Blend. When mixed, slowly add olive oil.

Barbecue Beef Casserole

| | |
|---------------------------------------|-----------------------------|
| 6 c. uncooked ziti or rotini pasta | 1 T. vinegar |
| 2-15 oz. cans diced tomatoes, drained | 1 T. Worcestershire sauce |
| 1-12 oz can beef chunks | 1/2 t. salt |
| 1-6oz can tomato paste | 1/4 t. allspice |
| 1/4 c. ketchup | 1/4 t. hot pepper sauce |
| 2 T. dried green pepper | 1/8 t. pepper |
| 2T. brown sugar, packed | 1-5 oz bottle cheese spread |
| 1 T. dried minced onion | |

Cook pasta, drain. Meanwhile combine rest of ingredients except cheese in a saucepan and simmer, covered, 10 minutes. Stir in pasta. Spread in greased 9 x 13 pan. Dot with cheese and bake, uncovered at 350 degrees for about 15 minutes until hot and cheese melts. Serves 8.

Rich Italian Mushroom Sauce and Pasta

| | | |
|-----------------------------|--------------------------------|-------------------------|
| 2-4oz cans sliced mushrooms | 2-12oz cans evaporated milk | 1 t. dried minced onion |
| 1/4 c. flour | 1/2 t. chicken boullion powder | 1/2 t. salt |

½ t. thyme

6 c. cooked ribbon noodles

Stir together a little milk and flour until lumps are gone. Stir in remaining milk and add rest of ingredients. Bring to boil over medium heat, stirring constantly; simmer 1 minute. Serve over drained noodles. Serves 4-6.

Chicken Broccoli Twist

5 c. water

½ c. dried diced carrots

2 t. chicken bouillon

1-10 oz can Cr.Chicken Soup

½ t. garlic powder

1 10 oz can Chicken chunks

3 c. uncooked rotini pasta

1/8 t. pepper

¾ c. dried broccoli

Parmesan cheese

In saucepan, bring water, bouillon and garlic powder to boil: add pasta, broccoli and carrots. Simmer, uncovered 10 minutes. Stir in soup, chicken and pepper. Heat and serve topped w/ cheese.

Italian Vegetable Creamy Fettuccine

8 oz. fettuccini, cooked, drained

1 T. olive oil

2 c. broccoli florets

1 c. sliced celery

1 lg. onion, sliced

2 cloves garlic, minced

3/4 t. dried basil

1 can evaporated milk

3 T. grated Parmesan

1/8 t. white pepper

2 T. cornstarch

3/4 c. chicken broth

1 c. thin red bell pepper strips

1/2 c. frozen peas

Grated Parmesan cheese

HEAT olive oil in large skillet over medium-high heat. Add broccoli, celery, onion, garlic and basil; cook, stirring occasionally, for 5 minutes or until vegetables are tender. Stir in evaporated milk, cheese and pepper; bring just to a boil. Reduce heat to low; cook, covered, for 5 minutes.

COMBINE cornstarch and small amount of broth in small bowl; add to skillet. Gradually stir in remaining broth, bell pepper and peas. Cook over medium heat, stirring constantly; until sauce is thickened and vegetables are tender (do not boil). Serve over pasta. Sprinkle with cheese.

Beef Stroganoff

1 c. dry onion

1 c. water

c. olive oil

¾ c. flour

1 t. salt

1 t. pepper

4-6 c. water

1 T. dried garlic

8-10 t. beef bouillon

3 (4oz) cans sliced mushrooms

1 T. Worcestershire sauce

3 T. ketchup

2 (15 oz) cans beef chunks

1 c. sour cream

6 c. uncooked wide noodles, cooked, drained

Rehydrate onions in 1 c. water, 15 min. Drain. Pour olive oil into large pot on high heat. Add onions and cook 2 minutes. Add flour, salt and pepper and mix well with oil and onions, then add 4-6 c. water and continue to mix.

Add garlic, bouillon, mushrooms, Worcestershire sauce, ketchup and liquid from beef chunks. Turn heat down to medium and continue to stir and thicken for 30 minutes. Add beef, being careful not to break apart the chunks. Stir in sour cream. Serve over cooked noodles.

Pasta Primavera

½ c. dried onion

1 c. water

½ c. dried broccoli

¼ c. dried carrots

1 c. dried sweet peppers

3 c. water

1 T. dried garlic

2 T. oil

1 (4 oz) can mushrooms

2 t. dried basil

1 t. red pepper flakes

¼ c. flour

Salt and Pepper

¼ c. dry milk

½ c. dry sour cream

1 c. warm water

2 t. dried parsley

8 oz. linguine

1 c. parmesan cheese

Rehydrate onions in 1 c. water for 15 minutes and then drain. Re-hydrate broccoli, carrots and peppers in another bowl with 3 c. water for 15 minutes, drain and set aside. In large pot over high heat, sauté onions and garlic in oil for 1 minute. Add broccoli, carrots, peppers, mushrooms, basil and red pepper flakes. Turn heat down to medium. Add flour, and salt and pepper to taste. In bowl, mix milk and sour cream and ½ c. warm water with a whisk until smooth. Add to the pot to thicken. Add water if needed to get creamy sauce. In another large pot, cook linguine until almost tender, drain. Pour vegetable mixture over linguine and sprinkle the cheese and parsley on top. Serves 4-6.

Italian Beans and Pasta

Soak overnight or by quick method:

1 lb. Dried Great Northern or marrow beans 4 c. water

In large kettle, bring beans to boil, cover and simmer 1 hour, adding water if necessary. Cook and drain according to package directions:

8 oz. Elbow macaroni

Brown in skillet:

¼ lb. Sausage, broken up 1 clove garlic, minced 1 onion, chopped

Drain off excess fat. Add macaroni and sausage mixture to bean kettle.

Add:

4 c. cooked tomatoes ¼ c. dark corn syrup 2 Tbs. Chopped parsley

2 tsp. Salt 2 tsp. Dried oregano ¼ tsp. Pepper

Bring to boil, cover and simmer about 15 minutes, adding tomato juice if necessary for stew consistency. Serve in soup bowls with a green salad and a whole wheat bread.

Serves 8

Pepperoni Pasta Ruffles

2 red and/or green bell peppers, diced 1 tablespoon olive or vegetable oil

1 jar (26 ounces) Ragú Robusto! Pasta Sauce 1 pkg (3 1/2 ounces) sliced pepperoni

8 ounces mozzarella cheese, diced

1 package (16 ounces) fusilli or rotini pasta, cooked and drained

In 12-inch skillet, heat oil over medium heat and cook peppers 3 minutes or until tender. Stir in Ragú Robusto! Pasta Sauce and simmer, stirring occasionally, 10 minutes. Toss sauce, pepperoni and cheese with hot pasta.

Serves 8.

Basic Spaghetti or Pizza Sauce

Sauté in heavy saucepan until tender:

2 Tbs. Oil 2 cloves garlic, minced ½ green pepper, chopped

1 onion, chopped

Add and sauté until brown:

¼ - ½ lb. Ground beef (optional)

Add:

2 c. tomato sauce ¾ c. tomato paste 1 tsp. Worcestershire sauce

1 c. stock, beef, broth, or bouillon

¼ tsp. Each oregano, basil, thyme, and cumin

salt and pepper to taste

Simmer over low heat for 1 hour. Use for spaghetti, lasagna, or pizza sauce.

Options: Add 1 c. cooked lentils instead of meat. If available cheaply, add sautéed fresh mushrooms to sauce just before serving.

Makes about 1 quart.

Sun Dried Tomato Primavera Pasta

1 1/2 cup (6 oz.) seasonal sliced vegetables 1/2 tsp. minced garlic

2 tsp. olive oil 1/4 cup chicken or vegetable broth

1/4 cup (1 oz.) Valley Sun Products Julienne cut Sun Dried Tomatoes

Salt & Pepper to taste 1 1/2 cups hot cooked bowtie pasta

Grated Parmesan cheese

Sauté seasonal sliced vegetables and minced garlic in olive oil. When tender crisp, stir in chicken or vegetable broth and Sun Dried Tomatoes. Simmer 30 seconds, season with salt and pepper, and then immediately toss with hot cooked bowtie pasta. Top with grated Parmesan cheese. Serves 1.

Dutch Oven Lasagna

1-1/2 lb. lean ground beef 23 oz spaghetti sauce

9 oz shredded mozzarella cheese 3 eggs

2-1/4 c cottage or ricotta cheese 1/4 cup grated Parmesan cheese

13 lasagna noodles
3/4 c hot water

1-1/2 tsp. oregano

Preheat the Dutch oven. Brown the ground beef. When done remove the beef to a large mixing bowl. Add the spaghetti sauce to the beef and mix well. In another bowl, add the cottage or ricotta cheese, Parmesan cheese, mozzarella cheese (reserve a few ounces for later), eggs, and oregano, and mix well.

Place the layers in the oven in the following order: Break up four lasagna noodles into the bottom of the oven. Spread about 1/3 of the meat mixture over the noodles. Spread 1/2 of the cheese mixture over the meat mixture. Break up five noodles and place over the top of the preceding mixtures. Spread 1/2 of the remaining meat mixture over the noodles. Spread the remaining cheese mixture over the meat mixture. Break up the remaining noodles and place over the cheese mixture. Spread the remaining meat mixture over the noodles. Pour the hot water all around the edges of the oven. Place the lid on the oven and bake one hour or until done. Check frequently.

Hints: This recipe works well with charcoal (12 briquettes on bottom and 12 on top). Cooking time can be reduced by pre-cooking and draining the lasagna noodles.

Baked Elbows with Zucchini, Tomato, and Parmesan

2 cups Our Best Elbows
* cup chopped onion
1 cup cubed fresh ripe tomatoes
1 garlic clove, crushed
* cup milk
2 tablespoons grated Parmesan cheese

2 tablespoons butter
8 ounces small zucchini, sliced
* cup chopped Italian flat-leaf parsley
1 container (15 ounces) whole milk ricotta cheese
2 tablespoons grated Romano cheese

Cook the macaroni in plenty of boiling salted water until just slightly undercooked, about 5 minutes; drain. Meanwhile, melt butter in a wide skillet; add onion; sauté 5 minutes. Add zucchini; sauté 5 minutes more. Stir in tomatoes, parsley, and garlic; simmer uncovered 5 minutes. Site in ricotta, milk, Roman cheese, and 1 tablespoon of the Parmesan cheese. Bake in a preheated 350F oven until top is lightly browned, about 20 minutes.

Spaghetti Bravissimo

1 envelope Onion Soup Mix
1 1/2 qts. boiling water
1 can (8 oz.) tomato sauce
1 Tbs. Parsley Flakes
1/2 tsp. sweet basil

1 pkg. (8 oz.) spaghetti
1 lb. ground beef
1 can (7 oz.) tomato paste
1 tsp. Oregano

In large saucepan, combine onion soup mix and spaghetti with water; cook 20 minutes or until spaghetti is tender. Do not drain. In large skillet, brown meat; stir in tomato sauce and pasta, parsley, oregano, and basil. Add to spaghetti and heat through. Yield: 4 servings.

Meatballs (with TVP) for Spaghetti

Reconstitute 1 1/2 c. dry granulated TVP (pour almost 1 1/2 c. boiling water over it, stir, let sit 10 min)*

Add to this:

1/2 c. breadcrumbs
2 cloves garlic-minced
3 T FF Parmesan
1/4 - 1/2 c. egg substitute
salt & pepper

1 small onion - chopped
1 t. fennel
3 T chopped fresh parsley
1/4 t. oregano
1 t. lemon zest for extra kick

Heat oven to 350 degrees. Spray cookie sheet with Pam. Roll mixture into balls and place on cookie sheet, back 30-45 minutes until brown. Cook your portion of spaghetti in the usual fashion; pour over it heated sauce and "meatballs".

MILK RECIPES

Yogurt

1 qt. boiling water
1 capsule acidophilus (opt.)

1/2 c. plain yogurt
2 c. reg. milk powder

Spray pan with Pam and boil 1 qt. of water. Blend dry milk with part of this water (use blender, egg beater or whip) and add back to pan and heat to 180 degrees. Pour into 2-quart container. Let cool to 120 degrees, add yogurt and acidophilus and mix well. Cover and put in ice box cooler. Let set for 6-8 hours.

Sour Cream

1 quart homemade yogurt

Line a colander with loose-weave fabric or cheesecloth. Pour yogurt into colander. Cover and place in a bowl. Drain for about 15 min until you can gather edges of bag. Secure with a rubber band and hang. If yogurt drains through fabric, return to colander for another 15 min. Depending on fabric used, yogurt will need to hang for 1 – 4 hours at room temperature, until consistency is like sour cream. Scrape yogurt from fabric with a spoon and place in a bowl. Sprinkle with salt. Mix well. This stores in refrigerator up to 3 weeks.

Cream Cheese

Follow directions for sour cream, but drain 3 – 8 hours, or overnight, in a cool place. (Add salt to taste.)

Note: The above yogurt recipe will make enough sour cream and cream cheese for the following recipe. Draining one quart at a time will speed draining and make for thicker consistency.

Easy Whipped Milk Topping

Place 1 cup of water into large bowl to chill in the freezer. When it has ice crystals around the edges, it is ready. Add 1 cup powdered milk to the bowl of ice water. Use electric beaters to whip the milk until stiff peaks form. It will take about 5 full minutes. Gradually add about 6 T. sugar, and 1/2-teaspoon vanilla. It is now done. Serve right away for best results.

Cultured Buttermilk

1 3/4 cups dry instant milk 3 -cup warm water 1/2 cup of fresh buttermilk.
Mix milk powder and water, add in buttermilk. Cover, allow it to sit on the counter overnight. In the morning it will be buttermilk. Really, it's that easy. Store in frig.

Cottage Cheese

When the buttermilk curds are sufficiently thick to break cleanly away from the side of the pan, cut the curd into 1 inch squares with a spatula or long knife. Place the pan over very low heat. If you have a gas stove you will probably have to put it in a pan of hot water. Slowly heat the curds up to 120 degrees. Stir gently until the curds are firm but not tough and have separated from the whey. Pour into a cheesecloth-covered container. Lift the edges of the cloth to help drain whey off. Rinse curd with water. Let drain. You may add salt or sweet cream or sour cream if desired.

Day Cheese

4 c. water 1 1/2 c. non-instant dry milk 2-3 T. lemon juice or vinegar
Place water and milk in heavy pan on low heat or use a double boiler. Slowly add lemon juice or vinegar to the milk as it cooks. Stir continually to avoid scorching the milk. Bring just to a boil but do not boil. The whey will be almost clear and the curds soft. Remove the heat and pour through a wire strainer. Rinse well with cold water. Season lightly with salt and serve. Can add 1/2 c. cream or rich milk for richer taste.
Uses: Can be used for cottage cheese substitute in lasagna or in burritos.

Sweetened Condensed Milk

1 c. hot tap water 2 c. sugar 4 c. dry milk powder
1/4 c. melted margarine
Put hot water into the blender. Add the sugar, dry milk powder and melted margarine. Put the lid on the blender and whirl it around for a full minute. The mixture will be kind of thin, but will thicken up after standing for about an hour. Store in frig or freeze. Makes about 4 cups = 3 cans condensed milk.

Caramel Sauce

1 can sweetened condensed milk (not evaporated)
Remove label from can. Place **unopened** can in the bottom of a **very deep** pot, such as a deep dutch oven. Cover with water so that the water is 3 to 4-inches above the can. Bring the water to a boil and boil steadily for four (4) hours.
Note: You must make sure that the can is always totally covered with water. Never let the water level get down to the top of the can, because this could cause the can to explode. After the four (4) hours is up, remove the can with tongs and place on a wire rack to cool. Be assured, the can will not explode. Refrigerate. When can is cold, open and you will have soft caramel; even the color is caramel.

Whisk peanut butter, soy, cayenne, oil and sesame oil. Add noodles and toss to coat. Sprinkle noodles with sesame and scallion to garnish.

Oriental Noodle Salad

1-pkg. Chicken Ramen ¼ c. oil 2 c. finely shredded cabbage
3 T. sugar 2 chicken breasts, skinless, cooked 3 T. sliced almonds
¼ c. green onion 3 T. rice vinegar

Break uncooked Noodles . Combine oil, vinegar, sugar and dash of pepper and seasoning packet from ramen. Mix cabbage, chicken, onion, sesame seeds. Mix in dressing. Mix in noodles and almonds just before serving.

Creamy Red Beans and Pasta Salad

4 c. cooked and drained small pasta ½ c. freeze dried peas
2-15oz cans red beans or 3 ½ c. ½ C bottled Italian dressing
½ c. mayonnaise ½ c. dried carrots
2 T. dried parsley

Simmer carrots in 1 ½ c. water for 10 minutes. Add peas and simmer an additional 3-4 minutes. Drain vegetables, combine with pasta and beans and cool. Whisk together dressing, mayonnaise and parsley; pour over salad and toss. Serves 4-5.

White Bean and Bow Tie Salad

12 oz. bowtie pasta, cooked/drain 2/3 c. bottle Italian dressing
1 ¾ c. cooked or 1-15 oz can white beans 1 t. dried basil
1 sm. can sliced black olives ¼ t. garlic powder
2 T. Parmesan cheese

Stir together pasta, beans and drained olives in a bowl. Combine rest of ingredients except Parmesan cheese; pour over salad. Serve sprinkled with Parmesan cheese. Serves 4.

Italian Pasta Salad

4 c. cooked/cooled any shape pasta 1 Bottle Italian Dressing
Any cut up vegetables
Combine pasta and vegetables. Pour dressing over and toss. Chill/Serve.

Tuna Noodle Salad

5 c. cooked/drain Macaroni ¾ c. Miracle Whip
1-6 oz can tuna, drained ¼ c. reconstituted dry milk
¾ c. sweet pickles, chopped 1 t. vinegar
2 T. hydrated dried celery 1 t. dried minced onion

Shred tuna over noodles. Top with pickles, celery and onion. Mix salad dressing, milk and vinegar together. Pour over salad; toss to combine. Chill 2 hours before serving.

Bow Tie Pasta Salad

1 16-ounce bag bow tie pasta, cooked and drained according to package directions
1 16-ounce bag frozen peas, thawed
1 15-ounce dark red kidney beans, drained & rinsed
1 can whole small black olives, drained
1 cup finely grated cheddar cheese
1 pint basket (2 cups) cherry or grape tomatoes, halved
1 cup real bacon bits
1 cup Provencal Vinaigrette

Allow pasta to cool. Add remaining ingredients and toss gently. Refrigerate. Remove from refrigerator about 30 minutes prior to serving.

Chicken Fruit Salad

| | |
|-------------------------------------------|-----------------------------------|
| 3 ounces (1 cup) uncooked shell macaroni | 1 1/2 cups cubed cooked chicken |
| 1 tablespoon finely chopped onion | 1/2 teaspoon salt |
| 3/4 cup sliced celery | 3/4 cup green grapes |
| 1/2 cup mandarin orange segments, drained | 1/4 cup slivered almonds, toasted |
| 1/2 cup salad dressing or mayonnaise | 1/4 cup whipping cream, whipped |

Cook macaroni to desired doneness as directed on package. Drain; rinse with cold water. In large bowl, combine all ingredients except whipping cream. Cover; refrigerate 3 hours to blend flavors. Just before serving, fold in whipped cream.

SALADS

Sprout Garden Salad

| | | |
|---------------------------------|-----------------------|---------------------------|
| 4 large leaves romaine lettuce | 1 cup alfalfa sprouts | 1 cup buckwheat greens |
| 1/2 cup lentil sprouts (3 days) | 1 tomato, cubed | 1/2 celery stalk, chopped |
| 1/2 sweet red pepper, chopped | | |

Tear lettuce into medium-sized pieces. Toss with other ingredients in a salad bowl. Serve with lemon juice or Russian Dressing.

Fruited Chicken Salad

| | |
|--------------------------------------------------------------------------|---------------------------------------------|
| 1 can (12-1/2 ounces) chunk chicken, drained and cut in bite-size pieces | |
| 1/2 cup coarsely broken pecans | 1 can (8 ounces) pineapple tidbits, drained |
| 1/2 cup salad dressing | 1 can (11 ounces) mandarin oranges, drained |
| Poppy seeds | |

Stir together chicken, pecans, and pineapple. Stir in salad dressing. Gently fold in oranges. Sprinkle with poppy seeds. Chill before serving.

Cole Slaw

I make cole slaw all the time - and in various ways, but this is probably my most "standard" version:

| | |
|----------------------------------------------------|----------------------------------------|
| 2-3 cups shredded cabbage | 2 tsp. olive oil or Udo's Choice Oil |
| 2-3 tbsp. mayonnaise | Pepper and Morton's Lite salt to taste |
| 1/2 package equal, Splenda or equivalent sweetener | |

Combine all ingredients and enjoy! I adore this.

Cucumber Salad

Place in a bowl:

| | |
|---------------------------------|--------------------------------|
| 1 large cucumber, thinly sliced | 1-2 Tbs. Finely cut fresh dill |
|---------------------------------|--------------------------------|

Combine in a small bowl:

| | |
|---------------------------------|----------------|
| 2 Tbs. Mayonnaise or sour cream | 1 Tbs. Vinegar |
| 2 Tbs. Oil | 1 tsp. Salt |

Dash pepper

Mix and pour over cucumber slices. Chill and serve. Serves 4

Barley and Corn Salad

| | | |
|----------------------------|----------------------------------|-----------------------|
| 1 1/2 c. water | 1/2 c. pearled barley | 1 t. chicken bouillon |
| 1 (15oz) can corn, drained | 2 T. DH green pepper, rehydrated | 1 T. dried parsley |
| Dressing: | | |
| 2 T. water | 2 T. bottled lemon juice | 2 T. oil |
| 1/4-1/2 t. basil | | |

Combine water, barley and bouillon in small saucepan; boil 45-55 minutes until barley is tender. Meanwhile, soak green pepper, make dressing and set aside. Pour dressing over warm barley. Add corn and drained green pepper; toss. Serve at room temperature or chilled. Serves 6.

