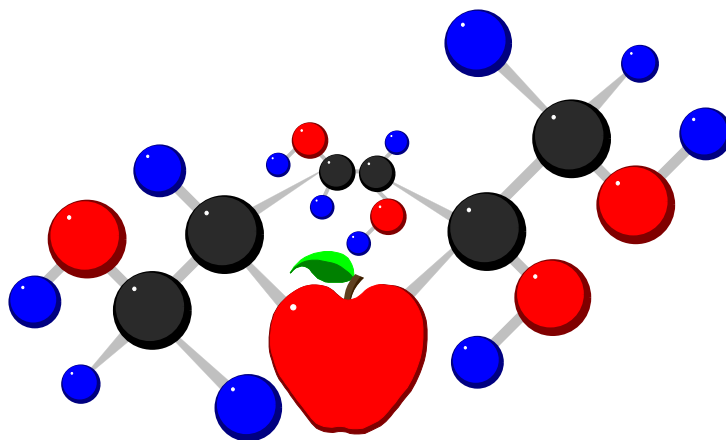


# Laboratory Procedures for Basic Applied Biochemistry



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May 17, 2005



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# Chapter 1

## Introduction

### 1.1 Welcome

These are recipes I have collected from various places. Most of them are family recipies. Some recipies are marked  $\bullet$  meaning I have not made them, but they seem sound. I will test them eventually.

### 1.2 Preparation

This has been typeset using L<sup>A</sup>T<sub>E</sub>X, using custom recipe environments. The cover graphic was made in Kontour.

### 1.3 Conversion Hints

Baking is mostly imperial, but I am a very metric person. Since a cup is 125 mL which is realtively “round” number, I can live with the inconsitancies, but it is good to know that:

$$\begin{array}{rclcl} 3 \text{ tsp} & = & 1 \text{ tbsp} & = & \frac{1}{2} \text{ oz} \\ 1 \text{ cup} & = & 8 \text{ oz} & = & \frac{1}{4} \text{ qt} \end{array}$$





## Chapter 2

# Beef

### 2.1 Hearty Beef Goulash

Makes 4 servings.

*Ingredients:*

1 tbsp oil  
2 slices chopped bacon  
1 clove minced garlic  
2 sliced carrots  
2 sliced medium onions  
1 sliced green pepper  
 $\frac{1}{4}$  lbs whole small mushrooms  
 $1\frac{1}{2}$  lbs cubed stewing beef  
 $\frac{1}{4}$  cup flour  
3 tbsppaprika  
1 cup beef stock  
1 bay leaf  
1 cup milk  
1 tsp flour  
salt  
pepper

1. Heat oil in a heavy pan.
2. Add bacon and cook until lightly browned.
3. Remove with a slotted spoon to a large pot.

4. Add garlic, carrots, onions, green pepper and mushrooms to pan.
5. Stor over medium heat for 5 minutes.
6. Remove and add to pot.
7. Toss beef chunks in flour.
8. Brown chunks will in pan, adding more oil of necesary.
9. Add to pot.
10. Mix in paprika well.
11. Stir in stock and bay leaf.
12. Bring to a boil slowly.
13. Simmer, covered until meat is tender (approx  $1\frac{1}{2}$  hours).
14. Add milk mixed with remaning flour.
15. Cook stirring over medium heat until sauce is thickened.
16. Season to taste.

## 2.2 Jumbo Shells with Beef Filling

From Lancia.

Makes 5-6 servings.

### *Ingredients:*

20 jumbo pasta shells  
1 lbs  
theground beef  
 $\frac{1}{4}$  cup finely chopped onions  
 $\frac{1}{4}$  cup bread crumbs  
2 eggs  
3 cup grated mozzarella cheese  
 $\frac{1}{2}$  tsp salt  
dash pepper  
2 tsp chopped parsely  
 $3\frac{1}{2}$  cup pasta sauce

$\frac{1}{4}$  cup grated parmesan cheese

1. Cook shells as package directs.
2. Brown meat and onion in oil and drain.
3. Combine cooked meat and remaning ingredients except parmesan and sauce.
4. Fill cooked shells.
5. Complete as package directs.

## 2.3 Kari-Kari

Makes 4-6 servings.

### *Ingredients:*

$2\frac{1}{2}$  lbs ox-tail and stew beef  
2 tbs cooking oil  
2 cloves minced garlic  
1 medium onion, sliced  
3 tbs peanut butter  
2 tbs corn strach  
 $\frac{1}{2}$  lbs string beans  
1 medium eggplant, chunked (salt to prevent bitterness)

and simmer for  $1\frac{1}{2}$  hours or until tender.

1. Place mean in a pot and cover with water.
2. Bring to a boil, then lower heat

3. Sauté garlic and onion in oil.
4. Add meat and broth.
5. Salt and pepper to taste.
6. Simmer 15 minutes.
7. Stir in peanut butter and corn-starch.
8. Bring back to simmer and cook for 5 minutes.
9. Add beans and eggplant.
10. Cook 10 minutes, or until vegetables are tender, stirring often.

## 2.4 Meatballs

### *Ingredients:*

1 lbs ground beef  
 $\frac{1}{2}$  lbs bread crumbs  
2 eggs  
2 tbs parmasean cheese

salt  
chopped parsley  
 $\frac{1}{4}$  to  $\frac{1}{2}$  cup water  
oil  
tomato sauce

1. Mix all ingredients, adding water as needed.
2. Roll into balls.
3. Fry balls in oil.
4. Cook balls in tomato sauce for ??? minutes.

## 2.5 Meatloaf

1. Follow the meatball recipe, but use tomato sauce instead of water.
2. Bake at 350 °F for  $\frac{1}{2}$  hour.

## 2.6 Roast

### *Ingredients:*

4 lbs roast  
1 halved onion  
garlic powder  
4 to 5 potatoes

1. Preheat oven to 325 °F.
2. Stand roast on bone (fat-side up) in a casserole dish.
3. Dust with garlic powder.
4. Add onion halves.
5. Put roast in oven.
6. After  $\frac{1}{2}$  hour, add the potatoes to the casserole.
7. Cook 1 hour more.



## Chapter 3

# Bread

### 3.1 Banana Bread

*Ingredients:*

$\frac{1}{2}$  cup cooking oil  
1 cup white sugar  
2 beaten eggs  
3 ripe mashed bananas  
2 cup all-purpose flour  
1 tsp baking soda  
 $\frac{1}{2}$  tsp baking powder  
 $\frac{1}{2}$  tsp salt  
3 tbsp milk  
 $\frac{1}{2}$  tsp vanilla extract  
1 cup chocolate chips

1. Preheat oven to 375 °F.

2. Blend oil and sugar.
3. Add bananas and eggs and mix well.
4. Stir in flour, baking soda, baking powder and salt.
5. Add in vanilla and milk.
6. Stir in chocolate chips.
7. Pour in loaf pan and bake for 60 minutes.

*Can be done in food processor except for the chocolate chips. Fold the chips in by hand.*

### 3.2 Basic Bagel Recipe

*Ingredients:*

$2\frac{1}{2}$  to 3 cup whole wheat bread flour  
 $1\frac{1}{4}$  cup water  
1 tbsp dry yeast  
1 tsp salt

1. In a large mixing bowl combine flour and yeast.
2. Heat water and salt in a saucepan til warm to the touch

(45 °C).

3. Mix water into flour to form a dough.
4. Knead for 10 to 12 minutes until smooth and elastic, adding remaining flour as necessary to make a barely sticky dough.
5. Form the dough into an 20 cm long cylinder, and cut it into 8 equally sized pieces.

6. Form each piece into a smooth ball.
7. Poke your thumb through the centre of each piece and twirl it between your index fingers to make a hole.
8. Place un-cooked bagels on a floured cookie sheet and allow to rise 20 to 30 minutes in a warm place until doubled in bulk.
9. Preheat oven to 375 °F (400 °F if you want a thicker crust).
10. In a 4 qt pot boil 8 cup water and  $\frac{1}{2}$  tsp salt.
11. Drop bagels, 3 at a time into the boiling water.
12. Cook uncovered 3 to 5 minutes over high heat, turn once with a slotted spoon.
13. Remove bagels and transfer to a well oiled or floured baking sheet.
14. Bake at 375 °F for 25 to 30 minutes or 400 °F for 20 minutes until firm to the touch.

### 3.3 Basic Whole Wheat Bread

Makes 2 loaves.

*Ingredients:*

3tbsp white sugar  
 1 tsp dry yeast  
 $\frac{3}{4}$  cup warm water  
 $\frac{1}{4}$  cup milk  
 1 tsp vegetable oil  
 1 cup whole wheat flour  
 2 cup all-purpose flour  
 1 tsp salt

1. In a mixing bowl, dissolve the sugar and yeast in warm water. Let stand until creamy, about 10 minutes.
2. Combine the yeast mixture with the milk, vegetable oil, whole wheat flour, 1 cup of the all-purpose flour and the salt.
3. Add the remaining flour,  $\frac{1}{2}$  cup at a time, stirring well after each addition.
4. When the dough has pulled together, turn it out onto a lightly floured surface and knead about 10 minutes.
5. Oil a large bowl, place the dough in the bowl and turn to coat with oil.
6. Cover with a damp cloth and let rise in a warm place until doubled in volume, about 1 hour.
7. Grease two bread pans.
8. Deflate the dough and turn it out onto a lightly floured surface.
9. Divide the dough into two equal pieces and form into loaves. Place the loaves into the pans.
10. Cover with a damp cloth and let rise until doubled in volume. (Approx 40 minutes)
11. Preheat oven to 400 °F.
12. Bake for 30 minutes, or until the bottom of the loaf sounds hollow when tapped.

### 3.4 Beer Rye Bread

*Ingredients:*

2 cup rye flour  
 1½ cup room temperature beer  
 4½ tsp dry yeast  
 2 tbsp white sugar  
 1 tsp salt  
 2 tbsp shortening  
 1 egg  
 3 cup bread flour  
 1 tsp cornmeal

1. Combine rye flour, beer, and yeast in a large bowl. Cover bowl with plastic wrap. Set out overnight. Do not refrigerate.
2. Add sugar, salt, shortening, and egg; beat with mixer until smooth.
3. Add enough white bread flour to make a soft dough.

