**Tamales Rojos de Pollo**

Ingredients

1 pound chicken

1.75 oz. Chiles Anchos (Dried Poblanos)

1 oz. Chiles Mulatos\*

1 clove garlic

8 cumin seeds or about ¼ to ½ teaspoon ground cumin

1 ½ cups shortening

½ tbsp. baking powder

½ tbsp. salt

3 cups chicken broth (you can make this using bullion)

4 ¼ cups Mexican-Style Corn Flour (Maseca’s a good brand)

35+ dried corn husks, soaked in water and drained

Instructions

* Boil the chicken in a large pot with salt and sufficient water to cover until it’s soft and pulls apart easily
* Toast the chiles, either over fire, in a pan, or under broiling heat, until just after the skins begin to blacken. Soak them in water until soft
* Remove the seeds, stems, and veins from the chiles and blend them with the garlic and cumin. If needed, you add a little of the soaking water to facilitate blending
* Heat 1 tbsp. of the shortening in a pan. Pour in the blended chile and fry for several minutes. Shred the chicken and add it to the chile. Stir and cook for several minutes, until well combined.
* Beat the rest of the shortening in a large bowl until fluffy. Add the baking powder, salt, chicken broth and corn flour. Continue beating until combined. The dough will be ready when a small ball floats in a glass of water.
* To make the tamales, spread 2 tbsp. dough across the center of a corn husk. Place 1 tbsp. chicken mixture in the center of the dough, in a vertical line. Fold the husk in half hot-dog-style, making sure the dough seals around the edges, trapping the chicken inside. Fold up the bottom of the husk and then fold the extra on the side over, creating a packet with the top open.
* Place the tamales in a ring inside a large steamer pot. Fill with water to just under the grating, then boil for 2 to 3 hours. Make sure to add water when it runs low. The tamales will be done when they are firm and the dough stays together. Serve with Mexican Rice and Frijoles. Enjoy!

\*Note: you can use whatever kind of dried chiles you can get a hold of, according to your spiciness preferences. The listed chiles are not spicy. Just make sure to use about 2.75 oz. of whatever chile you choose.

**Fruit Pie Filling**

|  |  |  |  |
| --- | --- | --- | --- |
| Fruit | Amount  (cups) | Sugar (cups) | Flour (tbsp.) |
| Apples | 6 | ½-¾ | 2 |
| Berries | 6 | 1 | 4 |
| Cherries | 6 | 1 ¼-1 ½ | 5 |
| Peaches | 6 | ½-1 | 3 |
| Pears | 6 | 1/3-½ | 3 |

**Deviled Eggs**

Ingredients

6 hard-boiled eggs

¼ cup mayonnaise

1 tsp. mustard

1 tsp. vinegar

Paprika or parsley sprigs (optional)

Instructions

* Halve eggs lengthwise and remove yolks. Place yolks in a small bowl; mash with a fork. Add mayo, mustard and vinegar. Mix well. If desired, season with *salt* and *pepper.*
* Stuff egg white halves with yolk mixture. Cover and chill until ready to serve. Garnish with paprika or parsley.

**Chicken Casserole With Sausage**

Ingredients

1 small can chicken or 1/3 cup leftover chicken pieces

1 pound sausage (or additional chicken, or ground beef)

1 large onion

½ green pepper, chopped

4 ½ cups water

2 pkg. Lipton Chicken Noodle Soup

1 ½ sticks celery

1 cup uncooked rice

¼ lb. slivered almonds

Instructions

* Brown sausage. Add chopped onion, pepper, and celery.
* Bring water to a boil, then add rice and soup mix. Bring back to a boil.
* Combine all ingredients together, saving enough nuts for a topping. Place in a 9 by 13 baking pan. Sprinkle with nuts.
* Bake at 350 degrees for 1 hour. Cover with casserole dish lid or tin foil for the first 40 minutes.

**Pecan Granola**

Ingredients

6 cups regular oats

1 cup chopped pecans

1 cup coconut (optional)

½ cup canola oil or applesauce

1 cup sweetened condensed milk

½ cup wheat germ

½ tsp. salt

Flax seed (optional)

Instructions

* Mix all ingredients together and spread on two cookie sheets. Bake for 20 minutes at 250 degrees. Stir and bake for 20 more minutes. Again, stir and bake for 10 more minutes. Alternate cookie sheets on racks each time. Continue this at 10 minute intervals until it is as golden brown as you like it.

Sweetened Condensed Milk

Ingredients

½ cup hot water

1 cup sugar

1 tbsp. butter

1 cup powdered milk

Instructions

* Blend thoroughly. Store in fridge or freezer.

**Pico de Gallo**

Ingredients

3 Roma Tomatos

1 Onion

1 Serrano

Cilantro to taste

Lime juice to taste

Salt to taste

Oregano to taste

Instructions

* Chop and combine all vegetables.
* Add lime juice, salt and oregano

Ceviche

Ingredients- (all ingredients to taste)

Pico de Gallo

½ pound small shrimp

Carrot

Celery

Onion

Garlic

Lime

Cucumber

Avocado

Instructions

* Boil water and salt. Peel the shrimp, add the shells to the water. If desired, add carrots, celery, onion, and garlic to the water as well. Let boil.
* Put shrimp in a steamer basket then submerge in the boiling water until light pink. (about 2 minutes)
* Submerge shrimp in ice water. Add shrimp to Pico de Gallo. Add lime, chopped cucumber and chopped avocado.

**Masa** (All-purpose Mexican corn dough)

Ingredients

2 lb. Mexican Style corn flour (Maseca is a good brand)

3-4 cups water

1 spoon salt

Instructions

* Pour Corn Flour onto the counter. Form a pile. Make a well in the middle and pour a little water in. Knead it through, pulling flour from the edges over onto the water in the middle. Repeat, using water as needed, until flour comes together and form a ball of dough. Continue kneading and adding water until a small amount of dough gently pinched between the fingers doesn’t crack at the sides. Be sure to knead it violently, preferably throwing it at the counter at high velocities.

**Sopes**

Ingredients

Masa

Cheese (Monterey Jack preferred)

Oil

Refried beans, warm

Salsa, warm (Guajillo or Boiled Salsa preferred)

Meat, warm (Mexican-Style chicken, Carne Asada, etc.)

Lettuce/Cabbage

Tomato

Onion

Mexican-Style cream/Sour cream

Queso Fresco/Cheese of choice

Instructions

* Take a plastic bag, and using a pair of scissors, snip the handles in the middle. Cut along the seam on both sides of the bag so that you can lay the bag flat, and it is longer than it is wide
* Take a ball of masa, put it in your palm, then gently close your fingers over the top of it until your fingers just touch the palm of your hand. Push a little bit more. Tear off any masa that is pushing out of your fist. Form the remaining dough into a ball.
* Put this ball on top of the plastic bag, then fold the bag over, on top of the ball of dough. Using a flat surface, flatten the dough (between the plastic) until it is about 1/8 to ¼ inch thick. Cook on griddle or non-greased frying pan until it looks dry and is done.
* Remove, then pinch up around the edges and a little in the middle to form ridges. This is a sope.
* Pour a little bit of oil in the sope, then invert onto the griddle. Cook over medium heat just until the edges touching the griddle start to brown. Flip. Add cheese, and when cheese starts to melt, add beans and meat. Add salsa on top.
* Once everything is nice and hot (or the bottom starts to darken too much) remove from heat. Top with vegetables, cream and cheese.

**Salsa**

**Guajillo**

Ingredients

2 medium Roma tomatoes

4 oz. Chiles Guajillo

¼ onion

2 cloves garlic

Salt to taste (quite a bit, actually)

Instructions

* Remove seeds from chiles, as desired, to regulate spiciness. Remove stems.
* Boil everything but salt until soggy. (about 15 minutes) Cover to keep submerged.
* Blend with a little (2 ½ inches or so) of the boiling water
* Strain it. Save the salsa, then blend the bits you strained out of it with a little of the boiling water.
* Strain it. Add the salsa to the previously strained salsa. Repeat blending of the big bits and straining twice more.
* Discard any leftover big bits, then blend all of the salsa together. Add salt to taste.

**Chile de Árbol**

Ingredients

4 oz. Chile de Árbol

¼ onion

2 cloves garlic

1-3 Roma Tomatoes (less makes it spicier)

Cilantro to taste

A lot of salt

Oil (optional)

Water or Chicken broth

Instructions

* Cut the onion, tomatoes and garlic cloves in half, then toast everything over medium heat in a dry frying pan except the cilantro and salt until just a little black.
* Blend everything with 3 inches of water or broth. Add salt to taste. Blend really well.
* Add the cilantro, blend just a little to chop it.
* If desired, heat oil in a frying pan. Use 1 part oil for 3 parts salsa. Once hot, add salsa. Fry together for several minutes. This works better the less tomatoes you use.

Habanero

Ingredients

1 part Habaneros

2 parts Onions

2 parts Lime juice

Salt to taste

Instructions

* Chop habaneros really finely.
* Julienne the onions. Mix all ingredients together. Serve as a topping for tacos, hot dogs, etc.

Salsa Rojo

Ingredients

1 pound Roma Tomatoes

¼ onion

2 cloves garlic

Salt to taste

Chiles Serrano or Jalapeño to taste

Cilantro to taste

Avocado (Optional. If using, add 1 tbsp. lime juice)

Instructions

* Grill onion, tomato, garlic, chile until black and tomatoes almost fall apart.
* Blend everything except avocado until you can still see pieces, so not too long.
* Add a little water and salt. Chop and add cilantro

**Salsa Verde**

**Fresh**

Ingredients

1 lb. tomatillos

¼ onion

2 cloves garlic

Salt to taste

Cilantro to taste

Avocado (optional- if using add 1 tbsp. lime juice)

1/8 onion

Chiles Serranos or Jalapeños (Serranos are spicier. Vary amount for spiciness; 4 for very spicy, 1 for more mild flavor)

Instructions

* Blend everything except the ¼ onion, cilantro and the avocado. Add salt.
* Chop the ¼ onion and the cilantro very finely, and chop the avocado as well. Add to the salsa.

Grilled

Ingredients

1 pound tomatillos

¼ onion

2 cloves garlic

Salt to taste

Chiles Serrano or Jalapeño to taste

Cilantro to taste

Avocado (Optional. If using, add 1 tbsp. lime juice)

Instructions

* Grill onion, tomato, garlic, chile until black and tomatoes almost fall apart.
* Blend everything except avocado until you can still see pieces, so not too long.
* Add a little water and salt. Chop and add cilantro

Boiled

Ingredients

1 lb. tomatillos

¼ onion

2 cloves garlic

Sal, pepper, cumin and oregano to taste

Chiles Serranos or Jalapeños to taste

Instructions

* Boil everything except spices. Blend all together, with spices. Always serve hot.

Spicy Guacamole

Ingredients

2 parts Fresh Salsa Verde

1 part Lime juice

2 parts Avocado

Cilantro to taste

Chiles Serranos (optional)

Instructions

* Taste Salsa Verde to see how spicy it is. To make it spicier, chop chiles serranos into it.
* Place avocado and lime in the blender, add a little salsa, and blend. Add the rest of the salsa and blend.
* Chop cilantro finely and add to guacamole.

Salsa Macha

Ingredients

1 lb. Chiles Jalapeños

Lime Juice (see instructions for amount)

Salt to taste

3 cloves garlic

Instructions

* Grill jalapeños and garlic in a dry pan, over a flame, or under broiler heat until 70% black. Blend them to create a paste.
* Add 1 part lime juice for 2 parts jalapeño paste. Mix. Add salt to taste.