Corn Salad

2 (15oz) cans corn, drained 2 T. DH green pepper, hydrated 1(2oz)can black olives, sliced
2 tomatoes, seeded and chopped (opt)

Dressing:

1 T. dried parsley 2 T. oil 2 t. sugar
½ t. cumin ½ t. salt dash pepper

Gently combine corn, green pepper, olives and tomatoes. In small bowl, whisk together dressing ingredients. Stir into salad and chill 1 hour to blend flavors. Serves 3-4.

Creamy Corn Salad

1 (15oz) can corn 1 med. tomato, seed, diced 2 T. onion, chopped
1/3 c. mayonnaise ¼ t. dill weed

In small bowl, combine all ingredients; mix well. Cover and refrigerate until serving.

Black Bean and Corn Salad

2 (15oz) can black beans 2 (15oz) can corn ½ c. chopped onion
½ c. red bell pepper, diced

Dressing:

½ c. balsamic vinegar 2 T. vegetable oil 1/2 t. salt
½ t. white sugar 1 T. dried cilantro ½ t. chili powder
½ t. ground pepper 1/2 t. ground cumin

Rinse and drain beans and drain corn. Combine with onion and pepper. Whisk together dressing ingredients. Pour over bean mixture. Chill for 1 hour.

Avocado-Corn Salsa

2 ripe avocados 1 (15oz)can corn 2-3 T. lime juice
2 med. tomatoes, seeded, diced 1 T. finely chopped cilantro ½-1 t minced jalepeno
½ t. salt

Peel, seed and finely dice avocados. In medium bowl, gently combine all ingredients. Cover and refrigerated until ready to be served. Makes 1 ½ c.

Anasazi Roasted Beet Salad

Dressing:

1/4 cup fresh orange juice 1 1/2 teaspoons finely grated orange zest
1 1/2 teaspoons honey 1 1/2 teaspoons balsamic vinegar
1 teaspoon Dijon mustard 1/2 teaspoon extra-virgin olive oil
Salt and pepper to taste

Salad:

3 medium beets 4 cups mixed greens
1/2 cup thinly sliced red onion

For the dressing, combine orange juice, orange zest, honey, vinegar, Dijon mustard and olive oil in a bowl and whisk until smooth. Season with salt and pepper. Chill until serving time. Wrap the beets in foil. Roast at 350 degrees for 1 1/4 hours or until tender. Cool to room temperature; peel and cut into 1/4-inch slices. Chill for up to 2 days at this point if desired. To serve, toss beets with the dressing. Arrange the greens on a large plate. Top with the beets and onion. Serves 4.

California-Style Chef's Salad

Dressing:

| | |
|--------------------------------------|-------------------------|
| 2 1/2 tablespoons fresh lemon juice | 1 clove fresh garlic |
| 1 Tbsp fresh or 1/2 tsp dried chives | Salt, pepper to taste |
| 3 Tbsp sour cream or yogurt | 2 tablespoons olive oil |

Salad:

| | |
|-------------------------------------------------|--------------------------------------|
| 6 cups mixed salad greens | 4 slices Canadian bacon, julienned |
| 3 ounces cooked skinless chicken breast, sliced | |
| 8 bottled artichoke hearts, halved | 6 sun-dried tomato halves, julienned |
| 3 ounces pepper Jack cheese, julienned | 3 ounces cheddar cheese, julienned |
| 2 hard-boiled eggs, quartered | |

Pulse dressing ingredients in food processor 45 seconds. Dressing will be slightly chunky. Gently toss all salad ingredients, except eggs, in large bowl. Divide among 2 dinner plates; top with quartered eggs.

Cobb Salad

| | |
|------------------------------------------------|--------------------------------|
| 8 slices cooked, crumbled bacon | 3 hard-boiled eggs, chopped |
| 1 head lettuce, shredded | 3 cups chopped, cooked chicken |
| 2 tomatoes, seeded and chopped | 3/4 cup blue cheese, crumbled |
| 1 avocado, peeled and diced | 1 cup chopped green onions |
| 1 8-ounce bottle ranch or vinaigrette dressing | |

Divide lettuce among 4 to 6 individual plates. Arrange rows of chicken, eggs, tomatoes, blue cheese, bacon, avocado and green onions on the lettuce. Drizzle with dressing.

Easier Caesar

For the croutons:

| | |
|---------------------------------------------------------------------------------------------------------------|-------------------------|
| 1 small stale baguette or loaf of country-style French bread, cut into 3/4-inch cubes (about 4 cups of cubes) | |
| 1/4 cup olive oil | 3 cloves garlic, minced |
| 2 tsp finely chopped fresh rosemary | |

For the dressing:

| | |
|---------------------|-----------------------------|
| 1/4 cup lemon juice | 1 Tbsp Worcestershire sauce |
| 1 Tbsp mayonnaise | 2 small cloves garlic |
| 3/4 cup olive oil | Salt |

For the salad:

3 to 4 heads romaine lettuce hearts, roughly torn (about 12 cups)
1/2 cup freshly grated Parmesan cheese
8 to 10 ounces seasoned tofu, cut into small cubes

To prepare croutons, preheat oven to 350 F. In a large bowl, toss together the bread, oil, garlic and rosemary. Transfer the bread to two large baking sheets and toast 20 minutes, or until croutons are golden. Remove from oven and set aside to cool.

To prepare the dressing, combine lemon juice, Worcestershire sauce, mayonnaise and garlic in a blender and pulse until smooth. With blender running, slowly pour in olive oil. Add salt to taste.

To prepare the salad, in a large serving bowl toss the romaine lettuce with the dressing, Parmesan and croutons. Top with cubed tofu.

Fresh Greens with Creamy Raspberry Dressing

Dressing:

1/3 cup oil
1 1/2 tablespoons sour cream
2 tablespoons raspberry vinegar
3/4 cup fresh raspberries or frozen whole raspberries without syrup, thawed

3 tablespoons sugar
1 1/2 tablespoon Dijon mustard

Salad:

1 cup red leaf lettuce, torn
1 cup romaine, torn
1 jar (6 oz.) artichoke hearts, halved
1/2 cup walnuts, chopped

1 cup green tipped lettuce, torn
1 cup Boston lettuce, torn

Combine all the dressing ingredients except raspberries; blend well. Fold in raspberries. Refrigerate at least 1 hour. Arrange all salad ingredients except walnuts on individual salad plates. Drizzle dressing over salad; sprinkle with walnuts. Garnish with fresh raspberries.

Iceberg Wedges with Creamy Blue Cheese Dressing

Small head iceberg lettuce, rinsed, drained, cut into 8 wedges
24 cherry tomatoes
3 tablespoons mayonnaise
1/4 teaspoon salt

1/3 cup buttermilk
2 tablespoons white wine vinegar
2 tablespoons crumbled blue cheese

Arrange 2 lettuce wedges on each of 4 plates; top each with 6 quartered tomatoes. Combine buttermilk, mayonnaise, vinegar and salt, stirring well with a whisk. Stir in blue cheese; drizzle dressing evenly over each salad.

Layered Vegetable Salad

Salad:

1 head lettuce
1 chopped onion
1/2 package frozen peas
Parmesan cheese to taste

2 stalks celery, chopped
1 cup bacon bits or pieces of fried, crisp bacon
4 hard-boiled eggs, chopped

Dressing:

1 cup mayonnaise
1 package Dry Ranch Dressing mix

1 cup plain yogurt

Layer salad ingredients in order given. Mix dressing ingredients well and spread carefully on top of layered salad mix. Refrigerate a few hours or overnight. Toss before serving.

Spinach Salad with Pine Nut Dressing

2/3 cup pine nuts or slivered almonds
2 1/2 tablespoons wine vinegar
1/2 teaspoon grated lemon peel
1 1/2 pounds spinach, rinsed well, stems removed
Salt to taste

7 tablespoons olive oil or salad oil
1/8 teaspoon ground nutmeg
1/2 teaspoon dry tarragon

Spread pine nuts in a shallow baking pan and toast in a 350 degree F oven, stirring occasionally, until lightly browned (5 to 8 minutes). Let cool. In a bowl, combine pine nuts, oil, vinegar, nutmeg, lemon peel, and tarragon. Cover and let stand at room temperature for at least 30 minutes or until next day. To serve, select large leaves from

spinach and use to line 8 salad plates. Cut remaining leaves into thin slivers; mound on plates. Stir dressing to blend, then drizzle over salads. Season to taste with salt. Makes 8 servings.

Spring Salad with Orange Dressing

2-3 tablespoons butter or margarine 1/2 cup sugar
1/4- 1/3 cup sliced almonds 1 head red or green leaf lettuce, torn
3 to 4 cups spring mix 1 jicama, cut in thin strips
6 kiwis, sliced 1 bunch red or purple grapes, cut in halves
2 cups sliced strawberries

Melt butter in a small skillet. Add sugar and almonds. Stir until sugar is dissolved and almonds coated. Cool. Combine lettuces, spring mix, jicama, kiwis, grapes and strawberries in a large salad bowl. Add sugared almonds.

Dressing:

1/2 cup sugar 1/3 cup rice vinegar
1/3 cup orange juice 1 cup olive oil
1 (.7-ounce) envelope Good Seasons Italian dressing mix

Mix sugar, rice vinegar, orange juice, olive oil and Italian dressing mix. Stir until sugar is dissolved. Serve with salad.

Lentil Confetti Salad

1 cup French green lentils 13 3/4-ounce can chicken broth
4 tablespoons olive oil 2 medium celery stalks, diced
2 small carrots, peeled and diced 1 small red onion, diced
2 tablespoons green pepper sauce 1 tablespoon fresh-squeezed lemon juice
2 tsp chopped fresh thyme leaves or 1/2 teaspoon dried thyme
1 pint cherry tomatoes, each cut in half

Pick over lentils, discarding any stones; rinse well in strainer. Bring lentils and chicken broth to boil over high heat in 2-quart saucepan. Reduce heat to low; cover and simmer 20 minutes or until lentils are tender. Drain if necessary. Meanwhile, saute celery, carrots and red onion in 1 tablespoon olive oil for 5 minutes or until crisp-tender. Gently toss warm lentils with sauteed vegetables, green pepper sauce, lemon juice, thyme, cherry tomatoes and remaining olive oil; toss to mix well. Let stand 1 hour to blend flavors.

SALADS - RICE

AMAZING BROWN RICE SALAD

2 c. water 1/4 c. dried cranberries 1 c. brown rice, uncooked
1/4 c. diced red onion 1/2 c. celery (or 1/4 c. DH + 1/2 water) 1 T. sugar
1/2 c. balsamic vinaigrette salad dressing

In saucepan, bring water to boil. Stir in rice, cover and reduce heat to low. Simmer for 45-60 minutes. Transfer rice to a serving bowl and stir in remaining ingredients. Cover, refrigerate and serve cold. Serve 4.

ORANGE VINAIGRETTE BROWN RICE SALAD

1 1/2 c. uncooked brown rice 2 t. orange zest 3 c. water
1/2 t. salt 2/3 c. orange juice 1 1/2 c. spinach leaves
2 T. vegetable oil 2 T. balsamic vinegar 1 can mandarin oranges, drain
2 T. honey 1/3 c. silvered red onion

Cook rice in water, 45-60 minutes. Whisk orange juice, oil, vinegar, honey, zest and salt. Pour over hot cooked rice and mix well. Cover and chill until cold. Just before serving stir in spinach leaves, oranges and onion. Serves 4.

CORN, RICE AND PINEAPPLE SALAD

3 c. cooked long grain rice 1-20oz can pineapple chunks, drained 1-15oz can corn, drain
1/3 c. raisins 2 T. green pepper, hydrated 2½ t. dried mince onion

Dressing

1/3 c. oil ¼ t. dry mustard 2 T. white vinegar
½ t. sugar

Combine dressing ingredients. Toss salad ingredients together in a bowl. Pour dressing over and toss. Chill. Serves 6.

RICE, BASIL AND TOMATO SALAD

2 T. olive oil 3 cups cooked rice, cooled 2 T. cider vinegar
2 tomatoes, chopped 2 T. chopped fresh basil leaves ½ teaspoon salt
1 med. Cucumber Chopped ¼ teaspoon ground black pepper 1 small red onion, chopped.

Whisk together oil, vinegar, basil, salt and pepper in large bowl. Add rice, tomatoes, cucumber and onion; toss. Serve chilled. Makes 6 servings.

CREAMY BROWN RICE SALAD

3 c. cooked brown rice ½ c. chopped green onions 3 c. chicken chunks
1 c. chopped celery 1 c. green pepper 1-8 oz can water chestnuts
Salt and pepper to taste ¾ c. mayonnaise ¼ c. lemon juice
1 t. grated lemon peel ¼ t. minced garlic 1 T. prepared mustard
1 T. horseradish 2 T. chopped parsley ½ c. slices almonds

In a mixing bowl, combine the first 7 ingredients. In a separate bowl, mix may, lemon juice, lemon peel, garlic mustard, horseradish, and parsley together. Add two mixtures together and mix until well moistened. 'Sprinkle top of salad with almonds.

Mexicali Bean and Rice Salad

6 c. cooked rice 1 (15 oz) can kidney beans 1 (15oz) can pinto beans
1 (15oz) can black beans 1 (15oz) can corn ½-1(4oz)can diced green chili
1/4 c. hydrated, DH peppers

Dressing:

1/3 c. olive oil ¼ c. cider vinegar 1 t. chili powder
½ t. cumin ½ t. garlic salt ½ t. hot pepper sauce

Combine dressing ingredients and set aside. Rinse and drain all beans and corn. In large bowl, combine rest of ingredients. Pour dressing over and toss. Serve immediately or chill 1 hour before serving. Serves 6-8.

SALADS – WHEAT

Cracked Wheat Salad

2 c. cracked wheat 6 c. water ¾ c. Miracle Whip
4 T. chopped green pepper ½ c. chopped green onion ¾ c. chopped celery
1 c. chopped tomato (optional) ¼ t. salt Pinch pepper
1 c. tuna or shrimp

Cook cracked wheat in water until tender. Cool. Add and mix in remaining ingredients. Chill then serve cold. Bake at 350° for 45 min.

Primavera Pasta Salad

8 oz. whole wheat Rotini 1 sm. red pepper, strips 1 sm green pepper, strips
1 can black olives, drained 8 oz. jar marinated artichoke hearts
1 c. broccoli, cooked, drained 3 cloves garlic, minced 1 t. oregano
1 t. rosemary ¼-1/3 c. balsamic vinegar ½ c. parmesan cheese

Cook Pasta according to directions on package, drain and rinse under cold water. Put pasta in a large mixing bowl. Mix in all remaining ingredients; toss well. Serve at room temperature or refrigerate for 2-3 hours and serve.

Apples and Wheat Berry Salad

3 c. cooked whole wheat 1 c. diced celery 2 large apples, cored and diced
 1 c. raisins 3/4 c. mayo 3 T. Sugar
 1 1/2 t. lemon juice 1/2 t. nutmeg

Combine all ingredients in a large bowl and mix well. Refrigerate for 2-3 hours. To serve, place on a bed of lettuce and sprinkle with chopped walnuts or grated cheddar cheese. Serves 6-8.

Carrot, Pineapple and Wheat Salad

2 1/2 c. shredded carrots 1-8oz can crushed pineapple, drained
 2 c. cooked whole wheat 1 t. honey
 1/2 c. raisins 1/2 c. mayo

Combine all the ingredients and chill for at least 1 hour. Serves 6-8.

Chicken-Wheat-Avocado Salad

2 T. lemon juice 1 1/2 C. diced avocado 1 C. diced, cooked chicken or turkey
 1 C. cooked whole wheat 1 C. chopped celery 2 T. minced green onion
 4 T. mayonnaise 4 T. sour cream 1 tsp. salt
 1/3 C. chopped nuts (optional)

Pour lemon juice over avocado; add other ingredients and gently mix. Put on lettuce leaves to serve. (To extend the salad, you can add extra cooked wheat.)

Orange, Pine Nuts and Raisins Bulgur Salad

1 1/2 c. bulgur 1 1/2 c. hot water 3 T. lemon juice
 3 T. orange juice 1 T. grated orange rind 2 cans mandarin oranges
 1/3 c. olive oil 4 green onions, sliced 1/3 c. chopped fresh mint
 1/3 c. chopped parsley leaves 1/3 c. pine nuts, toasted 1/3 c. raisins

Salt and pepper to taste

In large bowl combine bulgur, water, lemon and orange juice and rind. Tightly cover with plastic wrap and let mixture stand, at room temperature, until liquid is absorbed, about 30 minutes. Fluff mixture with a fork. Add all remaining ingredients; season with salt and pepper. Let salad stand, covered for 30 minutes before serving.

Artichoke Wheat Berry Salad

1 c. whole wheat berries, soaked 3 c. chicken broth 3 green onions, sliced
 1 sm. yellow pepper, seeded and diced 20 stuffed olives 1/2 c. mayonnaise
 2-6 oz marinated artichoke hearts, drained (reserve liquid) 1/4 t. curry powder

Heat chicken broth and add whole wheat. Simmer wheat until soft, 1/2-1 hour; drain excess liquid. Add onions, pepper, olives and artichokes to wheat berries. Blend mayo and curry powder into 1/4 c. artichoke liquid until smooth. Add to wheat mixture and mix thoroughly. Chill several hours before serving or overnight. Serves 12.

DESSERT SALADS**Lemon Pie Filling Fruit Salad**

1 can lemon pie filling 8 ounces Cool Whip® 1 can fruit cocktail
 1 can pineapple chunks in water 1 can mandarin oranges
 optional 1/2 package marshmallows -- miniature colored

Drain the fruit. Fold together the Cool Whip and pie filling. Add fruit and marshmallows. Chill and serve.

Orange Fruit Salad

1 lg. Can peaches 1 lg. Can pears 1 lg. Can pineapple

Drain the juice off and dice fruit. Sprinkle with one (3-oz.) package of orange Jello (do not dissolve in water). Let set for 3 hours or overnight. Add 1 (8-oz.) carton cool whip and 1 (8-oz.) carton of sour cream.

Frog-Eye Salad

| | |
|------------------------------------|----------------------------------|
| 1 lb package Acini de Pepe (pasta) | 1 can pineapple tidbits, drained |
| 4 ½ cup boiling water | 2 small cans mandarin oranges |
| 1 tsp salt | ½ package mini marshmallows |
| 1 ¾ cup drained pineapple juice | 1 large Cool Whip |
| 1 T flour or cornstarch | Fruit cocktail, drained (opt) |
| 1 cup sugar | 2 cups shredded coconut (opt) |
| 2 eggs, beaten | Maraschino cherries, chop(opt) |
| 1 can pineapple tidbits, drained | Chopped walnuts (optional) |

Cook Acini de Pepe in water and salt for 10 minutes (or follow package directions), stirring constantly. Drain; pour cold water over noodles and rinse well. Drain thoroughly. In saucepan, bring juice, cornstarch and sugar to a boil until clear. Add eggs and cool; mix with noodles, add fruit and then refrigerate for at least 3 hours or overnight. Just before serving, stir in whipped cream and marshmallows. Add any optional ingredients if desired.

Fruit Medley

| | |
|---------------------------------------------|----------------------------------------------|
| 1 can peach or apricot pie filling (21 oz.) | 2 cans (15 oz. each) fruit cocktail, drained |
| 1 can (20 oz.) pineapple chunks, drained | 1 can (15 oz.) mandarin oranges, drained |
| 2 medium bananas, sliced | |

Combine pie filling and canned fruits. Cover and refrigerate if possible, not good at room temperature. Stir in bananas just before serving. Yield: 12-14 servings

MISC. SIDE DISHES

Michael's Deluxe Deviled Eggs

| | |
|--------------------------------------|---------------------------|
| 6 hard-cooked eggs | 1/2 cup sour cream |
| 1/2 cup flaked canned salmon | 1/8 teaspoon curry powder |
| 2 teaspoons prepared mustard | 2 teaspoons lemon juice |
| 1-1/2 teaspoons Worcestershire sauce | Salt, pepper & paprika |

Shell eggs, then cut in halves lengthwise and remove yolks. Mash yolks and mix with sour cream, salmon, curry powder, mustard, lemon juice, and Worcestershire and season to taste with salt and pepper. Pile mixture into whites and garnish with Paprika. Makes 12 halves.

Corn Casserole

| | | |
|------------|--------------------|--------------------------|
| 1 can corn | 1 can creamed corn | 1 c. sour cream |
| 1 egg | ½ c. melted butter | 1 box Jiffy Cornmeal Mix |

Combine ingredients in a large casserole dish. Bake at 350 degrees for 45 minutes.

Polenta

| | | |
|--------------|-------------------------|---------------|
| 3 ½ c. water | 1 ½ t. chicken bouillon | 1 c. cornmeal |
|--------------|-------------------------|---------------|

Combine cornmeal with ½ c. water. Bring 3 c. water to boil with bouillon. Add cornmeal; stir until lumps dissolve and mixture comes to boil. Reduce heat to medium-low, cover and simmer 15 minutes. Serve mounded like mashed potatoes. Serves 5-6.

Variation: Add ¼ t. onion powder and 1/3 - 1/2 c. parmesan cheese.