4. Knead on a lightly floured surface until smooth, approximately 10 minutes.
5. Place in a greased bowl, and turn to oil the surface of the dough. Let rise in warm place about 1 hour, or until doubled.
6. Punch down dough, and divide in half.
7. Shape into round or oblong loaves, and place on greased baking sheets sprinkled with corn meal.
8. Let rise for 30 minutes.
9. Preheat oven to 400 °F.
10. Bake for 30 minutes.

*This bread is very dense.*

### 3.5 Buttermilk Biscuits

From the Steffler Family.

*Ingredients:*

2 cup flour  
 1 tbsp baking powder  
 ½ tsp baking soda  
 ½ tsp salt  
 ½ tsp butter  
 1 cup buttermilk

1. Preheat oven to 450 °F.
2. Mix flour, baking powder, baking soda and salt together.

3. Cut in butter and mix together lightly.
4. Add butter milk and mix just enough to blend. Do not over mix.
5. Roll out to 1 cm thickness.
6. Cut with round cookie cutter.
7. Bake for 15 minutes.

### 3.6 Cornbread

*Ingredients:*

1 cup ungerminated corn meal  
 1 cup whole wheat flour  
 ½ tsp salt  
 2 tsp baking powder

3 tbsp oil  
 1 cup milk  
 1 egg  
 4 tbsp of any combination of honey, maple syrup or molasses

1. Preheat oven to 400 °F.
2. Combine all dry ingredients.
3. In a separate bowl, combine all liquid ingredients.
4. Add dry ingredients and mix until just combined.
5. Pour into 8" greased baking pan.
6. Bake for 20 minutes.

### 3.7 Croissants •

#### *Ingredients:*

$1\frac{1}{4}$  tsp dry yeast  
 3 tbs warm water (45 °C)  
 1 tsp white sugar  
 $1\frac{3}{4}$  cup all-purpose flour  
 2 tsp white sugar  
 $1\frac{1}{2}$  tsp salt  
 $\frac{2}{3}$  cup warm milk  
 2 tbs vegetable oil  
 $\frac{2}{3}$  cup unsalted butter, chilled  
 1 egg  
 1 tbs water

1. Combine yeast, warm water, and 1 tsp sugar. Allow to stand until creamy and frothy.
2. Measure flour into a mixing bowl.
3. Dissolve 2 tsp sugar and salt in warm milk.
4. Blend into flour along with yeast and oil.
5. Mix well; knead until smooth.
6. Cover, and let rise until over triple in volume.
7. Deflate gently, and let rise again until doubled. Deflate and chill 20 minutes.
8. Massage butter until pliable, but not soft and oily.
9. Pat dough into a 35 cm×20 cm rectangle.
10. Smear butter over top two thirds, leaving  $\frac{1}{2}$  cm margin all around.
11. Fold unbuttered third over middle third, and buttered top third down over that.
12. Turn 90 °, so that folds are to left and right.
13. Roll out to a 35 cm×15 cm rectangle.
14. Fold in three again.
15. Sprinkle lightly with flour, and put dough in a plastic bag.
16. Refrigerate 2 hours.
17. Unwrap, sprinkle with flour, and deflate gently.
18. Roll to a 35 cm×15 cm rectangle, and fold again.
19. Turn 90 °, and repeat.
20. Wrap, and chill 2 hours.
21. To shape, roll dough out to a 50 cm×13 cm rectangle.
22. Cut in half crosswise, and chill half while shaping the other half.
23. Roll out to a 40 cm×12 cm rectangle.
24. Cut into three 12 cm squares.
25. Cut each square in half diagonally.
26. Roll each triangle lightly to elongate the point, and make it 18 cm long.
27. Grab the other 2 points, and stretch them out slightly as you roll it up.
28. Place on a baking sheet, curving slightly.



29. Let shaped croissants rise until puffy and light.
30. In a small bowl, beat together egg and 1 tbsp water.
31. Glaze croissants with egg wash.
32. Bake in a preheated 475 °F oven for 12 to 15 minutes.

## 3.8 Missy Tilly's Bread

From a children's book.

Makes 1 loaf.

### *Ingredients:*

4 to 4 $\frac{1}{3}$  cup whole wheat flour  
 4 $\frac{1}{2}$  tsp dry yeast  
 1 $\frac{3}{4}$  cup milk  
 $\frac{1}{2}$  cup brown sugar  
 2 tsp salt  
 2 tbsp butter

1. In a saucepan, heat milk, sugar, butter and salt over low heat until warm.
2. In a bowl, combine with 2 cup flour and yeast.
3. Add remaining flour until stiff.

4. Knead until smooth. (Approx 5 minutes)
5. Place in a covered, oiled bowl and let rise until double in size. (Approx 1 to 1 $\frac{1}{2}$  hours)
6. Punch down and let rise for 10 minutes.
7. Shape into loaf and place in an oiled pan.
8. Let rise for 30 minutes.
9. Preheat oven to 375 °F.
10. Bake 30 to 40 minutes.

## 3.9 Blueberry Scones

### *Ingredients:*

2 $\frac{1}{4}$  cup flour  
 2 tbsp sugar  
 2 $\frac{1}{2}$  tsp baking powder  
 $\frac{1}{2}$  tsp baking soda  
 $\frac{1}{2}$  tsp salt  
 $\frac{1}{2}$  cup cold butter, cubed  
 $\frac{1}{2}$  cup dried blueberries, raisins or any dried fruit  
 1 cup buttermilk  
 1 lightly beaten egg

1. Preheat oven to 425 °F.
2. In large bowl, stir together flour, sugar, baking powder, baking soda and salt.
3. Using two knives, cut in butter until mixture resembles coarse

crumbs.

4. Stir in blueberries.
5. Add buttermilk to mixture all at once, stirring with fork to make soft, slightly sticky dough.
6. With lightly floured hands, press dough into ball. On lightly floured surface, knead gently 10 times.
7. Gently pat out dough into 2 cm thick round.
8. Using a 8 cm floured cutter, cut out rounds.
9. Place on un-greased baking sheet.
10. Brush tops of scones with egg.

11. Bake in oven for 12 to 15 minutes or until golden.

berries.

*Chocolate chips can be used but it becomes overly sweet.*

*Don't use fresh fruit! The recipe will work, but have fun kneading raw blue-*

*The fruit can be left out entirely for plain scones.*

### 3.10 Shortbread Biscuits •

Makes 4 biscuits.

*Ingredients:*

2 cup all-purpose flour  
 $\frac{1}{2}$  tsp salt  
 2 tbsp baking powder  
 2 tbsp sugar  
 3 tbsp butter  
 $\frac{1}{2}$  cup milk

1. Preheat oven to 400 °F.
2. Combine dry ingredients.
3. Blend in butter.
4. Stir in milk.
5. Roll out to to 2 cm thick and cut into quarters.
6. Bake for 15 minutes.

### 3.11 Soft Pretzel Recipe •

*Ingredients:*

1 tbsp yeast  
 1 tbsp sugar  
 1 tsp salt  
 2 tbsp softened butter  
 1 cup warm water  
 $2\frac{3}{4}$  cup flour  
 coarse salt  
 5 tsp baking soda in 4 cup water

1. Put yeast, sugar, salt, butter, warm water and 1 cup of flour into a mixing bowl.
2. Stir until smooth, and yeast starts to bubble.
3. Add remaining flour.
4. When mixture is stiff, turn out and knead until smooth and elastic.
5. Allow dough to rise until doubled in size.

6. Bring baking soda-water mixture to a boil in a pot.
7. Punch down dough and knead for 1 minute or so.
8. Divide and roll 25 cm long rolls and twist into pretzel shape.
9. Allow pretzels to sit for about 1 to 2 minutes.
10. Place them into boiling baking soda-water mixture one or two at a time.
11. Preheat oven to 475 °F.
12. Let the pretzels boil for 1 minute 10 seconds, then flip them over and boil on the other side for 1 minute 10 seconds.
13. Let them drip off and place them on the cookie sheet.
14. Sprinkle the coarse salt on them.
15. Bake for 12 to 15 minutes or until are golden brown.

## Chapter 4

# Breakfast

### 4.1 French Toast Raphael

From the Steffler Family.

*Ingredients:*

6 cup white bread

6 oz cubed cream cheese

6 well beaten eggs

1 cup milk

$\frac{1}{2}$  tsp cinnamon

third cup maple syrup

1. Remove crusts of bread and cut into 2 cm cubes.

2. Place half the bread in a greased 8" baking pan.
3. Dot cheese on top.
4. Cover with remaing bread.
5. Combine remaning ingredients and pour in pan.
6. Cover with plastic wrap and re-fridgerate over night.
7. Preheat oven to 375 °F.
8. Bake for 45 minutes.



## Chapter 5

# Cake

### 5.1 Banana Chocolate Ribbon Torte

From the Steffler Family.

*Ingredients:*

1 package white cake mix  
4 eggs  
 $\frac{1}{2}$  cup water  
 $\frac{1}{4}$  cup cocoa  
2 tbsp brown sugar  
3 to 4 mashed ripe banana  
 $\frac{1}{3}$  cup oil

1. Flour two round pans.
2. Combine all ingredients except cocoa in a large bowl.
3. Beat on low speed until just blended.
4. Beat on medium speed for 2 minutes or until smooth.
5. Spread half the batter into a pan.
6. Stir cocoa into remaining batter.
7. Spread in other pan.
8. Bake at 350 °F for 30 to 35 minutes.

9. Cool completely.

10. Cut each cake in half to make 4 layers.

#### Icing

*Ingredients:*

$\frac{1}{2}$  cup soft butter  
4 cup sifted icing sugar  
1 to 2 mashed ripe bananas  
1 tbsp milk

1. Beat butter in a large bowl until smooth.
2. Gradually add remaining ingredients, beating until smooth and creamy.
3. Place one layer, cut side up on a serving plate.
4. Spread icing on each layer, alternating dark and light layers.
5. Cover top and sides with icing.

### 5.2 Carrot Cake

*Ingredients:*

2 cup flour  
 2 cup sugar  
 2 tsp baking soda  
 2 tsp cinnamon  
 1 tsp salt  
 3 cup grated carrots  
 4 eggs  
 1 tsp vanilla extract  
 $\frac{1}{2}$  cup vegetable oil

1. Preheat oven to 325 °F.
2. Sift dry ingredients into a mixing bowl.
3. Mix in grated carrots, vanilla and eggs.
4. Beat, adding oil slowly.
5. Pour into a greased pan.
6. Bake for 35 to 45 minutes or until the centre is done.

