

Cookbook

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1 Breads

1 Swiss Bread

$\frac{3}{4}$ C <i>milk</i>	1 T <i>yeast</i>
$\frac{1}{4}$ C <i>shortening</i>	$\frac{3}{4}$ C <i>water</i>
$\frac{1}{4}$ C <i>sugar</i>	pinch <i>sugar</i>
1 $\frac{1}{2}$ t <i>salt</i>	1 <i>egg</i>
	3-4 C <i>flour</i>

Pour milk into a saucepan over medium heat. Add shortening, sugar, and salt.¹

Dissolve yeast, warm water, pinch of sugar in a separate bowl.

Allow milk to cool² and combine with yeast mixture.

Add beaten egg and 2 C flour. Beat and continue to add flour until dough is finished.³

Allow time to rise. Divide into three sections and roll out like bread sticks. Braid. Let rise.

Bake at 375°F for 30-35 minutes.

¹Do not let the milk boil.

²This is important. You *will* burn your hand while kneading otherwise.

³Should be a little sticky.

2 Breakfast

1 Dishes

1.1 Bacon-cornmeal pancakes

$1\frac{1}{4}$ C <i>flour</i>	2 t <i>baking powder</i>
$\frac{3}{4}$ C <i>cornmeal</i>	$\frac{1}{2}$ t <i>salt</i>
$\frac{1}{4}$ C <i>sugar</i>	$1\frac{1}{3}$ C <i>milk</i>
$\frac{1}{4}$ C <i>oil</i>	1 <i>egg</i>
<i>bacon (optional)</i>	

Mix flour, cornmeal, sugar, baking powder, and salt.

Separately, mix milk, oil, and beaten egg.

Combine and whisk.⁴

Optionally, chop 5-6 strips of bacon and toss into frying pan. Brown. Add to completed batter.

Over medium heat cook until golden brown.

⁴The batter is fine a little lumpy.

3 Mexican food

1 Dishes

1.1 Grandma Goettel's enchilada sauce

1 large can *tomato juice*

$\frac{3}{4}$ tomato juice can *water*

1 can *El Pato*

1 T *garlic powder*

1 T *kosher salt*

2–3 T *chili powder*

$\frac{3}{4}$ t *pepper*

2 C *cold water*

1 C *flour*

Pour tomato juice into a large saucepan.

Refill can $\frac{3}{4}$ full of water and pour into saucepan.

Add El Pato,⁵ garlic powder, kosher salt, chili powder, and pepper.

Allow to boil.

Separately, whisk 1 C flour into 2 C cold⁶ water.

Whisk flour solution—through a sieve—into the saucepan until sauce is at desired thickness.

⁵For a mild sauce, add $\frac{1}{4}$ – $\frac{1}{2}$ can. For a fuller flavor, add the whole can. It's really not that spicy.

⁶This is important.

2 Sauces

2.1 Javier's Habanero Sauce

6-7 <i>frozen habaneros</i>	6-9 cloves <i>garlic</i>
<i>crushed tomatoes</i>	3 T <i>salt</i>
1-2 C <i>white vinegar</i>	$\frac{1}{4}$ C <i>powdered chicken broth</i>
1-2 t <i>paprika</i>	

Remove stems from habaneros.

Add all ingredients—except crushed tomatoes—to blender. Blend. Add crushed tomatoes to color (and mild)—about $\frac{1}{4}$ to $\frac{3}{4}$ C.

Note: This recipe is intentionally vague. This is because habaneros pack a serious punch and the other ingredients should be added as the individual sees fit.

3 Drinks

3.1 Horchata (involved)

2-3 sticks *cinnamon*

1 C *sugar*

$\frac{1}{2}$ C *rice*

1 C *sugar*

milk

vanilla to taste

sweetened condensed milk

evaporated milk

Soak cinnamon stick, sugar, and rice overnight. I like to use a Mason jar and simply cover the ingredients with water.

Blend well.

Sieve to remove larger particulates.

Add three kinds of milk and vanilla to taste. Usually makes a gallon.

3.2 Horchata (simple)

$\frac{1}{2}$ can *sweetened condensed milk*

1 L *water*

$\frac{1}{2}$ can *evaporated milk*

1 C *sugar*

$\frac{3}{4}$ L *milk*

vanilla to taste

sprinkle *cinnamon*

Combine everything except cinnamon in blender. Give it a quick whirl. Top with cinnamon.

4 Desserts

1 Cakes

1.1 Jewish Coffee Cake

$\frac{1}{2}$ C *butter*

1 C *sugar*

2 *eggs*

1 C *sour cream*

$\frac{1}{2}$ C *powdered sugar*

2 T *butter*

2 C *flour*

1 t *baking soda*

1 t *baking powder*

1 t *vanilla*

2 t *cinnamon*

Preheat oven to 350°F.

Cream butter, sugar, and eggs.

Combine flour, baking soda, and baking powder. Add to creamed butter mixture.

Add sour cream and vanilla.

Separately, mix powdered sugar, cinnamon, and butter.

Marble cinnamon mixture in with the rest of the batter.

Bake at 350°F for an hour or until done.

2 Pies

2.1 Nick Estrada's apple pie

2.2 Pie crust

1 C <i>sifted flour</i>	2 t <i>salt</i>
$\frac{1}{2}$ C <i>shortening</i>	$\frac{1}{4}$ C <i>cold water</i>

Sift flour into large mixing bowl.

Cut in shortening.

Add salt.

Mix while slowly adding cold water. You will use less than the $\frac{1}{4}$ C, just keep adding until the consistency is dough, but not soggy.

Chill for one hour before rolling out.

Makes 1 pie crust.

2.3 Apple filling

5 <i>goodly-sized Granny Smith apples</i>	$\frac{3}{4}$ C <i>sugar</i>
2 T <i>flour</i>	1 T <i>cinnamon</i>
2 t <i>ginger</i>	1 t <i>nutmeg</i>
1 t <i>clove</i>	

Skin apples and cut them into small pieces.

Add the sugar and flour and mix.

Add the cinnamon, ginger, nutmeg,⁷ and clove.⁸

Bake at 350°F for 40 minutes with tin foil covering the edges. Remove foil and cook for an additional 20 minutes.

Eat with ice cream.

⁷Like Malcolm X got high on in prison.

⁸The important thing with the cinnamon, ginger, and nutmeg is that they need to coat the apples. More might be needed depending on the size of the apples.