

Ingredients	tags	steps
		['in a bowl , beat the butter and the cream cheese', 'add the sugar , lemon peel , lemon juice , and vanilla', 'beat in the flour', 'divide dough into two portions , then cover and chill for 30 minutes', 'shape each portion of dough into 8-inch long rolls', 'combine chopped nuts and graham cracker crumbs on a large piece of waxed paper', 'roll the 2 dough rolls in this mixture , being sure to coat well', 'wrap each roll in the waxed paper chill for at least 2 hours', 'cut dough into 1 / 4 in slices , place 2 inches apart on ungreased baking sheets', 'bake at 375 8 to 10 minutes', 'cool on racks']
['butter', 'cream cheese', 'sugar', 'lemon', 'rind of', 'lemon juice', 'vanilla', 'flour', 'pecans', 'graham cracker crumbs']	['weeknight', 'time-to-make', 'course', 'preparation', 'occasion', 'rolled-cookies', 'desserts', 'lunch', 'snacks', 'finger-food', 'cookies-and-brownies', 'dietary', 'gifts', 'taste-mood', 'sweet', 'to-go', 'number-of-servings', 'presentation', '4-hours-or-less']	['in a large saucepan , heat the beans , chipotles , cumin and salt and pepper over medium heat , stirring occasionally , until simmering', 'stir in the green onions and continue to simmer 2 minutes', 'to assemble , spoon about 1 / 2 cup bean mixture on center of each tortilla', 'top with equal amounts of the cheese , lettuce , and cilantro', 'fold bottom edge up over filling', 'fold right and left sides to center , overlapping edges', 'serve with the salsa and guacamole']
['black beans', 'chipotle chile in adobo', 'ground cumin', 'salt and pepper', 'green-onion', '10-inch-flour tortillas', 'monterey jack cheese', 'lettuce', 'cilantro leaf', 'salsa', 'guacamole']	['north-american', 'lunch', 'main-dish', 'beans', 'mexican', 'easy', 'kid-friendly', 'vegetarian', 'dietary', 'spicy', 'one-dish-meal', 'sandwiches', 'black-beans', 'taste-mood']	

		['preheat oven to 300 degrees', 'butter or grease a pie plate', 'mix crushed corn flakes , 1 / 4 cup brown sugar and melted butter', 'press into plate', 'bake 10 minutes', 'cool', 'for filling , heat water and chocolate over low heat until melted', 'stir constantly', 'let cool for 10 minutes', 'mix in large bowl the cream cheese and brown sugar', 'add vanilla and salt', 'slowly add chocolate into cheese mixture', 'mix to incorporate , by hand or with mixer', 'refrigerate for 1 hour until very thick', 'whip cream into stiff peaks', 'fold whipped cream into chocolate mixture and pour into crust', 'freeze for 4 hours or overnight', 'can be doubled if you use a 9 x 13 inch dish']
['60-minutes- or-less', 'time- to-make', 'course', 'main- ingredient', 'cuisine', 'preparation', 'occasion', 'pies-and-tarts', 'desserts', 'eggs-dairy', 'german', 'easy', 'brown sugar', 'european', 'butter', 'water', 'dinner-party', 'sweet baking chocolate', 'cream cheese', 'vanilla', 'salt', 'whipped topping']	['15-minutes- or-less', 'time- to-make', 'course', 'main- ingredient', 'cuisine', 'preparation', 'occasion', 'for- 1-or-2', 'lunch', 'snacks', 'seafood', 'easy', 'european', 'fish', 'sandwiches', 'brunch', 'number-of- servings', '3- steps-or-less']	['drain the sardines and mash well in a bowl , add the vinegar and pepper and mix well', 'divide into half and add to each piece of the toast , cover the top with sliced tomatoes and add some mayonnaise over the tomatoes']
['toast', 'sardines', 'vinegar', 'pepper', 'tomatoes', 'mayonnaise']		

