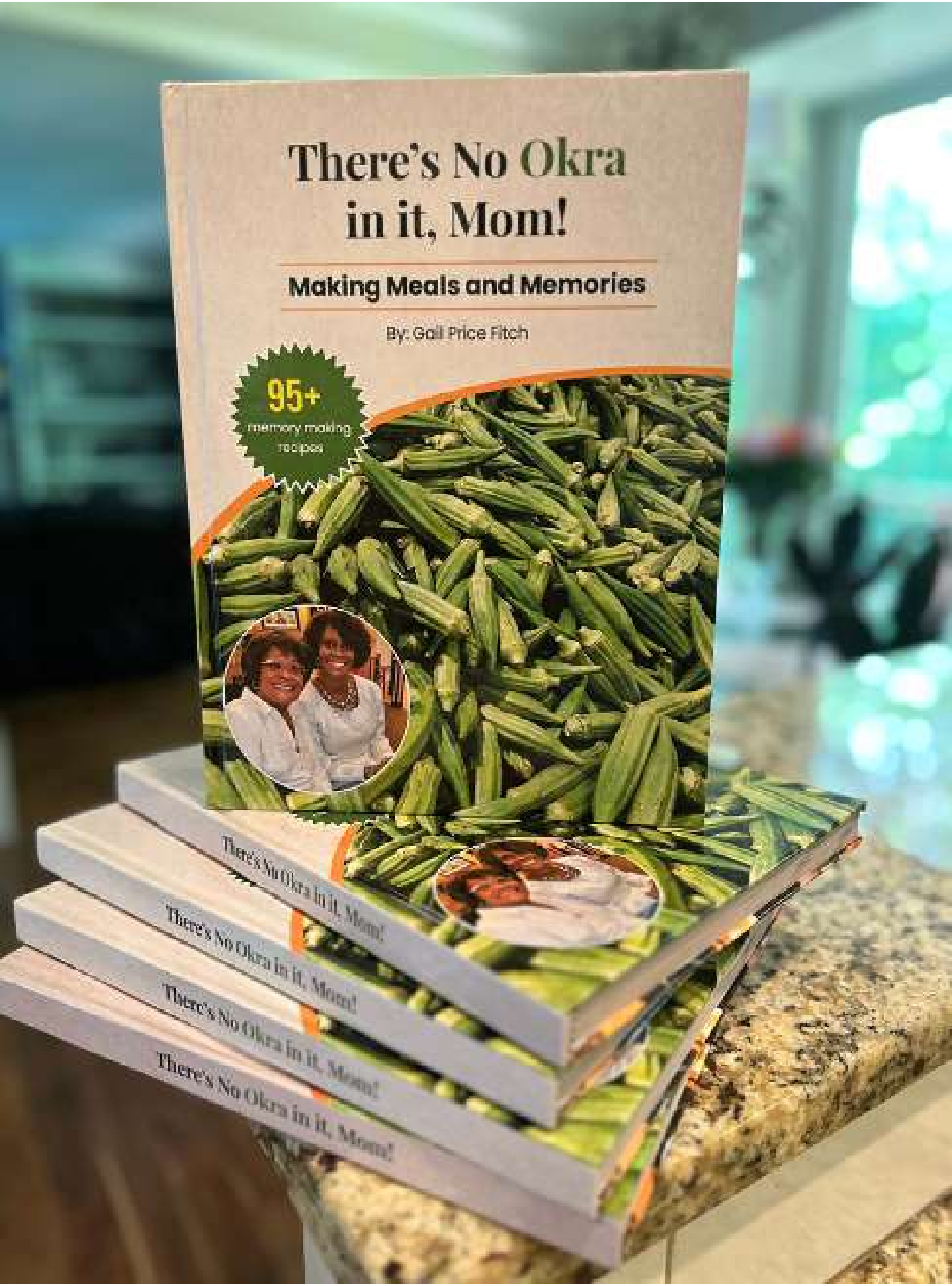
Shrimp Scampi
Instructions:


There's No Okra in it, Mom!
Making Meals and Memories
By: Gail Price Fitch
95+
memory making
recipes
There's No Okra in it, Mom!
There's No Okra in it, Mom!
There's No Okra in it, Mom!
There's No Okra in it, Mom!

GOOD FOR YOU & GOOD FOR THE PLA
HOT KITCHEN
COOL PLANET
MEAT & PLANT BASED=REDUCED CALORIE=SIMPLE COOKING
CLIMATE CHANGE
KITCHEN
FIGHT GLOBAL WARMING WITH GOOD FOOD
65 OF THE WORLD'S BEST DISHES WITH A LOW-CARBON TWIST
LOADED NACHOS WITH CASHEW MELT
Each Serving
CARBON
CALORIES
PROTEIN
FAT
CARBS
INGREDIENTS
INSTRUCTIONS

The Complete
The Complete Anti-Inflammatory Diet
Cookbook for Beginners
42-Day Meal Plan to Reduce Inflammation
Day
Breakfast
Lunch
Dinner
1. Turmeric & Ginger Oatmeal with Berries & Walnuts
2. Avocado & Spinach Power Toast with Pumpkin Seeds
PART 2: The Anti-Inflammatory Cookbook
Breakfasts
to Start Your Day Right