Special Creamed Corn

| | | |
|---------------------|--------------------------|---------------------------|
| 1/3 c. butter | 1/3 c. flour | 1 c. heavy whipping cream |
| 1 c. milk | ¼ c. sugar | 1 t. salt |
| 1 dash white pepper | 5 c. frozen corn, thawed | ¼ c. Parmesan cheese |

In a sauce pan, melt butter over medium heat. Stir in flour until smooth. Gradually add cream, milk, sugar, salt and pepper. Bring to a boil; boil and stir for 2 minutes. Add corn; heat through. Transfer to an ungreased 1 ½ qt, broiler-proof dish. Sprinkle with parmesan cheese. Broil 5 inches from the heat for 3-5 minutes or until lightly browned and bubbly.

Wheat and Almond Pilaf

1 Tablespoon Oil
2 medium carrots, coarsely grated
2 green onions, chopped

1 1/2 cup slightly cooked or presoaked wheat kernels
1/4 cup slivered almonds
1 3/4 cups broth, bouillon or water

Heat oil in a non-stick skillet. Saute wheat, carrots, almonds and onions 3 minutes. Stir in liquid. Cover and simmer 10 to 12 minutes. Keep covered and allow to stand 5 minutes before serving. Pilaf will have a nutty flavor and chewy texture.

Serves 4.

Sage and Herb Whole Wheat Stuffing

12 slices stale whole wheat bread
1 cup finely chopped celery (include leaves)
3/4 tsp dried thyme
1/4 tsp ground black pepper
2/3 cup chicken broth or Butter Buds liquid

1 medium onion, finely chopped
1 tsp dried sage
3/4 tsp dried marjoram
2 egg whites, lightly beaten (optional)

Take 8 of the 12 slices of bread and tear them into small pieces. Place the pieces in a food processor or blender and process into coarse crumbs. Measure the crumbs. There should be 4 cups. (Adjust the amount if necessary.) Place the bread crumbs and cubes in a large bowl, and add all of the remaining ingredients except for the chicken broth. Toss to mix well. Slowly add the broth as you continue tossing. Coat a 2-quart casserole dish with nonstick cooking spray. loosely spoon the stuffing into the dish, and bake uncovered at 325 degrees for 45 minutes to an hour, or until heated through and lightly browned on top. Serve hot.

-- Makes 12 Servings

SOUR CREAM & CHIVES MASHED POTATOES

28 oz. Potato Pearls® Extra Rich
1 Tbs. Salt
1/2 tsp. Garlic powder
1 gal. Water, boiling
1/2 cup Chives, fresh, chopped, or 1/2 amount dry chives

1/4 cup Buttermilk powder
1 tsp. Onion powder
1/4 tsp. Cayenne pepper
2 cups Sour cream

Combine Potato Pearls® Extra Rich, with next 5 ingredients. Quickly whisk potato mixture into boiling water; remove from heat. Continue whisking until potatoes are smooth. Serving Idea: Serve with grilled sausage and sautéed apples. Add remaining ingredients; mix until well blended. Keep warm until serving. Will hold on steamtable, covered, for 2 to 3 hours. Yield: 48 servings.

Indian Wheat Casserole

1/4 c. margarine
1/2 t. turmeric
1/4 c. curry

1/2 c. onion, chopped
1/2 t. salt
1 c. chicken bouillon

3 c. steamed wheat
1/8 t. pepper
1/4 c. slivered almonds

Melt butter in skillet. Sauté onion until tender. Add wheat and seasonings. Pour into an ungreased 2-quart casserole. Pour bouillon over, cover tightly and bake for 35-45 minutes at 350° or until liquid is absorbed and wheat is tender. Stir in almonds.

SIDE DISHES- WHEAT

Mexican Wheat

4 c. steamed wheat
1 T. salt
1/4 t. pepper

2 c. water
1/4 t. cumin
1/4 c. dry onion

15 oz. canned tomatoes
1/4 t. garlic powder

Combine all ingredients in a skillet and stir until well mixed. Cover and simmer for 30-45 minutes or until wheat is tender and liquids are absorbed. Add more water if wheat becomes dry during cooking.

Wheat Parmesan

4 T. oil
2 c. water
1/4 t. pepper

1/2 c. chopped onion
2 t. chicken bouillon
1/4 t. garlic powder

2 c. steamed wheat
1 t. salt
1 T. parsley flakes

¾ c. parmesan cheese

Sauté onion in oil. Add wheat, water, bouillon, salt, pepper and garlic. Cover and simmer over low heat until liquid is absorbed. Just before serving add cheese and parsley.

Barbecued Wheat

| | | |
|---------------------|---------------------------|--------------------------|
| 3 c. steamed wheat | 1/3 c. catsup | 1/3 c. molasses |
| 1 t. dry mustard | 6 slices bacon cut up | 2 T. dried minced onions |
| 2 T. honey or sugar | ¼ t. Worcestershire sauce | |

Mix all ingredients together in casserole dish and cover tightly. Bake at 350° for 1 hour. Uncover last 10 minutes.

Pizza Crust

| | | |
|-------------------|---------------------|------------------------|
| 1 ½ c. warm water | 1 T. yeast | 3 c. whole wheat flour |
| 1 ½ t. salt | 1 t. sugar or honey | |

Dissolve yeast in water. Mix together all ingredients. Beat vigorously with fork until smooth. Let rise until double. Shape into 2 greased pizza pans. Lightly oil dough before putting on sauce.

Top with sauce, cheese, etc. Bake at 425° for 20 minutes.

Mushroom Wheat Berry Pilaf

| | | |
|-------------------------|-----------------------|-----------------------------|
| 2 t. olive oil | 1 ½ c. onion, chopped | ½ t. salt |
| 5 cloves garlic, minced | 1 T. butter | 1 lb mushrooms |
| 1 T. soy sauce | ½ c. chicken broth | 1 ½ c. cooked wheat berries |
| 1 ½ c. rice, cooked | ¼ t. thyme leaves | ½ t. dried rosemary |
| 1 t. lemon zest | salt and pepper | |

Heat oil in large sauté pan over low heat. Add onions and salt and cook until soft, about 10 minutes. Add garlic and continue cooking for 5 minutes. Add butter and melt. Add mushrooms and soy sauce, increase heat to medium and continue cooking for 5-10 minutes, until mushrooms release their liquid. Add broth and simmer 5 minutes. Add wheat berries, rice, thyme, rosemary and lemon zest, heat through. Season to taste with salt and pepper.

Chicken Pilaf

| | | |
|----------------------------|----------------------|----------------|
| 2 tbsp butter or margarine | 3 tbsp chopped onion | 1 c bulgur |
| 2 c chicken stock | 1/2 tsp salt | 1/8 tsp pepper |

Melt butter in heavy skillet; add onion and sauté until opaque. Add remaining ingredients, cover and simmer over low heat 20 minutes, or until all liquid is absorbed.

Variations:

Beef flavored: substitute beef stock or canned bouillon for the chicken stock. Add 1 tsp. Worcestershire sauce

Parsley: Add 1/4 tsp. chopped parsley to the chicken flavored pilaf at the beginning of cooking.

Parmesan Pilaf: Increase onion to 1/4 cup and add with it 1/4 tsp minced garlic. When cooking is completed, stir in 1/3 c parmesan cheese and 1 tbsp minced parsley.

Pink Pilaf: Substitute 1 cup tomato juice, 1 cup chicken broth, and 1/4 c water for the 2 cups chicken broth.

Taiwan Pilaf: When cooking is completed, stir in 1 to 2 tbsp soy sauce.

Pilaf Almondine: Cook 1 cup bulgur. When cooked, add 1/3 to 1/2 cup butter or margarine. Sprinkle with chopped, toasted almonds.

SPROUTS

Corn Bread

| | |
|--------------------------------------------------------------|-----------------------------------------------|
| 2 cups of sprouted corn, ground | ¼ c. golden (brown can be used) flaxseed meal |
| ½ c. finely chopped nuts or 12-hour sunflower seed sprouts | |
| 1 Tbs. Oil or melted butter (for taste we prefer the butter) | |

1 tsp. Kelp ¼ tsp. Salt (optional)

Mix all together and knead, adding a little water if too dry for binding. Set aside for 1 to 2 hours. Roll in wax paper and refrigerate. Slice thin for serving. It may be warmed to 100 degrees and served on preheated plates.

Carob Pudding

1/2 cup almond sprouts 1 1/2 cups spring or filtered water 12 medium pitted dates
5 teaspoons carob powder 1 Tablespoon raw honey

Blend almond sprouts with water. Add other ingredients and blend at high speed until smooth.

Sprout Balls

1 c ground nuts 1/2 c sunflower sprouts 1/2 cream cheese
3 Tb honey 1/2 tsp vanilla

Mix, form into balls, chill. Can be rolled in toasted nuts, coconut, granola

Nutritious Sprout Patties

2 c. wheat sprouts 1 egg, beaten 2 Tbs. onion, minced
2 Tbs. green pepper, minced 2 Tbs. chopped mushrooms
oil celery salt

Grind sprouts and add egg and vegetables. Mix well. Heat oil in skillet, form small patties and cook on each side to brown. Sprinkle with celery salt. Use as a main dish with a tomato sauce on them.

Buttered Sprouts

1 c. sprouts 2 Tbs. butter 1/2 c. water salt to taste

Simmer sprouts in salted water 3 - 5 minutes. Remove from heat and drain, add butter. Serve hot.

Wheat Sprout Meatballs

2 c. wheat sprouts 1 medium onion 1 tsp. salt
2 Tbs. oil 2 eggs, beaten 2 c. bread crumbs

Grind bread crumbs. Put sprouts and onion through food grinder, using fine disc. Add salt, oil, and beaten eggs. Shape into balls and brown in oil in frying pan until brown and heated through.

Rolled Tacos

½ c. finely ground nuts ¼ c. flaxseed meal or chia meal
3-4 Tbs. Fresh tomato, juice and pulp (about 1 medium tomato)
1 chili pepper, finely chopped or ground, or dash of cayenne
1 tsp. Chopped onion (optional) ¼ tsp. Salt (optional) or 1 tsp kelp
1 c. alfalfa sprouts 6 tortillas

Mix all except sprouts together to make a rather stiff paste. Measure a heaping tablespoon onto each tortilla, sprinkle with sprouts, make into a roll and serve with or without a sauce. Makes 6 tortillas. Serves 2 to 4.

Basic Sprout Bread (Essene Bread)

2 cups Hard Wheat Berries

Sprout wheat (until wheat sprout is just the length of the wheat kernel itself). Grind the sprouts (in a wheat grinder) into a paste. Form a 2 to 3 inch round loaf and bake it in an oven at 250 degrees F. for approximately 3 hours. (Bread will be a little crumbly and sweet even though the ONLY ingredient is wheat sprouts.)

Essene Bread (Plain)

(Wheat berries, whole barley or whole rye were used in the making of Essene bread. Here's how.)

1 to 2 cups wheat, barley, or rye (or any combination of the three)

½ tsp. Salt (optional) or 2 tsp. Kelp

Soak grain 8-12 hours and leave to sprout 16-48 hours or until sprout is length of the grain. (Rinse and drain 2 or 3

times during sprouting.) Grind the sprouted grains with hand grinder, using fine disc, or in a Champion blender or such grinders as Chop-rite or Wheatena. Grind twice if necessary to make a finely-ground mass. Add salt or kelp. Knead until dough binds. Make into 2-inch thick loaves or patties, or large 1-inch thick circles. Place in the sun for several hours, turning now and then, or in a warm place (75 to 90 degrees) until dry on the outside.

Essene Bread Variations:

1. To the Essene bread dough, add 1 to 2 cups of finely chopped vegetables, as celery, parsley, bell pepper, radish or carrot, in any combination or singly.
2. When grinding the sprouted grain, add from 1 to 2 tablespoons of celery seed, caraway, poppy, dill or sesame seed.
3. While grinding the sprouted grain, add ½ cup of figs, dates or raisins.

Rice Bread

2 c. sprouted rice, ground ½ c. filberts, chopped
1 Tbs. Dill seed 1 tsp. Salt (optional)

Rice or soy flour, if necessary, to make a stiff, adhesive dough

Fine grind rice. Mix all and knead, adding flour only if necessary for a stiff, binding dough. Form into a loaf, place in oiled dish or wax paper, set aside a few hours or overnight. Refrigerate, slice and warm, serving on warm plates.

SOUPS

Dumplings

2 c Bisquick baking mix 2/3 c Milk

Mix 2 cups Bisquick baking mix and 2/3 cup milk until soft dough forms. Drop by spoonfuls onto boiling stew. Cook uncovered over low heat 10 minutes; cover and cook 10 minutes. Makes 10 - 12.

TORTILLA CHICKEN AND RICE SOUP

| | | |
|-------------------------------------------------|----------------------|----------------------------------|
| 1/3 c. sliced green onions | 4 cups chicken broth | 1 c. rice |
| 1 10 ½ oz. can diced tomatoes w/green chilies | | ½ c. diced tomatoes |
| 1 cup cooked chicken breast cubes or 1 can | | Salt/pepper to taste |
| 1 4-ounce can chopped green chilies, un-drained | | 1 T. lime juice |
| ½ c. diced avocado | ½ c. shredded cheese | tortilla chips, slightly crushed |

Heat dutch oven or large saucepan coated with cooking spray over medium-high heat until hot. Add onions; cook and stir until tender. Add broth, rice, tomatoes and juice, chicken and chilies. Reduce heat to low; cover and simmer 20 minutes. Stir in lime juice and salt. Just before serving, pour into soup bowls; top with tortilla chips, tomato and avocado. Garnish with lime slices and cilantro and cheese. Yields 4 servings.

Crockpot Bean Soup

| | | |
|------------------------|-------------------------|-------------------------|
| 3 cups any dried beans | 1 Med. Onion | ¼ tsp. garlic powder |
| ¼ c. dried soup blend | ¼ tsp. savory seasoning | 2 stalks chopped celery |

Sort and wash the beans. Put them in a crockpot or kettle and add water to fill the crockpot about 2/3 full. Add remaining ingredients, turn the crockpot on high and let it simmer all day. If you are cooking in a kettle, simmer for about 3 to 4 hours. Check occasionally to see if more water is needed. Do not salt beans until they are soft.

QUICK VEGETABLE SOUP

1 can (15 ounces) mixed vegetables, undrained 2-1/4 cups vegetable juice cocktail
Salt and pepper, to taste. Combine ingredients and heat to boiling. Season with salt and pepper. Serves 3.

Southwest Stew

| | | |
|-------------------|--------------------|----------------------------|
| 2 lbs ground beef | 1 ½ c. diced onion | 1(28oz) can whole tomatoes |
|-------------------|--------------------|----------------------------|

1 (15oz) can pinto beans
3/4 c. water
1/2 t. black pepper

1 (16oz) can whole corn
1 t. ground cumin
salt to taste

1 c. picante sauce
1/2 t. garlic powder

In skillet, brown beef and onions. Drain any excess fat. Add remaining ingredients and bring to a boil. Simmer, covered for 15-20 minutes. Top with cheese if desired. Serves 8.

Olive Garden's Pasta e Fagioli

1 lb. ground hamburger

1 small onion or 2T. dry onion

1 large carrot julienne (1 cup) or 1/2 canned carrots

3 stalks celery, chopped (1 cup) if available

1 qt. canned tomatoes

1 can red kidney beans, with liquid

1 15 oz. can tomato sauce

2 cloves minced garlic or powder

1/2 tsp thyme

1 12 oz can V-8 juice

1T. white vinegar

1 1/2 tsp. salt

1 tsp. oregano

1 tsp. basil

1/2 tsp. pepper

1/2 pkg. ditali pasta (or whatever pasta)

Brown ground beef in large sauce pan over med heat. Drain off most of the fat. Add onion, carrot, celery and garlic and sauté for 10 min. (This step depends on if you have the raw ingredients) Add remaining ingredients, except pasta. Simmer for 1 hour. About 50 minutes into the simmer time cook the pasta in 1 1/2 - 2 quarts of boiling water over high heat. Cook for 10 minutes or just until pasta is al dente or lightly tough. Drain pasta and add to soup. Simmer 5-10 minutes and serve.

Cream of Corn Soup

2 Tbs. Salad oil

2 Tbs. Flour

2 Tbs. Butter

3 1/4 cups water

1/2 tsp. Salt

3/4 cup powdered milk

1 can cream-style corn (dried corn can be reconstituted and used)

1 Tbs. Chopped onion

Pepper to taste

Add the flour to the oil and blend. Add the butter or margarine powder. Real butter or margarine can be substituted. Stir in all remaining ingredients and cook on low heat until thickened. – Serves 4

Deluxe Camp Chili with Jerky

6 ounces Jerky

3 tablespoons Oil

1 teaspoon Whole cumin seed

4 tablespoons Chili powder

1 teaspoon Onion flakes

1 teaspoon Oregano

1/2 teaspoon Cumin

1/4 teaspoon Garlic powder

Water as needed

Flour for thickening

Cut jerky into small, bite-sized pieces, remembering it will swell. In a heavy pot, simmer jerky and cumin seeds gently in moderately hot fat/oil for one to two minutes, stirring steadily to prevent burning. Add chili powder and continue to stir until well mixed. (Amount of chili powder will depend on the hotness of the jerky and your taste.) Add onion flakes, oregano, powdered cumin, garlic powder, and enough water to cover generously. Stir. Simmer one to two hours, adding water as the jerky takes it up. Allow chili to cool, and reheat before serving. If a thicker chili is preferred, add a little flour mixed to a paste with hot liquid from the pot and cook to desired consistency, stirring frequently.

PARSNIP SOUP

1 Tbsp extra-virgin olive oil

3 cps parsnips, peeled & chopped

1/4 teaspoon salt

1 cp chicken broth

1. Heat the oil in a large skillet or saucepan. Add the parsnips and cook, stirring frequently, until they start to soften. Reduce the heat to low and cook, covered, until they are very soft and start to brown.

2. Place the cooked parsnips in a food processor or a large blender. Add the salt and broth, and process until satinsmooth. Makes 6 cups.

Potato Soup

2 Tablespoons butter or margarine 1/3 cup chopped onion
1/3 cup chopped celery (optional) 4 cups milk
1 cup potato flakes Salt and pepper to taste

Place butter in saucepan. Add onion and celery. Cook until soft. Add milk. Use medium heat until milk is hot but not boiling. Turn off heat and stir in potato flakes to desired consistency. Season with salt and pepper to taste.

Makes about 4 servings.

U.S. Senate Bean Soup

1 lb. White beans 1 ham hock or ham bone w/meat 3 qts. Water
1 c. mashed potatoes 1 small bunch celery, inc. tops 3 onions
2 garlic cloves, finely chopped 1/2 c. chopped parsley

Soak beans overnight, drain and put in soup pan with ham bone. Bring to boil and simmer for 2 hrs. Stir in potatoes and add onions, celery, garlic cloves and parsley. Simmer soup for 1 hr. longer until beans are thoroughly cooked. Remove ham bone, dice meat and return meat.

Red and White Potato Soup

2 qt. Boiling water 2 cp. Shredded potatoes (or dry equivalent)
1/2 cp. chopped celery 1 tsp dried parsley 3 Tbsp. Chicken base
2 Tbsp. dried onion 1 can kidney beans 1/2 c. flour or white bean flour

Combine all ingredients except bean flour. Cook over med. Heat about 15 min. until potatoes and celery are tender. Whisk bean flour into hot mixture

Goolosh

1 lb. or can ground beef 2 cp elbow macaroni
1 qt. Stewed tomatoes or tomato soup 2 tsp salt
1/2 tsp black pepper 3 Tbs dry onion
6 cps water 1 Tbs dry garlic
2 tsp beef bullion

Brown hamburger with onion, drain and add ingredient. Bring to boil, lower heat and simmer for 20 min.

6 Can Chicken Tortilla Soup

1 15 oz. can whole kernel corn 2 (14.5 oz) cans or 30 oz. chicken broth
1 can chicken 1 15 oz. can black beans
1 10 oz. can diced tomatoes 2 green chili peppers

Open all cans and pour everything into a large saucepan. Simmer over medium heat until chicken is heated through – serve over tortilla chips, top with cheese and sour cream.

Senate Bean Soup

Very similar to the soup served at the U.S. Senate Dining Room in D.C. Makes 10 – 12 servings.

6 1/4 cups dry Great Northern beans 3 Tbsp ham base 1 carrot, chopped
1 onion chopped 3/4 pound smoked ham shank
1 tsp garlic powder 2 stalks celery, chopped
Salt and pepper

Put beans in a large bowl, add water to cover and soak overnight. In a large saucepan, over medium heat, combine the ham shank and 4 cups of water and simmer for about 45 minutes. When cool enough to handle, remove meat from bone and shred meat. Set bone and meat aside for later. (Note: reserve the stock if desired to replace the ham

base.)

Drain the beans. In an 8 quart pot, over high heat, combine the beans, 12 cups fresh water and ham base. (Note: At this point, if desired, measure reserved stock from step 1, add water to total 12 cups liquid, and use this mixture to eliminate the ham base) Add the onion, carrot, celery, garlic powder, ham, ham bone and salt and pepper to taste. Bring the mixture to a boil, reduce heat to medium, cover and simmer for 1½ - 4 hours, or until beans are tender. Add additional water as needed. (Note: Soup should be thick enough to heavily coat a spoon.)

Texas Black Bean Soup for the Crock Pot

2 15-ounce cans black beans, rinsed and drained
1 14 1/2-ounce can stewed tomatoes or Mexican stewed tomatoes, cut up
1 14 1/2-ounce can diced tomatoes or diced tomatoes with green chilies
1 14 1/2-ounce can chicken broth
1 11-ounce can Mexicorn, drained 2 4-ounce cans chopped green chilies
4 green onions, thinly sliced 2 to 3 Tablespoons chili powder
1 teaspoon ground cumin 1/2 teaspoon dried minced garlic

In a crock pot, combine all ingredients. Cover and cook on high setting for 4 to 5 hours or until heated through.