		['preheat oven to 350', 'in shallow baking pan toast walnuts for 10-12 minutes', 'cool slightly', 'chop coarsely', 'in a bowl , stir together the nuts , honey and ground pepper', 'to serve , bring cheese to room temperature', 'serve w / honey mixture and crusty bread']
['walnuts', 'honey', 'ground red pepper', 'chili pepper', 'soft fresh goat cheese', 'crusty bread']	['15-minutes-or-less', 'time-to-make', 'course', 'preparation', 'appetizers', 'dietary', 'low-sodium', 'low-in-something']	
	['weeknight', 'time-to-make', 'course', 'main-ingredient', 'preparation', 'main-dish', 'beef', 'oven', 'ground-beef', 'meat', 'equipment', '4-hours-or-less']	['mix well in order given', 'press into a greased 8x5x3" loaf pan', 'bake in oven at 350f for 50-60 minutes', 'allow meat loaf to stand for 5-10 minutes before slicing']
['evaporated milk', 'egg', 'cracker crumb', 'ground beef', 'onion', 'salt', 'dry mustard']		

['preheat oven to
350f', 'boil egg
noodles in salted
water till done ,
drain in a
colander , rinse
w / cold water ,
drain again &
add 1 tbsp olive
oil', 'mix well &
set aside in a
bowl', 'pass
farmer cheese
thru a fine sieve',
'stir in 1 / 3 cup
sour cream +
caraway seed &
season w / salt &
pepper', 'add this
mixture to the
noodles & stir to
combine', 'fry
diced bacon in a
skillet w / the
onion till the
bacon is crisp',
'add bacon &
onion to the
noodle & cheese
mixture & stir to
combine',
'grease a deep
ovenproof dish
w / butter', 'place

['bacon', 'time- noodles , cheese
to-make', mixture , bacon
'course', 'main- & onion in the
ingredient', baking dish',
'preparation', 'whisk eggs w /
'occasion', remaining 2 / 3
'main-dish', cup sour cream
'side-dishes', & pour this
'eggs-dairy', mixture evenly
'pasta', 'pork', over the
'easy', contents of the
'potluck', baking dish',

['egg noodles', 'eggs', 'dietary', 'dust surface
'olive oil', 'one-dish- lightly w /
'farmer meal', 'low- paprika', 'bake
cheese', 'sour sodium', 'low- for approx 45
cream', in-something', min or till the top
'caraway 'meat', 'pasta- is browned &
seed', 'salt & rice-and- mixture tests
pepper', grains', 'taste- done using the
'bacon', mood', 'to-go', knife method',
'onion', 'butter', 'presentation', 'allow to cool for
'eggs', 'served-hot', '4-5 min & serve
'paprika'] hours-or-less'] immediately']

	['15-minutes-or-less', 'time-to-make', 'course', 'cuisine',	['combine enchilada sauce , lime juice , and cumin in small bowl', 'place pita , smooth side
['enchilada sauce', 'fresh lime juice', 'ground cumin', 'pita bread', 'chorizo sausage', 'corn kernel', 'monterey jack cheese', 'scallions', 'fresh jalapeno pepper', 'fresh cilantro leaves']	'preparation', 'north-american', 'for-1-or-2', 'lunch', 'main-dish', 'american', 'southwestern-united-states', 'tex-mex', 'easy', 'microwave', 'pizza', 'equipment', 'number-of-servings']	down , on microwave-safe plate', 'spread sauce evenly over top , then sprinkle with chorizo , corn , ch3ese , scallion , and jalapeno', 'microwave on high until cheese melts , about 30 seconds', 'garnish with coriander']

['1', 'cook pasta according to directions , adding broccoli the last 4 minutes', 'drain', 'keep warm', '2', 'combine broth ,

	['weeknight', '30-minutes-or-less', 'time-to-make', 'course', 'main-ingredient', 'cuisine', 'preparation', 'occasion', 'healthy', 'main-dish', 'vegetables', 'cornstarch', 'asian', 'low-fat', 'dietary', 'one-dish-meal', 'low-sodium', 'low-saturated-fat', 'olive', 'inexpensive', 'low-in-something']	cornstarch , and seasoning', 'set aside', '3', 'cut the chicken into 1 inch chunks', 'in a large nonstick skillet , cook chicken in hot oil 4 minutes or until no longer pink , stirring often', '4', 'stir cornstarch mixture', 'add to skillet', 'cook and stir until thickened', 'stir in tarragon', 'cook for 2 minutes', 'serve over pasta']
['linguine', 'broccoli florets', 'reduced-sodium chicken broth', 'cornstarch', 'lemon-pepper seasoning', 'boneless skinless chicken breast halves', 'olive oil', 'fresh tarragon']		