### 5.3 Christmas Fruit Cake

From D'Ambrosio Family.

*Ingredients:*

4 cup golden rasins  
 4 cup candied mixed peel  
 $1\frac{1}{2}$  cup red and green glazed cherries  
 2 cup sliced almonds  
 1 lemon (grated peel and juice)  
 $4\frac{1}{2}$  cup all-purpose flour  
 1 tsp salt  
 1 tsp baking powder  
 1 lbs softened butter  
 2 cup sugar  
 9 room-temperature eggs  
 amber rum

1. Soak raisins in water and rum for a minimum of 2 hours.
2. Preheat oven to 275 °F. When oven is hot, put a tray of water in oven.
3. Cream butter, adding sugar a little at a time.
4. Add eggs, one at a time, beating well after each addition.

5. Add lemon juice and peel.
6. In another bowl, mix 4 cup flour, salt and baking powder well.
7. Add dry ingredients to wet by hand.
8. In another bowl, mix fruits, nuts and  $\frac{1}{2}$  cup flour well.
9. Add fruit mixture to batter.
10. Line and fill 5 loaf pans.
11. Bake for 2 hours making sure the water tray does not evaporate completely.
12. Double wrap loaves in foil and place in a plastic bag in the refrigerator for 2 days.
13. Unwrap and add  $\frac{1}{3}$  cup amber rum per loaf.
14. Rewrap and refrigerate for 4 weeks.

### 5.4 Root Beer Cake

*Ingredients:*

2 cup flour  
 2 cup sugar  
 1 cup root beer  
 2 cup butter  
 $\frac{1}{2}$  cup milk  
 1 tsp baking soda  
 1 tsp vanilla  
 $\frac{1}{2}$  tsp salt  
 2 eggs

1. Preheat oven to 325 °F.
2. Mix flour and sugar.
3. In a saucepan, combine root beer and butter, bring to a boil.
4. Add to the dry mixture. Stir well.
5. Add milk, baking soda, vanilla, salt, and eggs. Blend well.
6. Bake for 30 minutes.

**Frosting***Ingredients:*

$\frac{1}{4}$  cup butter  
 $\frac{1}{8}$  tsp salt  
 2 cup confectioners sugar  
 4 tbsp cream or milk  
 1 tbsp root beer

1. Work the butter and salt with a spoon or electric beater until fluffy and creamy.
2. Add in confectioners sugar and cream, continuing to stir or beat.
3. Add only enough cream or milk to achieve spreading consistency.
4. Add vanilla and spread over cake.

**5.5 Sour Cream Coffee Cake**

From Leising Family.

*Ingredients:*

2 cup flour  
 1 tsp baking soda  
 1 tsp baking powder  
 $\frac{1}{2}$  cup butter  
 1 cup sugar  
 2 eggs  
 1 tsp vanilla  
 $1\frac{3}{4}$  cup sour cream (14%)  
 $\frac{1}{4}$  cup packed brown sugar  
 $1\frac{1}{2}$  tsp cinnamon

1. Preheat oven to 350 °F.
2. Grease and flour a 10" tube pan.
3. Mix the brown sugar and cinnamon for the topping and set

aside.

4. Sift together flour, baking powder, and baking soda, set aside.
5. Cream butter, add sugar and cream together.
6. Add eggs and vanilla, beat well.
7. Add dry ingredients alternatively with sour cream, in three additions.
8. Spread half of batter in tube pan, sprinkle with half of topping ingredients, repeat.
9. Bake for 45 minutes.
10. Cool 15 minutes before removing from pan.

## 5.6 Very Berry Summer Cake

From the Steffler Family.

*Ingredients:*

4 large eggs  
 $\frac{3}{4}$  cup sugar  
750 g vanilla yogourt  
1 tbsp vanilla  
 $1\frac{1}{4}$  cup flour  
2 cup fresh or frozen raspberries  
 $\frac{1}{4}$  cup flaked almonds

1. Preheat oven to 350 °F.
2. In a large bowl, beat eggs and sugar at maximum speed for

5 minutes.

3. Using a whisk, gently stir in yogourt and vanilla.
4. Sift flour over mixture little by little, whisking to avoid lumps.
5. Delicately fold in berries.
6. Pour into a floured spring-form pan.
7. Sprinkle almonds over top.
8. Bake until top is golden brown. (Approx. 75 to 90 minutes)



## Chapter 6

# Candy

### 6.1 Caramel Corn

From the Steffler Family.

*Ingredients:*

4 cup popped popcorn

$\frac{1}{2}$  cup almonds

$\frac{1}{2}$  cup pecans

$\frac{1}{2}$  cup butter

$\frac{1}{2}$  cup corn syrup

$\frac{4}{3}$  cup sugar

1 tsp vanilla

1. Combine popcorn and nuts.

2. Spread on an ungreased cookie sheet.

3. Melt butter.

4. Stir in corn syrup and sugar.

5. Bring to a boil over medium heat stirring constantly.

6. Continue boiling for 10 to 15 minutes stirring occasionally.

7. When mixture turn a light caramel colour, remove from heat.

8. Add vanilla.

9. Pour over popcorn-nut mixutre.

10. Mix until all pieces are coated.

11. Spread out to harden.

### 6.2 Granola Bars

*Ingredients:*

$\frac{1}{2}$  cup firmly packed brown sugar

$\frac{2}{3}$  cup peanut butter

$\frac{1}{2}$  cup corn syrup

$\frac{1}{2}$  cup melted butter

1 tsp vanilla

2 cup quick-cooking rolled oats

$\frac{1}{2}$  cup raisins

4 tbsps sesame seeds (optional)

1 cup semisweet chocolate chips

1. Preheat oven to 350 °F.

2. Line a 9" baking pan with parchment paper.

3. In a large bowl blend together brown sugar, peanut butter, corn syrup, butter and vanilla.

4. Add remaning ingredients and mix well.
5. Press evenly into greased pan.
6. Bake for 15-20 minutes or until light golden brown.
7. Cool for 1 hour.
8. Cut into bars.

### 6.3 Honey Glazed Munch Mix

From the Steffler Family.

*Ingredients:*

5 cup popped popcorn  
 2 cup Crispex cereal  
 $\frac{1}{2}$  cup peanuts  
 $\frac{1}{4}$  cup rasins  
 $\frac{1}{4}$  cup honey  
 $\frac{1}{4}$  cup butter  
 $\frac{1}{4}$  tsp vanilla

1. In a large bowl, combine popcorn, Crispex, peanuts and rasins.

2. In a small glass bowl, combine honey, butter and vanilla.
3. Microwave on high to 45 to 60 seconds.
4. Stir until butter is melted.
5. Drizzle over popcorn mixture and stir to coat.
6. Microsave on medium for 6 to 7 minutes or until popcorn is crisp, stirring every 2 mintues.

### 6.4 Munch and Crunch

*Ingredients:*

16 cupopped popcorn  
 2 cup brown sugar  
 1  $\frac{1}{2}$  cup salted peanuts  
 1 cup butter  
 $\frac{1}{2}$  cup light corn syrup  
 1 tsp salt  
 $\frac{1}{2}$  tsp baking soda

1. Bring sugar, butter and corn syrup to a rapid boil in a large

pot.

2. Keep stirring and quickly add the baking soda. It will foam.
3. Add to popcorn and peanuts and keep stirring until covered.
4. Put the mixture in a large roaster and bake at 250 °F for 1 hour.
5. Stir every 15 minutes or so.
6. Spread on wax paper and let cool to room temperature.

### 6.5 Nut Brittle

From Ms. Field's.

*Ingredients:*

1  $\frac{1}{2}$  cup nuts  
 6 tbsb butter

1 cup granulated sugar  
 $\frac{1}{4}$  cup water  
 $\frac{1}{4}$  tsp baking soda

1 tsp vanilla extract

1. In a pan, combine butter, sugar and water.
2. Place over medium heat and stir until sugar dissolves.
3. Let pan stand covered for 2 minutes.
4. Uncover pan and increase heat to high.
5. Cook until mixture begins to turn golden brown. (Approx

300 °F.)

6. Remove from heat. *Move quickly from here on in!*
7. Stir in vanilla and then baking soda.
8. Stir in nuts.
9. Turn out on to greased cookie sheet or dish and let cool.

*Leaving out the nuts entirely is possible and results in a vanilla Werther's-like candy.*

## 6.6 Sesame Seed Bars

### *Ingredients:*

1 cup water  
2 cup sugar  
1 cup light corn syrup  
2 tbsp unsalted butter  
 $\frac{1}{4}$  tsp baking soda  
2 cup toasted sesame seeds

1. Mix all the ingredients except the sesame seeds, in a medium-sized saucepan.
2. Cook over medium heat, stirring constantly, until mixture reaches 260 °F.

3. Quickly add the sesame seeds and continue to stir until well coated.
4. Remove from the heat.
5. Pour into a greased pan and smooth out with a greased spatula.
6. Allow to cool slightly and cut into bars.
7. When completely cool transfer to a wax paper-lined airtight container and separate layers with additional paper.



## Chapter 7

# Chicken

### 7.1 Cutlets with Cranberry Orange Sauce

From the Steffler Family.

*Ingredients:*

$\frac{1}{3}$  cup orange juice  
 $\frac{1}{3}$  cup chicken stock  
2 tbsp balsamic vinegar  
1 tbsp brown sugar  
2 tsp corn starch  
1 tsp grated orange rind  
1 lbs turkey or chicken  
1 tsp dried basil  
 $\frac{1}{2}$  tsp salt  
 $\frac{1}{4}$  tsp pepper  
1 tbsp olive oil  
 $\frac{1}{4}$  cup dried cranberries

1. Mix together orange juice, stock, vinegar, brown sugar, cornstarch and orange rind.

2. Season cutlets with basil, salt and pepper.
3. In a large skillet, over medium-high heat, heat half of the oil.
4. Cook cutlets in batches, adding oil as needed until no longer pink inside. (Approx 1 minute per side.)
5. Transfer cutlets to plate.
6. Reduce heat to medium.
7. Add juice mix and cranberries.
8. Cook for 1 minute, stirring.
9. Return meat to skillet and cook for 2 minutes, turning occasionally.
10. Add salt and pepper to taste.