Frijoles (Refried Beans)

Ingredients

Peruano beans (or other beans)

Minced onion, a couple tablespoons

Minced garlic, a tablespoon or so

Water

Oil

Queso Fresco (optional)

Desired Seasonings (optional, ex: salt, cumin, cayenne pepper)

Instructions

* Boil beans until very soft.
* Heat ¼ to ½ inch oil in a frying pan.
* Add onion and garlic to oil. Fry until they just barely start to brown.
* Drain beans, add to hot oil. Fry for a couple minutes, then mash them right there in the frying pan.
* Add cooking water until desired consistency is achieved.
* If desired, mash in queso fresco and seasonings.

Shrimp Cocktail

Ingredients

2 lb. raw medium shrimp with shell

4 Roma tomatoes

½ onion

2 bunches cilantro (or less)

1 24 oz. bottle of ketchup

1 bottle clamato (optional; up to you. Some like it, some don’t)

1 bottle shrimp cocktail sauce

5 limes

3 oranges

2 cans oysters (optional)

3 cloves garlic

Salt to taste

Chopped Avocado to taste

Ice

Tapatío (optional)

Instructions

* Boil 3 quarts of water and the garlic in a stock pot for about 10 minutes.
* Turn off the heat, wait for the boiling to stop, then place the shrimp in the water and stir for about 40 seconds, or until shrimp are pink. Drain the shrimp, but save the water. Set aside.
* Place the shrimp and ice in a large bowl and mix for 5 minutes. Remove shells from shrimp, discard.
* Put shrimp back in the stock pot, squeeze the oranges and the juice of 1 lime into the pot, and mix in ketchup, clamato, if using, shrimp cocktail sauce, salt, onion, and shrimp cooking water. Add oysters with their juice, if using.
* Let soak for 1 day in the fridge.
* Before serving, add chopped tomatoes, cilantro, avocado, the rest of the lime juice and the tapatío.

**Chiles Rellenos**

Ingredients

1 pound Roma tomatoes, halved

½ onion, cut into ½ inch slices

2 cloves garlic, peeled and smashed

1 chile Serrano

1 tsp. lime juice (more or less to taste)

1 tsp. salt (more or less to taste)

4 chiles poblanos

Black pepper

3 cups shredded Monterey Jack cheese

4 eggs, separated and at room temperature

½ tsp. salt (more or less to taste)

1 cup oil

Instructions

* Heat broiler to high, place rack in upper third of oven. Place the vegetables (except for the chiles poblanos), skin side up (where applicable) on a baking sheet. Broil until the tomato skins start to blacken and blister. (About 7 minutes)
* Blend vegetables and lime juice and the 1 tsp. salt. Taste and season with additional lime juice and salt, if needed.
* Transfer to a small saucepan and keep warm over low heat.
* Lay 1 chile poblano on a work surface. Slice down the side of the chile from stem to tip, then horizontally just beneath the stem, forming a “T” shape. Do not cut off stem completely.
* Carefully remove core, seeds, and veins.
* Blacken over open flame or under broiler heat (about 5-7 minutes).
* Place chiles in an airtight container; let steam for about 15 minutes. Remove from container and scrape/peel off blackened skin, being careful not to tear chiles.
* Season the inside and outside of the chiles with salt and pepper. Stuff each chile with about 2/3 cup of the cheese, and close the flaps over the cheese.
* Whisk the egg yolks until lightened in color and frothy. (about 2 minutes) Set aside.
* Beat egg whites and ½ tsp. salt until stiff peaks form. (about 1 ½ minutes)
* Carefully fold in egg yolks. Set aside.
* Heat oil in frying pan until hot. (about 4 minutes)
* Working with 1 chile at a time, drop ½ cup egg batter into the oil and use a spatula to spread it to about the same side as the stuffed chile.
* Lay the chile seam-side down on top of the mound of batter. Spoon ½ cup batter on top of the chile, spreading it to encase the chile.
* Cook until the bottom is golden brown. (about 2 to 3 minutes) Carefully flip over and cook until the other side is golden brown.
* Serve topped with salsa.

**Fudge**

Ingredients

2 cups sugar

¾ cup milk

2 squares (2 oz.) unsweetened chocolate

1 tsp. light corn syrup

2 tbsp. butter

1 tsp. vanilla

½ cup coarsely chopped nuts

Dash of salt

Instructions

* Butter sides heavy 2 quart saucepan. Combine sugar, milk, chocolate, corn syrup, dash of salt. Cook and stir over medium heat until sugar dissolves and mixture comes to boiling.
* Continue cooking to 234 degrees (soft ball stage) stirring only as necessary to prevent sticking. Mixture should boil gently over entire surface.
* Immediately remove from heat. Add butter or margarine but do not stir. Cool without stirring until lukewarm (110 degrees) for 35-40 minutes.
* Add vanilla and nuts. Beat vigorously for 7-10 minutes or until fudge becomes very thick and just loses its gloss.
* Immediately spread in a buttered 9x5x3 in loaf pan. Score into squares while warm; cut when firm. Makes about 1 ¼ lbs.

**Chicken Katzu**

Ingredients

A couple cups Panko (bread crumbs)

A cup or two of flour

A few eggs

A little water

Chicken

Oil

Instructions

* Heat 1 ½ to 2 ½ inches oil in a frying pan at medium heat.
* Defrost chicken if frozen. Slice lengthwise, that is, leave the shape of the piece of chicken in shape but make it thinner.
* Slice it into strips. Coat (by dipping) the chicken strips in flour, then egg, then cover completely in panko.
* Test oil by dropping in a small amount of panko and egg combined. If mixture sizzles in oil and bubbles and immediately floats to surface, oil is hot enough.
* Fry chicken in oil until golden brown, turning when one side is done. Cut open the first one to make sure it’s fully cooked and to get an idea of how long to cook it. If outside browns too fast, that is, if the outside cooks too much faster than the inside, turn down the oil.
* Drain. Serve with ton katzu sauce.

**White Bread Dough**

Ingredients

5 ¾ to 6 ¼ cups flour

1 tbsp. yeast

2 ¼ cups milk

2 tbsp. sugar

1 tbsp. butter

1 ½ tsp. salt

Instructions

* In a large bowl combine 2 ½ cups of the flour and the yeast. Set aside.
* In a saucepan heat and stir milk, sugar, butter and salt just until warm and butter almost melts. (120 to 130 degrees)
* Add milk mixture to flour mixture and beat with an electric mixer on low for 30 seconds.
* Beat on high for 3 minutes.
* Stir in as much of the remaining flour as you can.
* Turn dough out onto a floured surface and knead in the rest of the flour until you get a moderately stiff dough that is smooth and elastic.
* Continue on to Homemade Bread or Scones, or separate into medium sized balls, place in Ziploc bags and freeze.

Whole Wheat Bread

Prepare the same as above, but decrease white flour to 3 ¾ to 4 ¼ cups and stir in 2 cups whole wheat flour after beating the mixture for 3 minutes.

**Scones**

Ingredients

1 (or ½) recipe White Bread Dough

Oil

Chili, Syrup or Jam to top

Instructions

* Prepare bread dough as directed. Roll dough out on a lightly floured surface to a thickness of about 1/3 inch.
* Heat about 1 ½ to 2 inches of oil in a frying pan.
* Cut or form dough into desired shapes. Fry in oil until golden brown, flipping once.
* Serve with chili, syrup, jam, or other desired topping.

**Tacos**

Ingredients

Tortillas (corn or flour)

Meat (Mexican style chicken, Carne Asada or Taco Meat)

Cabbage

Roma Tomatoes

Limes

Onion

Salsa (you choose which kind)

Tapatío (optional)

Avocado

Mexican style cream/Sour cream

Queso fresco

Instructions

* Prepare meat. If using corn tortillas, double layer the tortillas.
* Place a small amount of meat in center of tortilla. Top with remaining ingredients.

**Homemade Bread**

Ingredients

1 recipe White Bread Dough  
OR

Frozen bread dough

Instructions

* If dough is frozen, place in a medium bowl, cover, and let sit in a warm place for about 3 hours, or until defrosted.
* Otherwise, shape dough into a ball. Place in a greased bowl, turning over once to coat the dough in grease. Cover and let rise in a warm place until double in size (45 to 60 minutes)
* For either type of dough, punch down. Turn dough onto a lightly floured surface, divide into desired sizes. (1 whole recipe makes 2 loaves)
* Cover, let rest 10 minutes. Grease loaf pans.
* Shape dough into a loaf. Gently pat and pinch dough into a loaf shape, tucking edges underneath.
* Place loaves in pans, seam sides down. Cover and let rise in a warm place until nearly double. (about 30 minutes)
* Preheat oven to 375 degrees. Bake for 35 to 40 minutes or until bread sounds hollow when lightly tapped. Immediately remove bread from pans. Let cool.

**Rolls**

Prepare the same as above, but split into several small balls before letting the dough rest for 10 minutes, and reduce rising time and cooking time. Judge them by the same standards given; let rise until double in size and cook until they sound hollow.

**Tomato Noodle Casserole**

Ingredients

6-12 oz. noodles (egg noodles, elbow macaroni, penn rigate, shells, bow ties)

½ lb. ground beef or sausage

2 tbsp. butter

2 8 oz. cans tomato sauce

Salt, pepper, garlic powder, Italian seasoning, hot pepper to taste

Mushrooms, olives, peppers, other desired vegetables

Cheese

Instructions

* Sauté meat and onion in butter until meat is browned. Add tomato sauce and seasonings and cook for a couple more minutes.
* Combine meat sauce, noodles and vegetables. Place in casserole dish. Sprinkle cheese on top. Cook, uncovered, until heated through and sauce is bubbly.

**Carrot**

Ingredients

1 9in carrot, peeled

2 tsp. sugar

1 ¼ cup water

Pinch salt

Instructions

* Julienne carrot.
* Mix all ingredients together and cook over medium heat until liquid is absorbed or evaporated and carrots are tender. If liquid disappears before carrots are tender, whip up some more and add it in.
* **Sushi**

Ingredients

Nori (Seaweed; large sheets, toasted)

1 recipe Sushi Rice

Desired Fillings

Instructions

* Lay out nori sheet, preferably on sushi mat, though any flexible surface will work. Spread a thin layer of rice across nori (about 1-2 grains of rice thick).
* Place desired fillings horizontally in center of nori sheet, side by side. Roll nori sheet like a paper tube. The flexible surface can be rolled along with it to make it easier.
* Seal edges of nori with a little bit of water. (A wet finger works well.) Slice.

**Temaki Sushi**

Cut nori into smaller squares. People may spread their own rice and fillings and roll it themselves in their hands, no sushi mat or cutting required. Great for parties and picky eaters. Makes personal slightly-larger-than-bite-sized sushi.

**Sushi Rice**

Ingredients

2 ½ cups uncooked rice

2 ¾ cups water

1 tbsp. vinegar

4 ½ tbsp. rice vinegar

3 tbsp. sugar

1 tbsp. salt

Instructions

* Cook rice as usual. (Using rice cooker, but with above amounts)
* Place vinegar, sugar and salt over low heat and stir until dissolved. Cool.
* Sprinkle 2 tbsp. vinegar mixture in the bottom of a large bowl. Turn out hot rice into the bowl. Sprinkle on remaining mixture while gently mixing rice.
* Cool without mixing. (To avoid smashing rice) Best method is to fan it, then carefully turn over rice, then fan it some more, etc. Do not refrigerate to cool. Cool to room temperature. Rice may be stored in fridge for up to a day. It will go bad extremely fast, due to vinegar and sugar mixture.