Yucatan Black Bean Soup

1 pound black beans 6 cups water
4 cups rich chicken stock 1/4 cup olive oil
2 medium white onions chopped 6 cloves garlic, minced
3/4 tsp cumin powder 1 1/2 tsp oregano
2 tsp salt 1 1/2 cups cooked rice

In small bowls for garnish, serve:

Chopped green onions, including tops lime wedges
Chopped jalapeno peppers sour cream

Pick over the dry beans. Place beans and water in a soup pot; cover and simmer about 45 minutes. Add chicken stock and simmer till beans are tender, usually about 1 hour. Dip out about 2 cups of bean mixture and run it through a blender or food processor to puree it; then put it back into the pot. Put the oil in a skillet and saute the onion, garlic, cumin, and oregano until the onions are soft. Add everything to the soup pot except the garnishes. Simmer about 20 minutes more. Serve with garnishes of choice as toppers.

Baked Bean Soup

3 cups Baked Beans (recipe below)
1 onion, chopped 2 stalks celery, chopped 1 ½ c. canned tomatoes
1 ½ tsp. Chili powder Salt Freshly ground pepper

Put the baked beans, onion, celery, tomatoes, and chili powder in a large pot with 6 cups water. Bring to a boil, reduce heat, and simmer, partially covered, for 30 minutes. Mash and beat until smooth or puree in a blender or food processor. Reduce, adding salt and pepper to taste.

Boston Baked Beans

2 cups navy beans, small white beans, or Great Northern beans
About 1 tsp. Salt ¼ pound (115 g) salt pork 2 teaspoons dry mustard
5 tablespoons dark-brown sugar 4 tablespoons molasses

Wash the beans. Soak overnight or use the short method (below). Add salt, stir and drain, reserving the liquid. Preheat the oven to 300 degrees F (150 degrees C). Cut off a third of the salt pork and place the piece on the bottom of a bean pot. Add the beans to the pot. Blend the mustard, brown sugar, and molasses with the reserved bean liquid and pour over the beans. Cut several gashes in the remaining piece of salt pork and place on top of the beans. Cover and bake for about 6 hours, adding water as needed. Uncover for the final hour of cooking so the pork will become brown and crisp. Taste and correct seasoning. (Serves eight)

Navy Bean or Lima Bean Soup

Wash 2 c. beans and let stand in 4 qts. Water overnight or for 6 – 7 hours. Then add:

4 finely chopped onions 3 – 4 carrots, cut fine 4 bay leaves

2 Tbs. Salt
 ¼ tsp. Pepper

1 stalk celery
 2 Tbs. Cider vinegar

few sprigs of parsley

It is a good idea to cook a ham bone, beef bones, or soup meat, then cook altogether 2 ½ to 3 hours. Taste for salt before serving. Great on a cold day!

Beans Cooked in the Ground (Pioneer Recipe)

Dig a hole about 18” square. Make a fire in the hole and let it burn down to hot coals. Place a pot of beans in the hole with plenty of water, in the pot, salt, pepper and 1 – 2 pieces of bacon. Cover tightly. Place coals and ashes around pot and cover with dirt. Cook 6 – 8 hours.

German Bean Soup

1 c. beans (black or pinto) 1 c. finely diced potatoes ½ c. finely sliced or chopped onion
 2 qts. Water 1 slice well buttered toast 1 c. diced salt pork or ham
 1 c. finely diced celery 2 c. cream or evaporated milk

Cook beans in plenty of water. Run through sieve when tender, discard hulls. Add all other ingredients except cream and toast. Cook 4 – 5 hours. Just before serving add cream and garnish with toast triangles or croutons.

Crockpot Bean Soup

3 c. any dried beans 1 medium onion ¼ tsp. Garlic powder
 ¼ c. dried soup blend ¼ tsp. Savory seasoning 2 stalks chopped celery

Sort and wash the beans. Put them in a crockpot or kettle and add water to fill the crockpot about 2/3 full. Add remaining ingredients, turn the crockpot on high and let it simmer all day. If you are cooking in a kettle, simmer for about 3 – 4 hours. Check occasionally to see if more water is needed. Do not salt beans until they are soft.

Beef Stew

1 1/2 cups Acine de Pepe, Ditalini or other small pasta shape, uncooked
 2 tbsp. vegetable oil 1 pound lean beef stew meat, cut into 1-inch chunks
 3/4 cup chopped onion 9 cups hot water
 3 tbsp. beef-flavor instant bouillon 1 large bay leaf
 1 tsp. basil leaves 1/8 tsp. pepper
 1 1/2 cups sliced carrots 1 1/2 cups sliced celery
 1 14.5-oz. can stewed tomatoes

In large saucepan or Dutch oven, heat oil. Coat beef with flour. Add beef cubes and onion; cook until beef is browned. Add water, bouillon, bay leaf, basil and pepper. Bring to boil. Reduce heat; simmer, covered, until meat is tender, about 1-1/2 hours. Add carrots, celery and tomatoes. Cook 15 minutes longer. Remove bay leaf. Stir in pasta. Cook until pasta is tender, 10 to 15 minutes, stirring occasionally.
 Serves 8 to 10

Hearty Soup mix

1 (14 oz.) pkg. dry green split peas 1 (12 oz.) pkg. pearl barley
 1 (14 oz.) pkg. alphabet macaroni 1 (12 oz.) pkg. lentils
 1 and 1/2 cups brown rice 4 cups dry minced onion

Combine ingredients in a large, airtight container. Stir to evenly distribute ingredients. Label container. Store in a cool, dry place. Use within 6 months. Shake before using. Makes about 12 and 1/2 cups of mix.

Cream of Bean Soup

2 Tbs. Salad oil 2 Tbs. Flour 2 Tbs. Butter
 3 ¼ cups water ½ tsp. Salt ¾ cup powdered milk
 3 cups cooked dry beans 4 tsp. Chopped onion 4 tsp chopped peppers

Add the flour to the oil and blend. Add the butter or margarine powder. Real butter or margarine can be substituted. Stir in all remaining ingredients and cook on low heat until thickened.

Lentil Soup cooked in a Thermos Bottle

Pour 6 ounces of lentil soup mix into a 32-ounce steel “outdoor” thermos bottle. Salt and pepper can be added for

seasoning. Fill the bottle with fast boiling water and lay it on its side for even distribution of the soup mix. Leave for 9 hours.

Cream of Broccoli Soup

2 Tbs. Salad oil 2 Tbs. Flour 2 Tbs. Butter
3 ¼ cups water ½ tsp. Salt ¾ cup powdered milk
2 cups fresh broccoli, chopped OR 1 cup dried broccoli, rehydrated
Onion, salt, and pepper to taste. Add the flour to the oil and blend. Add the butter or margarine powder. Real butter or margarine can be substituted. Stir in all remaining ingredients and cook on low heat until thickened.

Potato Soup (hydrated)

2 Tablespoons butter or margarine 1/3 cup chopped onion
1/3 cup chopped celery (optional) 4 cups milk
1 cup potato flakes Salt and pepper to taste
Place butter in saucepan. Add onion and celery. Cook until soft. Add milk. Use medium heat until milk is hot but not boiling. Turn off heat and stir in potato flakes to desired consistency. Season with salt and pepper to taste. Makes about 4 servings.

Cream of Potato Soup

1 ½ C. cubed potatoes 1 Tbs. Onion (chopped)
¾ C. water ½ C. **powdered milk**
1 Tbs. Margarine ¾ tsp. Salt
2 C. water 1 Tbs. Flour
Cook the potatoes, onion, and salt until tender. Blend the margarine and flour together and stir into the hot potato mixture. Stir constantly while cooking. When mixture thickens add powdered milk and water, and reheat. Optional (add beef or chicken bouillon to taste).
NOTE: * Dehydrated diced or cubed potatoes may be used. Rehydrate before using by covering potatoes with water and letting them stand at room temperature for 1 hour. To speed up reconstituting time, cook over medium heat for 20 minutes adding more water if necessary.

Bean Chowder

¾ c. dry beans 3 c. water 1 ½ tsp. Salt ¾ c. diced potatoes
½ c. chopped onions 1 ½ c. water mixed with 3/8 c. powdered milk
1 ½ tsp. Flour 1 Tbs. Margarine
¾ c. bottled tomatoes 1/3 c. green bell pepper
Soak the beans overnight. Add salt and boil (add 1 cup of water, if needed). Cover with a lid until almost done. About 1 hour. Add potato and onion. Cook 30 minutes more. Mix flour and margarine and stir into the beans. Add the tomatoes and green pepper. Cook over low heat about 10 more minutes until thickened. Stir in the milk and serve.

BEAN AND BACON SOUP

2 strips bacon 1 med. sized onion, chopped 1 T. flour
2 c. white bean puree 2 c. milk or bouillon salt and pepper
Fry bacon, remove from pan and drain on paper. Cook onion in bacon drippings until golden. Blend four with onions and fat. Add bean puree and milk or bouillon gradually, and cook over very low heat, stirring constantly until thickened. Cook 2-3 minutes longer, stirring occasionally. Season with salt and pepper. Crumble bacon and sprinkle on top of soup.

16 BEAN SOUP

2 c. dry 16 bean mix 3-5oz. Chunk Lean Ham 3 bay leaves
1 can chicken broth 1 T. crushed oregano 1 t. chili powder
1/4 c. Dried onion 1-28oz. can diced tomatoes ¼ c. dried celery
1/4 c. dried carrots Salt and pepper to taste Water

Rinse the dried beans and soak in salted water overnight. To cook, rinse the beans and place in a covered kettle (crock pot) with the meat product, bay leaves, chicken broth, oregano, chili powder, and enough water to cover 2" above beans and simmer 2 1/2 - 3 hours. Add the onion, tomatoes, celery, carrots and simmer another hour. Add salt and pepper to taste.

Beef Stew in a Crock

- 1 pound stew meat 1/2 cup flour
- 1 cup ginger ale 1 pkg. brown gravy mix
- 1 pkg. onion soup mix**

Combine meat with flour to coat. Put all ingredients into slow-cooker and cook on low for 3 to 4 hours until meat is tender. Great served over rice. (Pick a soup mix that has the least amount of sodium.)

College Student Stew

- 1/2 pound Stew meat 1 can Carrots, drained
- 2 small Potatoes, quartered 4 Cubes beef bouillon
- 1 tablespoon Italian herbs 2 cups water

Put all ingredients in the crockpot. Add water and turn on crock pot on LOW for 8 to 9 hours. Thicken with a mixture of flour and cold water, if desired. Taste and adjust seasonings. Serve with biscuits.

Millet Stew (for Crockpot)

- 1 cup millet 4 cup water 2 onions - cut in wedges
- 2 potatoes - cut in large chunks 2 carrots - cut in large slices
- 1 cup celery - cut in large slices 1/2lb mushrooms - chopped
- 2 bay leaves 1/2 tsp basil 1/2 tsp thyme

Toast millet in dry skillet for about 5 minutes. Stir constantly to prevent burning. Add all ingredients to crockpot and cook 4 hours at high or 8 hours at low. (Yield: 6 Servings.)

Vegetable Barley Soup

- 1 1/2 quarts beef broth 1 can (48 oz.) V-8 juice 2 cups water
- 1 cup diced celery 1 cup diced peeled potato 1 cup sliced carrots
- 1 cup chopped onion 3/4 cup uncooked barley 4 garlic cloves, minced
- 2 Tbs Italian seasoning 1 -2 tsp lemon-pepper season
- 2 tsp dried rosemary, crushed 1 tsp fennel seed 1 tsp dried mint
- Parmesan cheese, optional

In a large kettle or Dutch oven, combine all ingredients except the cheese; bring to a boil. Reduce heat; cover and simmer for 3 hours. Top each serving with cheese if desired. Yield: 12-14 servings (3 1/4 quarts)

Crockpot Bean Soup

- 3 cups any dried beans 1 med. Onion 1/4 tsp. garlic powder
- 1/4 c. dried soup blend 1/4 tsp. savory seasoning 2 stalks chopped celery

Sort and wash the beans. Put them in a crockpot or kettle and add water to fill the crockpot about 2/3 full. Add remaining ingredients, turn the crockpot on high and let it simmer all day. If you are cooking in a kettle, simmer for about 3 to 4 hours. Check occasionally to see if more water is needed. Do not salt beans until they are soft.

Cup of Split Pea Soup

Grind or pulverize 3 tablespoons of dried split peas, real fine. Set aside.
 Dissolve 1 tsp chicken bouillon (or 1 cube) in 3/4 cup of hot water.
 Add onion powder, cayenne pepper (my favorite) or black pepper, another 1/4 c water (or half and half).
 Heat to almost boiling and add powdered peas. Sprinkle in real Hormel bacon bits, if desired.

Savory Grain and Bean Pot (with bulgar or cracked wheat)

- Heat in large kettle:
- 2 Tbs. olive oil or other oil
- Add and saute:
- 1 c. chopped onions 2 c. chopped vegetables (carrots, mushrooms, celery)

Add:

1 c. cooked soybeans
2-3 peppercorns
1/4 tsp. each basil, tarragon, oregano, celery seed, summer savory
pinch each thyme, rosemary, marjarom, sage
2 Tbs. soy sauce
1/3 c. bulgar or cracked wheat

1 c. cooked tomatoes
pinch cayenne
1/2 c. brown rice
6-8 c. vegetable stock or broth

Bring soup to a boil. Reduce heat and simmer 1-2 hours until grains are tender, or pressure cook 10-15 minutes.

Option: Soup may be further enriched with 3 Tbs. soy grits if available. Combine grits with a little liquid and add to soup with grains. (Serves 8-10)

Pioneer Soup

2 quarts Water
1 tsp. Salt
2 Celery Stalks, chopped

2 Shank Bones
2 Carrots, sliced (can use dehydrated ones)
1 (15 oz) Can Tomato Sauce

1-1/4 C. Dry Soup Mix

Measure water in large kettle. Add shank bones, soup mix and salt. Bring mixture to a boil. Reduce heat so soup will simmer for 1 1/2 hours. Remove bones and meat. Add carrots, celery, cabbage, and tomato sauce. Simmer 20 minutes more. Trim meat, chop and add to soup.

Palestine Stew

1 cup lentils
1 large can tomatoes, chopped (or 1 3/4 cups tomato powder and 3 1/2 cups water)
1 lb. hamburger, browned and drained (Hamburger TVP will work here as well.)
1 large onion, chopped (or 1/4 cup dehydrated onions)
2 Tbs. brown sugar

1 cup whole wheat (berries)
2 Tbs. of Chile powder to taste

Cook lentils & wheat until tender, about an hour. In separate pan brown hamburger and chopped onion -- mix everything together, season to taste, then let simmer 1/2 hour.

Instant Soup Cup

1 tablespoon powder from dried vegetables (such as peas)
1/4 cup dried milk
1. Pulverize dried vegetables into powder in a blender or food processor at the highest speed.
2. Mix powder with dried milk. Place in cup and add boiling water. Stir.

For better flavor, soup may be simmered. Dried potato flakes may be added, if desired, to thicken soup.

Blackeye Pea Soup

4 cups chicken or beef bouillon
1 can (15 ounces) whole new potatoes, drained and diced
1/3 cup macaroni rings
Salt, to taste

1 can (15 1/2 ounces) blackeye peas (or 2 cups cooked blackeye peas)
Bacon flavored bits, to taste

Combine ingredients in a large saucepan. Bring to a boil. Cook until macaroni is tender. Serves 4 to 6.

Hearty Soup Mix

1 (14 oz.) pkg. dry green split peas
1 (14 oz.) pkg. alphabet macaroni
1 and 1/2 cups brown rice

1 (12 oz.) pkg. pearl barley
1 (12 oz.) pkg. lentils
4 cups dry minced onion

Combine ingredients in a large, airtight container. Stir to evenly distribute ingredients. Label container. Store in a cool, dry place. Use within 6 months. Shake before using. Makes about 12 and 1/2 cups of mix.

Hearty Soup Stock

6 cups water
2 carrots, sliced
2 (15 oz.) cans tomato sauce

1 and 1/3 cups Hearty Soup Mix
1 or 2 stalks celery, chopped
1 (24 oz.) can vegetable juice cocktail

1 and 1/2 Tbsps. salt
1-1/2 cups cabbage, shredded
1 lb. cooked ground beef

Put water in large kettle or Dutch oven. Add Hearty Soup Mix and salt. Bring to a boil. Cover and simmer 1 to 1 and 1/2 hours. Add carrots, celery, cabbage, tomato sauce and vegetable juice cocktail. Add cooked ground beef or other meat, if desired. Simmer 20 minutes until vegetables are cooked.

Wheat Chowder

| | | |
|--------------------|--------------------|-----------------------------|
| 2 c. diced carrots | 4 T. flour | 3 c. milk |
| Pepper to taste | 1 t. salt | 2 c. steamed wheat |
| 1 c. diced celery | ½ c. chopped onion | 4 slices bacon or ½ c. bits |

In large saucepan, fry bacon until crisp. Remove bacon and drain. Add onion, celery and carrots to sauce pan. Cook until tender, adding a little water if necessary. Add flour and cook until mixture bubbles. Slowly stir in milk. Add wheat, bacon, salt and pepper. Heat and serve.

HEARTY LENTIL AND BARLEY SOUP

| | | |
|---------------------------|--------------------------------|--------------------------------|
| ¾ c. brown or red lentils | ¼ c. sun-dried tomatoes | 2 T. dried vegetable flakes |
| 1 T. dried minced onion | 2 t. chicken bouillon granules | 1 t. dried oregano leaves |
| ½ t. minced garlic, dried | 1/2 t. black pepper | 1/8 t. red pepper flakes (opt) |
| ½ c. pearl barley | 5-6 c. water | 8 oz. smoked sausage, ½” |

1-14 oz. can diced tomatoes w. green pepper, celery, & onion

Place all ingredients in crock pot. Stir; cover and cook on Low 6-8 hours. Add additional water ½ c. at time if needed to reach desired consistency. Season to taste with lemon pepper. Serves 10-12.

Convention Method: Simmer ingredients in Dutch oven or Soup pot, partially covered 1-1/2 hours or until lentils and barley are tender.

HOPPIN' JOHN SOUP

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|----------------------------|-----------------------------|-----------------------------|
| 1 c. dried black-eyed peas | 1 T. dried minced onion | 1 T. dried vegetable flakes |
| 1 Chicken bouillon cube | 1 t. dried minced garlic | 1 t. dried thyme leaves |
| ½ t. ground cumin | ¼ t. black pepper | 1/8 t. ground red pepper |
| 2-3 c. water | 1 can tomatoes w/gr.chilies | 4 slices crisp cook bacon |

Lemon Pepper or Pepper Sauce 2 c. cooked rice

Soak Peas overnight in 3 c. water or bring to boil and boil 2 minutes then cover and let stand 1 hour. Drain and rinse. Place peas, 2-3 c. water, bacon and seasonings into large sauce pan. Bring to a boil over high heat. Cover; reduce heat and simmer 1 ½ - 2 hours or until peas are tender, adding tomatoes during last ½ hour. Mash beans slightly with potato masher. Season with lemon pepper. Serve over cooked rice.

Serves 4-6

COUNTRY SIX-BEAN SOUP

| | | |
|-----------------------------|------------------------------|----------------------------------|
| ½ c. red beans, dry | ½ c. navy beans, dry | ½ c. pinto beans, dry |
| ½ c. baby lima beans, dry | ½ c. kidney beans, dry | ½ c. Great North. Beans, dry |
| 2 bay leaves | 2 T. dried minced onion | 1 T. dried parsley flakes |
| 2 t. beef bouillon granules | 1 t. dried minced garlic | 1 t. dried thyme leaves |
| ½ t. dried oregano | ½ t. black pepper | ¼ t. red pepper flakes |
| 4-5 c. water | 8 oz. smoked sausage, sliced | 1 can diced tom. w/Ital. seasons |

Soak all beans in 9 c. water overnight or quick soak. Drain and rinse beans. Combine soaked beans, water, sausage and seasonings in Dutch oven. Bring to a boil over high heat. Cover; reduce heat and simmer 1-1/2 hours. Add tomatoes. Cook an additional ½ hour until all beans are tender. Season to taste with hot pepper sauce, if desired. Makes 8-10 servings. *For thicken consistency, mash beans slightly.*

ITALIAN-STYLE BEAN SOUP

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|-------------------------------------|---------------------------------|--------------------------|
| 1 ½ c. Great Northern or Navy Beans | 1 T. dried minced onion | 2 t. dried basil |
| 2 chicken bouillon cubes | 1 t. dried parsley | ½ t. dried minced garlic |
| ½ t. black pepper | 5-6 c. water | 1 ½ c. med. Shell pasta |
| 1 c. spaghetti sauce | 8 oz. baby spinach leaves (opt) | Salt & Pepper |
| ¼ c. parmesan cheese | | |

Soak beans overnight in 5 c. water or use quick soak method. Drain and rinse. Combine soaked beans, water, and seasonings. Bring to a boil over high heat. Cover; reduce heat and simmer 1 ½ - 2 hours. Add pasta sauce, shells and spinach. Simmer additional ½ hour or until beans are tender. Season to taste. Serve with cheese. Serves 8-10.

IDAHO BUCKAROO BEANS

| | | |
|-------------------------|---------------------------|-----------------------------|
| 2 c. dried pinto beans | 6 c. water | 1 large onion, sliced thick |
| 2 cloves garlic, minced | 1 bay leaf | ½ lb ham or bacon |
| 2 c. diced tomatoes | ½ c. chopped green pepper | 1 t. chili powder |
| 2 T. brown sugar | ½ t. powdered mustard | ¼ t. crushed oregano leaves |

Soak beans overnight, drain and rinse. Cook soaked beans, water, onion, garlic, bay leaf and meat in heavy pan. Bring to boil. Cover: reduce heat and simmer 2-3 hours. Stir in tomatoes, green pepper, and seasonings. Bring to boil again. Reduce heat to simmer and cook 2-3 more hours.

