**Title: Mulberry Jam**

Yield: 24 oz

**Projected Time:** 30 minutes

Specialty Equipment: Mason jar, small thick bottomed pot

**Amount Ingredient Note**

4 c Mulberries (red or white)

2 c sugar

2 ½ Tbsp powdered pectin

2 tsp lemon juice

**Steps:**

1. Prepare the jars you will be storing your jam in by washing thoroughly with warm water and soap. Set to dry. (If you will be canning the jam in a water bath canner, prepare for the canning now.)
2. In a 2 quart saucepan, mix all ingredients together.
3. Turn the heat to medium and stir occasionally until the sugar melts and the berries begin to soften.
4. Using a potato masher, mash berries to desired consistency.
5. Increase heat to high and bring the mixture to a hard boil that cannot be stirred down. Stir constantly so the jam does not stick to the pan and scorch.
6. Boil hard for 1 minute, stirring constantly. After the minute has passed, remove pan from heat.
7. Immediately fill your glass jars with the hot jam, leaving ¼ inch of head room.
8. Process as you would any other berry jam, or let jam cool completely on the counter before refrigerating.

**Title:Apple Ketchup**

**Yield: 2 cups**

**Projected Time:** 60 minutes

Specialty Equipment: Small pot, Blender

Amount Ingredient Note

1 ea Onion, white

1 Tbsp Oil, Canola

2 Cloves Garlic, fresh

1 Thumb Ginger,fresh

1 qt Apple, red(peel on) 1 in dice, core removed

1/2 cup Sugar

1 Tsp Sumac

1 Tsp Tumeric

1.5 Tsp Salt

6 Tbsp Apple cider vinegar

Steps:

1. Peel onion and finely chop. Sweet in 2 qt sauce pot for low heat for 10 minutes, once translucent add minced ginger and garlic. Sweet all together for 5 minutes on low heat.
2. Once soft add apples, sugar, sumac, turmeric, and salt. Put on low heat and let slowly cook for 20 minutes.
3. After everything is cooked place in a blender on high till smooth, add vinegar and blend again. Taste for seasoning, should be almost overly sweet, acidic.
4. Cool till room temp and store for up to 3 weeks.

**Title:Banana Flatbread w/za'atar spice**

Yield:8 ea

Projected Time:8 hours

Specialty Equipment: Oven, Cast iron pan, Mixing bowl with bowl

Amount Ingredient Note

30 Gr Potato flakes

19 Gr Water Watery

1/2 Ea Onion Chopped and sweated w/ oil

2 Cloves Garlic Minced

2 Ea Bananas

1/2 Cups Water- 120F

10 Gr Sugar

10 Gr Active- dry yeast

8 Gr Salt

20 Gr EVOO

2 Cups Flour- AP For Rolling out

To Finish

A bit Olive Oil

Smidgin Salt

Sprinkles Dry Veg Za'atar

Steps:

1. Preheat oven to 500 F, placecast iron in oven to heat.
2. In oven place whole bananas in non stick pan, roast in oven for 20 minutes. Take out and let cool. Once cool, take out of peel and mash thoroughly.
3. With pre-cooked onions, mix in bowl with potato flakes, water, raw garlic, and mashed bananas.
4. In a separate bowl mix 120F water with sugar and yeast, and let sit in warm place for 10 minutes to ferment.
5. When yeast mix is nice and bubbling mix with onion mix
6. Kneed dough for 15 minutes till smouth and springy.
7. Let rest covered for 2 hours in warm placeor till doubled in size.
8. Portion into 6 oz ish balls, kneed again each ball for 2-3 minutes till well rounded(outside should be slightly tacky but not sticky, in sticky add a bit of flour while kneading), dust outside with flour and let rest covered for 20 minutes
9. Once rested , dust a countertop with flour and roll our each ball into a ¼ in round disk. Slap disk onto cast iron in oven and close door quickly. Cook for 3 minutes then flip with tongs and cook for another 3 minutes.
10. Repeat for rest of dough, rolling out another while previous is cooking.
11. Once bread comes out slightly drizzle with slat, olive oil and Za’artar spice. Stack together to keep moister in and cover with towel.
12. Best eaten that day.

**Title:Vinegar Slaw**

**Yield:** 2 qts

**Projected Time:** 20 minutes

Specialty Equipment: Mixing bowl

Amount Ingredient Note

1 Head Green Cabbage

1 Ea Bell Peppers

1 Ea Onions, white

1 Whole Zucchini

6 Leaves Kale, Chopped

2 Ea Apples Cored and Sliced

4 Tbsp Apple Vinegar

1 Tsp Salt Grind with garlic

1 Ea Garlic Ground into paste

3 Tbsp Cilantro Chopped

1/4 Tsp Paprika

Sets:

1. Make sure everything is well washed.
2. To make dressing, ,mix paprika, garlic paste, and apple vinegar. Whisk together well and set aside.
3. Shred cabbage, slice bell peppers, kale, onions, zucchini, and apples thin.
4. Mix everything in a bowl, let sit for 10 minutes in refrigerator before eating.
5. Eat within a week

**Title:Cucumber Salad**

Yield:3 Qts

Projected Time:30 minutes

Specialty Equipment: Mixing bowl

Amount Ingredient Note

4 Ea Cucumbers Wash, peel

1/2 Ea Melons Peel and dice

1 Ea Red onions Sliced

4 Ea Pluots Sliced

4 Tbsp Olive oil

¼ Thumb Ginger, Peeled and minced

1 Tsp Salt, kosher

1/2 Bunch Parsley Chopped small

1 Ea Orange, fresh Zested and juiced

Sets:

1. Zest and juice orange into small bowl, set aside
2. Make sure all fruit and vegetables are washed and cut into1/2-1 inch dice
3. For dressing take minced ginger, salt, parsley and olive oil with juice and zest. Mix well
4. Toss cut fruit and veggies with dressing till lightly dressed. Dont over dress.
5. Dress right before eating.

**Title: Raspberry Shrub**

Yield: 1 Qt

Projected Time:

Specialty Equipment: Cheese Cloth

Amount Ingredient Note

2 Cups Raspberries, fresh

1 Cup Water

1 Cup Sugar, white granulated

1 Cup Vinegar, apple cider

Pinch Salt

Steps:

1. In a 2 qt pot put all ingredients except vinegar and bring to simmer.
2. Cook for 10 minutes constantly crushing berries in pot.
3. Let cook in pot for 5 minutes then add vinegar and stir.
4. Pass all through triple layered cheesecloth into mason jar and let cool at room temperature.
5. Store in fridge for up to 8 weeks.