VORWORT
Herzlich willkommen!
Was ist ein Dutch Oven?
Die Geschichte und Herkunft
Wo kauft man den Dopf
Was ist eine Patina
Dutch Oven mit Füßen
VOLLKORN FRENCH TOAST
GEMÜSE FRITTATA
MEXIKANISCHE ENCHILADA

DYNASTY'S KITCHEN
150+ RECIPES
From Comfort Food Classics to Global Delights.
Dive into a World of Flavorful Recipes
INTRODUCTION
BREADS & SPREADS
BREADS
1. Classic Sourdough Bread
2. Rye Bread With Caraway Seeds
3. Banana Nut Bread
4. Italian Herb Focaccia

The Complete Carnivore Diet Cookbook For Beginners
Tasty, Fast & High-Protein Recipes Tailored for Contemporary Carnivorous Workflow to Deviant from Conventional Eating Patterns & Optimize Advantages of Meat-Centric Diet
OLIVIA RAY
Legal Notice:
Disclaimer Notice:
INTRODUCTION
Carnivore Diet and Fryer Explained
What Is a Carnivore Diet?
What Can You Eat?
Reasons for Entering This Diet
Breakfast Julienne
Serving: 2
Prep time: 10 minutes
Cook time: 15 minutes
Ingredients:
4 large eggs, boiled and chopped
1 cup boiled chicken, shredded
4 slices of bacon, cooked and chopped
Sour cream for mixing and topping
Salt and black pepper to taste
1/2 cup grated cheese (cheddar, mozzarella, or your favorite variety)
Instructions:
Carnivore Diet Breakfast Tacos
Serving: 2
Prep time: 10 minutes
Cook time: 12 minutes
Ingredients:
4 large eggs
4 slices bacon
4 breakfast sausage links
Salt and black pepper to taste
Optional toppings: salsa, sour cream, shredded cheese
Instructions:
Nutrition Information
Cal 480 | Fat 38 g | Carb 2 g | Protein 30 g
Breakfast

Entdecken Sie die Magie der Weihnachtsküche – einfach und festlich!

Willkommen bei "Das Weihnachtskochbuch – 24 Rezepte für die schönste Zeit des Jahres", Ihrem perfekten Begleiter für die festliche Küche. Dieses Buch bietet 24 einfache und kreative Rezepte, die Sie durch den Advent begleiten und in einer großen Weihnachtsfeier kulminieren.

Was erwartet Sie?

- **Weihnachtliche Rezepte:** *Von festlichen Vorspeisen bis zu süßen Desserts – hier finden Sie Gerichte, die jeden Tag im Advent zu einem besonderen Erlebnis machen.*
- **Dekorative Ideen:** *Jedes Gericht wird nicht nur köstlich, sondern auch optisch ein Fest für die Augen. Mit kreativen Ideen wird Ihre Weihnachtstafel zum Highlight.*
- **Festliche Atmosphäre:** *Stimmungsvolle Bilder begleiten jedes Rezept und laden dazu ein, die Magie der Weihnachtszeit in der Küche zu erleben.*
- **Eine große Weihnachtsfeier:** *Planen Sie Ihr perfektes Weihnachtsmenü mit einem Höhepunkt – einer großen festlichen Tafel am 25. Dezember!*

Tauchen Sie ein in die Welt der Weihnachtsküche und bereiten Sie im Handumdrehen Gerichte zu, die Familie und Freunde begeistern werden.

Ihr kulinarisches Weihnachtsabenteuer beginnt jetzt!

KOCHBUCH

FÜR TEENAGER

ADVENTSKALENDER

24
einfache Rezepte mit Farbfotos

Festliche Weihnachts-Lasagne

Ein herzhaftes Festmahl, das sich leicht zubereiten lässt und für die ganze Familie geeignet ist.

Rezept für Portionen: 8-9 Portionen | Vorbereitungszeit: 25 Minuten | Backzeit: 45 Minuten

Zutaten für die Fleischsauce:

- 500 g Rindermarkfleisch
- 1 Zwiebel (fein gehackt)
- 2 Knoblauchzehen (gehackt)
- 1 Karotte (fein geraspelt)
- 2 Dosen (je 400 g) gehackte Tomaten
- 2 EL Tomatenmark
- 1 TL Zimt (für eine weihnachtliche Note)
- 1 TL getrockneter Oregano
- 1 TL getrockneter Thymian
- 2 EL Olivenöl
- Salz und Pfeffer nach Geschmack

Für die Béchamelsauce:

- 50 g Butter
- 50 g Mehl
- 600 ml Milch
- 1 Prise Muskatnuss
- 1 Prise Pfeffer nach Geschmack
- Salz und Pfeffer nach Geschmack
- Weitere Zutaten
- 12 Lasagneblätter (vorgekocht)
- 200 g geriebener Käse (z.B. Mozzarella oder Gouda)
- Frische Petersilie (zum Garnieren)