**Tuna**

Ingredients

6oz can of tuna

1 tbsp. vinegar

1 tbsp. water

1 ½ tbsp. sugar

¼ tsp. salt

Instructions

* Drain tuna. Wrap in cheesecloth (wax paper works well, too, and clean rags work as well. If nothing else, a paper towel can be used, though it’s not ideal.)
* Wring cheesecloth to remove as much moisture as possible.
* Place all ingredients in a saucepan and cook on medium heat until tuna is dry and extremely flaky.

**Egg**

Ingredients

3 eggs

¼ tsp. salt

1 ½ tbsp. sugar

¼ cup water (if possible, mix in ¼ tsp. bonito stock. If not, exclude water.)

Instructions

* Beat all ingredients together. Pour into frying pan and spread over entire surface.
* When underside is done, flip egg over and cook other side. To speed up cooking, gently lift up sides of egg and tilt pan to allow liquid sitting on top to go underneath the egg and cook.
* When egg is completely done, remove from heat and slice into strips.

**Spinach**

Ingredients

Spinach Leaves

2 quarts water

¼ tsp. salt

Instructions

* Boil water and salt.
* Dip spinach leaves in boiling water briefly. Remove immediately and place in cold water or gently rinse.

**Cucumber**

Ingredients

1 medium cucumber

Instructions

* Peel and slice lengthwise.

**Avocado**

Ingredients

1 avocado

Lemon juice (optional)

Instructions

* Peel and halve avocado. Cut lengthwise into ½ inch wide slices.
* If avocado is going be exposed to the air for a while, rub slices with lemon juice

**Mushrooms**

Ingredients

3 to 4 dried shiitake mushrooms

1 ½ tbsp. Sugar

1 ½ tbsp. soy sauce

½ tbsp. vinegar

2 ½ cups warm water

Instructions

* Wash mushrooms. Soak in water until soft (about 1 hour) keeping them submerged by covering with a lid, place, saucer, etc. Reserve 2 cups of the liquid.
* Discard mushroom stems. Combine caps in a saucepan with sugar, soy sauce, vinegar and reserved soaking liquid. (If you don’t have 2 cups soaking liquid, use water to make up the difference)
* Cook until liquid is nearly absorbed.
* Cut into ½ inch wide strips.

**Tortillas**

Ingredients

1 recipe masa

Instructions

* Form a small ball of masa. (Vary size to form different size tortillas)
* Line a tortilla press with plastic, or just cut open a plastic bag along the edges and place on counter.
* Place masa ball between plastic, and smash using tortilla press or some flat surface.
* Carefully peel masa off of plastic and place on a hot, dry griddle or pan. Cook until it appears dry. Turn once.

Horchata

Ingredients

1 cup white rice

5 cups water

½ cup milk

½ tbsp. vanilla extract

½ tbsp. cinnamon

2/3 cup sugar

Instructions

* Blend the rice and water until the rice begins to break. (about 1 minute)
* Let mixture rest at room temperature for at least 3 hours.
* Strain out the rice, discard. Save the soaking liquid.
* Add milk, vanilla, cinnamon and sugar to soaking liquid. Mix well and refrigerate before serving.

**Chicharrón**

Ingredients

3-5 lb. pork butt roast/country style ribs

1-2 cups salsa (to make your own, blend 2-3 roma tomatoes, half an onion and 2-3 cloves garlic)

1 tsp. cumin

1 tsp. salt

Black pepper

Instructions

* Place pork, 1 cup salsa, cumin, salt, and pepper to taste in crock pot. Cook on high for 4 hours or until pork is tender.
* Remove pork, reserving liquid, and shred finely.
* Place shredded pork and reserved liquid in a large skillet and sauté until liquid evaporates and pork browns lightly.
* Stir in remaining salsa to desired consistency.

**Pupusas**

Ingredients

2 cups Mexican Style Corn Flour (Maseca is a good brand)

1-2 cups chicken broth

1 pinch salt

2 tbsp. refried beans (black, if available)

¼ cup queso fresco, crumbled

½ cup Chicharrón

2 cups cabbage, julienned

2 tbps. white vinegar

3 tbsp. tomato, diced

1/8 bunch of cilantro, diced

Instructions

* Blend chicharrón. Mix in refried beans and queso fresco. Set aside.
* Mix corn flour, chicken broth and salt in a bowl until combined. Add broth until the dough is very soft but not overly wet; easily formable. More wet than you would need for tortillas.
* Form a ball about 3 inches in diameter, then flatten it in your hands into a pancake shape.
* Place about 2 tablespoons chicharrón mixture in the center of the dough circle, then fold the sides up over it.
* Pinch the extra off the top, then flatten the ball until it is about ¾ inch thick.
* Cook on a hot griddle until dough starts to brown. Turn once.
* Toss cabbage, cilantro, tomatoes and vinegar.
* Serve pupusas topped with salad.

**Pumpkin Roll**

Ingredients

Powdered sugar

¾ cup flour

½ tsp. baking powder

½ tsp. baking soda

½ tsp. ground cinnamon

½ tsp. ground cloves

¼ tsp. salt

3 eggs

1 cup sugar

2/3 cup canned pumpkin

1 cup chopped walnuts (optional)

1 8 oz. package cream cheese

1 cup powdered sugar

6 tbsp. butter, softened

1 tsp. vanilla extract

Instructions

* Preheat oven to 375 degrees.
* Grease a 15x10 in. jelly roll pan; line with wax paper. Grease and flour paper. Sprinkle a thin cotton kitchen towel with powdered sugar.
* Combine flour, baking powder, baking soda, cinnamon, cloves and salt in a small bowl.
* Beat eggs and sugar in a large bowl until thick. Beat in pumpkin.
* Stir in flour mixture. Spread evenly into prepared pan. Sprinkle with nuts.
* Bake for 13 to 15 minutes or until top of cake springs back when touched. Immediately loosen and turn cake onto prepared towel. Carefully peel off paper.
* Roll up cake and towel together, starting with narrow end. Cool on wire rack.
* Beat cream cheese, 1 cup powdered sugar, butter and vanilla in a small bowl until smooth.
* Carefully unroll cake. Remove towel. Spread cream cheese mixture over cake. Reroll cake.
* Wrap in plastic wrap and refrigerate at least one hour.
* Sprinkle with powdered sugar and serve.

**Japanese Rice**

Ingredients

1 cup uncooked Calrose rice

1 ¼ cup water

Instructions

* Follow directions on rice cooker, or, if cooking it on the stovetop, combine water and rice. Bring to a boil.
* Reduce heat to very low, cover and let rest 25 minutes.

Hardboiled eggs

Ingredients

6 large eggs

Cold water

Instructions

* Place eggs in saucepan. Pour water over to just barely cover. Bring to a boil over high heat. Remove from heat, cover, let stand 15 minutes.
* Remove from water, rinse or soak in cold water until cool enough to handle. Peel.

**Curry**

Ingredients

1 medium sized package curry block

1 chicken breast or equivalent amount of desired meat

2 medium potatoes, chopped

2 carrots, chopped

1 onion, diced

2 tbsp. butter

2 apples, chopped (optional)

Fukujinske (optional)

Cooked Japanese Rice

Instructions

* Melt butter in a frying pan. Chop meat and add to butter. Sauté until meat is done.
* Meanwhile, boil carrots in a large saucepan with 4 cups water. After 5 minutes or so, add potatoes. Add enough water to just cover the vegetables.
* Add cooked meat to vegetables, cook until vegetables are tender. Add curry block to pot, stir until completely dissolved.
* Remove from heat. Stir in apples, if using. Serve over rice, topped with fukujinske.

**Spaghetti Bread**

Instructions

½ recipe White Bread Dough

6 oz. spaghetti, cooked

1 cup spaghetti sauce with meat

8 oz. mozzarella cheese, shredded or cubed

1 egg white

Parmesan cheese

Parsley

Garlic Powder

Instructions

* Grease work surface or cover with parchment/wax paper.
* Roll dough into a 12x16 in. rectangle. Cover and let rest 10 to 15 minutes.
* Combine spaghetti and sauce. Place spaghetti lengthwise in a 4 inch wide strip down the center of the dough.
* Top with cheese.
* Make cuts 1 ½ inches apart along both sides of the dough, cutting from the edge of the dough almost to the filling in the center.
* Fold cut dough strips over on top of the filling, alternating sides, creating a braid-type pattern. Loaf should have gaps through which spaghetti can be seen.
* Place on greased baking sheet. Brush top of loaf with egg white and sprinkle with parmesan cheese, parsley garlic powder.
* Bake at 350 degrees for 30 to 35 minutes, or until golden brown.
* Cool slightly and slice to serve.

**Icing**

Ingredients

1 ½ cups powdered sugar

½ tsp. vanilla

4-6 tsp. milk

Instructions

* Stir together sugar and vanilla. Add enough milk to reach drizzling consistency.

Hot Fudge Topping

Ingredients

½ cup butter

3 cups sugar

1 12 oz. can evaporated milk

4 1 oz. squares unsweetened chocolate

Dash of salt

Instructions

* Melt butter and chocolate in a saucepan over medium heat. Stir in sugar, milk and salt. Cook for 10 minutes, stirring constantly.
* Let slightly then blend for 5 minutes.
* Store in airtight container in the fridge.

Lime Soup

Ingredients

4 chicken breasts

10 cups water

3 cloves garlic

½ white onion

Cilantro

1 tbsp. salt

½ tsp. whole cumin

1 1-in. stick cinnamon

1 whole clove

1 tsp. dried oregano

1 tsp. olive oil

½ cup red onion

½ cup finely chopped red or green pepper

2 cups chopped Roma tomatoes

6 Key limes, 3 sliced, 3 halved

1 avocado, peeled pitted and sliced

Tortillas, fried tortilla strip, or tortilla chips

Instructions

* Place the chicken breasts, water, garlic, white onion, cilantro and salt in a large pot. Bring to a boil and cook, covered, over low heat for 35 to 40 minutes or until chicken is tender. Strain and save broth. Shred the chicken and set aside.
* Toast the cumin, cinnamon, clove and oregano in a small skillet then transfer to a blender. Add ½ cup of the chicken broth and puree.
* Heat the oil in a skillet then add the red onion and sauté for 2 minutes or until onion is transparent.
* Add the pepper and sauté for 2 more minutes. Add the tomatoes and cook over medium heat for 7 minutes, stirring occasionally.
* Add the rest of the chicken stock and the pureed spices. When the broth comes to a boil, add 2 of the sliced limes and the chicken.
* Cover and cook over medium heat for 10 minutes. Taste and use additional seasonings, if desired. Remove the limes.
* To serve, place a slice of lime in the bottom of each bowl and cover with the hot soup. Serve with lime halves, cut cilantro, avocado slices, and tortillas.

**San Shoku Gohan**

Ingredients

1 can green beans

2 eggs

1 cup cooked ground beef

Japanese rice

Soy sauce

Salt and pepper to taste

Instructions

* Beat eggs and season to taste. Scramble.
* Combine ground beef and soy sauce to taste in a pan; cook until sauce is absorbed.
* Microwave beans until hot.
* Serve egg, meat and beans over rice with additional soy sauce.