['30-minutes-or-less', 'time-to-make', 'course', 'preparation', 'occasion', '5-ingredients-or-less',

['cheddar cheese', 'sour cream', 'port wine', 'lemon juice']	'appetizers', 'easy', 'winter', 'dips', 'seasonal', 'inexpensive']	and preferably overnight', 'this definitely improves with age']
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		['core apples', "chop the apples up in your food processor into 'minced garlic' sized bits add a bit of water to help the process", 'toss the apple bits in a pot or a skillet and heat up just before the juice boils then add the cocoa powder', 'mix it all together so the cocoa is all melted and well blended set aside to cool', 'mix the flours , soy protein and salt and sift', 'in a separate bowl beat egg whites vanilla and splenda until soft peaks appear', 'add flour mixture to the egg mixture and blend well then add the apple- cocoa sauce and blend', 'mix in the chopped nuts if desired', 'bake in a non- stick 8-inch square pan for 20-25 minutes at 350f']
['baking cocoa', 'apples', 'egg whites', 'vanilla extract', 'splenda granular', 'soy protein isolate', 'wheat gluten flour', 'rye flour', 'low sodium salt', 'nuts']	['60-minutes- or-less', 'time- to-make', 'course', 'main- ingredient', 'preparation', 'occasion', 'for- large-groups', 'desserts', 'lunch', 'snacks', 'eggs- dairy', 'cookies- and-brownies', 'eggs', 'comfort-food', 'taste-mood', 'number-of- servings']	
		['combine vinegar , sugar , water , oil , salt , mustard and minced onion in a screw top jar and shake to combine', 'refrigerate to meld flavours', 'combine romaine , onion rings and oranges', 'lightly toss with just enough dressing to coat', 'garnish with toasted almonds', 'substitute: 2-3 mandarines , peeled and sectioned or 10 oz canned mandarines , drained']
['white vinegar', 'white sugar', 'olive oil', 'water', 'salt', 'dry mustard', 'red onion', 'romaine lettuce', 'oranges', 'toasted almond']	['30-minutes- or-less', 'time- to-make', 'course', 'preparation', 'low-protein', 'healthy', 'salads', 'dietary', 'low- sodium', 'low- cholesterol', 'low-carb', 'healthy-2', 'low-in- something']	

		['preheat oven to 300f', 'butter a 10-inch springform pan and set aside', 'combine first 3 ingredients in a small bowl', 'stir in melted butter', 'press mixture into prepared pan', 'combine cream cheese and sugar in a food processor or blender', 'process until combined', 'add sour cream , eggs , mango puree , vanilla and lemon juice', 'process using on / off turns until combined', 'pour mixture into prepared crust', 'bake for 1 hour or until set', 'let cheesecake cool for 1 hour', 'while cheesecake is cooling prepare topping by combining sour cream and sugar in a food processor until combined', 'preheat oven to 350f', 'after cheesecake is at room temperature , top cheesecake with topping', 'bake 4 minutes', 'remove from oven', 'chill for at least 4 hours', 'prepare garnish process glaze ingredients in a food processor', 'spread glaze over chilled cheesecake before serving']
	['time-to-make', 'course', 'main-ingredient', 'preparation', 'desserts', 'eggs-dairy', 'oven', 'refrigerator', 'cheesecake', 'food-processor-blender', 'dietary', 'equipment', 'small-appliance', 'number-of-servings']	
['graham cracker crumbs', 'cashews', 'sugar', 'butter', 'cream cheese', 'sour cream', 'eggs', 'mango puree', 'vanilla', 'lemon juice', 'apricot jam', 'corn syrup', 'lime juice', 'cider vinegar']		