### 7.2 Lime Grilled Chicken

From the Steffler Family.

*Ingredients:*

$\frac{1}{2}$  cup fresh lime juice  
 $\frac{1}{4}$  cup vegetable oil  
2 tbsp honey  
1 tsp thyme  
1 tsp rosemary

- |   |  |
|---|--|
| 1 crushed garlic clove<br>2 chicken breasts<br><br>1. In a bowl, combine all ingredients except chick, whisking until well blended. | 2. Marinate halved chicken breasts for 1 to 2 hours.<br><br>3. Broil or grill approximately 4 minutes per side basting during cooking. |
|---|--|

### 7.3 Pineapple Salsa Chicken

From the Steffler Family.

*Ingredients:*

- |  |  |
|--|--|
| 1 can crushed pineapple<br>4 chicken breasts<br>1 clove pressed garlic<br>1 tsp ground cumin<br>1 tbsp vegetable oil<br>$\frac{1}{2}$ cup minced red pepper<br>$\frac{1}{4}$ cup minced green pepper<br>1 tbsp minced green onion<br>2 tsp minced cilantro<br>2 tsp minced jalapeño peppers<br>1 tsp lime zest<br>salt and pepper<br><br>1. Rub chicken with garlic. | 2. Sprinkle with cumin, salt and pepper.<br>3. Sauté chicken in hot oil over medium-high heat until browned, turning once.<br>4. Add $\frac{1}{2}$ cup pineapple juice to chicken.<br>5. Reduce heat.<br>6. Simmer for 7 to 10 minutes.<br>7. In a bowl, combine pineapple, remaining juice, peppers, cilantro, onions and lime.<br>8. Cut each breast into slices and serve with salsa. |
|--|--|

## Chapter 8

# Cookies

### 8.1 Banana Oatmeal Cookies

*Ingredients:*

$\frac{1}{2}$  cup sugar  
 $\frac{1}{2}$  cup brown sugar  
1 cup butter  
2 eggs  
1 tsp vanilla extract  
2 cup flour  
1 tsp baking soda  
 $\frac{1}{2}$  tsp ground cloves  
1 tsp cinnamon  
3 ripe mashed bananas  
2 cup rolled oats  
1 cup chocolate chips  
 $\frac{1}{8}$  tsp salt

1. Preheat oven to 375 °F.
2. Combine sugars, butter, vanilla and eggs.
3. Separately combine flour, baking soda, salt, cloves, and cinnamon.
4. Stir into the creamed mixture.
5. Add the mashed bananas, rolled oats and chocolate chips; mix until well blended.
6. Drop spoonfuls of dough on an cookie sheet.
7. Bake 8 to 10 minutes or until golden brown.

### 8.2 Biscotti Neri

From Zia Graziella.

*Ingredients:*

6 cup all-purpose flour  
1 cup sugar  
 $\frac{1}{2}$  lbs melted shortening  
16 oz tepid milk  
3 tbsp cocoa  
2 tsp cinnamon  
1 tsp cloves

6 tbsp baking powder

1. Combine all ingredients.
2. Mix dough with oil-covered hands.
3. Roll into “snakes”.
4. Cut diagonally.

5. Grease cookie sheets or line with foil.
6. Bake at 350 °F for 10 to 15 minutes—no more.
1. Once cookies are cool (about 1 hour), mix icing in a bowl. It should have the consistency of corn syrup.
2. Pour over cookies and let dry thoroughly before storing.

### Icing

*Ingredients:*

icing sugar  
water  
lemon juice

*These cookies freeze well if layered between waxed paper.*

## 8.3 Chocolate Chip Cookies

From Ms. Field's.

*Ingredients:*

2  $\frac{1}{2}$  cup all-purpose flour  
 $\frac{1}{2}$  tsp baking soda  
 $\frac{1}{4}$  tsp salt  
1 cup brown sugar  
 $\frac{1}{2}$  cup granulated sugar  
1 cup salted butter  
2 eggs  
2 tsp vanilla extract  
2 cup chocolate chips

1. Preheat oven to 300 °F.
2. Combine flour, baking soda and salt.
3. In another bowl, blend sugars and butter to form a grainy paste.
4. Add eggs and vanilla.
5. Add dry ingredients and chocolate chips and blend until just combined.
6. Bake from 18 to 22 minutes.

## 8.4 Chocolate-Sheathed Almond Biscotti

Makes about 4  $\frac{1}{2}$  dozen.

*Ingredients:*

3 eggs  
1 tsp vanilla extract  
 $\frac{1}{4}$  tsp almond extract  
2  $\frac{1}{4}$  cup unbleached or all-purpose flour  
 $\frac{3}{4}$  cup plus 2 tbsp sugar  
1 tsp baking soda  
 $\frac{1}{2}$  tsp salt  
2 tsp ground cinnamon  
 $\frac{3}{4}$  cup toasted raw almonds chopped into halves or thirds

1. Preheat oven to 325 °F.
2. Grease and flour a baking sheet.
3. In a small bowl, using a whisk, beat together the eggs and vanilla and almond extracts until blended.
4. In a large bowl, stir together the flour, sugar, baking soda, salt, and cinnamon.
5. Add the egg mixture to the flour mixture and mix with an electric



- mixer or a spoon until blended.
6. Stir in the nuts.
  7. Divide the dough in half.
  8. One at a time, place the 2 dough portions on the prepared baking sheet and form each into a log about  $\frac{1}{2}$ " high, 1  $\frac{1}{2}$ " wide, and 14" long.
  9. Bake the logs for 25 minutes, or until set and golden brown.
  10. Transfer to a rack and let cool on the baking sheet for 6 to 8 minutes.
  11. Reduce the oven temperature to 300 °F.
  12. Transfer the logs to a cutting board.
  13. Using a serrated knife, slice at a 45° angle about  $\frac{1}{2}$  cm thick.
  14. Lay the slices flat on the baking sheet and return to the oven for 15 minutes longer, turning them once, to dry slightly.
  15. Transfer to racks to cool.

### Chocolate Glaze

#### Ingredients:

6 oz bittersweet chocolate  
 $\frac{1}{2}$  tsp vegetable shortening

1. In the top pan of a double boiler, combine the chocolate and shortening.
2. Place over hot water in the lower pan and heat until melted, then stir until smooth.
3. Using an icing spatula, spread the chocolate over the top surface of the cookies.
4. Let cool until set.

*Store the cookies between the sheets of waxed paper in an airtight container for up to 1 week.*

## 8.5 Chocolate Wafers

#### Ingredients:

1 cup all-purpose flour  
 $\frac{1}{2}$  tsp baking powder  
 $\frac{1}{4}$  tsp baking soda  
 pinch salt  
 pinch fresh ground pepper  
 $\frac{3}{4}$  cup softened unsalted butter  
 $\frac{1}{4}$  cup firmly packed light brown sugar  
 $\frac{1}{4}$  cup granulated sugar  
 1 large egg yolk  
 1 tsp vanilla extract  
 $\frac{1}{8}$  cup melted un-sweetened chocolate

1. Sift flour, baking powder, baking soda, salt and pepper together and set aside.
2. Cream together butter and sugars until light and fluffy.

3. Add egg yolk and beat until mixture is well blended.
4. Beat in vanilla and chocolate.
5. Add dry ingredients and mix at low speed or by hand until well blended.
6. Form dough into 5 cm diameter log; wrap in waxed paper and chill for 3 hours to 2 days.
7. Preheat oven 375 °F.
8. Slice dough  $\frac{1}{4}$  cm thick with sharp knife.
9. Bake for 7 to 9 minutes.

*If you want cookies now, you can skip the chilling and form small balls, then smash the balls with a fork to about  $\frac{3}{4}$  cm thick.*

## 8.6 Double Chocolate Cookies

From Ms. Field's.

*Ingredients:*

$2\frac{1}{4}$  cup all-purpose flour  
 $\frac{1}{2}$  cup cocoa  
 $\frac{1}{2}$  tsp baking soda  
 $\frac{1}{4}$  tsp salt  
 1 cup brown sugar  
 $\frac{3}{4}$  cup granulated sugar  
 1 cup salted butter  
 3 eggs  
 2 tsp vanilla  
 2 cup chocolate chips

1. Preheat oven to 300 °F.
2. Combine flour, cocoa, baking soda and salt.
3. In another bowl, blend sugars and butter to form a grainy paste.
4. Add eggs and vanilla and blend until smooth.
5. Add the flour mixture and chocolate chips until just combined.
6. Bake for 18 to 22 minutes.

## 8.7 Embossed Macadamia Stars

Makes about 30.

*Ingredients:*

1 cup unsalted butter, at room temperature  
 $\frac{1}{2}$  cup sugar  
 1 tsp vanilla extract  
 2 cup all-purpose flour  
 $\frac{1}{2}$  tsp freshly grated nutmeg or ground mace  
 $\frac{1}{8}$  tsp salt  
 $\frac{1}{2}$  cup finely shopped macadamia nuts or blanched almonds  
 sugar for decorating

nuts.

1. Preheat the oven to 325 °F.
2. Lightly grease baking sheets, or use nonstick baking sheets.
3. In a bowl, using an electric mixer or a spoon, cream together the butter and sugar until light and fluffy.
4. Mix in the vanilla.
5. In another bowl, stir together the flour, nutmeg or mace, salt, and

6. Add the flour mixture to the butter mixture and mix until blended.
7. Pour some sugar for decorating into a bowl.
8. Roll the dough into  $\frac{3}{4}$ " balls between your palms, and place on the prepared baking sheets, spacing them about 2" apart.
9. Dip a dampened cookie press or glass rim about  $2\frac{1}{4}$ " in diameter into the bowl of sugar, then press a ball to flatten, making a circle with a raised edge.
10. Bake the cookies for 15 to 18 minutes, or until golden brown on the edges.

*Store the cookies in an airtight container for up to 2 weeks.*

## 8.8 German Chocolate-Hazelnut Wafers

Makes 3 dozen.