Pozole

Ingredients

2.2 lb. Mexican Style Hominy (canned)

1 clove garlic

Salt to taste

2.2 lb. pork, cut into large bite sized pieces

1 large roma tomato

3 ½ oz. chiles mirasol/guajillo

1 pinch oregano

1 tsp. whole cumin

1 head garlic

Cabbage

Onion

Limes

Tortillas

Instructions

* Place the hominy in a stock pot. Cover with water, add salt to taste and all the garlic except for 1 clove. Cook over medium heat for 2 hours.
* Add the pork to the pot and cook for 1 more hour, or until pork is very tender.
* Meanwhile, boil the tomato until softened.
* Soak the chiles in hot water until soft, then remove the stem and seeds.
* Blend the chiles, tomato, salt, oregano, cumin and the 1 remaining clove of garlic. Strain the salsa.
* When the meat is tender, remove from pot and shred it.
* Add the salsa to the pot with the hominy and let come to a boil. Return the shredded meat to the pot. Boil for several minutes.
* Serve top with chopped cabbage, onion, and lime juice. Also serve with tortillas.

**Japanese Beef**

Ingredients

1 part beef (steak works well)

Soy sauce to taste (quite a bit!)

2 parts broccoli

Japanese rice

Instructions

* Chop beef into thin strips about 2 inches long. Fry with soy sauce in frying pan until done.
* Add broccoli to beef, season with additional soy sauce and cook for a couple more minutes.
* Serve over Japanese rice.

**Mexican Style chicken**

Ingredients

Chicken breasts

Limes

Salt and pepper

Instructions

* Slice chicken lengthwise so as to preserve shape but make the chicken breasts thinner. Cut to about ½ inch thickness.
* Pan fry with a small amount of oil, grill, or cook on greased griddle. Squeeze limes juice on top and season with salt and pepper.
* When bottom is browned, flip and cook until that side is browned too. Chop into ½ inch cubes and use in desired recipe or keep whole and serve with Mexican Rice and Frijoles.

Clam Chowder

Ingredients

96 oz. can clams

2 lb. cut into 1/8 in. strips

1 onion, chopped

1 entire bunch celery, each stalk cut in half lengthwise and then chopped.

½ cup butter

16 red potatoes cut into ½ in. cubes

¾ cup flour

1 cup apple juice

½ gallon whipping cream

3 tbsp. Old Bay seasoning

3 tbsp. dill

1 tbsp. marjoram

Salt and pepper to taste

Instructions

* Open clams and strain in a sieve or colander, reserving juice. Combine potatoes and clam juice and boil until cooked, but firm.
* Cook bacon and then place in a bowl. Add butter to bacon drippings and cook until melted.
* Cook the onion in the grease for about 3 minutes and then add celery. Cook until tender but still firm.
* Sprinkle flour over onion mixture and stir to make a roux. Cook for 10 minutes.
* Meanwhile, place sieve with clams still inside in a large bowl of water and let soak. Sand and grit should filter out. Skim the clams off the top and mice them. If any clams are sitting in the grit, don’t use them.
* Add roux to potatoes, then add the bacon and the clams.
* In the pan used to cook the roux add apple juice and cook until reduced to ½ cup. Add to potatoes.
* Add whipping cream and seasonings. Heat through and serve.

**Carne Asada**

Ingredients

Beef (steak or roast)

Limes

Salt and pepper

Instructions

* Slice beef VERY thinly (about ¼ inch thick. Slices should be long and wide, but very thin.
* Grill, squeezing lime juice on top and seasoning with salt and pepper. Turn once. Meat is done when both side start to blacken.
* Use in another recipe or just serve with Mexican Rice and Frijoles.

**Crock Pot Dinner**

2 ½ to 3 lb. meat (Beef roast, steak, ground beef, chicken, pork, etc.)

2 ½ to 2 lb. vegetables (carrots, frozen veggies, mushrooms, onion, potatoes, peppers, zucchini)

1 ½ tsp. chili powder or Italian seasoning

½ tsp. salt

¼ tsp. black pepper

1 cup chicken or beef broth

OR 1 can condensed soup of choice

OR ½ cup apple juice or grape juice plus ½ cup chicken or beef broth

OR 1 8oz. can tomato sauce

Pasta, rice or mashed potatoes, cooked (optional)

Instructions

* Place all ingredients except for pasta, rice, or mashed potatoes in a crock pot. Cover and cook on low for 8 to 10 hours or high for 4 to 5 hours.
* If desired, serve with pasta, rice, or mashed potatoes.

**Cream of Chicken Noodles**

Ingredients

1 can cream of chicken soup

1 chicken breast

Onion

1 tbsp. butter

1 chile jalapeño (optional)

6 oz. egg noodles

Instructions

* Boil noodles until done.
* Melt butter in a frying pan. Chop onion and jalapeño, if using, and sauté until onion is transparent.
* Chop chicken and add to pan. Cook until done. Add condensed soup and cook and stir until it forms a sauce.
* Serve sauce over noodles.

**Cream Cheese Chicken**

Ingredients

2 chicken breasts

1 stalk celery

2 tbsp. butter

¼ onion

Garlic powder, onion powder and salt to taste

Spaghetti noodles

1 16 oz. package cream cheese

Instructions

* Chop chicken, then sauté in butter with onion and celery until done.
* Add garlic, onion powder and salt.
* Boil spaghetti noodles until done.
* Add cream cheese and a little water to the chicken, cook and stir until combined. Serve over noodles.

**Goulash**

Ingredients

6 oz. penn rigate, egg noodles or elbow macaroni

½ lb. ground beef

Salt, garlic powder, oregano and onion powder to taste

½ onion

1 can mushroom (optional)

2 8 oz. cans tomato sauce

Cheese

Instructions

* Cook noodles until firm yet tender.
* Cook beef with salt, garlic, onion powder, and onions and until brown. Add tomato sauce and oregano.
* Pour over noodles and add cheese. Bake if desired to melt cheese.

**Stroganoff**

Ingredients

6 oz. egg noodles

½ lb. ground beef

Salt, garlic powder, onion powder to taste

¼ onion, chopped

1 can mushrooms or 4 fresh mushrooms, chopped

1 container sour cream

1 can cream of mushroom soup

Instructions

* Boil noodles until done.
* Cook beef with seasonings and onion.
* If using raw mushrooms, add near end of cooking time. Otherwise, add when beef is brown.
* Add sour cream and soup. Cook until thick and bubbly. Serve over noodles.

**American Enchiladas**

Ingredients

2 chicken breasts

Garlic powder, onion powder and salt to taste

½ Onion

1 chile jalapeño or Serrano

1 tbsp. butter

1 container sour cream

1 can cream of chicken soup

Tortillas

Cheese

Instructions

* Boil chicken with garlic, salt, onion powder until tender. Chop finely. Reserve broth.
* Sauté onions and chiles in butter with garlic powder. Add sour cream and cream of chicken soup. Simmer that, along with a little chicken broth.
* Take 2/3 of the sauce and add it to the chicken. Warm tortillas. Put filling in tortillas with cheese, roll up, then put in baking pan.
* Pour extra sauce over all of it, sprinkle with cheese and bake for half an hour.

**Taco Meat**

Ingredients

Ground beef

a. Taco Seasoning

-OR-

b. Salt, onion powder, garlic powder, cayenne pepper, cumin, oregano to taste

Salsa

Instructions

* Cook beef and seasonings until done. Add salsa. Cook for several minutes.

**Taco Soup**

Ingredients

Taco Meat

1 can diced tomatoes (or equivalent fresh)

Salt, garlic powder, onion powder, shichimi to taste

1 to 2 cans green chiles

1 can corn (or equivalent frozen)

2-3 cans black beans, rinsed

Cheese

Sour cream

Tortilla chips

Instructions

* Place meat in a stock pot along with tomatoes and a bunch of water. Simmer over medium high heat.
* Add seasonings, chiles, corn and beans. Simmer. Season to taste
* Serve with cheese, sour cream and chips

**Pan Fried Potatoes And Meat**

Ingredients

Meat (chicken, pork, steak or roast)

Potatoes

Salt, garlic powder, pepper, onion powder, cumin, cayenne pepper to taste

Oil, a tablespoon or two

Instructions

* Heat oil in a frying pan. Chop potatoes into small pieces and add to frying pan.
* Add meat and seasonings, cook until potatoes are tender, meat is done, and all is browned.

**Chicken with Pan Sauce**

Ingredients

4 chicken breast halves

5 tbsp. cold butter

1 1/6 cup chicken broth

¼ cup finely chopped onion

2 tbsp. whipping cream (or milk)

Salt and pepper

Instructions

* Place each chicken breast half between two pieces of plastic wrap. Using the flat side of a meat mallet, pound chicken lightly to about ¼ in thick. Discard plastic. Sprinkle chicken with ¼ tsp. salt and ¼ tsp. pepper.
* In a very large skillet melt 1 tbsp. butter over medium-high heat. Reduce heat to medium. Add chicken and cook for 6 to 8 minutes or until done, turning once. Remove chicken, keep warm.
* Add chicken broth and onion to the skillet. Cook and stir to scrape browned bits off the bottom of the pan. Bring to boiling. Boil gently, uncovered for about 10 minutes or until liquid is reduced to ¼ cup. Reduce heat to medium-low.
* Stir in cream. Add remaining 4 tbsp. butter, 1 tbsp. at a time, stirring until butter melts after each addition. Sauce should be slightly thickened.
* Season to taste with additional salt and pepper. Serve sauce over chicken.

**Lasagna**

Ingredients

9 lasagna noodles

12 oz. ground beef or sausage

1 cup chopped onion

2 cloves garlic, minced

2 cups tomato sauce

1 tbsp. Italian seasoning

1 egg

2 cups cottage cheese

Shredded cheese of choice

Instructions

* Boil noodles until tender but firm. Drain, rinse with cold water and set aside.
* Meanwhile, in a large saucepan cook meat, onion and garlic until meat is brown. Drain fat.
* Stir tomato sauce and Italian seasoning into meat mixture. Bring to a boil, then reduce heat and simmer for 15 minutes.
* Preheat oven to 375 degrees. Combine egg and cottage cheese. Set aside.
* Spread about ½ cup of the meat sauce over the bottom of a 1-quart baking dish. Layer 3 noodles in the bottom of the dish. Spread with 1/3 the remaining meat sauce. Top with 1/3 of the cheese mixture. Sprinkle with 1/3 of the cheese. Repeat layers twice more.
* Place baking dish in the oven. Bake, covered, for 30 minutes, remove cover, then bake for 10 to 15 more minutes or until sauce in bubbling. Let stand 10 minutes before serving.

**Spaghetti**

Prepare sauce as directed above, then boil 6 oz. spaghetti noodles until firm but tender. Serve sauce over noodles.

Pita Bread

Ingredients

1 tsp. yeast

2 ½ cups warm water (about 105 degrees)

6 cups flour

1 tbsp. salt

1-2 tbsp. oil

Instructions

* Sprinkle yeast over warm water in a large bowl. Stir to dissolve. Add 3 cups flour. Stir for one minute. Let rest at least 10 minutes.
* Sprinkle salt over dough and stir in the oil. Add the remaining flour, one cup at a time. When dough is too stiff to stir, turn it out onto a lightly floured surface and knead for 8 to 10 minutes until dough is smooth and elastic.
* Return to oiled bowl and cover. Let rise about 1 ½ hours until double. Punch down. If you want to store it, refrigerate at this point.
* Place two baking sheets on the bottom rack of the oven. Preheat to 450.
* Divide dough into 16 equal pieces. Roll each piece to a 8-9 inch circle. Keep the dough you aren’t using covered.
* Bake 2 at a time for 3 or 4 minutes until lightly golden or ballooned.