3-MINUTE "CREAM OF CHICKEN" SOUP

| | | |
|--------------------|----------------------------|----------------------------|
| 6 c. boiling water | 2 T. chicken bouillon base | 1 c. fine white bean flour |
|--------------------|----------------------------|----------------------------|

1 c. diced chicken pieces (opt)
In medium sauce pan over medium heat, whisk bean flour into boiling water and add base. Stir and cook 3 minutes. Blend for 1-2 minutes. Add chicken, if used. Serves 3-4.

INSTANT PEA SOUP

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|--------------------|------------------------|--------------------------------|
| 2 c. boiling water | 2 t. chicken soup base | 3 T. pea flour-green or yellow |
|--------------------|------------------------|--------------------------------|

Using dried peas, whole or split, grind to a fine flour. In medium sauce pan over medium-high heat, whisk chicken soup base and pea flour into boiling water, stirring for about 1 minute. Turn heat to low, cover and cook 2 minutes. Serves 2. For a thicker soup, use up to 1/3 c. pea flour.

WHITE BEAN AND CHICKEN CHILI

| | | |
|-----------------------------------------------------------------|--------------------|---------------------------------------|
| 3 ½ c. cooked white beans or 2 (15oz) cans white beans, drained | | |
| ½ can(4 oz) diced green chilies, undrained | | 1(12oz) can chicken chunks, undrained |
| 1/4c. dried minced onion | 3 c. water | 2 t. chicken bouillon |
| 1 t. cumin | ¼ t. minced garlic | 1 can (6oz) tomato paste |

Combine all ingredients in saucepan and bring to a boil. Simmer 20-30 minutes, stirring occasionally. Serves 4-5.

Quick Beef Chili and Corn

| | | |
|----------------------------|-------------------------|-----------------------------|
| 2 (15oz) cans kidney beans | 1 (15oz) corn | 1 (15oz) can diced tomatoes |
| 1 (12oz) can beef chunks | 1 ¼ c. water | 1 c. chunk salsa |
| ½ t. cumin | ½ t. chili powder (opt) | |

Rinse beans and drain along with corn. Combine all ingredients in saucepan and simmer 10 minutes, stirring occasionally. Serves 4-5.

TACO BEAN CHILI

| | | |
|---------------------------|--------------------------------------------|--------------------------|
| ½ C. dried kidney beans | ½ c. dried pinto beans | ½ c. dried red beans |
| 1 pkg. taco seasoning mix | 1 T. dried minced onion | ½ t. chili powder |
| ¼ t. ground cumin | 4 c. water | 1-8 oz. can tomato sauce |
| 1 lb. cooked hamburger | 1-14oz can diced tomatoes w/ green chilies | |
| 1 ½ c. tortilla chips | | |

Soak beans overnight, drain and rinse. Place soaked beans, water, ground meat, and contents of seasoning packet in heavy duty pan. Bring to a boil over high heat. Cover: reduce heat and simmer 1-1 ½ hours. Add tomatoes and tomato sauce. Simmer additional 30 minutes until beans are tender. Crush chips. Stir into chili and cook 5-10 minutes. Serves 6-8.

SPICY CHILI MAC

| | | |
|------------------------------|--------------------------------------------------|----------------------------------|
| ¼ C. dried pinto beans | ¾ dried kidney beans | 1 pkg. Chili seasoning mix |
| 2 T. dried minced onion | 2 t. beef bouillon granules | ¼ t. red pepper flakes |
| 1 ½ c. uncooked rotini pasta | 4-5 c. water | 29 oz. tomatoes w/ green chilies |
| Shredded cheese, opt. | 1 lb. ground beef or turkey, browned and drained | |

Soak beans overnight, drain and rinse or quick soak. Combine soaked beans, water ground beef and seasonings. Bring to a boil over high heat. Cover; reduce heat and simmer 1 hour. Add pasta, and tomatoes. Simmer 30-45 minutes. Serve with Cheddar cheese. Makes 8-10 servings.

SOUTHWESTERN BEAN CHILI & RICE

| | | |
|--------------------------------|-------------------------|-------------------|
| ½ c. dried kidney beans | ½ c. navy beans | ½ c. dried beans |
| 1 bay leaf | 2 T. dried minced onion | 2 t. chili powder |
| 1 T. chicken bouillon granules | 2 t. minced garlic | 1 t. cocoa powder |
| 1 t. cumin | 1 t. dried oregano | ¼ t. red pepper |
| 3-4 c. water | 16 oz. tomato sauce | 4 c. cooked rice |

Shredded cheese

Soak beans overnight, drain and rinse or quick soak. Combine soaked beans, water, and seasonings in heavy pot w/lid. Bring to a boil over high heat. Cover; reduce heat and simmer 1-1 ½ hours. Add tomatoes and tomato sauce, cook 30 minutes longer or until beans are tender. Serve over rice and top with cheese.

Wheat Chili

| | | |
|------------------------------------|-----------------------|---------------------|
| 2 c. kidney or pinto beans, soaked | 2 c. wheat | 1 bay leaf |
| 2 t. olive oil | 1 t. garlic powder | 1 c. chopped onion |
| 1 t. cumin | 1-2 T. chili powder | 2 cans tomato sauce |
| Salt and pepper to taste | 1 can cut-up tomatoes | |

In saucepan, combine the beans and wheat. Add 4 quarts water and the bay leaf. Bring to a boil. Reduce the heat to a simmer: cover and cook for one hour. In a skillet, sauté garlic and onion until tender. Add to the beans and wheat. Add cumin, chili powder and tomatoes, stir. Cook at a simmer, uncovered stirring occasionally until the beans and wheat are tender and the chili is thick, about 3 hours. Add water if necessary during cooking. Remove the bay leaf. Add salt and pepper to taste. Serve with grated cheese sprinkled over top.

Wheat Chili

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|-----------------------|--------------------|-----------------------|
| 3 cups water | 3 Tbs. beef broth | 1 1/2 cup whole wheat |
| 1 onion, chopped | 1 cup tomato sauce | 1 tsp. chili powder |
| 1/2 Tbs. brown sugar | 1 bay leaf | 1/2 tsp. sweet basil |
| 1/2 tsp. ground cumin | | |

Place all ingredients in crockpot and cook on high for 6-8 hours

Hearty Wheat and Beef Chili

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|-------------------------|-------------------------|----------------------------|
| 1 ½ c. water | 1 c. cracked wheat | 1 can beef chunks |
| 1 green pepper, chopped | 1 onion, chopped | 1 t. chili powder |
| ¼ t. black pepper | 1-15oz can tomato sauce | 1-16 oz can whole tomatoes |
| 3 c. water | 3 t. beef bouillon | 1-15 oz can kidney beans |

Add cracked wheat to 1 ½ c. boiling water. Simmer 10 minutes, stirring occasionally. Add remaining ingredients, except beef. Cover and simmer 1 hour or place in electric slow cooker on low heat setting for 2-3 hours, stirring occasionally. Add in beef during last 10 minutes. Makes 12 servings of 1 cup.

Chili Beans (Crock Pot)

| | | |
|--------------------------|----------------------------|------------------------|
| 1 lb. ground beef | 1 medium onion, chopped | 1 C tomato sauce |
| 1 T chicken broth powder | 1 1/2 C dried kidney beans | 5 C water |
| 3 T chili powder | 1 1/2 tsp. salt | 1/2 tsp. minced garlic |
| 1 tsp. sugar | 1/2 tsp. Tabasco | |

Brown beef and onion in skillet. Place beef mixture and remaining ingredients in crockpot. Mix well. Cover. Cook on high 10-12 hours.

Meatless Lentil Chili

| | | |
|--------------|-----------------|-------------------|
| 5 Cups water | 1 teaspoon salt | 1 lb. dry lentils |
|--------------|-----------------|-------------------|

Cover and simmer for 30 minutes. Do not drain.

Add:

| | | |
|------------------------------------------------------------------------------|-----------------------------|--------------------|
| 1 lb. can tomatoes or tomato sauce (or 2 cups water and 1 cup tomato powder) | | |
| 1 package dry onion soup | 1 1/2 teaspoon chili powder | 1/2 teaspoon cumin |

Simmer 30 minutes more. Serve over rice, pasta, or corn chips.

BLACK AND RED CHILI

| | | |
|-------------------|------------------|---------------------------|
| ½ lb. ground beef | 2 c. diced onion | 1 c. chopped green pepper |
|-------------------|------------------|---------------------------|

| | | |
|------------------------|----------------------------|----------------------------|
| 1 ½ T. chili powder | 2 t. ground cumin | 1 ½ t. dried oregano |
| 1 t. sugar | ¼ c. celery powder | 3 (8 oz) cans tomato sauce |
| 1-15oz can black beans | 1-14 oz can diced tomatoes | 1-15 oz. can red beans |

Cook meat in a large saucepan over medium heat until browned, stirring to crumble. Add onion and bell pepper; sauté 3 minutes or until tender. Add chili powder and remaining 8 ingredients; bring to a boil. Reduce heat, and simmer, uncover, 30 minutes, stirring occasionally.

Chili con Carne

| | |
|---------------------------------------------------------------------------|------------------------|
| 3 c. dried pinto beans, or dried red kidney beans, rinsed and picked over | |
| 5 ½ c. water | 5 tsp. Salt, divided |
| 3 lbs. ground beef | 3 med. Onions, chopped |
| 1 lg. Green bell pepper; chopped (about 1 cup) | |
| 1 tsp. Black pepper | 3 Tbs. Chili powder |
| 2 qts. Crushed or whole tomatoes (15-18 medium tomatoes, about 5 lbs.) | |

Place beans in a 2-qt. Saucepan. Add cold water to a level of 2-3 inches above the beans and soak 12-18 hours. Drain and discard water. Combine beans with 5 ½ cups fresh water and 2 tsp. Salt. Bring to a boil. Reduce heat and simmer 30 minutes. Drain and discard water. Brown beef, onions, and peppers in a skillet. Drain off fat and add 3 tsp. Salt, pepper, chili powder, tomatoes, and drained cooked beans. Simmer 5 minutes. Adjust seasonings. Fill jars, leaving 1 inch headspace. Adjust lids. Process in a pressure canner 75 minutes. If you're using a dial gauge canner, process at 11 lbs. pressure. If you're using a weighted gauge canner, process at 10 lbs. pressure. Yield: 9 pints (18 1-cup servings)

Camp Chili

| | |
|---------------------------|---------------------------|
| 1 c. Lentils | 3 Tbs. Tomato soup powder |
| 2 Tbs. Masa or Corn flour | 1 Tbs. Chili Powder |
| 1 Tbs. Onion Flakes | 1 Tbs. Cumin |
| 1 tsp. Oregano | 1 tsp. Salt |
| 1 Clove Garlic | 4 c. Water |

Combine all the ingredients and simmer 30 - 45 Min.

MARTI'S HAMBURGER SOUP

| | |
|--------------------------------------|---------------------------------------|
| 1-1/2 lb. Hamburger | 1 can corn |
| 1 large potato peeled & cubed | 1 can kidney beans (drained & rinsed) |
| 1 carrot - diced | 1 can butter beans (drained & rinsed) |
| 2 stalks celery - diced | 1 can green beans |
| 1 onion diced | 1 tsp. garlic powder |
| 1 cp. Shredded cabbage (optional) | salt & pepper to taste |
| 1 32 oz. V-8 juice (or tomato juice) | 2 beef bouillon cubes |

Brown hamburger in large pot and drain grease. Add cut-up vegetables to the hamburger and enough water to just cover the vegetables – bring to boil and cook until tender (10-15 min.). Add bouillon, corn, kidney beans, butter beans, tomato juice, garlic powder and salt and pepper. Bring to boil and then simmer for 30 min.

ETHIOPIAN BEAN STEW

| | | |
|------------------------|--------------------------|-----------------------------|
| 1 c. dried navy beans | 3 medium carrots, sliced | 1 lb. beef stew meat, cubed |
| 1 c. frozen corn | 2 T. oil | 1 t. curry powder |
| 1 large onion, chopped | 1 ½ t. salt | 2 large potatoes, cubed |
| 1 box frozen peas | 3 ribs celery, sliced | |

Soak beans overnight, drain and rinse or use quick soak method.

Brown meat in hot oil; add onion and cook until brown. Add meat and onion mixture and all other ingredients except peas; add one cup boiling water. Simmer for 75 minutes; add peas; serve.

Easy Corn Chowder

| | | |
|---------------------------|-------------------------|-------------------------------|
| 2 c. diced potatoes | ½ c. diced celery | ½ c. chopped onion |
| 1 can (11oz) creamed corn | 1 can (15oz) whole corn | 1 can (12 oz) evaporated milk |
| 1/8 t. cayenne pepper | ¼ t. salt | ¼ c. bacon pieces |

In large saucepan, place potatoes, celery and onion, add water to cover. Bring to a boil, reduce heat and simmer 20 minutes. Drain. Add creamed corn, whole corn, milk and spices, and bacon to vegetables. Bring to boil, lower heat and simmer 20 minutes.

Variation: Use 1 c. dried diced potatoes, ¼ c. DH celery and 1/4c.onion and 2 c. water in place of fresh.

Southwestern Chicken Barley Soup

| | | |
|----------------------------|------------------------------------|-----------------------------|
| 6 c. water | 3 c. pearled barley | 2 T. dried minced onion |
| 2 t. chicken bouillon | 1 (15oz) can diced tomato, undrain | 1 (15oz) can tomato sauce |
| 1 (15oz) can corn, drained | 1 (4oz) can diced green chilies | 1 T. chili powder |
| ½ t. cumin powder | 1/8 t. garlic powder | 1 (12oz) can chicken chunks |

Bring water, barley, onion and bouillon to a boil, then simmer, covered, until barley is tender, about 45-55 minutes. Add the rest of ingredients, except chicken and simmer 10 minutes until flavors are blended. Add chicken and heat through. Serves 6-8.

Variation: Can substitute turkey chunks for chicken.

Chicken Corn Soup

| | | |
|-----------------------|-----------------------------|------------------------------|
| 6 c. water | 4 t. chicken bouillon | 1 T. dried, minced onion |
| 1 T. dried celery | ½ t. dried minced garlic | ½ t. dried diced carrots |
| 1 c. uncooked noodles | 1 (12oz) can chicken chunks | 1 (15oz) can corn, undrained |
| 2 t. dried parsley | pepper (to taste) | |

Combine water, bouillon, onion, celery, garlic and carrots. Bring to a boil; add noodles. Simmer 10 minutes. Add chicken, corn, and parsley. Stir just to combine. Heat and serve. Serves 4-5.

Variation: Omit dried celery and carrots and add 2 peeled and sliced carrots, 1 sliced zucchini and 1 sliced stalk of celery, all sautéed in a little olive oil for 2 minutes. With noodles add 1 ½ c. broccoli cut into bite size pieces.

Corn and Bean Soup

| | | |
|------------------------|------------------------|------------------|
| 1 1/3 c. chicken broth | 2 med. carrots, diced | 2 celery, diced |
| 1 small potato, diced | 1 small onion, chopped | 1 ½ c. corn |
| 1 (15oz) white beans | 1 c. milk | 1 t. dried thyme |
| ¼ t. garlic powder | pepper to taste | |

In large saucepan, combine the broth, carrots, celery, potato and onion. Bring to a boil. Reduce heat; cover and simmer for 10-12 minutes or until vegetables are tender. Stir in the remaining ingredients; simmer 5-7 minutes longer or until corn is tender.

Mediterranean Chicken and Lemon Soup

| | | |
|-----------------------------|---------------------------------------|--------------------|
| 2 cans chicken broth | 2c. long-grain white rice | 4 T. DH carrot |
| 1 can chicken chunks, drain | 4 T. DH peppers | 1/4 c. lemon juice |
| ¼ t. garlic powder | 1 can evaporated milk, <i>divided</i> | 1 T. cornstarch |
| 1 t. basil | | |

BOIL broth in medium saucepan. Add rice, carrot and peppers; cook until rice is tender, about 20 minutes. Stir in chicken, lemon juice and garlic. COMBINE 1 *tablespoon* evaporated milk and cornstarch in small bowl; stir into soup. Gradually stir in *remaining* evaporated milk. Bring to just a boil, stirring occasionally. Remove from heat. Stir in basil before serving.

Vegetable Beef Soup

| | |
|----------------|----------------------|
| 1 lb hamburger | 1 pkg. beef stew mix |
|----------------|----------------------|

| | |
|----------------------------|-------------------------------|
| 1 qt tomatoes | 6 cps water |
| 2 t beef bouillon | 4 potatoes (canned will work) |
| 1 c chopped celery | 1 can corn, drained |
| 1 can green beans, drained | 3 T dried onions |
| Salt and pepper to taste | |

Brown the hamburger. Add the remaining ingredients and simmer 30 minutes. (I frequently add pearl barley or cooked wheat to this.)

SAUCES, MIXES, AND DRESSINGS

Cheese Sauce

| | |
|-----------------------------------------|-------------------------------------|
| 1 ½ Tbs. Dry butter powder or margarine | ½ c. powdered milk |
| 1 ½ c. water | ½ c. powdered cheddar cheese powder |
| 1 ½ Tbs. Flour | ¼ tsp. Salt |
| ¼ tsp. Paprika | |

Mix all dry ingredients together except cheese powder. Add water gradually, stirring until blended. Bring to a boil and cook, stirring constantly, 1 to 2 minutes. Add powdered cheese and stir until smooth. Combine your favorite cooked vegetable with the sauce and pour over rice or macaroni. This makes a good macaroni & cheese dinner.

White Bean Gravy

| | |
|-------------------------|------------------------------------|
| 2 c. hot water | 2 t. chicken or vegetable bouillon |
| 3-4 T. white bean flour | salt and/or pepper to taste |

Bring water and bouillon (or soup base) to a boil. Whisk bean flour into seasoned water. Stir until mixture thickens. Reduce heat and cook an additional 2 minutes.

Biscuit Mix

| | |
|---------------------------------------------|-------------------------------|
| 9 c Flour, sifted - cake & pastry preferred | 1/3 c Baking powder |
| 1 c Milk; powdered | 2 tb Milk; powdered |
| 4 ts Salt | 1 3/4 c Shortening; vegetable |

Sift all dry ingredients. Cut shortening into flour till mixture resembles coarse cornmeal. Store, well covered, in cool, dry place. Makes: 13 cups

Use for pancakes, waffles, biscuits or anything that you would use packaged biscuit mix.

Cheese Sauce Mini-Mix:

| | |
|------------------------------------------------------------|-----------------------------|
| 1/3 cups dehydrated cheese powder | 3 Tablespoons powdered milk |
| 3 Tablespoons dehydrated butter powder or margarine powder | |
| 3 Tablespoons flour | 1/8 teaspoons onion powder |

Cheese Sauce:

Combine:

1 cup hot tap water

1/2 cup Cheese Sauce Mix (above)

Bring to a boil stirring with a wire whisk -- it only takes a minute! For a touch of color add a few parsley flakes (optional).

Campbell's All-Time Favorite BBQ Sauce

| | |
|-----------------------------------------------|----------------------------|
| 1 can (10 3/4 oz.) Campbell's Tomato Soup | 1/4 cup vinegar |
| 1/4 cup vegetable oil | 2 tbsp. packed brown sugar |
| 1 tbsp. Worcestershire sauce | 1 tsp. garlic powder |
| 1/8 tsp. Louisiana-style hot sauce (optional) | |

MIX soup, vinegar, oil, sugar, Worcestershire, garlic and hot sauce. Use to baste chicken, hamburgers, ribs or steak during grilling. Makes 1 1/3 cups.

Prep Time: 5 minutes

Ranch Salad Dressing

½ c. buttermilk powder 1 T. dried parsley, crushed 1 t. dried dill weed
1 t. onion powder 1 t. dried onion flakes 1 t. salt
½ t. garlic powder ¼ t. ground pepper

Combine all ingredients in a blender. Blend at high speed until smooth. Use 1 tablespoon in any recipe calling for an envelope of ranch dressing mix.

Dip: 1 c. mayonnaise, 1 T. ranch mix, ½ c. yogurt.

Dressing: 1 c. Mayo, 1 T. ranch mix, 1 c. yogurt. Mix. Thin with milk to desired consistency.

Cheese Sauce

To 2 cups medium cream sauce, add 1 to 1/2 cups grated cheese. Stir until cheese is melted. Serve on hot toast or use as a sauce for vegetables, hard-cooked eggs or macaroni.

Mild Picante Sauce

3 1/2 pounds tomatoes, chopped 1/2 cup chopped onion
1/2 cup chopped green bell pepper 1/4 cup seeded and chopped jalapeño pepper
3/4 cup white vinegar (5% acidity) 1 (15-ounce) can tomato sauce
1 teaspoon garlic salt

Combine all ingredients in a large non-aluminum Dutch oven; bring to a boil over medium-high heat, stirring often. Reduce heat, and simmer, stirring often, 40 minutes or until thickened. Pour into hot jars, filling to 1/2 inch from top. Remove air bubbles; wipe jar rims. Cover at once with metal lids, and screw on bands. Process 15 minutes in boiling-water bath. Yield: 8 half-pints.

White Sauce Mix (Dehydrated)

Makes 3 cups mix 1 c. whole-wheat flour 2-1/2 c. nonfat dry milk powder
1 Tbsp. salt

Combine all ingredients. Store in a covered container at room temperature. Shake well before each use to distribute ingredients evenly.