### *Ingredients:*

1 cup toasted, skinned hazelnuts or  
toasted almonds (see bottom)  
 $\frac{1}{3}$  cup sugar  
4 oz bittersweet chocolate, roughly  
chopped  
 $\frac{1}{2}$  cup unsalted butter, at room temper-  
ature  
1 tsp vanilla extract  
2 tsp Frangelico or Amaretto  
2 eggs yolks  
1 cup all-purpose flour

1. In a food processor or blender, combine the nuts and 1 tbsp of the sugar and grind finely.
2. Transfer to a bowl.
3. Place chocolate in the same appliance and process until finely shredded.
4. Add to the bowl holding the nuts.
5. In a bowl, using an electric mixer or a spoon, cream together the butter and the remaining sugar until light.

6. Beat in the vanilla, liqueur, and egg yolks until well mixed.
7. Add the flour and the reserved nuts and chocolate and mix until blended.
8. Scrape out onto a sheet of plastic wrap and, using the wrap, not your fingers, shape into a log about  $2\frac{1}{4}$ " in diameter.
9. Wrap and chill for 1 hour, or until firm.
10. Preheat the oven to 325 °F.
11. Lightly grease baking sheets, or use nonstick baking sheets.
12. Slice the log into rounds  $\frac{1}{2}$  cm thick.
13. Place on the prepared baking sheets, spacing them about  $1\frac{1}{2}$  cm apart.
14. Bake the cookies for 10 to 12 minutes, or until light brown on edges.

*Store the cookies in an airtight container for up to 10 days.*

## 8.9 Gingerbread

### *Ingredients:*

1  $\frac{1}{2}$  cup all-purpose flour  
1 tsp baking soda  
2 tsp ginger or nutmeg  
1  $\frac{1}{2}$  tsp cinnamon  
 $\frac{1}{2}$  cup butter  
 $\frac{1}{2}$  cup brown sugar  
1 package butterscotch pudding  
1 egg

1. Preheat oven to 350 °F.

2. Cream butter and sugar.
3. Combine pudding.
4. Add egg.
5. In a separate bowl, combine flour, baking soda and spices.
6. Gradually add flour mixture, beating after each addition until smooth.
7. Chill dough until firm enough to handle.

8. Roll to about 1 cm thickness.
9. Cut with floured cookie cutter.
10. Bake for 10 to 12 minutes.

## 8.10 Ginger Snaps

From the Steffler Family.

### *Ingredients:*

2 cup all-purpose flour  
 1 tbsp ginger  
 2 tsp baking soda  
 1 tsp cinnamon  
 $\frac{1}{4}$  tsp salt  
 $\frac{3}{4}$  cup soft butter  
 1 cup sugar  
 1 beaten egg  
 $\frac{1}{2}$  cup molasses  
 granulated sugar

1. Measure and sift together flour, ginger, baking soda, cinnamon and salt.

2. Bream together butter and sugar.
3. Add egg and molasses.
4. Combine with dry ingredients.
5. Chill dough slight to make handling easier.
6. Form into small ball and roll in sugar.
7. Place 3 cm apart on an ungreased cookie sheets and flatten slightly.
8. Bake at 350 °F until edges are slightly browned and tops are cracked. (Approx 8 minutes.)

## 8.11 Honey Cookies

### *Ingredients:*

$\frac{1}{4}$  cup shortening  
 $\frac{1}{2}$  cup sugar  
 2 cup all-purpose flour  
 $\frac{1}{2}$  cup honey  
 $\frac{1}{4}$  cup hot water  
 1 tsp baking soda  
 $\frac{1}{2}$  tsp vanilla  
 $\frac{1}{4}$  tsp salt

1. Preheat oven to 350 °F.
2. Cream sugar and shortening together.
3. Add remaning ingredients and mix.
4. Spoon on to cookie sheet.
5. Bake for approximately 15 minutes.

## 8.12 Jan Hagel Cookies

Makes 4 dozen.

### *Ingredients:*

1 cup margarine  
 1 cup white sugar  
 1 egg

$\frac{1}{2}$  tsp salt  
 $\frac{1}{2}$  tsp cinnamon  
 2 cup flour  
 sliced or slivered almonds

1. Preheat oven to 350 °F.
2. Cream margarine and sugar.
3. Add egg yolk, reserving white for top.
4. Add cinnamon, salt and flour.
5. Press onto a cookie sheet.
6. Spread egg white and sprinkle with almonds.
7. Bake for 10 to 15 minutes or until golden brown.
8. Slice into cookies while warm.

## 8.13 Oatmeal Cookie Bars

### *Ingredients:*

$\frac{1}{2}$  cup packed light brown sugar  
1 cup all-purpose flour  
 $\frac{1}{4}$  tsp baking soda  
 $\frac{1}{8}$  tsp salt  
1 cup rolled oats  
 $\frac{1}{2}$  cup softened butter  
 $\frac{3}{4}$  cup seedless raspberry jam

1. Preheat oven to 350 °F.
2. Grease one 8" square pan, and line with greased foil.
3. Combine brown sugar, flour, baking soda, salt, and rolled oats.
4. Combine with the butter to form a crumbly mixture.
5. Press half of the mixture into the bottom of the prepared pan.
6. Spread the jam almost to the edge.
7. Sprinkle the remaining crumb mixture over the top, and lightly press it into the jam.
8. Bake for 35 to 40 minutes or until lightly browned.
9. Allow to cool before cutting into bars.

## 8.14 Old German Honey Cookies

### *Ingredients:*

1 cup white sugar  
1 cup shortening  
1 cup honey  
2 eggs  
1 tsp vanilla  
1 tsp baking soda  
4 cup all-purpose flour  
1 tsp ground ginger

1. Preheat oven to 350 °F.
2. In a saucepan over low heat, melt together sugar, shortening and honey.
3. Let cool.
4. Mix together eggs, vanilla, baking soda and ginger.
5. Gradually add to cooled honey mixture.
6. Slowly add the flour to mixture.
7. Stir until well blended.
8. Drop spoonfuls onto cookie sheets.
9. Bake until golden. (Approx. 12 to 15 minutes)

## 8.15 Peanut Butter & Honey Cookies

*Ingredients:*

$\frac{1}{2}$  cup butter  
 $\frac{1}{3}$  cup peanut butter  
 $\frac{1}{2}$  cup sugar  
 $\frac{1}{3}$  cup honey  
 1 tsp vanilla  
 1 egg  
 $1\frac{1}{2}$  cup flour  
 1 tsp baking soda

1. Preheat oven to 350 °F.
2. In a large mixing bowl, cream together butter and peanut butter.

3. Gradually beat in sugar and honey.
4. Beat in vanilla and egg.
5. Sift dry ingredients and add to creamed mixture, stirring thoroughly.
6. Form into small balls; place on a cookie sheet and flatten with a fork dipped in flour.
7. Bake for 8 to 10 minutes.

## 8.16 Pecan Snowdrops

Makes 3 dozen.

*Ingredients:*

$\frac{3}{4}$  cup of butter, at room temperature  
 $\frac{1}{3}$  cup powdered sugar  
 1 tsp vanilla extract  
 $\frac{1}{8}$  tsp salt  
 $1\frac{1}{2}$  cup all-purpose flour  
 $\frac{3}{4}$  cup finely chopped pecans or toasted, skinned hazelnuts  
 powdered sugar for dusting

1. Preheat the oven to 325 °F.
2. Lightly grease baking sheets, or use nonstick or parchment-lined baking sheets.
3. In a large bowl, using an electric mixer or a spoon, cream together the butter and sugar until light and fluffy. Add the vanilla, salt, flour, and nuts and mix well.

4. Roll the dough into  $\frac{3}{4}$ " balls between your palms, and place on the prepared baking sheets, spacing them about  $1\frac{1}{2}$ " apart.
5. Bake the cookies for 15 to 18 minutes, or until light brown.
6. Transfer to racks to cool slightly.
7. Place the still-warm cookies on a sheet of parchment paper to aluminum foil and heavily dust with powdered sugar shaken through a sieve.
8. Let cool completely.

*Store the cookies in an airtight container for up to 2 weeks.*

## 8.17 Raspberry Cream Cheese Cookies

From the Steffler Family.

*Ingredients:*

1 cup butter  
 1 package cream cheese

$\frac{1}{4}$  cup sugar  
 2 cup flour  
 $\frac{1}{2}$  tsp baking powder

$\frac{1}{2}$  cup raspberry jam  
icing sugar

1. Cream butter and cheese together.
2. Add sugar and beat until light.
3. Combine flour and baking powder and stir well into creamed mixture.
4. Press into ball and chill overnight.

5. Preheat oven to 375 °F.
6. Roll out dough to  $\frac{1}{2}$  cm thickness on a floured surface.
7. Cut into 4 to 7 cm rounds.
8. Place  $\frac{1}{2}$  tsp jam in the centre and fold in half.
9. Place on a greased cookie sheet.
10. Bake at 375 °F for 15 minutes until set but not browned.
11. Dust with icing sugar.

## 8.18 Vanilla Velvet Cookies

### *Ingredients:*

1 cup unsalted butter  
3 oz cream cheese  
1 cup granulated sugar  
1 egg yolk  
1 tsp vanilla  
2  $\frac{1}{2}$  cup flour  
salt

1. Cream together butter and cream cheese.
2. Gradually add sugar, egg yolk and vanilla.
3. Gradually stir in flour and salt.
4. Work dough into a ball.

5. Divide dough into two thick discs.
6. Refrigerate discs wrapped in plastic for 1 hour.
7. Preheat oven to 350 °F.
8. Use a flour rolling pin to roll chilled dough to  $\frac{1}{2}$  cm thickness.
9. Cut into shapes and place on an ungreased cookie sheet.
10. Bake for 12 minutes or until cookies are just turning golden at edges.

*Do not over bake.*





## Chapter 9

# Dessert

### 9.1 Chocolate Peanut Butter Balls

*Ingredients:*

1 cup peanut butter  
1 cup icing sugar  
 $\frac{1}{2}$  cup chopped nuts  
 $\frac{1}{2}$  cup rice crispies  
4 oz semi-sweet chocolate  
1 tbsp butter

1. Combine all ingredients except chocolate and butter.
2. Chill for 10 to 15 minutes.
3. Roll into balls.
4. Melt chocolate and butter.
5. Dip balls into melted chocolate and chill.

### 9.2 Lemon Curd

From the Steffler Family.

*Ingredients:*

3 eggs  
 $\frac{3}{4}$  cup sugar  
1 tbsp grated lemon rind  
 $\frac{1}{2}$  cup lemon juice  
2 tbsp soft butter

1. In a microwavable bowl, whisk together eggs and sugar.
2. Whisk in lemon rind, lemon juice

and butter.