**Pizza**

Ingredients

2 ½ to 3 cups flour

1 tbsp. yeast

½ tsp. salt

1 cup warm water (120-130 degrees)

2 tbsp. oil

1 cup pizza, pasta, barbeque, tomato sauce

Meat (Canadian bacon, chicken, ham, pepperoni, sausage, ground beef)

Toppings (onions, olives, mushrooms, peppers, tomatoes, potatoes, pineapple)

2 cups cheese

Instructions

* In a large bowl combine 1 ¼ cup flour, yeast and salt. Add water and oil. Beat on low for 30 seconds, then on high for 3 minutes. Stir in 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 stiff dough that is smooth and elastic.
* For Pan Pizza: grease a 15x10x1 baking pan. If desired, sprinkle with cornmeal. On a lightly floured surface roll all the dough into a 15x10 inch rectangle. Transfer to pan and build up edges slightly. Cover and let rise in a warm place until nearly double. (30-45 minutes) Preheat oven to 400 degrees. Prick bottom of crust with a fork. Bake for 10 to 15 minutes or until light brown. Spread sauce onto hot crust and top with meat, vegetables and cheese. Bake for 10 to 12 more minutes or until bubbly.
* For Thin-Crust Pizzas: Divide dough in half. Cover, let rest for 10 minutes. Preheat oven to 425 degrees. Grease two 12-inch pizza pans or baking sheets. If desired, sprinkle with cornmeal. On a lightly floured surface roll each dough portion into a 13 in. circle. Transfer to pans and build up edges slightly. Prick bottoms of crusts with a fork. Do not let rise. Bake about 12 minutes or until light brown. Spread sauce onto hot crust and top with desired meat, vegetables and cheese. Bake for 10 to 12 more minutes or until bubbly.

**Pot Pie**

Ingredients

1 recipe Single Pie Crust

1 lb. meat (ground beef, sausage, chicken)

2 cups frozen vegetables

1 can cream of chicken soup

1 tsp. chili powder or Italian seasoning

½ cup cheese

Milk and Parmesan cheese (optional)

Instructions

* In a skillet, cook meat until done. Add vegetables, soup and seasoning. Bring to a boil. Add water, if needed, to reach desired consistency. Stir in cheese. Transfer to a casserole dish.
* Top with pie crust; seal edges. Brush lightly with milk and top with additional seasoning and parmesan cheese.
* Bake, uncovered, for 22 to 25 minutes or until golden brown and bubbly.
* Let stand 20 minutes before serving.

**Scalloped Potatoes**

Ingredients

8 cups thinly sliced potatoes

1 cup chopped onion

2 cloves garlic, minced

¼ cup butter

¼ cup flour

1 tsp. salt

¼ tsp. pepper

2 ½ cups milk

1 ½ cups shredded cheese

½ -1 cup sliced ham (optional)

Instructions:

* Preheat oven to 350 degrees.
* Cook onion and garlic in hot butter in a medium saucepan over medium heat until tender.
* Stir in flour, salt and pepper. Add milk all at once. Cook and stir until thickened and bubbly. Remove from heat.
* Place half the potatoes in a greased 3 quart dish. Top with half the sauce, half the cheese, and half the ham, if using. Repeat layers.
* Bake, covered, for 45 minutes. Uncover and bake for 40-50 more minutes or until potatoes are tender. Let stand for 10 minutes before serving

**Oven Roasted Meat**

Ingredients

Chicken pieces, pork chops, steak or fish

Desired seasonings

Instructions

* Place meat on a high-sided baking pan. Top with desired seasonings. Bake at 350 degrees until done in the middle.
* Alternately, broil 1 ½ to 2 inches below heat on high until done.
* For Barbequed Chicken, top with barbeque sauce during final minutes of cooking.
* Serve with rice, baked potato, or applesauce.

**Soup**

Ingredients

Meat (chicken or beef)

Noodles (any type, optional)

Vegetables (potatoes, carrots, onions, celery, peas, broccoli, etc.)

Seasonings (onion powder, garlic powder, salt, pepper, shichimi, cayenne pepper, Italian seasoning, basil, oregano, etc.)

Instructions

* Combine all ingredients. Cover in water. Boil until tender. Season to taste. If using noodles or broccoli or other delicate ingredients, wait to add until later in the cooking time.

Cheesy Potatoes

Ingredients

32 oz. frozen potatoes (shredded or cubed)

1 cup sour cream

2 ½ cups cheddar cheese

4 tbsp. melted butter

2 10 oz. cans cream of chicken soup

Salt and pepper to taste

1 ½ cups corn flakes

Instructions

* Defrost potatoes on counter or in microwave.
* Add sour cream, cheese, 2 tbsp. of the butter, soup and salt and pepper to the potatoes. Stir until combined.
* Crush corn flakes into large crumbs. Pour the other 2 tbsp. butter over them. Stir to combine.
* Spread potato mixture in a greased 9x13 baking pan. Cover with the corn flake mixture. Cover pan with tin foil and bake at 350 degrees for 45 minutes.

Milk Shakes

Ingredients

1 pint vanilla ice cream

½ to ¾ cup milk

\*Note-feel free to change ice cream and add any flavoring or stir-ins you like

Instructions

* Blend all ingredients until smooth.

**Drop Biscuits**

Ingredients

3 cups flour

1 tbsp. baking powder

1 tbsp. sugar

1 tsp. salt

¾ tsp. cream of tartar

¾ cup butter, cut up

1 ¼ cup milk

Instructions

* Preheat oven to 450. Combine flour, baking powder, sugar, salt and cream of tartar in a large bowl.
* Make a well in the center; add milk all at once. Using a fork, stir just until mixture is moistened.
* Using a large spoon, drop dough into 12 mounds onto a greased baking sheet. Bake for 10 to 14 minutes or until golden. Serve warm.

**Muffins**

Ingredients

2 cups flour

¼ cup white or brown sugar

1 ½ tsp. baking powder

½ tsp. baking soda

¼ tsp. salt

2 eggs, lightly beaten

¾ cup liquid (sour cream, yogurt, shredded zucchini, pumpkin or applesauce)

¾ cup milk

2 tbsp. oil

Desired stir-in (blueberries, dried fruit, crumbled bacon, cheese, etc.)

Chip topping/Streusel topping (optional)

Instructions

* Preheat oven to 400 degrees. Grease 12 muffin cups, set aside.
* In a medium bowl stir together flour, sugar, baking powder, baking soda and salt. Make a well in the center; set aside.
* In a bowl combine eggs, liquid, milk and oil. Add egg mixture all at once to flour mixture. Stir just until moistened. (batter should be lumpy) Fold in stir-in.
* Spoon batter into prepared muffin cups, filing each half to two-thirds full.
* For chip topping: Crush 1 cup of your favorite flavored potato chips or dry cereal flakes; measure about 1/3 cup crushed. Sprinkle over muffins.
* For streusel topping: stir together 3 tbsp. flour, 3 tbsp. packed brown sugar and ¼ tsp. cinnamon or ground ginger. Cut in 2 tbsp. butter until mixture resembles coarse crumbs. If desired, stir in 2 tbsp. chopped nuts and 2 tbsp. coconut. Sprinkle over muffins.
* Bake for 15 to 18 minutes or until golden. Cool 5 minutes. Serve warm.

**Zucchini Bread**

Ingredients

3 cups flour

1 tbsp. baking powder

1 ½ tsp. ground cinnamon

1 tsp. salt

2 eggs, lightly beaten

2 cups sugar

2 ½ cups coarsely shredded zucchini

1 cup vegetable oil

2 tsp. vanilla

1 cup chopped nuts (optional)

2/3 cup raisins (optional)

Instructions

* Preheat oven to 350 degrees. Grease bottom and ½ inch up sides of two 8x4x2 in. loaf pans. Set aside.
* In a large bowl stir together flour, baking powder, cinnamon and salt. Make a well in the center; set aside.
* In a medium bowl combine eggs, sugar, zucchini, oil and vanilla. Add zucchini mixture all at once to flour mixture. Stir just until moistened. (batter should be lumpy) If desired, fold in nuts and raisins.
* Spoon batter into prepared pans. Bake about 55 minutes or until a toothpick inserted near the center comes out clean. Cool in pans for 10 minutes. Remove. Cool completely. Wrap in plastic wrap and let sit overnight before slicing.

**Banana Bread**

Ingredients

2 cups flour

1 ½ tsp. baking powder

½ tsp. baking soda

½ tsp. ground cinnamon

¼ tsp. salt

¼ tsp. ground nutmeg

¼ tsp. ground ginger

2 eggs, lightly beaten

1 ½ cups mashed bananas (4-5 medium)

1 cup sugar

½ cup oil

¼ cup chopped walnuts or chocolate chips (optional)

Instructions

* Preheat oven to 350 degrees. Grease bottom and ½ inch up the sides of one 9x6x3 in. loaf pan. Set aside.
* In a large bowl combine flour, baking powder, baking soda, salt and spices. Make a well in the center. Set aside.
* In a medium bowl combine eggs, banana, sugar and oil. Add egg mixture all at once to flour mixture. Stir just until moistened. (Batter should be lumpy) Fold in nuts and/or chips. Spoon batter into prepared pan.
* If desired, sprinkle streusel-nut topping over loaf: in a bowl combine ¼ cup packed brown sugar and 3 tbsp. flour. Cut in 2 tbsp. butter until mixture resembles coarse crumbs. Stir in 1/3 cup chopped walnuts.
* Bake for 55-60 minutes or until a wooden toothpick inserted near center comes out clean. Cool 10 minutes. Remove from pan. Cool completely then wrap in plastic wrap and let sit overnight before slicing.

Pumpkin Bread

Ingredients

3 cups sugar

1 cup vegetable oil

4 eggs

3 1/3 cups flour

2 tsp. baking soda

1 ½ tsp. salt

1 tsp. ground cinnamon

1 tsp. ground nutmeg

1 15 oz. can pumpkin

Instructions

* Preheat oven to 350 degrees. Grease the bottom and ½ in. up sides of two 9x5x3 in. loaf pans; set aside.
* In a large bowl beat sugar and oil on medium speed. Add eggs and beat well; set aside.
* In a large bowl combine flour, baking soda, salt, cinnamon and nutmeg. Alternately add flour mixture and 2/3 cup *water* to sugar mixture, beating on low speed after each addition just until combined. Beat in pumpkin. Spoon batter into prepared pans.
* Bake for 55 to 60 minutes or until a toothpick inserted near the middle comes out clean. Cool for 10 minutes. Remove from pans. Cool completely. Wrap; store overnight before slicing.

**Cinnamon Nut Bread**

Ingredients

1 1/3 cups sugar

½ cup finely chopped nuts, toasted

2 tsp. ground cinnamon

2 cups flour

1 tsp. baking powder

½ tsp. salt

1 egg

1 cup milk

1/3 cup vegetable oil

Instructions

* Preheat oven to 350 degrees. Grease and flour the bottom and ½ in. up the sides of a 9x5x3 in. loaf pan; set aside.
* In a small bowl stir together 1/3 cup of the sugar, the nuts and cinnamon. If desired, add *1 cup cranberries* or *blueberries*. Set aside.
* In a large bowl stir together the remaining 1 cup sugar, flour, baking powder and salt. In a medium bowl beat egg with a fork; stir in milk and oil. Add egg mixture all at once to flour mixture. Stir just until moistened. (batter should be lumpy)
* Spoon half the batter into prepared pan. Sprinkle with half the cinnamon mixture. Repeat layers.
* Using a thin metal spatula or knife, cut down through batter and pull up in a circular motion to marble the cinnamon mixture through the batter.
* Bake for 55 to 60 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes. Remove from pan. Cool completely. Wrap; store overnight before slicing.