To Make White Sauce w/Homemade White Sauce Mix:

Thin Sauce: 3 T. mix + 1 c. milk, water or combination

Med. Sauce: 1/2 c. mix + 1 c. water or equal parts milk and water

Thick Sauce: 2/3 c. mix + 1 c. water

Combine dry mix with enough of the liquid to make a smooth paste. Stir in remaining liquid and cook over moderate heat continuing to stir frequently, until sauce thickens and comes to a boil. Boil gently for 1-2 minutes. -- Makes 1 cup sauce

Chili Seasoning Mix

1 ½ tsp. Flour 1 Tbs. Dried onion flakes
¾ tsp. Chili powder ¼ tsp. Dried red pepper (cayenne)
¼ tsp. Minced garlic ½ tsp. Seasoning salt
¼ tsp. Sugar ¼ tsp. Cumin

Combine all ingredients until mixed well. Store in airtight container. This is equivalent to 1 pkg. of seasoning mix from the store.

Vegetable Seasoning Mix

(This mix of your favorite dried summer herbs is good for seasoning fresh vegetables, and when you sprinkle a little on pasta, it becomes a special-occasion meal.)

9 Tbs. Dried parsley 4 Tbs. Dried chives
1 tsp. Dried sage 1 tsp. Dried oregano
1 tsp. Dried thyme 1 tsp. Dried basil
½ tsp. Celery seeds 1 tsp. Garlic powder

Combine all ingredients and store in an airtight container away from heat and light. The garlic can sink to the bottom of the container, so stir well before each use. Sprinkle on vegetables, buttered pasta, salads, or soups as desired.

Yield: ¾ cup

1 c. light corn syrup 1 c. sugar 1 (3 oz) pkg. flavored jello
1 c. popcorn (6 qts popped)

Pop popcorn, put in bowl set aside. In saucepan, stir together corn syrup and gelatin. Stir in sugar and heat on low until sugar is dissolved. Pour over popcorn and form into balls.

Chili Popcorn

2/3 c. popcorn kernels 1-2 T. melted butter or marg. 2 t. chili powder
Salt

Prepare popcorn in air popper or in a pan with cooking oil. Place in a large bowl. Mix in butter. Sprinkle and mix with 2 t. powder and salt to taste.

Nacho Cheese Popcorn

3/4 c. cooking oil 3-4 chilies 1-large clove garlic, cutup
1 t. cumin seed 1/3 c. unpopped popcorn 3 T. hot oil
1/3 c. Parmesan cheese 1 t. paprika 1/2 t. salt

Place cooking oil, chilies, garlic and cumin seed in a small saucepan. Cook over low heat for 3 minutes; let stand 10 minutes.*Strain. Use 3 T. of oil for popping corn; reserve the rest. This makes about 2 1/2 quarts popped popcorn. Pour remaining oil over popped popcorn, tossing to coat. Mix Parmesan cheese, paprika and salt. Sprinkle over popped popcorn, tossing to mix. Makes 2 1/2 quarts.

Sugar Popcorn

1 T. Oil 1/3 c. popcorn kernels 2 T. sugar

Heat oil in heavy pan. Add popcorn. After first kernel of popcorn pops, quickly sprinkle sugar over popcorn kernels. Cover and cook over medium heat, shaking pan constantly. Remove pan from heat just before popcorn is finished popping. Sugar burns easily if you wait for the last kernel to pop.

Cinnamon Popcorn Crunch

3 qts popped popcorn 1-6 1/2 oz can salted mixed nuts 1 lb. light brown sugar
1 c. light corn or maple syrup 1/2 c. butter or margarine 1/2 c. water
2 t. salt 1 1/2 t. cinnamon

Mix popcorn and nuts in large buttered bowl. Combine sugar, syrup, butter or margarine, water, salt and cinnamon in saucepan. Heat slowly to the boiling point, stirring until sugar melts. Cook to hard crack stage (290-295 degrees). Pour syrup in a fine stream over popcorn and nuts. Stir until popcorn and nuts are evenly coated with syrup. Spread out on large buttered surface or waxed paper. Separate into bite-size portions with forks. Cool. Makes 4 1/2 quarts.

Nutty Popcorn Fudge

4 c. popped popcorn 1 (18 oz) bag semi-sweet choc. chips
2 T. butter 1 (14 oz) can Sweetened condensed milk
1 c. toasted slivered almonds 1 t. vanilla

Line 9 x 13" pan with foil; set aside. Melt chips, condensed milk and butter in large saucepan, stirring until smooth; remove from heat. Stir in popcorn, nuts and vanilla. Spread mixture evenly in prepared pan. Chill 2 hours or until firm. Remove from pan and cut into squares, Makes 32.

Popcorn Party Cake

4 qts. popped popcorn 3/4 c. peanuts 3/4 c. gum drops
1/2 c. butter or margarine 1/4 c. light corn syrup 1 c. brown sugar
1/2 t. vanilla 3/4 c. M & M Assorted lollipops

In large bowl that has been sprayed with cooking spray, place popcorn, peanuts and gum drops; set aside. Lightly spray a bundt pan with cooking spray; set aside. Heat butter, corn syrup and brown sugar in a large saucepan over medium heat; stirring constantly. Bring mixture to a boil and cook, stirring constantly, 2 minutes. Remove from heat and stir in vanilla. Pour hot syrup over popcorn mixture and quickly stir to coat thoroughly. Add small candies and quickly stir just until evenly distributed. Spoon into bundt pan; gently pushing mixture into pan. Cover pan lightly and allow to cool at room temperature 4 hours or longer. Invert cake onto serving platter. Push lollipops into top of cake before serving. Makes 10 slices.

Popcorn Granola Snack Bars

½ c. honey
1 c. roasted and salted peanuts

2/3 c. peanut butter
3 c. popped popcorn

1 c. granola cereal

Line 9" square baking pan with foil Spray foil lightly with cooking spray; set aside. Heat honey in a large saucepan until boiling. Stir in peanut butter until well blended. Remove pan from heat and stir in granola, peanuts and popcorn until coated. Press mixture evenly into prepared pan. Refrigerate until cool; cut into bars to serve. Makes 16.

Cheesy Popcorn Corn Bread

4 c. popped popcorn
2 t. baking powder
1 c. milk
1 (4oz) can mild, dices green chilies (opt)

1 c. cornmeal
½ t. salt
¼ c. vegetable oil

2 T. sugar
1 egg
1 c. shredded jack cheese

Preheat oven to 400°. Spray 8" square pan with cooking spray; set aside. Process the popcorn in a blender or food processor until finely ground. Pour ground popcorn into a large bowl and stir in corn meal, sugar, baking powder and salt until blended. Beat egg, milk and oil together in a small bowl and stir into popcorn mixture just until blended. Scatter cheese and chilies, if desired, over batter and stir just until evenly distributed. Pour batter into prepared pan and bake for 25 minute or until lightly browned at edges and tester comes out clean. Cut into squares to serve. Makes 9 squares.

Jello Popcorn

1 c. light corn syrup
1 (3-oz.) pkg. Jello
½ c. sugar
9 c. popped corn

Bring syrup and sugar to a boil. Remove and add Jello. Stir until dissolved. Coat popcorn and form into balls.

Peanut-Butter Popcorn

Pop enough corn to make 2 quarts.

Cook to a rolling boil:

½ c. sugar
½ c. light corn syrup or honey

Remove from heat and add:

½ c. chunky peanut butter
½ tsp. Vanilla

Pour over popcorn, stirring to coat.

Holiday Popcorn Cake

1 cup margarine
2 cups brown sugar firmly packed
8 quarts popped popcorn
1 cup nuts (roasted peanuts, almonds, or pecans)
1 cup seasonal candy — gumdrops, candy corn, etc.

1/2 cup light corn syrup
1 teaspoon vanilla
1 1/4 cups M & M candies

Bring margarine, corn syrup, and sugar to a boil in a heavy saucepan. Boil 1 minute and add vanilla. Pour over popcorn and stir well. Mix in candies and nuts. Press mixture into well-greased bundt pan, angel food pan or 9-by-13-inch pan. Allow to cool. Invert onto serving plate and slice.

POPCORN BAGS

First you will need the following ingredients:

1/4 cup of popping corn to one brown paper bag

1 Teaspoon extra virgin olive oil

To taste - popcorn salt (it has finer granules than table salt with the same taste) or (You can easily make popcorn salt by placing regular table salt in a coffee grinder. Turn the grinder on and shake while grinding. When you think you are done, grind another 10 seconds. All in all it takes about 30 seconds to make excellent popcorn salt.)

And the following tools:

A stapler

A teaspoon

A measuring cup

A brown paper bag
and
A microwave

STEP 1 First...

Open the bag and pour the popping corn in. Carefully add your seasonings and salt. Shake gently. Now add the teaspoon of olive oil.

STEP 2 Things are really popping now!

Fold the bag over once and staple twice. Contrary to popular belief, the staples will not spark in the microwave. Gently shake the contents to mix and press out the air. Set on it's back in the microwave and cook until the pops get about 3 to 5 seconds apart.

STEP 3 Relax and savor

Open the bag with great care as steam will be escaping and you can get scalded. Pour into a bowl, serve and enjoy the taste and the knowledge that this heaping bag of microwave popcorn cost less than \$0.10!

Roasted Wheat Berries (from Ethiopia)

Heat a small amount of oil in skillet. Add wheat berries (whole wheat) and pop like popcorn. They don't actually pop, but will puff up. Serve hot with salt.

Dried Apples

Dried apples are an excellent snack right out of the can.

To reconstitute them use equal parts of dried apples to boiling water. For example:

2 cups dried apples 2 cups boiling water

Let this set at least 5 minutes.

Peanut Butter and Fruit

1 cup creamy peanut butter 2 tablespoons honey 1/4 cup chopped dried apricots

1/4 cup chopped golden raisins

Hot toast or warm muffins

Blend together peanut butter and honey; stir in dried fruit. Store mixture in a tightly covered container at room temperature. To serve, spread on toast or muffins. Makes 1-1/2 cups spread.

Corn Chips

1 c. yellow cornmeal 2/3 c. flour 1 tsp. salt

1 tsp. baking powder 2 Tbs. dry milk solids 1/2 c. water

1/4 c. oil 1/2 tsp. Worcestershire sauce

1/8 tsp. Tabasco sauce

paprika, garlic, onion, OR seasoned salt

Preheat oven to 350 degrees F. Combine dry ingredients in mixing bowl. In separate bowl, stir together liquids.

Add liquids to dry mixture and stir with fork. Knead a little until smooth. Grease two cookie sheets (10 x 15 inches) and sprinkle each with cornmeal. Divide dough in half. Roll out each half directly onto cookie sheet with floured rolling pin, rolling dime-thin. Sprinkle lightly with paprika, garlic, onion, or seasoned salt. Run rolling pin over once more. Prick with fork. Cut in squares or triangles. Bake 10 minutes or until lightly browned. -- Makes 1/2 pound.

Corn Chips (Dried Foods)

1/2 c. dehydrated corn 1 1/2 c. boiling water 1/2 c dehydrated cheese

Simmer corn and water for 25-30 minutes. When water is absorbed, pour corn in blender and puree. Add cheese and puree some more. Spread in thin layer on buttered cookie sheet. Sprinkle lightly with seasoning salt of your choice. Bake at 250 degrees until partially dried. Score with knife, so will fall into chips when dry. Continue baking until dry but not brown. It will dry more when cool. Lift off pan and cool.

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Dried Fruit Balls

1/2 c. dried peaches 1/3 c. dried apricots 2 Tbs. graham cracker crumbs

1/2 c. whole, pitted dates 1/3 c. golden raisins

In a food processor bowl with metal blade, combine all ingredients except graham cracker crumbs; process until finely chopped. Shape mixture into 1-inch balls; roll in graham cracker crumbs. Store in airtight container in refrigerator.

Peanut Butter Balls

1/2 c. peanut butter

3 1/2 Tbsp. dry powdered milk

A bit of honey

Combine ingredients, roll into balls and store in fridge. Optional ingredients: raisins, nuts, coconut, wheat germ, sunflower seeds, and brown sugar for rolling.

Energy Bar

Mix together equal portions of raisins, dates, figs, coconut, prunes, pecans, walnuts and filberts. Put mixture through a food chopper or blender, or chop finely with a sharp knife. Pack tightly into bars on waxed paper and wrap in foil.

It may be easier to cover a cookie sheet with waxed paper, pack down the mixture until it's 6 – 12 mm thick (1/4 – 1/2"), cut into bars and wrap in waxed paper and foil.

Goodie Balls - Combine:

1/2 c. peanut butter 1 c. peanut or soy nuts

1/2 c. honey 1/2 c. Sunflower seeds

1/2 c. cocoa or carob powder 1 c. toasted wheat germ

Roll into balls and roll in coconut. Refrigerate.

Wheat Thins

2 c. whole wheat flour 2 Tbs. Wheat germ 1 tsp. Salt

1 tsp. Baking powder 2 Tbs. Brown sugar 2 Tbs. Dry milk solids

6 Tbs. Margarine 1/2 c. water 1 Tbs. Molasses

paprika, garlic, onion, OR seasoned salt

Preheat oven to 350 degrees. Combine dry ingredients in mixing bowl. Cut in margarine with pastry blender.

Combine separately water and molasses and stir into dough. Knead a little until smooth. Grease two cookie sheets and sprinkle each with cornmeal. Divide dough in half. Roll out half of dough directly onto cookie sheet with floured rolling pin, rolling dime-thin. Sprinkle lightly with paprika, garlic, onion, or seasoned salt. Run rolling pin over once more. Prick with fork. Cut in squares or triangles. Bake 10 min. or until lightly browned.

No Bake Apricot Balls

1 and 1/2 cup dried apricot halves, chopped 2 cups coconut flakes

2/3 cup sweetened condensed milk or yogurt Powdered sugar

In bowl, stir together apricots and coconut. Stir in milk. Use hands to shape into balls. Roll in powdered sugar. Let stand until firm or refrigerate (or put in a jar and put the jar outside in the cold winter) to quicken process. Note that powdered milk that has been re-hydrated or yogurt may be substituted for condensed milk.

“Olden Days” Wheat Crackers

4 c. wheat flour 2 tsp. Salt 1/3 c. oil 1 Tbs. Yeast
2/3 c. powdered milk 1 1/2 c. warm water 1 Tbs. Honey

Mix dry ingredients. Dissolve yeast and honey in 1 c. warm water. Add this to dry ingredients. Add oil. Add remaining water. Let rise 1 hour. Knead. Divide dough into fourths. Roll each piece as thin as possible on floured surface. Place on cookie sheet and bake at 350 degrees for 6 minutes. Turn crackers over and bake 2-3 minutes more. Cool and break into pieces.

Southern Soda Crackers

2 cups flour (preferably whole wheat) 1/4 tsp. salt
1/2 tsp. baking soda 2 Tbs. oil
2/3 cup sour milk (or buttermilk)

Mix dry ingredients. Add oil and sour milk. With a fork, stir to thoroughly moisten. Form a ball. Flatten and roll out on a floured surface. Cut into squares and transfer to lightly greased baked sheets. Prick crackers with a fork. Bake at 350 degrees for about 8-10 minutes, watching vigilantly so as not to burn. Best served warm.

Wheat Thins

A thin batter:

1 c. wheat flour 1 c. water 1/2 tsp. Salt

Mix until free of lumps. Grease cookie sheets. Spread 1/2 c. batter on entire sheet (do several sheets). Season with celery, onion, or garlic salt. Bake at 350 degrees 10 minutes. Remove and break up to chip size pieces.

Corn Pone

2 cups cornmeal 3/4 tsp. salt (or less)
Boiling water 2 tbsp. butter or margarine, melted; or vegetable oil

Combine all ingredients to make a semi-stiff mush. Spread 1/4-inch thick in a well-greased heavy pan and bake at 375 degrees 20 to 25 minutes. (Corn pones used to be baked on a greased shovel over glowing coals.)

Cinnamon Wheat Treats

1 cup water 2 cups precooked wheat kernels
1 stick cinnamon or 1/4 teaspoon ground 2 tablespoons whole anise seed
1/2 cup sugar 1/2 cup raisins (white or dark)
1/2 cup chopped pecans

Combine water, wheat and spices in a pan. Simmer 5 to 10 minutes; remove from heat. Add sugar, raisins and pecans. Chill or serve warm.

Serves 6.

MISCELANEOUS

Play Dough

2 c. flour 1/2 c. corn starch 1 c. salt
1 T. alum (spice) 1 T. cooking oil 2 c. hot water

Mix by hand until dough forms. To keep soft place in a closed container after playing with.

Hand Cleaner

1 c. fine cornmeal 2 c. powdered soap* 1 1/2 c. borax
Mix thoroughly by stirring and then shaking in a box or jar. For more heavily soiled hands, substitute 1/2 c. fine pumice powder for the cornmeal.

(Makes 12 qts.)

Easy Dill Pickles

4 dozen Pickling cucumbers (3") 1 Bunch fresh dill
1 qt. Apple cider vinegar 8 c. Water
1 c. Pickling salt 12-16 Garlic cloves, peeled (quantity according to taste)

Wash the cucumbers and remove any stems. Cover with cold water and refrigerate overnight or for several hours. Pack the cucumbers into pint jars as tightly as possible. Poke in 2 sprigs of dill per jar. Bring the cider vinegar, water, salt and garlic cloves to a boil. Boil for 2 minutes. Fish out the garlic cloves with a slotted spoon and put one in each jar (or to taste) while the brine cools slightly. Pour the hot brine into the jars and seal. Makes 12 pints.

Sun-Dried Tomatoes

Preparing the Tomatoes:

Select firm, red and ripe paste (plum) tomatoes if you have them. Other tomatoes will work, but the meatier ones dry faster. Cut each tomato in half and squeeze out excess moisture, scoop out seeds and remove stem. Place on screens cut side up. Salt lightly (if desired.)

Drying the Tomatoes:

To Sun dry (preferred) Place outside (in the sun. Cover with cheesecloth if insects are present. Allow a few days bringing them in at night.

With a dehydrator Set on low (120 degrees F) allowing 12 to 24 hours.

Oven Drying Place on foil lined baking sheet in 200 degree F pre-heated oven. Allow 6-8 hours.

The tomatoes should dry until shriveled and leathery with the moisture almost gone. We don't want them dry and brittle.

Storage:

The best way to store them is in glass jars with tight lids (canning jars work great). When ready to use, fill the jar with half boiling water and half vinegar for a few minutes. Drain. Add herbs (rosemary, thyme, basil) and garlic to your taste. Cover with olive oil. They need to marinate in the refrigerator for at least 24 hours and will keep indefinitely. Allow the tomatoes to come to room temperature before using them.

Old Fashioned Apple Butter

Introduction: found in an old Kerr canning cookbook....

8 lbs apples 16c sugar
6 T cinnamon (or any variety of spices to suit your taste) 1 c vinegar

Cut core and peel apples. Boil in water till you have a thick pulp. Some run it through a foley food mill for spreading consistency but my family likes it chunky. Add sugar vinegar and cinnamon. Pour in a large baking dish or roaster pan. Bake at 200 degrees for 6 hours or more, till thick. Process in sterilized jars in the usual and customary way. No need to boil in a water bath if jars are hot and butter is boiling. Makes 16 pints.

Serving Suggestions: Great on homemade bread or on hotcakes! This is the recipe that our grandmothers used.

Old-Fashioned Peach Preserves

½ tsp. Ascorbic acid (crystals, powder, or crushed tablets)
3 ½ lbs. peaches, peeled, pitted, and chopped (about 7 large)
5 c. sugar ¼ c. lemon juice ¾ tsp. Almond extract

Prepare an acid bath by adding the ascorbic acid to 1 quart water. Dip the peaches in the acid bath and then drain well. Combine fruit, sugar, and lemon juice in a heavy 6-8 quart saucepan, stirring over medium heat to dissolve sugar. Boil slowly, stirring constantly, until mixture thickens and fruit is translucent and reaches 220 degrees F. on a cooking thermometer. Stir in almond extract. Remove from heat and skim foam, if there is any, with a metal spoon. Ladle into sterile jars, allowing ¼ inch headspace. Cap and seal. Process 10 minutes in a boiling-water-bath canner.

Rosemary Jelly

6 sprigs rosemary (3 inches long) 1 ¼ cups boiling water
¼ cup vinegar 3 cups sugar
Red food colouring (optional) 1/2 bottle liquid pectin

Add:

1 (3-oz.) pkg. Strawberry gelatin

Mix until well dissolved and bring to boiling point again. Remove from heat and let set a few minutes. Stir again.

Put in jars and keep in refrigerator or freezer.

Options:

Strawberries with pineapple gelatin.

Raspberries with raspberry gelatin.

Grapes with grape gelatin.

Peaches with peach, lemon, or pineapple gelatin.

5 c. rhubarb, chopped, with raspberry or strawberry gelatin.

Beef Jerky

2 tsp onion powder

1 tsp salt

3 lb roast

1/2 cup Worcestershire sauce

2 tsp pepper

1/2 cup soy sauce

2 tsp garlic powder.

Trim all fat from roast and slice very thin. Combine all ingredients except meat, mix well. Add meat and let marinate overnight in the refrigerator (cover tightly). Arrange strips of marinated meat over oven rack, directly on the rack (line the bottom of the oven with foil to catch drips). Bake at 200 degrees with the oven door slightly open for six to eight hours. Store in tightly covered container. Variation: add pepper and/or chili powder for hot jerky.

Tomato Catsup

(for home canning)

1 bushel tomatoes

2 stalks celery cut

5 lg. Onions

2 green peppers

Boil until tender and strain.

Add:

6 c. sugar

1 1/2 c. salt

1 level tsp. Cayenne pepper

6 c. vinegar

1 box pickling spice

Boil for 4-6 hours and bottle.

(NOTE: 1 bushel = 4 pecks; 1 peck = 2 dry gallons = 8 dry qts.)