3. Microwave on high for 2 minutes.
4. Whisk until smooth.
5. Microwave again on high for 2 to 3 minutes until it boils.
6. Whisk again until smooth.
7. Let cool then refrigerate.

*Can be used as a spread or filling.*



## Chapter 10

# Dip



# Chapter 11

## Drink

### 11.1 Berry Berry Mocktail

From the Masella Family.

*Ingredients:*

$\frac{1}{2}$  can frozen orange juice or lemonade concentrate  
 $\frac{1}{2}$  cup frozen blueberries  
 $\frac{1}{2}$  cup frozen strawberries  
 $\frac{1}{2}$  cup frozen raspberries  
5 ice cubes  
cold water

1. In a blender, combine all ingredients except the water.

2. Turn on blender to medium low until ice cubes begin to break up.
3. Add enough water to allow blender to work.
4. Switch blender to highest setting until the mixture is smooth.

*Add water as necessary to adjust the thickness.*

### 11.2 Masella Mountain Mocktail

From the Masella Family.

*Ingredients:*

$\frac{1}{2}$  can frozen orange juice concentrate  
1 can Mountain Dew  
 $\frac{1}{2}$  cup frozen strawberries  
2 ripe bananas  
5 ice cubes  
cold water

1. In a blender, combine all ingredients except the water.

2. Turn on blender to medium low until ice cubes begin to break up.
3. Add enough water to allow blender to work.
4. Switch blender to highest setting until the mixture is smooth.

*Add water as necessary to adjust the thickness.*



## Chapter 12

# Egg

### 12.1 Asparagus Frittata

From the Masella Family.

*Ingredients:*

4 eggs  
grated parmesan cheese  
1  $\frac{1}{2}$  cup fresh asparagus  
1 clove garlic  
olive oil  
salt  
pepper

1. Wash asparagus and break into pieces about 2 cm long.
2. Put asparagus, salt, pepper, some oil and garlic in a pot of water.
3. Bring to a boil and cook until the asparagus is cooked, but not tender.

4. Drain the asparagus.
5. Beat eggs and stir in cheese, salt, pepper and the asparagus.
6. Poured into a frying pan and cook over medium-low heat.
7. Flip once the bottom has become firm. This may be easiest with a plate.
8. Cook until the middle is almost done.

*The water can make a good stock if cooked further.*

*Instead of asparagus, zucchini coins can be used.*

### 12.2 Tamagoyaki (Japanese Omlette)

2 eggs  
1 tsp soy sauce  
1 tsp sugar  
oil

1. Combine all ingredients except the oil and beat.
2. Heat a frying pan with some oil over medium-low heat.
3. Pour the mixture into the pan.

4. When the bottom has cooked solid, fold the edges over and flip.
5. Cook until the bottom is golden.
6. Serve with soy sauce.



## Chapter 13

# Eggplant



## Chapter 14

# Fish

### 14.1 Fish Orange Onion Bake

From the Steffler Family.

*Ingredients:*

$\frac{1}{2}$  lbs fish fillets  
 $\frac{1}{4}$  tsp pepper  
1 tsp oil  
1 tsp lemon juice  
 $\frac{1}{2}$  sliced onion  
1 peeled and sliced orange  
2 tsp chopped parsely  
pepper

1. Preheat oven to 400 °F.
2. Place the fish in a baking dish and sprinke with pepper.

3. Combine lemon juice and oil.
4. Brush onto the fish.
5. Seperate the onion into rings and arrange over fish.
6. Pour any excess lemon juice-oil mixutre over the dish.
7. Bake for 5 minutes.
8. Arrange the orange slices over the onions.
9. Sprinkle with parsely.
10. Bake for 5 to 8 minutes.

### 14.2 Grilled Halibut and Peppers Julienne

From the Steffler Family.

*Ingredients:*

1 red, green and yellow peppers  
1 onion  
2 celery stalks  
1 tomato  
2tbsp butter  
1 tsp chopped parsely  
 $\frac{2}{3}$  cup white wine

4 halibut steaks  
paprika  
curry powder  
cayenne  
salt  
pepper

1. Cut peppers, onions and celery

into thin strips.

2. Coarsely chop the tomato.
3. Melt butter in a skillet.
4. Add all ingredients except halibut.
5. Simmer for 5 minutes.

6. Brush halibut with oil and sprinkle with paprika and pepper.
7. Grill until fish is opaque and flakes. (Approx. 4 minutes per side)
8. Serve vegetables and pan juice over fish.

### 14.3 Sushi Pizza

From the Steffler Family.

*Ingredients:*

1 cup sushi rice  
 $\frac{1}{4}$  cup season rice vinegar  
 2 tbsp toasted sesame seeds  
 $\frac{1}{2}$  thinly sliced avocado  
 $\frac{1}{2}$  sheet roasted nori  
 $\frac{3}{4}$  cup flaked surimi  
 $\frac{1}{2}$  cup thinly sliced cucumber  
 2 tbsp pickled ginger  
 2 tbsp light mayonnaise  
 2 tbsp milk  
 1 tbsp wasabi powder

1. In a saucepan, combine rice and  $1\frac{1}{4}$  cup water.
2. Bring to a boil.
3. Cover and reduce heat to low.
4. Cook until tender. (Approx. 25 minutes.)

5. Stir in rice vinegar and sesame seeds.
6. Line a pan with plastic wrap.
7. With a spatula, press rice firmly and evenly into pan.
8. Let cool completely and turn out on to a flat serving plate.
9. Top with layer of avocado slices.
10. Using scissors, cut nori into thin strips and sprinkle over avocado.
11. Arrange suimi, cucumber and ginger over top.
12. Stir together may, milk and wasabi powder.
13. Drizzle over top.
14. Cut into wedges and server.

## Chapter 15

# Hors d'oeuvres

### 15.1 Fatthoush

From Steffler Family.

*Ingredients:*

2 pita breads  
1 English cucumber  
3 tomatoes  
4 chopped green onions  
 $\frac{1}{2}$  cup fresh chopped parsley  
 $\frac{1}{4}$  cup chopped fresh mint  
2 tbsp olive oil  
2 tbsp lemon juice  
1 tsp grated lemon rind  
2 cloves minced garlic  
 $\frac{1}{2}$  tsp salt  
 $\frac{1}{2}$  tsp pepper  
8 cup romaine lettuce

1. Split pitas and toast at 375 °F for 10 minutes.

2. Break into bite-sized pieces.
3. Peel, seed and cut cucumber into 1 cm cubes.
4. Cut tomato into 2 cm chunks.
5. In a bowl, combine cucumber, tomato, onions, parsley and mint.
6. Whisk together oil, lemon juice, lemon rind, garlic, salt and pepper.
7. Pour whisked mixture over cucumber and tomato and toss.
8. Cover and let stand for 30 minutes.
9. Just before serving, add romaine and pita and toss again.



## Chapter 16

# Lamb





## Chapter 17

# Legumes



## Chapter 18

# Marinade



## Chapter 19

# Muffins



## Chapter 20

# Mushroom





## Chapter 21

# Pasta Sauce

### 21.1 Jumbo Shells with Cheese Filling

From Lancia.

Makes 5-6 servings.

*Ingredients:*

20 jumbo pasta shells  
2 cup cottage cheese or ricotta  
1½ cup grated cheddar cheese  
1½ cup grated mozzarella cheese  
2 eggs  
½ tsp salt  
dash pepper  
2 tsp chopped parsely

3½ cup pasta sauce  
¼ cup grated parmesan cheese

1. Cook shells as package directs.
2. Combine remaining ingredients except parmesan and sauce.
3. Fill cooked shells.
4. Complete as package directs.

### 21.2 Pasta Romana

From Franco from Castel Madame.

*Ingredients:*

1 clove garlic  
½ package of long pasta (like spaghetti or linguine)  
one large handful of chopped parsley  
½ cup of white wine  
olive oil  
salt  
parmesan cheese

1. Bring a pot of salted water to a boil. Once boiling, add the

pasta.

2. Halve the clove of garlic and put it in a small frying pan.
3. Add some oil and begin to fry the garlic until aromatic. The garlic should not brown.
4. Remove from the heat and allow to cool slightly (to prevent a fire-ball in the next stage).
5. Add the parsley and white wine.
6. Put back on heat and cook un-

- til the pasta is approximately 1 minute from being done.
7. Drain pasta, but leave some water and return to pot.
8. Add contents of frying pan to pot and cook for remaining minute.
9. Add cheese and serve immediately.
- You can also add a combination of sliced black olives or anchovies.*

## Chapter 22

# Pasta Sauce

### 22.1 Pasta Romana

From Franco from Castel Madame.

*Ingredients:*

1 clove garlic

$\frac{1}{2}$  package of long pasta (like spaghetti or linguine)

one large handful of chopped parsley

$\frac{1}{2}$  cup of white wine

olive oil

salt

parmesan cheese

1. Bring a pot of salted water to a boil. Once boiling, add the pasta.
2. Halve the clove of garlic and put it in a small frying pan.
3. Add some oil and begin to fry the garlic until aromatic. The garlic should not brown.

4. Remove from the heat and allow to cool slightly (to prevent a fireball in the next stage).
5. Add the parsley and white wine.
6. Put back on heat and cook until the pasta is approximately 1 minute from being done.
7. Drain pasta, but leave some water and return to pot.
8. Add contents of frying pan to pot and cook for remaining minute.
9. Add cheese and serve immediately.

*You can also add a combination of sliced black olives or anchovies.*



## Chapter 23

# Pie, Cobbler and Tarts

### 23.1 Sweet Potato Pie •

*Ingredients:*

4 large potatoes

2 cup sugar

$\frac{1}{2}$  cup butter

1 pinch cinnamon

1 pinch nutmeg

1 pie crust

$\frac{1}{2}$  cup milk

1. Preheat oven to 375 °F.
2. Boil the potatoes until tender.
3. Let the potatoes cool and then peel them.
4. Put the potatoes in a large mixing bowl and mash them thoroughly.
5. Melt the butter and pour it and the other ingredients in the bowl of potatoes.
6. Stir until well mixed.
7. Pour the mixture into the crust.
8. Cook for about 35-40 minutes or until a toothpick inserted in the center comes out clean.