Corn Bread

Ingredients

1 cup cornmeal

¾ cup flour

2 to 4 tbsp. sugar

2 ½ tsp. baking powder

½ tsp. salt

1 cup milk

2 eggs

¼ cup butter, melted

Instructions

* Preheat oven to 400 degrees. Grease an 8x8x2 square or 9x1 ½ inch round baking pan. Set aside.
* In a medium bowl stir together cornmeal, flour, sugar, baking powder and salt. Set aside.
* In a bowl whisk together the milk, eggs and butter. Add milk mixture all at once to cornmeal mixture. Stir just until moistened. Pour batter into prepared pan.
* Bake about 20 minutes or until edges are golden brown. Cool slightly.

**Onion Rings**

Ingredients

¾ cup flour

2/3 cup milk

1 egg

1 tbsp. vegetable oil

¼ tsp. salt

Oil for deep frying

4 medium onions, sliced ¼ inch thick and separated into rings

Salt

Instructions

* In a medium bowl combine flour, milk, egg, the 1 tbsp. oil and the ¼ tsp. salt. Whisk just until smooth.
* Heat 1 inch oil in a frying pan.
* Dip onion rings into batter, drain off excess. Fry onion rings, a few at a time, in a single layer in hot oil for 2 to 3 minutes or until golden, stirring once or twice with a fork to separate rings.
* Remove from oil, let drain on paper towels. Sprinkle with additional salt.

Fried Rice

Ingredients

2 eggs

1 tsp. soy sauce

1 tsp. toasted sesame oil

1 clove garlic, minced

1 tbsp. vegetable oil

½ cup thinly sliced celery

¾ cup sliced fresh mushrooms

2 cups chilled cooked white rice

½ cup julienned carrots

½ cup frozen peas

2 tbsp. soy sauce

¼ cup sliced green onions

Instructions

* Beat eggs and 1 tsp. soy sauce. Set aside.
* Pour sesame oil into a large skillet. Preheat over medium heat. Add garlic; cook 30 seconds. Add egg mixture; stir gently until set. Remove egg and slice into strips. Remove skillet from heat.
* Pour vegetable oil into the skillet. Heat over medium-high heat. Stir fry celery in hot oil for 1 minute. Add mushrooms; stir-fry 1-2 minutes or until vegetables are crisp-tender.
* Add rice, carrots and peas. Pour 2 tbsp. soy sauce over all. Cook and stir for 4-6 more minutes or until heated through. Add egg mixture and green onions; cook and stir 1 more minute or until heated through.

**Hot Chocolate**

2 oz. semisweet chocolate, chopped or 1/3 cup semisweet chocolate chips

1/3 cup sugar

4 cups milk

Instructions

* In a medium saucepan combine chocolate, sugar, and ½ cup of the milk. Cook and stir over medium heat until mixture just comes to boiling.
* Stir in remaining milk. Heat through but do not boil. Remove from heat.

**Oatmeal pancakes**

Ingredients

1 cup flour

1 cup regular oats

2 tbsp. sugar

2 tsp. baking powder

1 tsp. salt

¼ cup oil

2 eggs

1 ½ cups milk

Stir-ins (blueberries, strawberries, nuts, coconut, chocolate chips, etc.)

Instructions

* Stir first five ingredients together. Add oil, eggs and milk. Stir until combined.
* Add stir-in; stir until most lumps are gone. Let sit for 5 minutes. Cook pancakes on a hot greased griddle or frying pan.

**Waffles**

Ingredients

1 ¾ cups flour

2 tbsp. sugar

1 tbsp. baking powder

¼ tsp. salt

2 eggs

1 ¾ cups milk

½ cup oil

1 tsp. vanilla

Instructions

* Stir together first 4 ingredients. Set aside.
* Lightly beat eggs in another bowl. Add milk, oil and vanilla. Add egg mixture all at once to the flour mixture. Stir just until moistened. (batter should still be lumpy)
* Add batter to a preheated, greased waffle iron. Cook according to waffle iron directions.

**Funnel Cake**

Ingredients

3 eggs

¼ cup sugar

2 cups milk

3 2/3 cups flour

½ tsp. salt

2 tsp. baking powder

Oil for deep frying

Instructions

* Beat eggs and sugar together. Add milk slowly and beat.
* Add the dry ingredients. Beat until smooth and creamy.
* Heat 2 inches of oil in a frying pan. Using a funnel or a plastic bag with the corner snipped off, pour batter in a thin stream into hot oil in a spiral pattern. Fry until golden brown, turning once if necessary.
* Serve with powdered sugar, cinnamon sugar or honey.

**Donuts**

Ingredients

1 tbsp. yeast

1/3 cup sugar

3 ¼ cups flour

1 egg

4 tbsp. butter, softened

½ tsp. salt

Oil for deep frying

Toppings (cinnamon sugar, powdered sugar, Chocolate Glaze)

Instructions

* Dissolve yeast in 1 cup warm water. Let sit 5 minutes. Beat in 2 cups of the flour, the sugar, egg, butter and salt.
* Add the remaining 1 ¼ cups flour ¼ cup at a time until the dough pulls away from the sides of the bowl.
* Cover bowl and let rise in a warm place for 2 hours or until doubled in size.
* Punch down dough. Turn it out onto a floured surface. Roll dough to about ½ in. thick and use a round cutter or glass to cut out donuts and holes.
* Cover donuts and let rise until puffy looking; 1-2 hours.
* Heat 1-2 inches of oil in a frying pan. Fry donuts in oil until lightly browned, turning once. Remove from oil. Let drain for a minute or two and then dip in toppings.

**Chocolate Glaze**

Ingredients

3 oz. unsweetened chocolate

3 tbsp. butter

3 cups powdered sugar

1 ½ tsp. vanilla

Instructions

* Melt chocolate and butter in a small saucepan over low heat.
* Remove from heat. Stir in powdered sugar and vanilla.
* Stir in 4 to 5 tbsp. *warm water* until glaze coats the back of a spoon.

**Buttery Caramel Sauce**

Ingredients

1/3 cup butter

1/3 cup sugar

1/3 cup packed brown sugar

1/3 cup whipping cream

½ tsp. vanilla

Instructions

* Melt butter in a small saucepan over medium heat. Add sugars and cream. Bring to a boil, stirring constantly.
* Remove from heat; stir in vanilla.

**Powdered Sugar Icing**

Ingredients

1 cup powdered sugar

¼ tsp. vanilla

Milk

2 tbsp. cocoa (optional)

Instructions

* In a small bowl combine sugar, cocoa, if using, vanilla and t tbsp. milk. Add additional milk, 1 tsp. at a time, until you reach desired consistency.

**Apple Cake**

Ingredients

2 cups flour

1 tsp. baking powder

½ tsp. salt

½ tsp. ground nutmeg

½ tsp. ground cinnamon

¼ tsp. baking soda

½ cup butter, softened

2 cups sugar

2 eggs

6 cups chopped cooking apples

1 cup chopped walnuts

1 recipe buttery caramel sauce

Instructions

* Preheat oven to 350 degrees. Grease a 13x9x2 in. baking pan.
* In a medium bowl stir together flour, baking powder, salt, nutmeg, cinnamon, and baking soda. Set aside.
* In a large bowl beat butter on medium speed for 30 seconds. Add sugar ¼ cup at a time, beating after each addition until combined. Scrape sides of bowl. Beat 2 more minutes.
* Add eggs, one at a time, beating after each addition. Add flour mixture. Beat on low speed just until combined.
* Fold in apples and walnuts. Batter will be thick. Spread into prepared pan.
* Bake 45-50 minutes or until a toothpick inserted near the middle comes out clean. Cool for 45 minutes. Top with buttery caramel sauce.

**Cinnamon Rolls**

Ingredients

4 ¼ to 4 ¾ cups flour

1 tbsp. yeast

1 cup milk

1 cup mashed cooked potato (microwave until soft then remove peel and mash)

1/3 cup butter, cut up

1/3 cup sugar

1 tsp. salt

2 eggs

½ cup packed brown sugar

1 tbsp. ground cinnamon

¼ cup butter, softened

Icing or Cream Cheese Icing

Instructions

* In a large bowl combine 1 ½ cups flour and the yeast; set aside.
* In a medium saucepan heat and stir milk, potato, 1/3 cup butter, sugar and salt just until warm (120-130 degrees) and butter almost melts.
* Add to flour mixture along with the eggs. Beat on low for 30 seconds. Beat on high for 3 minutes. Using a wooden spoon, stir in 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.
* Shape dough into a ball. Place in a lightly greased bowl; turn once to grease dough. Cover and let rise in a warm place until double in size. (45-60 minutes)
* Punch dough down. Turn out onto a lightly floured surface. Cover and let rest 10 minutes. Meanwhile, lightly grease a 13x9x2 in. baking pan.
* For filling, stir together brown sugar and cinnamon. Set aside.
* Roll dough into an 18x12 in. rectangle. Spread ¼ cup butter over dough and sprinkle with filling, leaving about 1 inch unfilled along the long sides. Roll up rectangle. Pinch dough to seal seams.
* Slice into 12 equal pieces. (loop a piece of dental floss around the roll, cross it at the top and pull to make a nice cut) Place rolls in prepared pan. Cover and let rise in a warm place until nearly double.
* Preheat oven to 375 degrees. Bake 25-30 minutes or until golden. Cool 10 minutes. Remove from pan. Spread with icing.

**Cream Cheese Icing**

Ingredients

1 3 oz. package cream cheese, softened

2 tbsp. butter, softened

1 tsp. vanilla

2 ½ cups powdered sugar

Milk

Instructions

* Beat cream cheese, butter and vanilla. Add powdered sugar and beat until smooth. Beat in milk, 1 tsp. at a time to reach spreading consistency.

**Coffee Cake**

Ingredients

1 1/2 -2 cups sliced and peeled fruit (apricots, peaches, apples, blueberries, raspberries, etc.)

¼ cup sugar

2 tbsp. cornstarch

1 ½ cups flour

¾ cups sugar

½ tsp. baking powder

¼ tsp. baking soda

¼ cup butter, cut up

1 egg, lightly beaten

½ cup buttermilk or sour milk

½ tsp. vanilla

¼ cup flour

¼ cup sugar

2 tbsp. butter

Instructions

* In a medium saucepan combine fruit and ¼ cup *water*. Bring to boiling; reduce heat. Simmer (unless using raspberries) covered for about 5 minutes or until fruit is tender.
* Combine ¼ cup sugar and cornstarch; stir into fruit. Cook and stir over medium heat until thickened and bubbly. Cook and stir two more minutes. Set aside.
* Preheat oven to 350 degrees. In a medium bowl combine the 1 ½ cups flour, ¾ cup sugar, baking powder and baking soda. Cut in ¼ cup butter until mixture resembles coarse crumbs. Set aside.
* In another bowl combine egg, buttermilk and vanilla. Add egg mixture all at once to flour mixture. Stir just until moistened. (batter should still be lumpy)
* Spread half of the batter in a 8x8x2 in. baking pan. Spoon and gently spread filling over batter. Drop remaining batter in small mounds on filling.
* In a small bowl stir together the ¼ cup flour and ¼ cup sugar. Cut in the 2 tbsp. butter until mixture resembles coarse crumbs. Sprinkle over coffee cake. Bake for 40-45 minutes or until golden. Serve warm.

**Angel Food Cake**

Ingredients

1 ½ cups egg whites (10-12 large)

1 ½ cups powdered sugar

1 cup flour

1 ½ tsp. cream of tartar

1 tsp. vanilla

1 cup sugar

Instructions

* In a very large bowl allow egg whites to stand at room temp. for 30 minutes.
* Mix powdered sugar and flour. Set aside
* Adjust oven rack to lowest position. Preheat to 350 degrees.
* Add cream of tartar and vanilla to egg whites. Beat on medium speed until soft peak form. Add sugar, 2 tbsp. at a time, beating until stiff peaks form.
* Pour ¼ of the flour over the whites; fold in gently. Repeat with remaining flour by fourths. Pour batter into an ungreased 10-in. tube pan. Gently cut through batter to remove air pockets.
* Bake 40-45 minutes or until top springs back when touched. Invert cake; cool thoroughly. Remove.