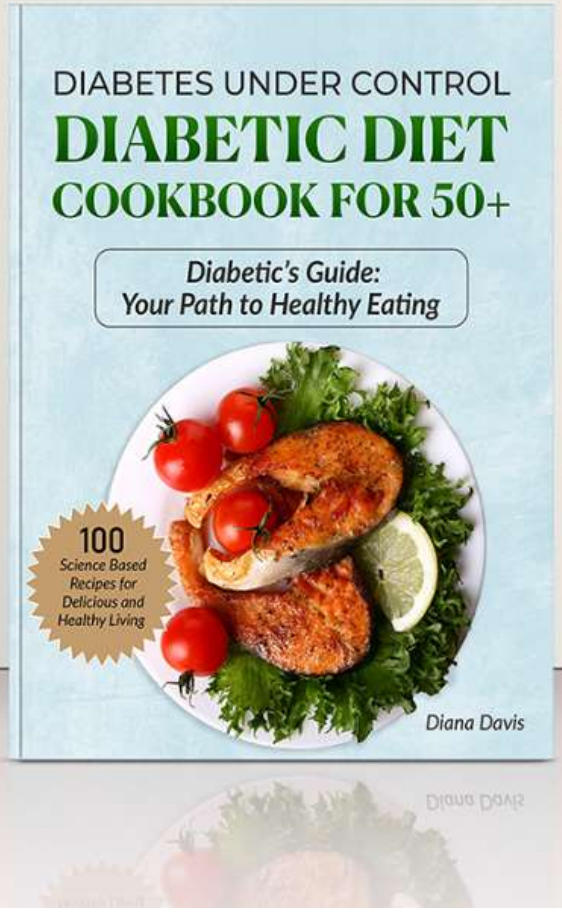
Schritt-für-Schritt-Anleitung:

1. **Fleischsauce zubereiten:** Das Olivenöl in einer großen Pfanne bei mittlerer Hitze erhitzen. Zwiebel, Knoblauch und Karotte hinzufügen und ca. 5 Minuten anbraten, bis sie weich sind. Das Hackfleisch dazugeben und braten, bis es braun ist. Die gehackten Tomaten, Tomatenmark, Zimt, Oregano und Thymian hinzufügen. Mit Salz und Pfeffer abschmecken. Die Sauce 15-30 Minuten köcheln lassen, bis sie eingedickt ist.
2. **Béchamelsauce zubereiten:** In einem Topf die Butter bei mittlerer Hitze schmelzen. Das Mehl hinzufügen und unter ständigem Rühren 1-2 Minuten anbraten. Nach und nach die Milch einrühren, bis eine glatte, dickflüssige Sauce entsteht. Mit Salz, Pfeffer und einer Prise Muskatnuss würzen.
3. **Lasagne schichten:** Den Backofen auf 180°C Ober-/Unterhitze vorheizen. Eine Aufflaufform leicht einfetten. Eine Schicht Fleischsauce auf den Boden der Form geben, gefolgt von einer Schicht Lasagneblätter. Eine Schicht Béchamelsauce darüber verteilen und mit Käse bestreuen. Den Vorgang wiederholen, bis alle Zutaten aufgebraucht sind, und mit einer Schicht Béchamelsauce und viel Käse abschließen.
4. **Backen:** Die Lasagne im vorgeheizten Ofen 40-45 Minuten backen, bis sie goldbraun und sprudelnd ist. Falls die Oberfläche zu schnell bräunt, die Lasagne mit Alufolie abdecken.
5. **Servieren:** Die fertige Lasagne aus dem Ofen nehmen, 5-10 Minuten ruhen lassen und mit frischer Petersilie garnieren. Heiß servieren.

Nährwerte pro Portion:

Kalorien: ca. 500 kcal | Fett: 25 g | Kohlenhydrate: 45 g | Eiweiß: 25 g

Part of the Vegan Dog Lifestyle series®
VEGAN
MEAL PLAN FOR DOGS
7 DAYS
of Healthy Homemade Meals
Everything you feed your dog either contributes to disease or fights it - The cleaner the diet, the less your dog's body needs to process it'.
Heather Coster


DIABETES UNDER CONTROL
DIABETIC DIET
COOKBOOK FOR 50+
Diabetic's Guide:
Your Path to Healthy Eating
100
Science Based
Recipes for
Delicious and
Healthy Living
Diana Davis

JERK SEAFOOD RASTA PASTA

INGREDIENTS

- Penne Pasta
- Chicken stock (can sub for water and chicken bullion mixed)
- Onion powder
- Garlic powder
- Wet Jerk seasoning
- Lemon juice
- Sazón
- Slap ya mama
- Obey
- Kerry Gold garlic butter
- Shrimp
- Sausage (optional)
- Crab meat (seafood of your choice)
- Half/Half (can substitute for heavy whipping cream)

Cheese:

- Mozzarella
- Cheddar
- Mexican, (Can use cheese or choice)
- Broccoli (optional) green, yellow, Orange peppers(optional)

INSTRUCTIONS

1. Boil whole box of Penne pasta in Chicken stock and water with a splash of oil so noodles won't stick. (Feeds 3-4 people)
2. Boil for 10/12 mins or until al dentate
3. Strain water
4. Boil broccoli in plain water or microwave if it's microwaveable
5. Put noodles and broccoli in a pan
6. Add 1/4 stick of butter or amount of your liking.
7. Mix together.
8. Season your seafood with lemon juice, Onion powder, Obey, garlic powder, slap ya mama.