Greebo's Cooked Mayonnaise

2 egg yolks

2 tbsp. vinegar or lemon juice

2 tbsp. Water

Sweetener equivalent to a tsp. sugar

1 tsp. mustard (dry or wet)

Dash pepper

Plus, whatever else takes your fancy, e.g. a dash of curry powder or garlic. I cup oil (I use olive, but whatever, there is lots of debate about oils, I suppose canola might be ok, its cheaper). In a small saucepan, stir together egg yolks, vinegar, sweetener, mustard, salt and pepper until blended. Cook over a very low heat, stirring constantly, until mixture bubbles in 1 or 2 places. Remove from heat. Stand to cool slightly (about 4 minutes), then pour into blender. Blend at high speed while slowly pouring in oil in a very thin stream. (Need to be patient with at least the first 1/4 cup so as the oil will emulsify). Occasionally stop the blender, and scrape down sides if necessary. Put in a glass jar in fridge.

Handmade Basic Mayonnaise

Have your eggs at room temperature. Always add the oil drop by drop when first incorporating it with the egg and seasonings. After emulsion has begun, the oil may be added in a slow thin stream. Be patient! If you follow these rules, you should have no trouble.

1 egg yolk 1/2 tsp. Dijon mustard or dry mustard

1/2 tsp. Salt Pinch of cayenne pepper

1 Tbs. Vinegar 3/4 c. (1 3/4 dL) olive oil or salad oil

Put the yolk, mustard, salt, cayenne pepper, and vinegar in a clean bowl, put the bowl on a towel so it will remain

stationary, and whisk until blended. Beat in the oil, drop by drop. As the sauce thickens, increase the flow of oil, but be slow and patient. If it should separate, follow the suggestions for restoring "broken" mayonnaise (below). The sauce, when finished, should be very thick. Taste critically and adjust the seasoning, adding a little more vinegar or salt, if necessary.

Cream Mayonnaise – Fold into the finished mayonnaise ½ c. heavy cream, whipped. Serve with fruit salads, cold fish.

Mustard Mayonnaise – Blend 2 additional tablespoons Dijon mustard thoroughly into the finished mayonnaise.

Green Mayonnaise – Cover 10 sprigs watercress, 10 leaves spinach, and 4 sprigs parsley with boiling water. Let stand for 3 minutes. Drain, put in cold water, and drain again. Chop into a puree. Add to the finished mayonnaise and mix well.

Applesauce Mayonnaise – Add 1 cup unsweetened applesauce and 1 tablespoon prepared horseradish to the finished mayonnaise and mix well. Serve with cold ham or pork.

Russian Dressing – Add to the finished mayonnaise 1 cup chili sauce, 2 tablespoons minced celery, 2 tablespoons minced pimiento, 2 tablespoons minced green pepper, and add more salt to taste. Blend well.

RESTORING "BROKEN" MAYONNAISE: To correct a curdled or "broken" hollandaise or mayonnaise sauce, whisk in a teaspoon or two of boiling water, a drop at a time. If this doesn't work, put an egg yolk in a bowl and add the "broken" sauce very slowly, beating with a whisk. Be patient and take lots of time, eventually you will have a smooth sauce.

Sweet Mustard Sauce

This meat sauce is great with pork chops, on coldcuts and as a spread on sandwiches. Our guest on the Middle Fork rave about it.

2 ounces dry mustard 6 eggs

1 cup sugar 1 cup white vinegar

Pour dry mustard and vinegar in saucepan and stir. Set aside. Break eggs in a separate bowl and beat until mixed. Add sugar and beaten eggs to mustard and vinegar. Stir until mixed. Place over medium high heat stirring constantly. To hot of heat can scorch the sauce. When cooked at home some people may prefer to use a double boiler. Bring to slow boil and stir until mixture thickens. Remove from heat and allow to cool. This sauce lasts a couple of weeks when refrigerated.

GRANDMA'S MUSTARD

3/4 cup dry mustard 3/4 cup distilled white vinegar

1/2 cup honey 2 egg yolks

In a small bowl, combine mustard and vinegar. Cover and let stand at room temperature overnight. Mix all 4 ingredients in a saucepan. Cook over low heat, stirring until thickened (about 7 minutes). Cool. Mustard will keep in refrigerator for 2 weeks.

Homemade Peanut Butter

1 12-oz jar dry roast unsalted peanuts (note, on this diet obviously we don't worry about the dry roast, but salted peanuts are too salty for me, and I have never been able to find unsalted peanuts that were *not* dry-roasted)

2-3 tbsp. peanut oil

Optional:

Dash of salt, Put peanuts in the food processor with the steel blade and let 'er rip. After a few seconds they should start to look mealy. Put in the salt then pour in the oil and continue to process for 10-20 more seconds. That's it.

CANNING SOFT CHEESE

Home canned "soft cheese" has better cooking properties than store bought bottled cheese meant for snack food. It contains no preservatives and is more economical than commercial products for cooking purposes. These instructions yield a product that is similar to "Cheese Whiz", yet better tasting for a recipe of macaroni and cheese. This simple to do recipe for home canned cheese will keep for 2 years plus.

Ingredients:

1 (3 oz.) can evaporated milk

1 T. vinegar

½ tsp. salt 1 lb. Velveeta cheese or any processed cheese
½ tsp. dry mustard

Melt milk and cheese in double boiler. Add rest of ingredients and mix well. Fill pint jars about 3/4 full and seal. Place in Boiling Water bath for 10 minutes.

Rodale's Whole Pickling Spice

2 Tbs. Bay leaves 1 Tbs. Cardamom seeds
1 Tbs. Dried ginger root 1 stick of cinnamon
1 ½ whole dried chili peppers (more can be used if you like it hot)
2 Tbs. Mustard seeds 1 Tbs. Whole allspice
1 Tbs. Coriander 1 Tbs. Peppercorns

Crush bay leaves. If you have cardamom in the pod, pound it with a mortar and pestle to extract seeds. Also pound dried ginger root and break cinnamon stick into small pieces to distribute flavors. Dried chilies can be broken or crushed into small pieces.

Combine bay leaves, cardamom seeds, ginger, cinnamon, chili peppers, mustard seeds, allspice, coriander, and peppercorns. Blend, and store in an airtight container. Use as directed in recipes. Yield: 4 ounces

Crisp Lime Pickles

3 ½ lbs. cucumbers, sliced ½ inch thick 1 c. pickling lime*
1 gallon water 6 c. white vinegar
3 c. honey 6 tsp. Rodale's Whole Pickling Spice (Recipe above)

In a large enamel, stainless steel, or glass bowl, soak cucumbers in lime and 1 gallon water overnight. Stir occasionally to disperse lime. Wash cucumbers thoroughly in cold running water. Soak 4 hours in ice water, then drain completely. In a medium-size enamel or stainless steel saucepan bring vinegar and honey to a boil. Meanwhile, pack cucumbers into hot, scalded pint jars, and place one teaspoon pickling spice in each jar. Pour the hot vinegar mixture over cucumbers, leaving ½-inch headspace. Seal and process in a boiling-water bath for 10 minutes.

Yield: 6 pints.

* Pickling lime is a fine white powder otherwise known as calcium hydroxide. It's used in commercial pickles to keep them crisp without salt.

Summer Squash

(Allow 2-4 pounds for each quart jar)

Wash squash thoroughly, but do not peel it. Cut into ¼-inch slices and boil for 3 minutes. Pack into clean, hot jars, add ½ teaspoon salt for each pint, and cover with the boiling water, leaving 1-inch headspace. Close the jars and process at 10 pounds pressure in a steam-pressure canner, allowing 30 minutes for pint jars and 40 minutes for quarts

PEACH PIT JELLY

Peach pits & peelings from 1 bushel of peaches (use the peaches to make jam out of)

1 box powdered pectin

4 1/2 c. sugar

Place peach pits and peelings in a large kettle. Fill kettle with enough water to cover the fruit by 2 inches. Bring to boil; cook at a low boil for 30 to 45 minutes. Strain and measure (there should be 3 1/2 cups of juice). If necessary boil down or add water to equal this amount. Return juice to cleaned kettle. Add pectin and bring to a full boil. Add sugar and boil 2 minutes, stirring constantly. Remove from heat and skim foam. Fill sterilized jars and seal according to manufacturer's instructions.

4 quarts peelings and seeds from **peaches**, minimum **To every 3 cups juice**

1 package **dry pectin** 3 cups **sugar** Place a minimum of 4 qts peelings and seed in heavy pan.

1. Barely cover with water.
2. Bring to boil and let simmer for about 30 minutes.

3. Let stand overnight.
4. Strain juice through cheesecloth.
5. Measure 3 cups juice into pan.
6. Add 1 pkg powdered pectin.
7. Bring to a rigorous boil and add 3 cups sugar.
8. Boil juice rapidly until drops sheet off spoon as in jelly testing.
9. Skim off foam.
10. Pour into sterilized jars to within 1/2 inch from top.
11. Band and process in water bath for 5 minutes.
12. For concern about the aspects of using peach seeds, here is a bit of info about the usage of peach products, Peach Uses & Scientific Evidence For Peach leaves and bark have demulcent, sedative, diuretic and expectorant properties, and work well to relieve bladder inflammation and urinary tract problems. The leaves and bark can also be used to treat whooping cough, ordinary coughs, and chronic bronchitis. Peach seed (kernel) can be used as a mild laxative, and an expectorant for the lungs, nose and throat, and it can help relieve chest pain and spasms. Peach bark is still used to improve blood flow and eliminate blood stagnation caused by amenorrhea, dysmenorrhea, postpartum abdominal pain, and pain and swelling due to external injuries.
13. Since there is only one pit per peach and alot of peel, the recipe should not be altered if the peach seed is left out.

PEACH PIT JELLY

*NOTE: Do not use peach pits which are cracked or broken!

To Make Juice: Cover pits with boiling water, let stand overnight. In the morning, bring to a boil (water & pits) and strain (see page 1). (Need at least 1/2 bushel of peaches, but can cut recipe in half).

To Make Jelly:

4 C. juice

5 C. sugar

1 pkg. pectin

Follow directions on pectin package for making peach jelly. Pour into sterile jars, leaving 1/8" headspace. Wipe jar rims, adjust lids and rings. Water bath 5 minutes.

Jalepeno Plum Jelly – 3 pints

Generous 1 cp vinegar

10 cups of plums

Simmer until thick (approx. 2 hrs)

1 cp white sugar 2 cps brown sugar

3-4 jalepenos with seeds

Process for 25 min.

BIG APPLE –Salsa

Makes about 28 pints

25 lbs of tomatoes

4 white onions

2 Tbsp minced garlic

5 Anaheim peppers

10 jalapenos

2 yellow bell pepper

4 green bell peppers

2 Tbsp black pepper

2 TBsp. lime juice

Smaller Amt.

4-5 tomatoes

1/2 onion

3/4 tsp of minced garlic

1/2 Anaheim pepper

1 jalapenos

1/4 yellow bell pepper

1/2 green bell pepper

3/4 tsp black pepper

3/4 tsp lime juice

4 Tbsp salt
4 Tbsp. season salt
2 Tbsp sugar
1 Tbsp cumin
1 bunch cilantro

1 ¼ tsp salt
1 ¼ tsp season salt
¾ tsp sugar
½ tsp cumin
1/10th bunch cilantro

Put in food processor and blend

Process Time - quarts 50 mins. And for pints its 35 mins in water bath

This is a thin salsa so if you want a thick salsa – just drain the tomato juice off the tomatoes before blending everything together.

ZUCCHINI-PINEAPPLE

4 qt. cubed or shredded zucchini
1-1/2 cups bottled lemon juice
YIELD: About 8 to 9 pints

46 oz. canned unsweetened pineapple juice
3 cups sugar

PROCEDURE: Peel zucchini and either cut into 1/2-inch cubes or shred. Mix zucchini with other ingredients in a large saucepan and bring to a boil. Simmer 20 minutes.

Fill hot jars with hot mixture and cooking liquid, leaving 1/2- inch headspace. Adjust lids and process.

RECOMMENDED PROCESS TIMES FOR ZUCCHINI-PINEAPPLE IN A BOILING-WATER CANNER

Process Times at Altitudes of Style of Jar 0- 1001- over Pack Size 1000 ft. 6000 ft. 6000 ft.
Hot Half-pints 15 min. 20 min. 25 min. Hot Pints 15 20 25

LIGHT STRAWBERRY JAM

4 cups crushed strawberries
1 1.75-ounce package Ball No Sugar Needed Fruit Pectin

1 cup unsweetened white grape juice

Prepare boiling water canner. Heat jars and lids in simmering water until ready for use. Do not boil. Set bands aside.

Combine strawberries and juice in a 6- to 8-quart saucepan. Gradually stir in pectin. Bring mixture to a full rolling boil that cannot be stirred down, over high heat, stirring constantly. Remove from heat. Skim foam if necessary.

Ladle hot jam into hot jars leaving 1/4-inch head space. Wipe rim. Center hot lid on jar. Apply band and adjust until fit is fingertip tight.

Process filled jars in a boiling water canner for 10 minutes (for Utah altitudes). Remove jars and cool. Check for seal after 24 hours. Lids should not flex up and down when center is pressed. Makes about 6 half-pint jars.

CHERRY JAM

1 quart chopped and pitted sweet or sour cherries
2 tablespoons lemon juice (use only with sweet cherries)
2 pouches liquid pectin

6 1/4 cups sugar

Combine cherries, sugar and lemon juice (if needed) in large sauce pot. Bring to a boil, stirring until sugar dissolves. Stir in liquid pectin. Return to a rolling boil. Boil hard 1 minute, stirring constantly. Remove from heat. Skim foam

if necessary. Ladle hot jam into hot jars, leaving 1/4-inch head space. Adjust two-piece caps. Process 10 minutes in a boiling-water canner (for Utah altitudes). Makes about 8 half-pints. — Ball Blue Book of Food Preserving

MANGO-RASPBERRY FREEZER JAM

1 pouch Ball Fruit Jell Freezer Jam Pectin 1 1/2 cups sugar

3 cups finely chopped, pitted, peeled mangoes (about 3 medium)

1 cup crushed red raspberries (about 1 pint)

Combine pectin and sugar in a medium bowl, stirring to evenly blend. Add chopped mangoes and crushed raspberries. Stir for 3 minutes. Serve immediately, if desired. For longer storage, ladle into clean freezer jars, leaving 1/2-inch head space; apply lids. Let stand until thickened, about 30 minutes. Refrigerate up to 3 weeks or freeze up to 1 year. Makes about 5 half-pint jars.

BERRY JAM

This recipe relies only on the natural pectin in the berries.

9 cups crushed berries (can be blackberries, blueberries, boysenberries, gooseberries, loganberries, raspberries)

6 cups sugar

Combine berries and sugar in a large sauce pot. Bring slowly to a boil, stirring until sugar dissolves. Cook rapidly to jelling point. As mixture thickens, stir frequently to prevent sticking. Remove from heat. Skim foam if necessary. Ladle hot jam into hot jars, leaving 1/4-inch head space. Adjust lids and caps. Process 15 minutes in a boiling-water canner.

Options: If seedless jam is preferred, crushed berries may be heated until soft and pressed through a sieve or food mill; measure pulp and proceed as above.

CAKES IN A JAR - Here are a few tips to get you started...

ANY quick-bread type cake can be baked in canning jars.

I usually try one jar first--you have to know how much volume each recipe will give you. I usually fill ONE jar 1/2 full & bake it to see how high the batter rises. You don't want the cake to come out of the top of the jar, only to within 1/4 to 1/2 an " from the lip of the jar.

Once you've established how high the cake rises, you can go from there. The first time around is a bit tricky because you won't know how many jars you'll need. MOST of the recipes I've tried I end up using around 8. Sterilize as many jars as you think you'll need & go from there.

Also, the baking times will vary, depending on the cake you'll be baking. The moistness of your cake will determine the time. Most of the time they'll bake in 35-40 min.. Start checking the cakes at 30 min. & go from there. YES, the cakes DO slide easily out of the jars IF you use the jars I listed. They're Ball Quilted Crystal Canning Jars (#14400-81400--12 oz straight-sided Jelly/Jam jars). I WISH I could find larger jars but I've not seen any around here (Southern California). Here, they can be found at nearly any grocery store. They're sold next to the pectin & other canning supplies. I've also seen the jars at Smart & Final but I don't know the number for their jars. Their jars are plain, where the ones I buy are quilted & have labels--the plain ones don't come WITH labels. Use either one, they both work. I use the decorative ones for gift-giving & the plain ones for us.

Quick-bread type cakes work best. Once the jars seal, they're vacuum sealed & the lighter cakes tend to collapse. Brownies, gingerbread & cakes similar in textured cakes work best.

Use hot pads to handling the jars because they ARE HOT! I've burned myself quite a few times & it's quite dangerous, especially when you're screwing on the lids, they get REALLY hot--do it quickly. You asked about serving the cakes--I just slice the cakes into rounds & top with whatever I like--whipped cream, etc. Most of the time we just eat them plain. I've known some people just to eat them out of the jars.

APPLE CAKE

| | |
|--------------------------------------------------------------------------|----------------------------------------------------|
| 1 large can (24 oz) of apple sauce, or 3 cups of peeled, chopped apples. | |
| 3 eggs | 3 cups flour (all purpose) |
| 1 cup corn oil | 1 ½ cups chopped walnuts or hazelnuts, pecans, etc |
| 2 teaspoons vanilla | 1 teaspoon baking soda |
| 1 teaspoon cinnamon | 1 teaspoon allspice |
| ½ teaspoon salt | ½ cup raisins, currants, or chopped dates |

Pre-heat oven to 325 degrees F.

Grease and flour 6 or 8 wide mouth PINT jars. Fill the jars about HALF full with cake batter. Bake at 325 for about 30 minutes, or until a tooth pick comes out dry. Remove the jars from the oven ONE at a time, wipe the rim, then cap with simmered canning lid and secure the ring. Cool the jars on a towel until they "ping" and seal. Store on a dark, cool shelf.

GINGERBREAD BAKED IN JARS & PAN

| | |
|---------------------------|----------------------|
| 2 1/4 c all-purpose flour | 3/4 c sugar |
| 1 ts baking soda | 1/2 ts baking powder |
| 1/4 ts salt | 2 ts ground ginger |
| 1 ts ground cinnamon | 1 ts ground cloves |
| 3/4 c margarine, softened | 3/4 c water |
| 1/2 c molasses | |

Preheat oven to 350-deg. (pan method) or 325-deg. for jars.

Grease a 9 x 9 x 2-" baking pan -OR- 5 (12 oz) Kerr Quality Crystal Jelly jars (sterilized)--they MUST have straight sides, no bulges in the jars.

Used a pastry brush to grease the jars because they're too tall & narrow to get your hands down into. DO NOT use Pam, it doesn't work. In a large bowl, combine flour, sugar, baking soda, baking powder, salt, ginger, cinnamon & cloves. Stir in margarine, water & molasses until well blended. Pour into the pan or equally into the 5 jars.

PAN METHOD-- Bake in preheated 350-degree oven for 40-50 min. or test by inserting a toothpick in center.

JAR METHOD-- Place jars on a cookie sheet in the center of the oven & bake for 35 min. or until cake tester inserted in center comes out clean. Have your sterilized lids read (keep them hot). Take one jar at a time from the oven, place a lid & ring on top & screw down tightly. Do this fast because the lids get HOT--use heavy-duty mitts! Allow to cool on countertop. You'll know when they've sealed, you'll hear a "plinking" sound. If you're still not sure, test them by allowing the jars to cool, then push down on the lid, it shouldn't move at all.

Once the jars are completely cool, decorate with round pieces of cloth (use pinking shears or the material will ravel). Remove the ring from the jar (the lid should not come off by now), place a few cotton balls or one wad of cotton in the middle of the lid, cover with the piece of cloth (about 3" larger than the lid) then screw the ring back on.

We made loads of these for Christmas gifts--everyone loved them. I've seen them sold in a few specialty stores here in California--they get between \$6 & \$7 for ONE jar!

APPLESAUCE CAKE BAKED IN A JAR

| | |
|---------------------------|-----------------------------------|
| 2 2/3 c shortening | 2 2/3 c sugar |
| 4 eggs | 2 c applesauce |
| 1/3 c water | 3 1/3 c all-purpose flour, sifted |
| 1/2 ts baking powder | 2 ts baking soda |
| 1 1/2 ts salt | 1 ts cinnamon |
| 2 ts cloves | 2/3 c walnuts, chopped (optional) |
| 2/3 c nuts, chopped (opt) | |

Cream together the shortening & sugar. Beat in the eggs, one at a time until the mixture is light & fluffy. Add the applesauce & water; set aside. Sift together the flour, baking powder, baking soda, salt, cinnamon & cloves. Blend the dry ingredients into the applesauce mixture. Fold in the nuts. Sterilize pint (wide mouth jam/jelly) jars, lids & rings. (keep the lids & rings in the hot water until ready to use). Grease the insides of the jars with shortening, DO NOT use Pam). Fill jars half full. As I haven't made this one, you'll have to figure out how many jars to use. Place the jars on a cookie sheet. Preheat oven to 325-degrees. Bake in preheated oven for about 45 minutes or until pick inserted in the center (deep) of each cake comes out clean. Remove jars from the oven one at a time (use HEAVY DUTY HOT PADS!), wipe rim of jar clean; put on a lid & ring & screw on tightly. Jars will seal as the cakes cool. You'll hear a "plinking" sound which means that the jars have sealed. If you're not sure, push down on the lids after the cakes have cooled, the lids should NOT be loose or it is NOT sealed. Decorate jar as desired.