**Carrot Cake**

Ingredients

4 eggs, lightly beaten

2 cups flour

2 cups sugar

2 tsp. baking powder

1 tsp. ground cinnamon

½ tsp. salt

½ tsp. baking soda

3 cups finely shredded carrots, lightly packed

¾ cup vegetable oil

1 recipe Cream Cheese Frosting

Instructions

* Allow eggs to stand at room temperature for 30 minutes. Meanwhile, grease two 8x1 ½ in. round cake pans. Line bottoms of pans with waxed paper; grease the paper. Set aside.
* Preheat oven to 350 degrees. In a large bowl stir together flour, sugar, baking powder, cinnamon, salt and baking soda. Set aside.
* In another bowl combine eggs, carrots and oil. Add egg mixture to flour mixture. Stir until combined. Spread batter into prepared pans.
* Bake for 35-40 minutes or until a toothpick inserted near center comes out clean.
* Cool 10 minutes. Remove from pans. Remove paper. Cool thoroughly. Frost with Cream Cheese Frosting.

**Chocolate Chip Cookies**

½ cup butter, softened

½ cup oil

1 cup packed brown sugar

½ cup granulated sugar

½ tsp. baking soda

½ tsp. salt

2 eggs

1 tsp. vanilla

2 ¾ cups flour

1 12 oz. package (2 cups) chocolate chips

1 ½ cups chopped nuts, toasted, if desired

Instructions

* Preheat oven to 375 degrees.
* In a large bowl beat butter and shortening on medium to high speed for 30 seconds. Add sugars, baking soda and salt. Beat until combined.
* Beat in eggs and vanilla until combined. Beat in as much flour as you can with the mixer. Stir in remaining flour. Stir in chocolate and, if using, nuts.
* Drop dough by rounded teaspoons 2 in. apart onto ungreased cookie sheets. Bake 8-9 minutes or until edges are just light brown. Cool 2 minutes. Remove from pans.

**Oatmeal Cookies**

Ingredients

1 cup butter (or ½ cup butter ½ cup peanut butter)

1 tsp. baking soda

1 tsp. ground cinnamon, pumpkin pie spice or apple pie spice

½ tsp. salt

2 eggs

1 tsp. vanilla or ½ tsp. mapeline

1 ½ cups flour

3 cups regular oats

1 cup stir-in (Raisins, chocolate chips, dried fruit, coconut, etc.) (optional)

Instructions

* Preheat oven to 350 degrees.
* In a large mixing bowl beat butters on medium to high for 30 seconds.
* Add sugar, baking soda, spice and salt. Beat until combined. Beat in eggs and vanilla or mapeline.
* Beat in as much of the flour as you can with the mixer. Stir in remaining flour, oats and stir-in.
* Drop dough by rounded tea or tablespoons onto ungreased cookie sheets. Bake 8-10 minutes or until light brown and centers appear set. Cool 2 minutes. Remove cookies.

**Snickerdoodles**

Ingredients

1 cup butter, softened

1 ½ cups sugar

1 tsp. baking soda

1 tsp. cream of tartar

¼ tsp. salt

2 eggs

1 tsp. vanilla

3 cups flour

¼ cup sugar

2 tsp. ground cinnamon

Instructions

* In a large bowl beat butter on medium to high for 30 seconds. Add the 1 ½ cups sugar, baking soda, cream of tartar and salt. Beat until combined.
* Beat in eggs and vanilla until combined. Beat is as much of the flour as you can with the mixer. Stir in remaining flour.
* Cover and chill dough about 60 minutes or until easy to handle.
* Preheat oven to 375 degrees. In a small bowl combine the ¼ cup sugar and the cinnamon.
* Shape dough into 1 ¼ in. balls. Roll balls in sugar mixture to coat. Place 2 in. apart on ungreased cookie sheets.
* Bake 10-12 minutes or until bottoms are light brown. Remove and let cool.

**Peanut Butter Cookies**

Ingredients

1 cup peanut butter

½ cup butter, softened

½ cup shortening

1 cup granulated sugar

1 cup packed brown sugar or ½ cup honey

1 tsp. baking soda

1 tsp. baking powder

2 eggs

1 tsp. vanilla

2 ½ cup flour

Instructions

* In a large mixing bowl beat peanut butter, butter and shortening with an electric mixer for 30 seconds.
* Add sugars, baking soda and baking powder. Beat until combined. Beat in eggs and vanilla until combined.
* Beat in as much of the flour as you can. Stir in remaining flour. Cover and chill dough about 60 minutes or until easy to handle.
* Preheat oven to 375 degrees. Shape dough into 1 ¼ in. balls. Roll in additional sugar to coat. Place 2 in. apart on ungreased cookie sheets.
* Flatten with a fork. Bake for 7-9 minutes or until bottoms are light brown. Cool 1 minute. Remove.

**Ginger Cookies**

Ingredients

4 ½ cups flour

4 tsp. ground ginger

2 tsp. baking soda

1 ½ tsp. ground cinnamon

1 tsp. ground cloves

1 ½ cups shortening

2 cups sugar

2 eggs

½ cup molasses

¾ cup sugar

Instructions

* Preheat oven to 350 degrees. In a bowl stir together flour, ginger, baking soda, cinnamon, cloves and ¼ tsp. *salt*.
* In another bowl beat shortening on low speed for 30 seconds. Add the 2 cups sugar. Beat until combined.
* Beat in eggs and molasses until combined. Beat in as much of the flour mixture as you can. Stir in remaining flour mixture.
* Shape dough into 1 in. balls. Roll in the ¾ cup sugar. Place 1 ½ in. apart on an ungreased cookie sheet. Bake 8-9 minutes or until bottoms are light brown and tops are puffed. Cook 1 minute. Remove from sheets.

**Brownies**

Ingredients

½ cup butter

3 oz. unsweetened chocolate, chopped

1 cup sugar

2 eggs

1 tsp. vanilla

2/3 cup flour

¼ tsp. baking soda

½ cup chopped nuts (optional)

Instructions

* In a medium saucepan heat and stir butter and chocolate over low heat until smooth; set aside to cool.
* Preheat oven to 350 degrees. Line a 8x8x2 in. baking pan with foil, leaving about 1 in. foil hanging over the edges. Grease foil. Set aside.
* Stir the sugar into cooled chocolate mixture. Add eggs, one at a time, beating with a wooden spoon just until combined. Stir in vanilla.
* In a small bowl stir together flour and baking soda. Add flour mixture to chocolate mixture; stir just until combined. If using, stir in nuts.
* Spread the batter evenly in the pan. Bake for 30 minutes. Cool in pan. Use foil to lift out of pan. Cut.

**Lemon Bars**

Ingredients

2 cups flour

½ cup powdered sugar

2 tbsp. cornstarch

¼ tsp. salt

¾ cup butter, cut up

4 eggs, lightly beaten

1 ½ cups sugar

3 tbsp. flour

1 tsp. finely shredded lemon peel

¾ cup lemon juice

¼ cup half-and-half, light cream or milk

Powdered sugar

Instructions

* Preheat oven to 350 degrees. Line a 13x9x2 in. baking pan with foil; extending the foil over the sides. Grease foil; set aside.
* In a large bowl combine the 2 cups flour, the ½ cup powdered sugar, the cornstarch and salt.
* Cut in butter until mixture resembles coarse crumbs. Press mixture into the bottom of pan. Bake for 18-20 minutes or until edges are light brown.
* For filling, in a bowl stir together eggs, sugar, the 3 tbsp. flour, lemon peel, lemon juice and half-and-half. Pour filling over hot crust.
* Bake 15-20 minutes more or until center is set. Cool. Use foil to lift bars out of pan. Cut. Sift powdered sugar over top just before serving.

**Cheesecake**

Ingredients

1 ¾ cups crumbs (graham cracker, chocolate cookie, gingersnap)

¼ cup finely chopped nuts

1 tbsp. sugar

½ tsp. cinnamon, ginger, apple pie spice or pumpkin pie spice

½ cup butter, melted

3 8oz packages cream cheese

OR 2 8 oz. packages cream cheese and 1 cup canned pumpkin (omit liquid)

1 cup sugar (or ½ sugar ½ brown sugar)

2 tbsp. flour

1 tsp. flavoring (almond extract, lemon or orange peel or vanilla)

¼ liquid (milk, orange or pineapple juice)

3 eggs, lightly beaten

Stir-in (chocolate chips, blueberries, raspberries, etc.)

Swirl-in (4 oz. semisweet chocolate melted with 2 tbsp. cream, 1 cup pureed raspberries, etc.)

Instructions

* Preheat oven to 350 degrees. For crust, in a bowl combine crumbs, nuts, the 1 tbsp. sugar and spice.
* Stir in melted butter. Press mixture onto the bottom and 1 ½ in. up the sides of a 9-in springform pan. Set aside
* For filling, in a large mixing bowl beat the cream cheese, pumpkin, if using, sugar, flour and flavoring until combined. Beat in liquid until smooth. Stir in eggs and stir-in.
* Pour filling into crust. Dot with swirl-in; use a thin metal spatula to marble.
* Bake for 40-50 minutes or until a 2 ½ in. area around outside edge appears set when gently shaken.
* Cool in pan for 15 minutes. Separate crust from edge with knife. Remove edges. Cool completely. Cover and chill for at least 4 hours before serving.

**Apple Crisp**

Ingredients

6 cups sliced, peeled cooking apples

3-4 tbsp. sugar

½ cup regular oats

½ cup packed brown sugar

¼ cup flour

¼ tsp. cinnamon, ginger or nutmeg

¼ cup butter

¼ cup chopped nuts or coconut

Instructions

* Preheat oven to 375 degrees.
* In a large bowl combine apples and sugar. Transfer to a 1 ½-2 quart baking dish, set aside.
* For topping, in a medium bowl combine oats, brown sugar, flour and cinnamon. Cut in butter until mixture resembles coarse crumbs. Stir in nuts. Sprinkle topping over apple mixture.
* Bake 35-40 minutes or until apples and tender and topping is golden.

**Pie Crust**

Ingredients

Single Double

1 ½ 2 ½ cups flour

½ 1 tsp. salt

¼ ½ cup shortening

¼ ¼ cup butter, cut up

¼-1/3 ½-2/3 cup ice water

Instructions

* In a large bowl stir together flour and salt. Cut in shortening and butter until pieces are pea size.
* Sprinkle 1 tbsp. water over part of the flour mixture; toss with a fork. Push moistened pastry to side of bowl. Repeat moistening flour mixture, 1 tbsp. at a time, until flour mixture is moistened. Gather flour mixture into a ball, kneading gently until it holds together. Divide in half if double recipe; form each portion into a ball.
* On a lightly floured surface roll pastry into a circle 12 in. in diameter. Wrap around rolling pin. Unroll into 9-in. pie plate.
* At this point you may prick the bottom with a fork, then line with a double thickness of foil and bake for 8 minutes. Remove foil and bake 6-8 more minutes until golden. OR
* Instead of baking fill crust with filling. Trim pastry even with pie plate rim for a double crust or leave ½ inch hanging off for a single crust.
* For a single crust, crimp the edge and bake as directed.
* For a double crust, roll out the other half of the dough and place on top, trimming ½ in. beyond the edge of the plate. Fold extra underneath bottom crust. Crimp to seal. Cut slits in the top. Bake as directed.