4

9

Rice & Peas

Country of Origin: Jamaica

INGREDIENTS:

- Garlic
- Bay
- Butter
- Salt
- Onion
- Scotch bonnet or habanero
- Red kidney beans
- Thyme allspice
- Coconut milk

This recipe starts off on the stove to sauté the aromatics then is finished in the oven so your coconut rice will come out beautifully fluffy every single time. No more mushy coconut rice, ever again!

INSTRUCTIONS:

1. **Sauté** the garlic, onion, thyme, all spice, bay leaves, scotch bonnet habanero chilli until the onion is translucent – about 3 minutes.
2. **Liquids** – Add coconut, water, kidney beans and salt.
3. **Rice** – Once it comes to a simmer, add rice then give it a quick stir. Once you see bubbles breaking the surface, immediately cover then transfer to oven.
   Don't have an ovenproof pot? Transfer to a baking dish once the liquid is simmering, cover tightly with foil and add 5 minutes to the bake time (to give it time to come up to temperature in the oven).
4. **Bake** for 40 minutes. All the liquid should be absorbed (tilt to check) though you will have some coconut cream on the surface.
   If you taste the rice at this stage, most grains will still have a small amount of firmness in the middle and be wetter than ideal. This self corrects in the next step when we rest!
5. **Rest 15 minutes** – Leave the pot on the counter with the lid on for 15 minutes. During this step, the rice grains will finish cooking so they are tender all the way through, and each grain of rice will absorb the liquid sitting on the surface when you first pull it out of the oven.

This is what makes rice fluffy rather than ending up with a pot of mushy rice!
Usually plain rice is rested for only 10 minutes. But for coconut rice, the extra 5 minutes makes all the difference due to the thickness of the coconut milk which takes longer to be absorbed. If you only rest for 10 minutes, the grains will be slightly firmer than ideal and the surface is stickier.

6. **Fluff and serve!** Pick out the chilli and bay leave, if you want. Fluff with a rice paddle or rubber spatula, then tumble the rice into a bowl and serve!

Intro And General Notes

My sweet loves - you know that my love languages are food and fierceness (and the F word). I grew up watching my mom and grandma making amazing things to eat out of necessity in the midst of omnipresent and almost always all-consuming demands on their time and selves. When I finally began to cook as an adult and saw the joy I could give people with my efforts, I was hooked. Every time I step into the kitchen and put on my apron, I think about what story I want to tell, what feelings I want to evoke, and how I can best make each bite feel like a warm hug from me. After I met your dad and I was completely smitten, I woke up at 4am to make chocolate chip cookies from scratch to transport to him at the start of his 5:30am shift. And it worked. Cooking is my creative art, my passion, and - I can't say it enough - my love language. As you have grown and taken more and more steps to be creative and empathetic cooks in the kitchen, I have been inspired by you. Take the love I have given to you and share it with everyone you can. I love you a million billion, to the moon and back, and a Marchy hug. –Mom

Breakfast And Quick Breads

Basic oatmeal

Stovetop or microwave - it's easy, filling, and healthy.

INGREDIENTS:

- ½ cup old-fashioned oats per person
- ⅝ cup water per person
- Pinch of salt
- Pinch of cinnamon

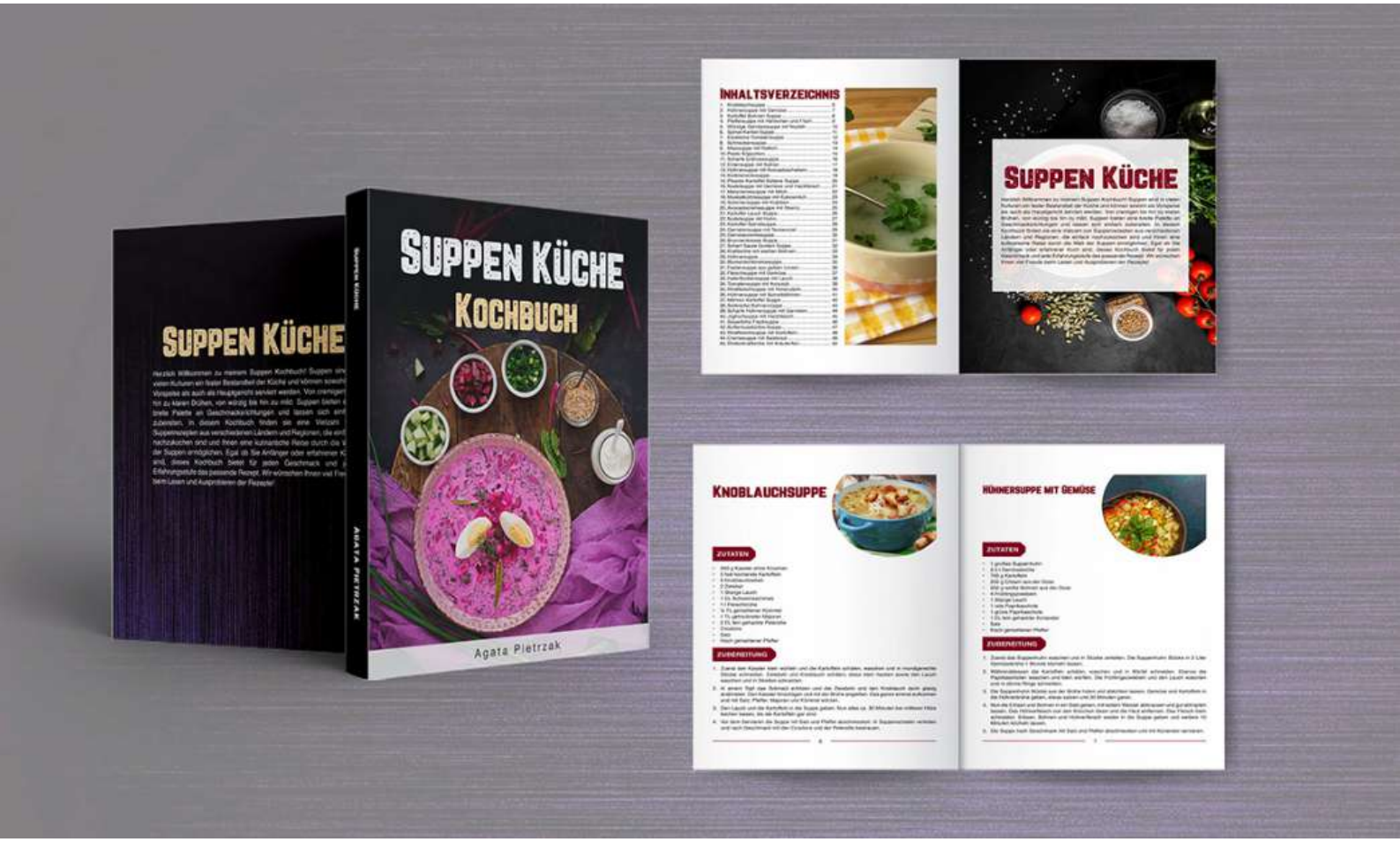
DIRECTIONS:

1. Stovetop - mix all ingredients together in a medium saucepan. Heat to boiling under high heat, then drop the heat to low. Cook for another 3-4 minutes until the oatmeal is no longer soupy but not dry. Add toppings and serve.
2. Microwave - mix all ingredients together in a LARGE microwave-safe bowl. Cook for 2.5-3 minutes. I'm serious about the size of the bowl - use one that's not big enough and you'll be cleaning oatmeal off the inside of your microwave.

NOTES:

- Milk is fine as a liquid but we always did water.
- Add some kind of butter (peanut, almond, sunflower) to give this enough boost to get you through until lunch. We're hard-core chunky peanut butter people.
- Favorite toppings from when you were little - always dark chocolate chips (Ghirardelli brand), often either dried cranberries or dates, shredded coconut, or PB and J with my homemade peach jam. Ben, you love "chunky monkey" - bananas with PB and chocolate chips. Ian, your favorite is dried cranberries or peach jam (best) with PB.
- People can say you can make it savory, but I've never tried (why not just have grits?).

BREAKFAST BURRITO
Ingredients:
Directions:
BACON AND EGG MUFFINS
Ingredients:
Directions:
How To Get
THE WOMAN
The Single Mans Cookbook


SUPPEN KÜCHE
SUPPEN KÜCHE
KOCHBUCH
Agata Pietrzak
AGATA PIETRZAK
INHALTSVERZEICHNIS
SUPPEN KÜCHE
KNOBLAUCHSUPPE
ZUTATEN
ZUBEREITUNG
HÜHNERSUPPE MIT GEMÜSE
ZUTATEN
ZUBEREITUNG

Raw Food Diet Recipes

Beef and Chicken Neck

Prep Time: *5-10 minutes*
Cook Time: *0 minutes*
Total Time: *5-10 minutes*

Nutritional Facts/Info:
Calories: 491 cal., Protein: 22.1 grams, Fats: 54.6 grams, Carbs: -

Ingredients:
- 2 pounds of beef
- 3 pounds of chicken neck with the skin removed
- 1 pound of beef liver
- 10 boiled and shelled eggs
- 8 ounces of kale
- 8 ounces of cauliflower
- 12 ounces of berry of your choice
- 2 tbsp. of hemp seeds

Instructions:
1. Grind down or chop the chicken neck and beef liver and mix together.
2. Boil and shell the eggs.
3. Run the eggs, cauliflower, berries, and seeds through the food processor.
4. Pour the mixture into the one with the chicken neck and beef liver. Add in the beef as well.
5. Mix all ingredients together until they are well combined.
6. Divide into portions and serve.

Pork

Prep Time: *10 minutes*
Cook Time: *0 minutes*
Total Time: *10 minutes*

Nutritional Facts/Info:
Calories: 477 cal., Protein: 28 grams, Fats: 4.2 grams, Carbs: -

Ingredients:
- 1 pound of pork heart
- 1 pound of pork liver
- 5 pounds of ground pork

- 8 ounces of kale
- 5 ounces of cauliflower
- 12 ounces of berry of your choice
- 1 tbsp. of hemp seeds

Instructions:
1. Grind or chop the pork, pork heart, and pork liver, and mix them together.
2. Run the kale, cauliflower, berries, and hemp seeds through the food processor.
3. Mix the resultant paste into the ground down or chopped meat, until everything is well-combined.
4. Divide into portions and serve.