## Chapter 24

# Pork





# Chapter 25

## Potato

### 25.1 French Fries

From Alton Brown.

Makes servings.

*Ingredients:*

1 gallon safflower oil  
4 large Russet potatoes  
salt

1. Slice potatoes (using a V-slicer) and place in a bowl with cold water.
2. Allow to stand 15 minutes.
3. Heat the oil in a Dutch oven over high heat until it reaches 320 °F.
4. Drain thoroughly, removing any excess water.
5. Working in small batches, fry for 2 to 3 minutes until they are pale and floppy.
6. Remove from oil, drain, and cool to room temperature.
7. Increase the temperature of the oil to 375 °F.
8. Re-immersed fries and cook until crisp and golden brown, about 2 to 3 minutes.
9. Remove and drain on roasting rack.
10. Season with salt while hot.



## Chapter 26

# Preserves



## Chapter 27

# Pudding, Mousse and Gelatin

### 27.1 Brownie Pudding

*Ingredients:*

1 cup all purpose flour  
 $\frac{2}{3}$  cup unsweetened cocoa  
1 tsp baking powder  
 $\frac{1}{2}$  tsp salt  
6 tbsp cubed unsalted butter  
 $\frac{1}{2}$  cup chopped semisweet chocolate  
2 eggs  
1 cup granulated sugar  
 $\frac{1}{2}$  cup milk  
1 tbsp vanilla  
 $\frac{1}{2}$  cup brown sugar  
 $1\frac{1}{3}$  cup boiling water

1. Preheat oven to 350 °F.
2. Sift together the flour, a third of the cocoa powder, baking powder and salt in a bowl.
3. Melt together butter and chocolate in a small pot over low heat.

4. Remove from heat and cool slightly.
5. Whisk together eggs, sugar, milk and vanilla until well combined.
6. Add chocolate mixture and flour mixture.
7. Stir until just combined.
8. Spread batter evenly into a ungreased 8" square baking pan.
9. Whisk together remaining cocoa powder, brown sugar and water.
10. Pour mixture over the batter.
11. Bake for 35 to 40 minutes or until cake tester comes out clean.

*Serve hot with ice cream.*

### 27.2 Sticky Date Pudding

From the Steffler Family.

Makes

*Ingredients:*

$1\frac{3}{4}$  cup chopped dates  
 1 cup water  
 1 tsp grated orange rind  
 $\frac{1}{2}$  cup softened butter  
 $\frac{1}{3}$  cup packed brown sugar  
 2 eggs  
 1 tsp vanilla  
 $1\frac{1}{4}$  cup all-purpose flour  
 2 tsp baking soda  
 $\frac{1}{2}$  tsp salt

1. Preheat oven to 350 °F.
2. In a saucepan, bring dates, water and orange rind to a boil.
3. Boil, uncovered, for 3 minutes.
4. Remove from heat.
5. Stir in baking soda and set aside.
6. In a large bowl, beat butter with sugar until fluffy.
7. Beat in eggs, one at a time.
8. Add vanilla.

9. Separately combine flour, baking powder and salt.
10. Gently fold half the dry ingredients into the butter mixture.
11. Gently fold in date mixture.
12. Gently fold in remaining dry ingredients.
13. Pour in a greased cake pan.
14. Bake for 30 to 40 minutes or until cake tester comes out clean.

**Sauce***Ingredients:*

2 cup brown sugar  
 2 tbsp butter  
 2 tbsp flour  
 nutmeg

1. Mix together all ingredients.
2. Pour over 3 cup boiling water.
3. Let boil up once.
4. Stir continuously to thicken.

## Chapter 28

# Rice





## Chapter 29

# Salad

### 29.1 Mushroom and Spinach Salad

From the Steffler Family.

*Ingredients:*

4 tbsp vegetable oil  
1 tsp fennel seeds  
1 sliced onion  
1 lb thinly sliced mushrooms  
1 finely chopped tomato  
 $\frac{1}{2}$  tsp ground ginger  
 $\frac{1}{4}$  tsp tumeric  
3 tbsp lemon juice  
1 clove minced garlic  
1 lbs spinach

1. In a large skillet, over high heat, heat 2 tbsp of oil.
2. Cook fennel seeds and onion until onion is browned lightly.
3. Add mushrooms, stirring frequently until liquid evaporates

and mushrooms brown slightly.

4. Add tomatoes, ginger and tumeric.
5. Cook until tomatoes soften.
6. Season to taste with salt and pepper.
7. Remove from heat.
8. Place spinach in a large serving bowl.
9. Mix together lemon juice, oil, garlic, salt and pepper to taste.
10. Just before serving add to spinach and toss.
11. Reheat mushroom mixture over high heat.
12. Add to spinach and toss.

### 29.2 Sweet and Sour Potato Salad

From the Steffler Family.

*Ingredients:*

6 potatoes  
 1 tbsp vegetable oil  
 hot pepper flakes  
 4 cloves minced garlic  
 1 red and green peppers  
 $\frac{1}{3}$  cup vinegar  
 3 tbsp honey  
 $\frac{1}{2}$  tsp salt  
 $\frac{1}{2}$  tsp pepper

1. Cut potatoes in 2 cm cubes.
2. In a saucepan of boiling, slated water, cover and cook potatoes for 10 minutes or until tender.

3. Drain well and place in serving bowl.
4. In a large skillet, heat oil over medium heat.
5. Cook hot pepper and garlic, stirring for 2 minutes.
6. Add red and green pepper, cooking for 3 to 4 minutes.
7. Stir in vingeagar, honey, salt and pepper until blended.
8. Pour over warm potatoes and stir gently.
9. Let stand for 30 minutes.

### 29.3 Tangy Coleslaw

From the Steffler Family.

*Ingredients:*

8 cup shredded cabbage  
 $1\frac{1}{4}$  tsp salt  
 1 thinly sliced red pepper  
 1 tsp dried dillweed  
 $\frac{1}{4}$  cup red wine vinegar  
 1 tbsp sugar  
 1 tbsp vegetable oil  
 1 tsp dry mustard  
 $\frac{3}{4}$  tsp celery seeds  
 $\frac{1}{4}$  tsp pepper

1. In a large bowl, toss cabage with 1 tsp of salt.
2. In a seperate bowl, toss red pepper with remaning salt.

3. Let both stand 1 hour.
4. In a colendar, drain cabbage and squeeze out excess moisture.
5. Add red pepper, onion and dill.
6. Toss to combine.
7. In a small bowl, whisk together vinegar, sugar, oil, mustard, celery seeds and pepper.
8. Pour over vabbage and toss.
9. Cover and refidgerate for 1 hour.

*Can be made up to 48 hours ahead of time.*

## Chapter 30

# Sauce

### 30.1 Cranberry Fruit Chutney

From the Steffler Family.

*Ingredients:*

2 cup dried apricots  
2 $\frac{1}{2}$  cup orange juice  
1 cup chopped dates  
 $\frac{1}{2}$  cup golden rasins  
2 packages cranberries  
1 $\frac{1}{2}$  cup granulated sugar  
1 $\frac{1}{4}$  cup finely chopped onions  
 $\frac{3}{4}$  cup corn syrup  
 $\frac{3}{4}$  cup cider vinegar  
1 $\frac{1}{2}$  tsp mustard seeds  
 $\frac{1}{4}$  tsp salt  
 $\frac{1}{2}$  cup chopped preserved ginger

1. Cut apricots into  $\frac{1}{2}$  cm strips.
2. In a Dutch oven, combine apricots, orange juice, dates, raisins

and ginger.

3. Cover and let stand for 8 to 24 hours.
4. Stir in cranberries, granualted sugar, onions, corn syrup, vinegar, mustard seeds and salt.
5. Bring to a gentle boil over medium heat. Stir often.
6. Reduce to simmer and cook until thick enough to mound on a spoon. (Approx. 20 minutes)
7. Ladle into 1 cup hot canning jars, leaving  $\frac{1}{2}$  cm headspace.
8. Process in boiling water baths for 10 minutes.



## Chapter 31

# Seafood



## Chapter 32

# Soup

### 32.1 French Onion Soup

From the Steffler Family.

*Ingredients:*

1 large Spanish onion  
boiling water for blanching  
 $\frac{1}{4}$  cup butter  
3 slices stale bread, halved diagonally  
6 cup hot water  
2 boullion cubes  
 $\frac{1}{4}$  cup beef bullion coridal  
1 tsp salt  
 $\frac{1}{8}$  tsp garlic salt  
 $\frac{1}{8}$  tsp white pepper  
 $\frac{1}{2}$  cup parmesan cheese

1. Cut onion in half and slice wafer thin.
2. Blanch by pouring boiling water, cover and let stand 5 minutes.

3. Drain well.
4. Melt butter.
5. Sauté onions stirring until limp but not browned.
6. Add boullion cubes, beef boullion cubes, salt, pepper, garlic salt and hot water.
7. Cook, stirring until boullion cubes are dissolved, then stir frequently until onion is limp and tender. (Approx. 25 minutes)
8. Turn soup into 6 bowls.
9. Cover with bread triangles and sprinkle with parmesan cheese.
10. Broil until bubbling and golden.

### 32.2 Gazpacho

From the Steffler Family.

*Ingredients:*

3 cup salsa  
1 cup green pepper  
1 cup cucumber  
 $\frac{1}{4}$  cup green onion  
cup red pepper  
1 cup celery  
1 cup tomato

1 clove minced garlic  
 2 cup water  
 salt and pepper

1. Finely chop all ingredients.
2. Combine and chill for at least 2 hours.
3. Serve cold.

### 32.3 Vegetarian Mushroom Soup

From the Steffler Family.

*Ingredients:*

1 tbsp butter  
 1 chopped onion  
 3 cloves minced garlic  
 $\frac{1}{2}$  tsp dried thyme  
 $\frac{1}{4}$  tsp salt  
 $\frac{1}{4}$  tsp pepper  
 4 cup sliced mushrooms  
 1 peeled and diced potato  
 $\frac{1}{4}$  cup flour  
 4 cup stock  
 $\frac{1}{4}$  cup light sour cream  
 1 chopped green onion

1. In a saucepan, melt butter over medium heat.

2. Cook onion, garlic, thyme, salt and pepper, stirring occasionally, until softened.
3. Add mushrooms and potato.
4. Cook over medium high heat until no liquid remains and mushrooms are tender.
5. Stir in flour and cook for 1 minute.
6. Stir in stock and bring to a boil.
7. Reduce heat and simmer until thickened. (Approx. 10 minutes)
8. Top each serving with sour cream and green onion.