WEDDING CAKE IN A JAR 4oz:whipped Cream Cake

| | |
|-----------------------|----------------------|
| 2 c Sifted cake flour | 1/2 ts Salt |
| 3 ts Baking powder | 3 Egg whites |
| 1 c Heavy cream | 1 1/2 c Sugar |
| 1/2 c Cold water | 1 ts Vanilla extract |
| 1/2 ts Almond extract | |

Sift the flour, salt & baking powder three times, & set aside. beat the egg whites until stiff but not dry. whip cream until stiff & fold into eggs. Add sugar gradually & mix well, folding WITH a rubber spatula. add dry ingredients alternately WITH water in mixing well. Stirring well. Add extracts & blend well. Pour batter into the pan & bake for 40-50 min. If center is still soft, reduce temp to 325 & bake till center is set. Cool for 10 min in the pan then remove to wire rack & cool thoroughly. Oven should be set at 350 . It said to butter the pan & line WITH parchment paper. When I made a test cake I just grease my pan WITH cake release. It came out fine.

PUMPKIN SPICE CAKE IN A JAR

| | |
|-----------------------|----------------------|
| 1 c seedless raisins | 1 c walnuts |
| 2 c all-purpose flour | 2 ts baking soda |
| 1/4 ts baking powder | 1/2 ts salt |
| 2 ts ground cloves | 2 ts ground cinnamon |
| 1 ts ground ginger | 4 eggs |
| 2 c granulated sugar | 1 c salad oil |
| 16 oz can pumpkin | |

Preheat oven to 325-degrees. Brush the inside of 8 (1 pint, straight-sided) Kerr or Ball Quilted Crystal (12 oz, straight-sided) canning jars with shortening (DO NOT use Pam); set aside. The 1 pint jars are shorter but bigger around than the decorative 12 oz jars, use either one. Sterilize the jars, lids & rings first. Coarsely chop the raisins & walnuts; set aside. Sift together the flour, baking soda, baking powder, salt, cloves,

cinnamon & ginger in a large bowl. Add raisins & walnuts; toss to lightly combine. In another large bowl, beat eggs at high speed until thick & yellow (2-3 minutes). Gradually beat in the sugar until thick & light. At low speed, beat in the oil & pumpkin; blend well. Gradually stir in the flour mixture until well blended. Divide among the 8 canning jars (should be slightly less than 1/2 full). Wipe the sides of the jars off (inside/ outside) in case you slop or it'll burn. Place jars on a cookie sheet or they'll tip over. Bake in preheated 325-degree oven for about 40 minutes or until a long pick inserted into the center (deep) of the cakes comes out clean. When the cakes test done, remove the jars, one-by-one & immediately place a lid & ring on & screw down tightly. Make sure to use HEAVY-DUTY hot pads because the jars are VERY hot. Place on the counter to cool. You'll hear a "plinking" sound when they have sealed. I nearly forgot, keep the lids & rings in the hot water until you're ready to use them; you want the gaskets hot so that the jars will seal. To sterilize the jars, lids & rings, boil them for 10 minutes. The lemon sauce recipe below, it would probably go well with the Pumpkin Spice cake too.

BROWN CAKES IN A JAR

| | |
|------------------------------|-------------------------------|
| 2 Canning jars; * wide mouth | 1 c All-purpose flour |
| 1 c Sugar | 1/4 ts Cinnamon (opt) |
| 1/2 ts Baking soda | 1/3 c Marg; or butter |
| 1/4 c Water | 3 tb Unsweetened cocoa powder |
| 1/4 c Buttermilk | 1 Egg; beaten |
| 1/2 ts Vanilla extract | 1/4 c Walnuts; finely chopped |
| Ice cream | |

Grease two 1-pt straight-sided wide-mouth canning jars; line the bottom of each jar with waxed paper. Set aside. In a small bowl stir together flour, sugar, baking soda & cinnamon, if desired. Set aside. In a med. saucepan combine marg, water, & cocoa powder; heat & stir till marg is melted & mixture is well blended. Remove from heat; stir in flour mixture. Add buttermilk, egg & vanilla; beat by hand till smooth. Stir in nuts.

Pour mixture into the prepared canning jars. Cover the jars tightly with greased foil. (Place greased-side down on each jar). Place jars in a 3 1/2, 4, 5, or 6-quart crockery cooker with liner in place. Cover; cook on high heat setting for 2 3/4 to 3 hrs or till cakes spring back when touched & a long wooden tooth-pick inserted near the centers comes out clean.

Remove jars from cooker; cool 10 min. Unmold cakes; remove waxed paper.

Serve warm or cool with ice cream. Makes 8 servings.

* WARNING: Use only CANNING JARS for this recipe. Others may not be tempered to withstand the heat. Do NOT use coffee or vegetable can as most contain lead & are painted or sealed with materials that may give off toxic gases when heated.

APPLE CAKE IN A JAR

| | |
|----------------------|--------------------|
| 2/3 c shortening | 1 1/2 ts salt |
| 2 2/3 c sugar | 3 c flour |
| 4 eggs | 2/3 c water |
| 1 ts cinnamon | 3 c apples; grated |
| 2 ts baking soda | 2/3 c raisins |
| 1/2 ts baking powder | 2/3 c chopped nuts |

Mix the ingredients together in the order given. Sterilize 7 to 9 wide mouth pint jars and lids. Sgrease them with shortening. Fill the jars half full and bake on the middle wire wire rack in the oven. Bake for 45 minutes at 325 degrees. As soon as the cake is done, remove the bottles from the oven one at a time. Wipe the rim of the bottle clean with cloth and put on the hot sterilized lids. Screw down the bands and let cool. Important-- do not use small mouth jars. Do not add any other ingredients. As the cake cools in the sealed jar, it will pull away from the sides of the jar and come out easily when ready to serve.

LEMON SAUCE:

2 tbs. cornstarch
1/2 cup sugar
pinch of salt
1 cup boiling water in a pan, thoroughly stir together the corn starch, sugar, and salt.

2 tbs. butter
4 1/2 tsp. finely grated lemon rind
2 tbs lemon juice

Gradually stir in the boiling water, stirring constantly to keep it smooth. continue stirring and cook over moderate heat until boiling. Boil gently for about 20 minutes. remove from heat, add butter, lemon rind and juice. stir thoroughly. Serve hot over apple cake in a jar. makes about 1 1/4 cups. this sauce is thicker and more tart than the usual lemon sauce.

BROWNIE CAKES BAKES IN JARS

-it only makes 2 jars...

1 c all-purpose flour
1/2 ts baking soda
1/3 c butter or marg.
3 tb unsweetened cocoa powder
1 egg, beaten
1/4 c walnuts, finely chopped

1 c granulated sugar
1/4 ts ground cinnamon (opt)
1/4 c water
1/4 c buttermilk
1/2 ts vanilla extract

Sterilize, two Ball Quilted Crystal (#14400-81400-12oz) canning jars, lids & rings by boiling them for 15 min.. Remove the jars & allow them to air-dry; leave the lids & rings in the water until you're ready to use them.

Once the jars have cooled, grease the insides WITH shortening (DO NOT use Pam, Baker's Secret or butter).

In a small bowl stir together flour, sugar, baking soda & cinnamon, if desired. Set aside.

Preheat oven to 325-d..

In a pk saucepan combine butter or marg., water, & cocoa powder; heat & stir till marg. is melted & mixture is well blended. Remove from heat; stir in flour mixture. Add buttermilk, egg & vanilla; beat by hand until smooth. Stir in nuts.

Divide mixture between the 2 canning jars. Place jars on a cookie sheet or they'll tip over. Bake the cakes in the center of the oven, moving them around periodically so they'll bake evenly.

Bake for 35-40 min. or until a pick inserted DEEP into the center of each cake comes out clean.

Remove the cakes, one-by-one from the oven. Place a lid, then a ring on & quickly screw down tightly. Place jars onto your counter top to cool. You'll know when they've sealed, you'll hear a "plinking" sound. If you miss the sound, test them once the jars have sealed by pressing down on the lids, they shouldn't move at all.

Store the jars in COOL, dark place, just as you would any canned goods. They should keep for about 6 months, maybe longer. I'm not sure, they don't last that long around here! To serve, pour the cake out & slice into rounds. If the shortening gets too cold, you may have to heat the jar up to get it out. I heat it briefly in my microwave; if you don't have one, dip it into hot water, it'll slide right out. Top WITH whatever you'd like.

APPLESAUCE CAKE 2 BAKED IN A JAR

2/3 c Shortening
4 Eggs
2/3 c Water
1/2 ts Baking powder
1 1/2 ts Salt
2 ts Ground cloves

2 2/3 c Sugar
2 c Applesauce
3 1/3 c All-purpose flour, sifted
2 ts Baking soda
1 ts Cinnamon
2/3 c Nuts, chopped (optional)

Preheat oven to 325-degrees. Sterilize 5 straight-sided Ball Quilted Crystal (#14400-81400) canning jars, lids and rings by boiling them for 15 minutes. Keep the lids and rings in the water until you're ready to use them. Remove the jars from the water and place them on a clean dish towel to air-dry (up, not upside down). When the jars are cool enough to handle, grease the insides with shortening

(DO NOT use butter, margarine, PAM or Baker's Secret); set aside.

Sift together the flour, baking powder, baking soda, salt, cinnamon and cloves; set aside.

Cream together the shortening and sugar. Beat in the eggs, one at a time until the mixture is light and fluffy. Add the applesauce and water. Blend the dry ingredients into the applesauce mixture. Fold in the nuts.; set aside. Fill well greased jars half full. Place the jars onto a cookie sheet or they'll tip over.

Bake for 35 minutes or until a cake tester comes out clean. like you would any canned goods.

ORANGE POUND CAKE IN A JAR

| | |
|----------------------------------|-------------------------|
| (makes 1 bundt cake) | 2 Layer orange cake mix |
| 3 oz Pk vanilla pudding mix * | 4 Eggs |
| 1/2 c Oil | |
| 1 c Water or milk (or 1/2 juice) | |

* omit if cake mix has pudding in it.

Preheat oven to 350. Generously grease & flour large bundt pan. Blend all ingred. in large mixer bowl, then beat at medium speed for 2 min. Bake at 350 for about 45-55 min. until center of cake area springs back when touched lightly with finger. Cool right side up for 25 min., then remove from pan. Sprinkle with sifted powd. sugar or drizzle glaze on top of cake.

GLAZE:

Blend 1c powd. sugar with 1tb milk or juice.

If desired, bake cake in other pans: 1 13"x9" pan 35-45 min. 2 8" or 9" layers 30-40 min.

FLAVOR VARIATIONS (are mine): ALL TASTE GREAT!!

LEMON COCONUT: Use lemon cake mix. Add 1 ts lemon flavoring to batter at beginning of beating. Stir in 1c coconut thoroughly before pouring into pan.

CHOCOLATE FLAVOR: Use both chocolate mixes. Stir 2/3c chopped nuts into dry mix before adding rest of ingred.

STRAWBERRY FLAVOR: Use straw. cake mix with pudding added, & 1/3c oil. Thaw one 10 oz pk frozen strawberries (cheap brand is OK). Crush berries into juice & use this as your water for cake. Add 1/4 ts red food coloring & 1/4 ts almond flavoring to berries. Mix & bake cake as directed above.

GINGERBREAD BAKED IN JARS

| | |
|-------------------------|---------------------------|
| 2 ts ground ginger | 2 1/4 c all-purpose flour |
| 3/4 c sugar | 1 ts baking soda |
| 1/2 ts baking powder | 1/4 ts salt |
| 1 ts ground cinnamon | 1/2 ts ground cloves |
| 1 c margarine; softened | 3/4 c water;hot |
| 1/2 c molasses | |

Preheat oven to 350-degrees (pan method) or 325-degrees for jars.

Grease (use shortening) a 9 x 9 x 2-inch baking pan or 5 (12 oz) Kerr Quilted Crystal Jelly Jars (#14400-80400)-- they MUST have straight sides, no bulges in the jars. Also, the jars will have to be sterilized first--boil them for 10 minutes, leave the lids and rings in the water until you're ready to use them; remove the jars and allow them to air-dry and cool before greasing. Use a pastry brush to grease the jars.

DO NOT use Pam or Baker's Secret! In a large bowl, combine flour, sugar, baking powder, baking soda, salt, ginger, cinnamon and cloves. Stir in margarine, water and molasses until well blended. Pour into prepared pan or divide equally among the 5 jars. Place jars onto a cookie sheet or they'll tip over.

PAN METHOD-- Bake in preheated 350-degree oven for 40-50 minutes or until cake tester inserted in center comes out clean. Cool slightly on wire rack.

JAR METHOD--Bake in a preheated 325-degree oven for 35 to 40 minutes or until cake tester inserted deep into the center of each jar comes out clean.

Have your lids ready (HOT). Take one jar at a time from the oven (using heavy-duty mitts--the jars ARE HOT!) and place a lid on, then the ring. Tightly screw on lids. Allow to cool on your counter top. You'll know when the jars have sealed, you'll hear a "plinking" sound. If you don't hear the sound wait until the jars have cooled, then press down on the jar lids, they shouldn't move at all. If you'd like to decorate the jars, wait until they've cooled completely. Remove the ring (the lids should have sealed by now) and place a wad of cotton in the center of each lid; place a piece of decorative cloth (about 3 inches larger in circumference than the jar lid, cut with pinking shears) over the cotton. Screw the ring back on. If you'd like to decorate further, use your hot glue gun, it's wonderful to glue on dried flowers, ribbons--use your imagination! If you like spicey and moist gingerbread, you'll love this one.

PUMPKIN BREAD IN JARS

| | |
|------------------------|---------------------------|
| 1 c All-purpose flour | 1 1/2 ts Baking powder |
| 1 ts Pumpkin pie spice | 1/2 c Brown sugar; packed |
| 2 tb Veg. oil | 2 Egg |
| 1/2 c Pumpkin | 4 tb Currants |
| Canning jars; * | |

In small bowl combine flour, bak. powder & pumpkin pie spice. In med. mixing bowl combine brown sugar & oil; beat till well combined. 1 pint of the berries with a potato masher, or in a blender. Measure crushed berries and add enough water to make 1 1/2 cups. Bring mixture to a boil over low heat, stirring constantly. Mixture will be thickened and translucent. Strain, add butter or margarine, lemon juice and food coloring cool. Meanwhile, toss remaining 2 pints of berries with the cointreau or orange juice. Let stand about 30 minutes. Arrange in the pie shell and pour the cooled glaze over the berries. Refrigerate until well chilled, about 2 hours. Before serving, whip cream until stiff and fold in the confectioners sugar. Garnish pie with whipped cream and reserved strawberries.

Note: a nice variation is to combine 1 3 oz pkg cream cheese, softened and mixed with 2 tbsp sour cream, and spread over the bottom of the pie crust before filling the shell or try a graham cracker crust.

PUMPKIN SPICE CAKE IN JARS

| | |
|-----------------------|----------------------|
| 1 c seedless raisins | 1 c walnuts |
| 2 c all-purpose flour | 2 ts baking soda |
| 1/4 ts baking powder | 1/2 ts salt |
| 2 ts ground cloves | 2 ts ground cinnamon |
| 1 ts ground ginger | 4 eggs |
| 2 c granulated sugar | 1 c salad oil |
| 16 oz can pumpkin | |

Preheat oven to 325-degrees.

Brush the inside of 8 (1 pint, straight-sided) Kerr or Ball Quilted Crystal (12 oz, straight-sided) canning jars with shortening (DO NOT use Pam); set aside. The 1 pint jars are shorter but bigger around than the

decorative 12 oz jars, use either one. Sterilize the jars, lids & rings first. Coarsely chop the raisins & walnuts; set aside. Sift together the flour, baking soda, baking powder, salt, cloves, cinnamon & ginger in a

large bowl. Add raisins & walnuts; toss to lightly combine. In another large bowl, beat eggs at high speed until thick & yellow (2-3 minutes). Gradually beat in the sugar until thick & light. At low speed, beat in the oil & pumpkin; blend well. Gradually stir in the flour mixture until well blended. Divide among the 8 canning jars (should be slightly less than 1/2 full). Wipe the sides of the jars off (inside/ outside) in case you slop or it'll burn. Place jars on a cookie sheet or they'll tip over. Bake in preheated 325-degree oven for about 40 minutes or until a long pick inserted into the center (deep) of the cakes comes out clean. When the cakes test done, remove the jars, one-by-one & immediately place a lid & ring on & screw down tightly. Make sure to use HEAVY-DUTY hot pads because the jars are VERY hot. Place on the counter to cool. You'll hear a "plinking" sound when they have sealed. I nearly forgot, keep the lids & rings in the hot water until you're ready to use them; you want the gaskets hot so that the jars will seal. To sterilize the jars, lids & rings, boil them for 10 minutes.

GINGERBREAD BAKES IN JARS

| | |
|---------------------------|------------------------|
| 2 1/4 c all-purpose flour | 3/4 c granulated sugar |
| 1 ts baking soda | 1/2 ts baking powder |
| 1/4 ts salt | 2 ts ground ginger |
| 1 ts ground cinnamon | 1/2 ts ground cloves |
| 3/4 c marg., Softened | 3/4 c water |
| 1/2 c molasses | |

Preheat oven to 350-d. (pan method) or 325-d. for jars (NO higher than 325-d. for the jars). Grease a 9 x 9 x 2" baking pan, or, sterilize 5 Ball Quilted Crystal (#14400-81400--12 oz) jam/jelly canning jars, lids & rings by boiling them for 15 min.. Remove the jars & allow them to air-dry. Leave the lids & rings in the hot water until you're ready to use them. Once the jars have cooled, grease them WITH SHORTENING, DO NOT use butter, Pam or Baker's secret; set aside. In a large bowl combine flour, sugar baking soda, baking powder, salt, ginger, cinnamon & cloves . Stir in marg., water & molasses until well blended. Pour into pan or divide equally among the 5 jars. PAN METHOD-- Bake in preheated 350-d. oven for 30-40 min. or until a cake tester inserted in center comes out clean. DON'T over-bake! Cool slightly on wire rack. Serve warm WITH lemon sauce. JAR METHOD--Place jars onto a cookie sheet or they'll tip over. Bake in preheated 325-d. oven on the center rack for 30 min. or until cake tester inserted in center comes out clean. Move the jars around in the oven so that they'll cook evenly. DO NOT over-bake! Have your lids ready. Take one jar at a time from the oven (using heavy-duty mitts--the jars ARE HOT!) & place a lid on, then the ring. Quickly screw on lids tightly. Allow to cool on counter top. You'll know when they've sealed, you'll hear a "plinking" sound & the lids shouldn't move at all once they are completely cool.

Applesauce Cake Baked in a Jar

| | | |
|---------------------------|------------------|-----------------------------------|
| 2 2/3 c shortening | 2 2/3 c sugar | 4 eggs |
| 2 c applesauce | 1/3 c water | 3 1/3 c all-purpose flour, sifted |
| 1/2 ts baking powder | 2 ts baking soda | 1 1/2 ts salt |
| 1 ts cinnamon | 2 ts cloves | 2/3 c walnuts, chopped (optional) |
| 2/3 c nuts, chopped (opt) | | |

Cream together the shortening & sugar. Beat in the eggs, one at a time until the mixture is light & fluffy. Add the applesauce & water; set aside. Sift together the flour, baking powder, baking soda, salt, cinnamon & cloves. Blend the dry ingredients into the applesauce mixture. Fold in the nuts. Sterilize pint (wide mouth jam/jelly) jars, lids & rings. keep the lids & rings in the hot water until ready to use). Grease the insides of the jars with shortening, DO NOT use Pam). Fill jars half full. As I haven't made this one, you'll have to figure out how many jars to use. Place the jars on a cookie sheet. Preheat oven to 325-degrees. Bake in preheated oven for about 45 minutes or until pick inserted in the center (deep) of each cake comes out clean. Remove jars from the oven one at a time (use HEAVY DUTY HOT PADS!), wipe rim of jar clean; put on a lid & ring & screw on tightly. Jars will seal as the cakes cool.

You'll hear a "plinking" sound which means that the jars have sealed. If you're not sure, push down on the lids after the cakes have cooled, the lids should NOT be loose or it is NOT sealed. Decorate jar as desired.

CANNED BUTTER

1. Use any **butter** that is on sale. Lesser quality **butter** requires more shaking (see #5 below), but the results are the same as with the expensive brands.
2. Heat pint jars in a 250 degree oven for 20 minutes, without rings or seals. One pound of **butter** slightly more than fills one pint jar, so if you melt 11 pounds of **butter**, heat 12 pint jars. A roasting pan works well for holding the pint jars while in the oven.
3. While the jars are heating, melt **butter** slowly until it comes to a slow boil. Using a large spatula, stir the bottom of the pot often to keep the **butter** from scorching. Reduce heat and simmer for 5 minutes at least: a good simmer time will lessen the amount of shaking required (see #5 below). Place the lids in a small pot and bring to a boil, leaving the lids in simmering water until needed.
4. Stirring the melted **butter** from the bottom to the top with a soup ladle or small pot with a handle, pour the melted **butter** carefully into heated jars through a canning jar funnel. Leave 3/4" of head space in the jar, which allows room for the shaking process.
5. Carefully wipe off the top of the jars, then get a hot lid from the simmering water, add the lid and ring and tighten securely. Lids will seal as they cool. Once a few lids "ping," shake while the jars are still warm, but cool enough to handle easily, because the **butter** will separate and become foamy on top and white on the bottom. In a few minutes, shake again, and repeat until the **butter** retains the same consistency throughout the jar.
6. At this point, while still slightly warm, put the jars into a refrigerator. While cooling and hardening, shake again, and the melted **butter** will then look like **butter** and become firm. This final shaking is very important! Check every 5 minutes and give the jars a little shake until they are hardened in the jar! Leave in the refrigerator for an hour.
7. Canned **butter** should store for 3 years or longer on a cool, dark shelf. Canned **butter** does not "melt" again when opened, so it does not need to be refrigerated upon opening, provided it is used within a reasonable length of time.