Black Beans and Quinoa

Prep Time: *10 minutes*
Cook Time: *0 minutes*
Total Time: *10 minutes*

Nutritional Facts/Info:
Calories: 98 cal., Protein: 4.9 grams, Fats: 1.4 grams, Carbs: 16.4 grams

Ingredients:
- 1 cup of cooked quinoa or brown rice
- ¼ cup of shredded pear
- ⅓ cup of shredded pear
- ¼ cup of chopped kale
- 1 cup of cooked cannellini beans
- ¼ cup of chopped zucchini
- ¾ cup of Greek yogurt

Instructions:
1. Cook your rice and beans together in a pot.
2. Once they are cooked, mix them together with all your vegetables.
3. Add your fruits and mix well.
4. Add in the yogurt and mix until everything is coated in it.
5. Once the beans and quinoa have cooled, serve.

Lentils, Sweet Potatoes, and Rice

Prep Time: *8-10 minutes*
Cook Time: *25-30 minutes*
Total Time: *35-50 minutes*

Nutritional Facts/Info:
Calories: 308 cal., Protein: 11.2 grams, Fats: 21.2 grams, Carbs: 22.1 grams

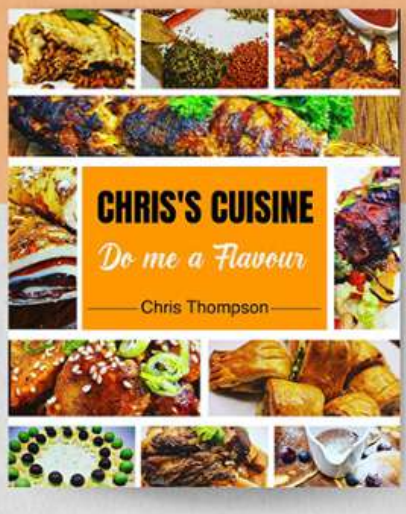
Ingredients:
- 2 diced sweet potatoes
- 2 cups of peanut butter
- Half a cup of quinoa
- Half a cup of rice
- 1 cup of green lentils
- 6 cups of water
- Half a cup of unsweetened cranberry juice
- Half a cup of coconut oil

Instructions:
1. Pour all the water in a pot and bring it to a boil over medium-high heat.
2. Add in the quinoa, lentils, sweet potatoes, and rice once the water is boiling.
3. Turn the heat down to low and let the mixture cook like that for 30 minutes.
4. Remove the mixture from heat and add in the peanut butter, coconut oil, and cranberry juice. Mix well so that everything is coated in them.
5. Serve once the mixture has cooled down.

Frittata for Doggies

Prep Time: *8-10 minutes*
Cook Time: *10 minutes*
Total Time: *18-20 minutes*

Nutritional Facts (per slice):
Calories: 77 cal., Protein: 5.2 grams, Fats: 6 grams, Carbs: 1 gram



ASIAN INFUSED MINCE

Serves: 4 | Prep: 10 Min | Cook: 15 Min

INGREDIENTS:

- 500G Beef Mince (Fat Reduced)
- ½ Onion
- 1Tbsp Sesame Seeds
- 1Tbsp Soya Sauce
- 1Tbsp Mirin
- 1Tbsp Sesame Oil
- 1Tbsp Doubanjang paste
- 1Tbsp Garam Masala
- 1Tbsp Paprika
- 1Tbsp Brown Sugar
- 1Tbsp Mixed Herbs
- 1tsp Msg
- 1tsp Five Spice
- 1tsp Cumin Seeds
- 1tsp Garlic powder
- 1tsp Ginger Powder
- 1 Lime juice + Zest
- 2 Spring onions

METHOD:

1. Add all of the ingredients in a blender, not the mince
2. Add 2 Tbsp of water
3. Blend the mixture
4. Mix into the beef mince and marinade for a minimum for 1 hr
5. Get a frying pan really hot with oil
6. Add the mince and pat down covering the bottom of the whole pan
7. You want to see only the patted down mince not the bottom of the pan
8. Do not stir the mince at this point just let it cook
9. Cook until the fat from the beef dissolves and you hear the mince sizzle
10. You want good caramelisation on the meat
11. This is usually about 10 minutes
12. Use a wooden spoon and start to break up the mince into small chunks
13. Turn the mince over to cook the top
14. Allow it to caramelise for two minutes
15. Break up the mince as best you can into small chunks whilst you cook out for 2 more minutes
16. Serve with rice

CHIPS AND CURRY SAUCE

INGREDIENTS:

- Half a large onion (Diced)
- 3 Tbsp Ghee
- 3 Dried Garlic Cloves
- 1Tbsp Grated Ginger
- 1Tbsp curry powder
- ½ Tsp Cumin
- ½ Tsp Coriander
- ½ Tsp Garam Masala
- ½ Tsp Turmeric
- 1Tbsp Tomato puree
- 500ml Vegetable stock
- 1Tbsp Cornflour
- 2 Large Potatoes
- Fresh Cauliflower
- 1Tbsp Mixed Herbs
- 1Tbsp Paprika
- 2 Tbsp Olive Oil