**Crumb Topping for Fruit Pies**

Ingredients

2/3 cup rolled oats

2/3 cup flour

½ cup packed brown sugar

¼ tsp. salt

¼ tsp. ground cinnamon

6 tbsp. butter

Instructions

* In a medium bowl stir together oats, flour, sugar, salt and cinnamon. Cut in butter until mixture resembles coarse crumbs. Sprinkle over fruit filling.

**Fruit Pie**

Ingredients

1 double pie crust OR 1 single pie crust and 1 recipe Crumb Topping for Fruit Pie

1 recipe Fruit Pie Filling

Instructions

* Preheat oven to 375 degrees. Prepare crust.
* Prepare filling, first combining the sugar and flour. Add the fruit; gently toss until coated.
* Transfer filling to pie crust. Top as desired. To prevent overbrowning, cover edges of pie with foil.
* Bake for 30 minutes. Remove foil. Bake for 35-40 minutes. More or until fruit is tender and bubbly. Cool.

**For a well equipped kitchen, consider having the following:**

Serrated Bread Knife

Chef’s Knife

Utility Knife

Scissors (Kitchen Shears)

Paring Knife

Cutting Board

Measuring Cups

Kitchen Tongs

Can Opener

Measuring Spoons

Vegetable Peeler

Spatulas of all sizes

Wooden Spoons (better than plastic)

Cheese Grater

Colander

Wire Whisk

Pastry Cutter

Rolling Pin

Hand Mixer

Crock Pot

Blender

Waffle Maker

Large Skillet

Smaller Frying Pan

Small Saucepan

Large Saucepan

Stock Pot

Griddle

Loaf Pans

Casserole Dishes

Round Cake Pans

15x10x1 in. Baking Pan

Cookie Sheets

Muffin Pans

9x13x2 in. Baking Pan

8x8x2 in. Baking Pan

Tube Pan

Springform Pan

**For Your Pantry:**

**Cupboard:**

Baking powder and soda

Canned beans (kidney, black)

Canned tuna

Cornstarch

Dried fruit

Egg noodles

Flour

Garlic

Honey

Hot Sauce

Milk (evaporated, sweetened condensed)

Nonstick cooking spray

Nuts (almond, pecans, walnuts)

Oats

Oil

Onions

Pasta

Tomato sauce

Peanut butter

Potatoes

Rice

Salsa

Spices

Sugar (granulated, brown, powdered)

Tomatoes, canned

Vinegar

Tortillas

Ziploc Bags

Waxed Paper

Saran Wrap

Tin Foil

**For Your Freezer**

Chicken breasts

Beef (ground, roast or steak)

Pork (chops, country style ribs)

Frozen vegetables

Yeast

**For Your Refrigerator**

Barbeque Sauce

Salad Dressing

Butter/Margarine

Carrots

Celery

Cheese (Monterey Jack, parmesan)

Cream cheese

Eggs

Jam or Jelly

Ketchup

Limes

Mayonnaise

Pepperoni or lunch meat

Milk

Mustard

Orange Juice

Salad greens

Soy sauce

Chiles

**Use a Kitchen Thermometer**

Never let the thermometer tip touch the side of a pot or pan; that will give a bad reading. For meat, insert into the thickest part. Do not place in oven unless designed to do so.

**Use a Hand Mixer**

Never use a hand mixer with thick recipes, such as fudge or cookie dough once it becomes very thick. Always scrape sides of bowl with a spatula while beating. If you have a whisk attachment, use it for beating egg whites.

**Use a Crock Pot**

Very easy. Put in meat and vegetables first, then seasonings, then water. Cook on high if you have less time, low if you have more time. You don’t necessarily have to add water. Most meats will cook in their own juices.

**Use a Blender**

Self explanatory, except when making salsa. Be careful not to fill it too high, and blend with short pulses, pushing down ingredients and blending between pulses. Never insert anything in blender while blending.

**Tell When Cookies are Done**

Cookies are done when the bottoms are light brown.

**Tell When Bread is Done**

Bread is done when it sounds hollow when tapped.

**Tell When Brownies are Done**

You can’t. Just cook for the specified time.

**Tell When Cakes are Done**

Cake is done when a toothpick or butter knife inserted near the middle comes out clean.

**Tell When Tomato Based Dishes are Done**

These dishes are done when the sauces are bubbly and cheese (if present) is melted.

**Tell When Chicken is Done**

Poke the chicken with your finger. It shouldn’t give very much, and shouldn’t be squishy. Just to be safe, slice open the chicken at the thickest part. There should be no pink.

**Tell When Beef is Done**

The largest chunks of ground beef should have no pink inside. For solid beef (steak or roast) cook at least until the thickest part, when cut open, shows no more than ½ pink and very little bright red. Meat should be hot all the way through.

**Measure Dry Ingredients**

Many dry ingredients are fluffy. Instead of using the measuring cup like a scoop, spoon ingredient into cup then smooth off top. Do not shake cup.

**Beat Eggs or Cream**

For lightly beaten eggs, beat until pale yellow with no streaks. For beaten egg yolks, beat on high for about 5 minutes until thick with a lemony color. For soft peaks, let eggs stand at room temperature until they are no longer cold. Make sure the bowl and beater are clean and very dry. Beat egg whites or cream until it forms peaks that curl over when the mixer is pulled out. For stiff peaks, beat egg whites or cream until it forms peaks that do not curl over when mixer is pulled out. Be careful not to overbeat; eggs will separate and cream will turn into butter.

**Separate Eggs**

Don’t toss back and forth between shells. This can spread salmonella. Crack over a bowl, keeping yolk in the shell, if possible. Empty egg onto your fingers and use your fingers to separate the yolk from the white.

**Cut in Butter**

Use a pastry cutter or two butter knives to cut the butter into small pieces and blend it with the ingredients until it looks like coarse crumbs.

**Roll Dough**

Form dough into a small flattened circle. Coat counter surface and rolling pin with flour and start rolling the dough from the middle toward the outside edge of the circle. Continue by bringing the pin back to the center of the dough and rolling outward until dough is rolled to the thickness specified.

**Make Sour Milk**

Place 1 tbsp. lemon juice or vinegar in a measuring cup. Fill with enough milk to make 1 cup total liquid. Let stand for 5 minutes before using it in a recipe.

**Fold Ingredients**

This method combines light and heavy ingredients without decreasing volume. Sprinkle heavy ingredient over light. Cut down with a spatula, drag across the bottom of the bowl, and bring it up the other side, carrying some of the mixture from the bottom with it. Continue until combined.

**Toast Nuts**

For large pieces, spread in a shallow pan. Bake in a 350 degree oven for 5-10 minutes, shaking the pan once or twice. Toast finely chopped nuts or sesame seeds in a dry skillet over medium heat, stirring often.

**Dice**

Use a chef’s knife to cut foods into uniform pieces; about ¼ in. on all sides.

**Julienne**

Cut food into match-like sticks.

**Chop**

Use a chef’s knife to cut food into large irregular pieces.

**Mince**

Cut into tiny pieces; about 1/16 to 1/8 in. on all sides.

**Remove Citrus Peel**

Use a cheese grater to remove peel.

**Know What Food to Freeze**

Do not freeze battered or fried foods, foods containing egg, cottage cheese, cream filled deserts, potatoes or foods containing them, stews thickened with cornstarch or flour, sour cream, mayonnaise, salad dressing, stuffed meats, or whole eggs.

**Keep Apples and Avocados from Turning Brown**

Rub with a little lemon juice or vinegar.

**Keep Pancakes and Waffles (and other foods) Warm**

Heat the oven to 200-250 degrees. Place food in a single layer on a baking sheet. Leave in oven up to 20 minutes.

**Use a Different Quick Bread Pan**

Muffins and Quick Breads (breads without yeast) can be cooked in any size pan you like. Baking times are approximate:

|  |  |
| --- | --- |
| Pan Size | Baking Time |
| 9x5x3 in. loaf pan | 55-75 min. |
| 8x4x2 in. loaf pan | 50-60 min. |
| 7½x3½x2 in. loaf pan | 40-45 min. |
| 4½x2½x1½ in. loaf pan | 30-35 min. |
| 2 ½ in. muffin cups | 15-18 min. |

**Make it a Cupcake**

For cakes whose recipes start with beating butter and sugar together, you can make them into cupcakes. Grease and flour muffin cups. Fill half to two thirds full with batter. Bake at the same temperature called for by the cake recipe, but reduce baking time by one third to one half.

**Frost a Cake**

Start with a thin layer of frosting to seal crumbs in. This layer will look really bad! But then put a thicker layer on top; it won’t pick up any crumbs and it will be easier to style.

**Adjust For Altitude**

There is no hard and fast rule, but foods tend to take longer to bake or boil at higher altitudes, often an extra minute per 5,000 feet. Just be careful.

**Mexican Rice**

Ingredients

3-4 Roma Tomatoes

1 small piece onion

2 clove garlic

Salt to taste

3 cups water

2 tbsps. Oil

3 cups Japanese rice

Instructions

* If using rice other than Japanese rice, you will need to alter rice to water ratios.
* Blend first 5 ingredients until smooth.
* Heat oil in a saucepan. Stir fry rice in oil until opaque. Add 3 ¾ cups liquid to rice.
* Bring to a boil. Reduce heat to very low, cover and let sit 25 minutes.

**Caramel Corn**

1 cup unpopped popcorn

1 cup butter

½ cup corn syrup

2 cups brown sugar

1 tsp salt

½ tsp baking soda

1 tsp vanilla

Instructions

* Pop the popcorn (preferably with a hot air popper)
* In a saucepan, melt the butter over medium heat
* Add the corn syrup, brown sugar and salt
* Bring to a boil, stirring constantly
* Boil without stirring for 4 minutes
* Remove from heat and stir in baking soda and vanilla
* Pour over popcorn in a thin stream, stirring and tossing to coat
* Spread popcorn onto two large greased cookie sheets
* Bake for 45 minutes in a 250 degree oven, stirring every 15 minutes
* Immediately remove popcorn from cookie sheets and pour into bowl

**Chile Verde**

1 recipe grilled chile verde salsa (omit avocado)

2 lbs pork

Seasonings (cumin, oregano, salt, pepper)

2 tbsps oil

Instructions

* Prepare chile verde salsa
* Chop pork. Heat oil in a pan, add pork and seasonings and pan fry on high until it browns
* Remove pork from pan and place in a pot with chile verde, simmer for 45 minutes to an hour.
* Meanwhile, if desired, prepare Mexican Rice, or heat refried beans in the grease left over from the pork, etc.
* Serve with beans, rice, tortillas, etc.

**Marinated Spinach Salad**

4-6 button mushrooms

2 tomatoes

1 can olives

½ large onion

½ cup olive oil

¼ cup vinegar

Salt and pepper

Spinach

Instructions

* Chop onions and tomatoes, drain olives.
* Place all ingredients except spinach in a plastic bag, let sit at room temperature for 4 hours.
* Remove vegetables from marinade, toss with spinach. Use marinade as dressing.

**Flour Tortillas**

4 cups flour

1 tsp salt

2 tsp baking powder

2 tbsp shortening

1 ½ cups water

Instructions

* Mix flour, salt and baking powder together.
* Cut in the shortening until it forms coarse crumbs. Mix in water, a little at a time, until the mixture holds together.
* Divide the dough into 24 portions. Heat a pan or griddle.
* Take a dough portion, form it into a ball, and roll it out until it is very thin. Cook on the pan until one side gets golden specks, then flip.
* It’s done when both sides have small golden spots.