	['15-minutes	
	or-less', 'time-	
	to-make',	
	'course',	
	'preparation',	
	'for-1-or-2',	['halve avocados
	'low-protein',	lengthwise
	'healthy',	around pit',
	'appetizers',	'remove pit with
	'easy',	a large spoon ,
	'beginner-	then scoop out
	cook', 'vegan',	flesh into a
	'vegetarian',	owl', 'squeeze
	'dips', 'dietary',	the lemon juice
	'low-sodium',	into bowl', 'add
	'low-	tomato , onion ,
	cholesterol',	and jalapeno ,
	'low-calorie',	and mash
['avocados',	'low-carb',	guacamole with
'lemon, juice	'healthy-2',	a fork to desired
of', 'plum	'low-in-	consistency',
tomato', 'white	something',	'season
onion', 'fresh	'number-of-	guacamole with
jalapeno',	servings']	salt , to taste']
'coarse salt']		['dice or shred
		the potatoes',
		'fry bacon in a
		non-stick skillet
		until crisp',
		'remove bacon
		from the skillet
		and drain on a
	['60-minutes-	paper towel', 'if
	or-less', 'time-	there is too
	to-make',	much grease ,
	'course', 'main-	pour some of it
	ingredient',	into a measuring
	'preparation',	cup in case you
	'occasion', 'for-	need to use it
	1-or-2', 'low-	later', 'add the
	protein',	chopped onions
	'healthy', '5-	to the bacon
	ingredients-or-	grease', "saute'
	less',	on medium heat
	'breakfast',	until the onions
	'side-dishes',	are tender and
	'potatoes',	slightly brown",
	'vegetables',	'add the
	'easy', 'low-fat',	potatoes and mix
	'stove-top',	thoroughly with
	'dietary', 'low-	the onions ,
	sodium', 'low-	using an egg
	cholesterol',	spatula', 'fry the
	'low-saturated-	potatoes turning
	fat', 'low-	them over
	calorie',	frequently for
	'comfort-food',	even cooking', 'if
	'inexpensive',	potatoes start to
	'healthy-2',	stick to the
	'low-in-	bottom of the
	something',	skillet , add more
	'brunch', 'taste-	bacon grease or
	mood', 'savory',	vegetable oil fry
	'equipment',	until potatoes
	'number-of-	are a nice
	servings',	golden brown',
	'presentation',	'serve with the
	'served-hot']	fried bacon']
['bacon',		
'potatoes',		
'onions', 'salt		
and pepper']		

	['15-minutes-	
	or-less', 'time-	
	to-make',	
	'course',	
	'preparation',	
	'occasion', 'for-	
	1-or-2',	
	'beverages',	['in a small
	'easy',	saucepan ,
	'beginner-	whisk together
	cook', 'vegan',	dry ingredients',
	'vegetarian',	'gradually add
['carob	'winter',	soy milk to keep
powder',	'dietary',	mixture smooth',
'cornstarch',	'seasonal',	'heat , stirring
'unsweetened	'comfort-food',	often , until hot',
soymilk',	'brunch', 'taste-	'stir in vanilla',
'vanilla	mood',	'add a natural
extract',	'number-of-	sweetener to
'sugar']	servings']	taste , if desired']
		['prepare your
		onions ahead of
		time and have
		them cooled',
		'mix beef with
	['60-minutes-	steak seasoning
	or-less', 'time-	and garlic',
	to-make',	'shape into 8
	'course', 'main-	very thin patties',
	ingredient',	'on top of 4
	'cuisine',	patties , place 1
	'preparation',	slice cheese ,
	'occasion',	and 1 / 4 of
	'north-	onions and
	american',	green chiles',
	'lunch', 'main-	'top with
	dish', 'beef',	remaining 4
	'eggs-dairy',	patties , sealing
	'fruit',	edges well to
	'american',	create 4 fat , hot
	'southwestern-	stuffed burgers',
	united-states',	'grill burgers to
	'tex-mex',	desired
	'barbecue',	doneness',
	'easy',	'meanwhile ,
	'beginner-	also grill
	cook', 'dinner-	pineapple slices
	party',	until black char
	'heirloom-	marks appear',
	historical',	'spread butter or
	'holiday-event',	margarine lightly
['lean ground	'kid-friendly',	on kaiser rolls ,
beef', 'steak	'summer',	and grill until
seasoning',	'cheese',	slightly toasted',
'garlic cloves',	'dietary',	'assemble
'sweet onion',	'seasonal',	burgers by
'diced green	'sandwiches',	slathering on
chilies',	'comfort-food',	teriyaki sauce on
'monterey jack	'ground-beef',	each roll', 'add
pepper	'tropical-fruit',	one pineapple
cheese',	'pineapple',	slice and lettuce
'pineapple	'meat', 'taste-	leaf', 'top with
rings', 'teriyaki	mood',	one burger',
sauce',	'equipment',	'serve with
'romaine	'grilling',	additional
lettuce', 'kaiser	'presentation',	teriyaki sauce for
rolls', 'butter']	'served-hot']	dipping ! enjoy !']