Serves: 2 | Prep: 10 Min | Cook: 60 Min

METHOD:

CHIPS

1. Cut up potatoes into chips
2. Optional to leave skin on
3. Place potatoes on oven dish
4. Season with Oil, Paprika, Mixed herbs and Salt/ Pepper
5. Mix with your hands until all chips are seasoned
6. Place a few knobs of butter over the chips to melt when cooking
7. Roast for 50 minutes 200 degress in the oven

CURRY SAUCE

1. Add ghee to a saucepan until melted
2. Add onions to pan and sweat for 5 minutes
3. Add garlic and ginger and cook for 2 minutes
4. Mix Cumin, Coriander, Garamsala, Turmeric and Curry powder to the onions
5. Stir until mixture becomes dry then mix in the tomato puree
6. Pour in the vegetable stock and bring to the boil
7. Mix the tbsp cornflour with a tbsp of water into a slurry
8. Pour in the saucepan and mix well
9. Simmer for 15 minutes
10. Blitz the mixture in a blender until smooth with a hand blender

CHINESE CRISPY WINGS

Serves: 2 | Prep: 10 Min | Cook: 5 Min

Ingredients:

- Chicken wings
- 3 Garlic cloves
- 1tsp Ginger
- 2 1tsp Sesame Oil
- 1tsp Honey
- 2 Tbsp Soya Sauce
- 2 Tbsp Hoisin Sauce
- 1tsp Rice Vinegar
- 100g Cornflour
- Pinch Black Pepper
- 1tsp Paprika,
- ½ tsp Cayenne Pepper,
- 1tsp Five spice
- 1tsp Shaoxing wine
- Egg

Method

1. Finely dice garlic and ginger
2. Cut chicken wings in half
3. Remove the tail
4. Marinade in all of the ingredients other than the flour for 2 days
5. Mix well
6. Coat the marinated chicken wings in cornstarch flour
7. Knock off any excess flour
8. Keep the marinade
9. Deep fry 6 wing 170 degrees
10. Remove and drain on paper towel
11. The wings are great on their own
12. Place the marinade into a sauce pan and heat up
13. Brush over the wings
14. Serve

2

CHICKEN PARMIGIANA

SALT AND PEPPER CHICKEN

SAUSAGE AND MASH PIE

LEMON CHICKEN

1

Garlic Cajun Wings

Ingredients

- Oil to fry (enough for it to be an inch or so deep in the pan)
- 2 ½ lb chicken wings (sections, not whole)

Base Seasoning

- ½ Tbsp salt
- ½ Tbsp smoked paprika
- ½ Tbsp chipotle powder
- ½ Tbsp garlic powder
- ½ Tbsp baking power (this creates very tiny air bubbles on the skin of the chicken, expanding the surface area, which results in a lighter, crispier fried chicken)

Garlic Cajun Sauce

- 4 Tbsp minced garlic
- 2 Tbsp honey
- 1 tsp salt
- 2 tsp garlic powder
- 1 tsp chipotle powder
- ½ tsp crushed red pepper
- 2 tsp Italian seasoning
- 2 tsp corn starch
- 3 Tbsp melted butter, cooled

Sticky Garlic Chicken Wings

2

Ingredients

- 1 tsp salt
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp dried ginger
- 1 tsp chili powder (optional)
- 2 tsp corn starch
- 2 lb chicken wings (sections, not whole)
- Peanut oil for frying

Sticky Garlic Sauce

- 1 tsp fresh ginger, grated (or ½ tsp if using dried ginger)
- ¼ cup rice wine
- 7 cloves garlic, minced
- 1 tsp crushed red pepper
- 2 Tbsp soy sauce
- 2 Tbsp honey
- 1 tsp corn starch
- 2 tsp sesame oil

Steps

1. Combine the salt, garlic powder, onion powder, dried ginger, chili powder, and corn starch to make the base seasoning for the chicken.

THE
O'NEAL'S WAY
Michael O'Neal
VOL.
2
THE ONEAL'S WAY
RECIPE BOOK
Vol. 2
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Michael O'Neal
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Cream Of Crab Soup

DEDICATED TO OUR ANCESTORS AND MEMORIES OF . . .

Annie Elizabeth Gray - Birmingham, AL

Bernice (Jackson) Hall - Denver, CO

Minnie (Gray/Anthony) Simpson - Denver, CO

Ms. Willie Franklin – Montgomery, AL

Pearl Guss Sykes - Oxmoor, AL

Raymond Anthony - Denver, CO

Sammie Mae (Gray) Williams - Denver, CO

Sammie Mae (Anthony) Cross - Denver, CO

Willie G. Rucker – Birmingham, AL

Alex Haley

"Have family reunions. There is something magic about the common sense of a blood bond. It's not less magic for black, white, brown or polka dot. The reunion gives a sense that the family cares about itself and is proud of itself. And there is the assumption that you, the family member, are obligated to reflect this pride and, if possible, add to it."

BREADS & ROLLS

Cracklin' Bread

This is an old-time favorite that my mother "Ma" would prepare for our Sunday meal and especially if greens were being served. We would always eat a few kernels of cracklin' before it went in the batter for cornbread.