## Chapter 33

# Sourdough

### 33.1 Sourdough English Muffins

Makes 8 muffins.

*Ingredients:*

$\frac{1}{2}$  cup starter

1 cup milk

$2\frac{1}{2}$  cup flour

1 tbsp sugar

$\frac{3}{4}$  tsp salt

$\frac{1}{2}$  tsp baking soda

cornmeal

1. Mix the starter, 1 cup of flour and milk.
2. Let stand 8 to 12 hours.
3. Add remaining ingredients.

4. Knead on floured board 2 to 3 minutes until no longer sticky. (Add up to another  $\frac{1}{4}$  cup flour if needed.)

5. Divide dough into third, then divide each third into quarters.

6. Stretch each piece of dough into a disc shape.

7. Let rise for 45 minutes.

8. Bake on a lightly greased griddle over medium heat 8-10 minutes per side.

### 33.2 Mendenhall Gingerbread

*Ingredients:*

1 cup starter

$\frac{1}{2}$  cup hot water

$\frac{1}{2}$  cup molasses

$\frac{1}{2}$  tsp salt

$\frac{1}{2}$  tsp baking soda

$\frac{1}{2}$  cup firmly packed brown sugar

1 egg

$1\frac{1}{2}$  cup unbleached flour

1 tsp ginger

1 tsp cinnamon

$\frac{1}{2}$  cup shortening

1. Cream brown sugar and shortening and beat.

2. Add molasses and egg, beating continuously.

3. Sift dry ingredients together and blend into hot water.

4. Beat this mixture into creamed mixture.
5. Add the sourdough starter slowly, mixing carefully to maintain a bubbly batter.
6. Bake in pan at 375 °F for about 30 minutes or until done.

### 33.3 QuickSourdough

*Ingredients:*

1 cup starter  
 2 tsp honey or molasses  
 1 egg  
 5 tsp oil  
 2 tbsp water  
 $\frac{2}{3}$  cup flour  
 $\frac{1}{3}$  tsp baking soda  
 $\frac{1}{3}$  tsp salt

1. Preheat oven to 350 °F.
2. Combine liquid ingredients until uniform.
3. Add dry ingredients.
4. Stir vigorously.
5. Pour into lined loaf pan.
6. Bake 70 to 90 minutes.

### 33.4 San Fransisco Sourdough

Makes  $\frac{1}{2}$  kg loaf.

*Ingredients:*

$1\frac{3}{4}$  cup starter  
 2 cup white flour  
 $\frac{3}{4}$  +++ tsp salt

1. Combine all ingredients, stirring using a wooden spoon.
2. When the dough is stiff, knead on a floured surface for 15 to 20 minutes, or until it is resilient, springy, and passes the window-pane test.
3. Place dough in an oiled bowl and cover the dough with plastic wrap.
4. Let the dough rest for 45 to 60 minutes. It should almost double in size.
5. Punch down on a floured surface.
6. Stretch into a ball and seal the pinch seam and place on baking surface.
7. Cover the loaf with plastic wrap and let rise until doubled in size, approximately 3 to 4 hours.
8. Preheat the oven to 350 °F.
9. Slash the loaves with a wet knife.
10. Put a pan of water in the oven.
11. Increase oven temperature to 400 °F.
12. Bake for 45 minutes.
13. Remove from oven, and let cool.

*If loaf is flat, bake for an extra 15 minutes at 350 °F at the beginning.*

## Chapter 34

# Squares and Bars

### 34.1 Best Brownies

*Ingredients:*

$\frac{1}{2}$  cup butter

1 cup white sugar

2 eggs

1 tsp vanilla

$\frac{1}{3}$  cup cocoa

$\frac{1}{2}$  cup all-purpose flour

$\frac{1}{4}$  tsp salt

$\frac{1}{4}$  tsp baking powder

1. Preheat of to 350 °F.
2. Melt the butter and remove from heat.
3. Stir in sugar, eggs and vanilla.
4. Beat in cocoa, flour, salt and baking powder.

5. Spread in ban and bake for 25 to 30 minutes.

#### Frosting

*Ingredients:*

3 tbsp softened butter

3 tbsp cocoa

1 tbsp honey

1 tsp vanilla

1 cup confectioner's sugar

1. Combine all ingredients.
2. Frost brownies while still warm.

### 34.2 Chocolate-Pecan Caramel Candy Bars

Makes about 40.

#### Crust

*Ingredients:*

1  $\frac{1}{2}$  cup all-purpose flour

$\frac{1}{2}$  cup firmly packed light brown sugar

$\frac{1}{2}$  cup chilled unsalted butter

1. Preheat the oven to 350 °F.
2. Line a 9"×13" baking pan with aluminum foil and grease the foil.
3. In a food processor or in a bowl, combine the flour and sugar and pulse briefly or stir to mix.

4. Add the butter and process or mix until crumbly.
5. Transfer to the prepared pan and pat evenly onto the bottom of the pan.
6. Bake for 12 minutes.
7. Transfer the pan to a rack.
- bring to a boil over medium heat, stirring constantly.
3. Let boil without stirring for 1 minute.
4. Pour over the hot crust and sprinkle evenly with the nuts.
5. Return the pan to the oven and bake for 12 to 15 minutes, or until caramel layer is bubbly.
6. Remove from the oven and sprinkle with the chocolate chips.
7. Let melt for 1 to 2 minutes, then swirl with a spatula.
8. Let cool.
9. Invert the baked sheet onto a rack, lift off the pan, and peel off the foil.
10. Cut into bars.

### Topping

#### *Ingredients:*

6tbsp unsalted butter, at room temperature  
 1 cup firmly packed dark brown sugar  
 3tbsp honey  
 3tbsp heavy cream  
 2tbsp maple syrup  
 1  $\frac{1}{2}$  cup chopped pecans or walnuts  
 $\frac{1}{2}$  cup semisweet chocolate chips

1. In a saucepan, heat the butter over low heat until it melts and bubbles.
2. Add the brown sugar, honey, cream, and maple syrup and

*Store the bars between sheets of waxed paper in an airtight container for up to 1 week.*

## 34.3 Date Squares

From the Steffler Family.

#### *Ingredients:*

2 cup chopped dates  
 2tbsp brown sugar  
 1 cup water  
 2 cup flour  
 1 tsp baking soda  
 $\frac{1}{4}$  tsp salt  
 2 cup butter  
 2 cup brown sugar  
 4 cup rolled oats

1. Combine dates, brown sugar and water in a sauce pan.
2. Cook until dates are soft.
3. Set aside to cool.

4. Preheat oven to 325 °F.
5. Blend together flour, baking soda and salt.
6. Cut in butter.
7. Blend in brown sugar and rolled oats.
8. Press half of the crumb mixture over the bottom of a greased pan.
9. Cover with date filling.
10. Cover with remaining crumb mixture and pat until smooth.
11. Bake at for 35 to 40 minutes or until light brown.

## 34.4 Golden Raisin-Oatmeal Fitness Bars

Makes  $1\frac{1}{2}$  dozen.

### *Ingredients:*

1 egg  
 $\frac{1}{4}$  cup honey  
 $\frac{1}{4}$  cup firmly packed dark brown sugar  
 $\frac{1}{4}$  cup olive oil, or 2 tbsp each olive oil and almond or walnut oil  
 $\frac{1}{4}$  cup thawed frozen orange juice concentrate  
 2 tsp grated orange zest  
 $\frac{1}{4}$  cup almond, walnut, or whole-wheat flour  
 2 cup quick-cooking rolled oats  
 $\frac{1}{4}$  tsp salt  
 $\frac{1}{2}$  cup golden raisins or chopped dried apricots  
 $\frac{1}{4}$  cup sliced almonds

1. Lightly grease a baking sheet, or use a nonstick baking sheet.
2. In a medium bowl, whisk the egg until light.

3. Mix in the honey, sugar, oil, orange juice concentrate, and orange zest until blended.
4. Mix in the nut or whole-wheat flour, oats, salt, raisins or apricots, and almonds.
5. Drop the dough by rounded spoonfuls onto the prepared baking sheet, spacing them about  $\frac{3}{4}$ " apart.
6. Pat down with dampened fingers into bars or rounds.
7. Let stand for 2 hours to soften the oats.
8. Preheat the oven to 350 °F.
9. Bake the cookies for 8 to 10 minutes, or until golden brown.

*Store the cookies in an airtight container for up to 10 days.*

## 34.5 Honey Brownies

### *Ingredients:*

$\frac{1}{3}$  cup butter  
 $\frac{1}{3}$  cup honey  
 2 eggs  
 $\frac{1}{3}$  cup cocoa  
 $\frac{1}{2}$  tsp salt  
 $\frac{3}{4}$  cup sugar  
 2 tsp vanilla  
 $\frac{1}{2}$  cup all-purpose flour

1. Preheat oven to 350 °F.

2. Cream butter and sugar together.
3. Blend in honey and vanilla.
4. Add eggs, one at a time, beating well after each.
5. Combine flour, cocoa and salt separately.
6. Add dry ingredients to creamed mixture.
7. Pour into greased pan and bake for 25 to 30 minutes.



## Chapter 35

# Squash





## Chapter 36

# Turkey



## Chapter 37

### Veal



## Chapter 38

# Vegetable

### 38.1 Cabbage Roll Casserole

From the Steffler Family.

*Ingredients:*

1  $\frac{1}{2}$  lbs ground beef  
2 medium chopped onions  
1 minced garlic clove  
1 tsp salt  
 $\frac{1}{4}$  tsp pepper  
14 oz can tomato sauce  
14 oz can water  
 $\frac{1}{2}$  cup uncooked long grain rice  
4 cup shredded cabbage  
sour cream

1. Brown beef with onions.

2. Add garlic, salt, pepper, tomato sauce and water.
3. Bring to a boil and stir in rice.
4. Cover and simmer for 20 minutes.
5. Preheat oven 350 °F.
6. Place half the cabbage in a greased baking dish and cover with half the rice mixture. Repeat.
7. Cover and bake for 1 hour.

*Can be refridgerated before baking.*

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