Ingredients:

- 1 cup cracklin' (broken into pieces)
- ½ tsp salt
- 1 tsp soda
- 2 cups white corn meal
- 1 tsp sugar
- 1 cup sour milk or buttermilk
- 2 tbsp melted fat

Instructions:

1. Mix and sift dry ingredients.
2. Add milk.
3. Stir in cracklin' and sour milk.
4. Pour into greased square pan.
5. Bake for 30 minutes at 350 degrees.

Stephanie Cross – Denver, CO

Four Ingredient 7Up Biscuits

Ingredients:

- 2 cups Bisquick or store brand Baking Mix
- 1/2 cup 7Up
- 1/2 cup sour cream *
- 1/4 cup of melted butter

Instructions:

1. Preheat your oven to 450 degrees.
2. Place Bisquick into a bowl and cut in sour cream with a fork.
3. Pour in 7Up and mix. The dough will be soft.
4. Use additional Bisquick or flour to dust table or board.
5. Place dough mixture on table.
6. Dust dough and hands with Bisquick and pat dough into an 8 to 9 inch square.
7. Use the rim of a glass or cup (approximately 3 inches) and cut dough to make 8 to 9 biscuits.
8. Place 1/2 stick of butter in 9-inch square pan and place in the oven to melt.
9. Once butter is melted, remove from oven and carefully place cut biscuits in pan.
10. Bake for 12 to 15 minutes or when they are golden brown.
11. Remove and spread more butter if desire.
12. Serve. *Plain Greek Yogurt can be substituted for the sour cream

Sydney Cross-Watts – Denver, CO

JANMA'S TABLE
Southern food, family, and second helping
Part I
Supper
BREADS AND JELLIES
MAYHAW JELLY
BLUEBERRY JELLY
SOUPS + STEWS
JAN'S BRUNSWICK STEW

Recipes From
MARY'S KITCHEN
Preface
Wisemen still seek Him
BREADS
Amish Friendship Bread
Handy Helps for the Home
Hand Soap
Mold on Hold
To Remove Varnish
Graham Bread

Simply Delicious
A COOKBOOK
By KIRSTEN SLATER
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APPETIZERS, SOUPS AND STARTERS
BUTTERNUT SOUP
CELERY SOUP

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TEMPURA DE SURIMI AU LEMON CURD SALE

Ingrédients :

- 4 surimis
- 2 glaçons
- 1 courgette
- 70g de farine
- Huile de friture
- 3 jaunes d'œufs Huile de friture
- 1 cuillerée à café wasabi
- 1 patate douce à chair orange
- Le jus de 2 citrons non traités
- 15cl d'huile d'olive 1 pincée de sel
- 1 à 2 cuillerées à soupe de sauce soja
- 20g de fécule de maïs 5cl d'eau gazeuse

Préparation :

1. Placer les jaunes d'œufs dans un saladier avec le jus de citron et le sel. Cuire la préparation au bain marie en fouettant jusqu'à ce que la préparation épaississe. Ajouter l'huile d'olive en filet très mince comme pour monter une mayonnaise. Ôter la préparation du feu et réserver au frais.

Mexican vegan fish tacos

Ingredients:

- 1 can of young jackfruit in water, drained and rinsed
- 1 tablespoon of olive oil
- 1/2 teaspoon of smoked paprika
- 1/2 teaspoon of cumin
- 1/2 teaspoon of garlic powder
- Salt and pepper to taste
- 1/4 cup of all-purpose flour
- 1/4 cup of cornmeal
- 1/4 cup of non-dairy milk
- 1/4 cup of beer
- 1 tablespoon of lime juice
- 1 tablespoon of hot sauce
- 1 tablespoon of olive oil
- 8 small corn tortillas
- 1 cup of shredded cabbage
- 1/2 cup of diced tomato
- 1/4 cup of chopped fresh cilantro
- 1/4 cup of diced red onion
- Lime wedges for serving

Instructions:

1. Preheat the oven to 400°F.
2. Drain and rinse the jackfruit, and use your fingers to shred it into small pieces.
3. Heat the olive oil in a skillet over medium heat and add the shredded jackfruit, smoked paprika, cumin, garlic powder, salt, and pepper. Cook for 5-7 minutes until the jackfruit is slightly browned.

4. While the jackfruit is cooking, prepare the batter. In a medium bowl, whisk together the flour, cornmeal, non-dairy milk, beer, lime juice, hot sauce, olive oil, salt, and pepper until smooth.
5. Dip each piece of cooked jackfruit into the batter and place it on a baking sheet lined with parchment paper.
6. Bake the jackfruit in the oven for 10-15 minutes or until the batter is crispy and golden brown.
7. Warm the tortillas in the microwave or on a griddle.
8. Assemble the tacos by placing a few pieces of jackfruit on each tortilla, followed by shredded cabbage, diced tomato, cilantro, and red onion.
9. Squeeze a lime wedge over each taco and serve immediately.
10. Addition to your vegan fish tacos! You can make a delicious chipotle sauce by blending together 1 cup of vegan mayonnaise, 1-2 chipotle peppers in adobo sauce, 1 tablespoon of lime juice, and 1/2 teaspoon of garlic powder. Add salt to taste. Blend until smooth and creamy, and serve with your tacos.
11. Enjoy your spicy vegan fish tacos!