	['15-minutes-or-less', 'time-to-make', 'preparation', 'low-protein', '5-ingredients-or-less', 'easy',	['add dill , lemon zest and lemon juice to taste to mayonnaise', 'mix well', 'good with eggs and most vegetables , especially new potatoes', 'great over fish too !']
['mayonnaise', 'fresh dill', 'lemon zest', 'lemon juice']	['dietary', 'low-in-something', '3-steps-or-less']	['in a large bowl , mix flour , sugar , baking powder , salt , and cinnamon', 'add almond milk and egg replacer mixture and stir just until flour is moistened', 'let the batter rest for 5 minutes while the skillet heats', 'while the batter is resting , combine all of the "swirl" ingredients , using 2 tablespoons of the prepared batter', 'heat a non-stick griddle or skillet over medium heat until a drop of water sizzles', 'gently stir the walnuts into the batter', 'pour batter by scant 1 / 4 cupfuls onto hot griddle', 'immediately drizzle the cinnamon-apple batter over the top of each pancake in a swirl pattern', 'cook until tops are bubbly and bubbles burst', 'edges will look dry', 'with a pancake turner , turn and cook until undersides are golden', 'place on a warm platter', 'keep warm', 'repeat until all batter is used , brushing griddle lightly with canola oil , if necessary , to prevent sticking', 'serve pancakes with syrup or other topping as desired']
	['lactose', '30-minutes-or-less', 'time-to-make', 'course', 'main-ingredient',	
['unbleached flour', 'sugar', 'baking powder', 'salt', 'cinnamon', 'almond milk', 'ener-g egg substitute', 'walnuts', 'batter', 'natural applesauce']	['preparation', 'occasion', 'pancakes-and-waffles', 'breakfast', 'fruit', 'vegan', 'vegetarian', 'dietary', 'egg-free', 'free-of-something', 'apples', 'brunch']	

		[peel and devein
		shrimp - set
		aside', 'preheat
		oven to 350',
		'fold four 24" x
		18" sheets of
		heavy-duty foil in
		half', 'on center
		of foil , evenly
		divide beans ,
		tomatoes ,
		shrimp and
		onions', 'drizzle
		with broth ,
		lemon juice and
		oil', 'sprinkle with
		seasoning ,
		lemon peel and
		black pepper',
	['60-minutes-	'allowing room
	or-less', 'time-	for steam to
['medium	to-make',	build , fold
shrimp',	'course', 'main-	together narrow
'cannellini',	ingredient',	ends of foil',
'tomatoes',	'preparation',	'seal with
'green onion',	'healthy', 'main-	double-fold',
'chicken broth',	dish', 'beans',	'place packets
'lemon peel',	'seafood',	on baking sheet',
'lemon juice',	'easy', 'low-fat',	'bake 20 minutes
'olive oil', 'old	'shrimp',	or until shrimp
bay	'dietary', 'low-	are opaque',
seasoning',	cholesterol',	'carefully open
'black pepper',	'low-saturated-	packets', 'serve
'country	fat', 'healthy-2',	on top of , or
bread', 'fresh	'low-in-	alongside
basil',	something',	toasted bread',
'parmesan	'shellfish', '3-	'top with basil
cheese']	steps-or-less']	and parmesan']
		['combine brown
		sugar , cashews
		, salt , and
		ginger', 'in
		10x6x2-inch
		baking dish layer
		half the sweet
		potatoes , half
		the peach slices
		, and half the
	['60-minutes-	brown sugar
	or-less', 'time-	mixture', 'repeat
['brown sugar',	to-make',	layers', 'dot with
'cashews',	'course', 'main-	butter or
'salt', 'ground	ingredient',	margarine',
ginger', 'sweet	'preparation',	'bake , covered ,
potatoes',	'occasion',	at 350 degrees
'peach slices',	'yams-sweet-	for 30 minutes',
'butter',	potatoes', 'low-	'uncover and
'ground	protein',	bake mixture
cinnamon',	'healthy', 'side-	about 10
'allspice',	dishes',	minutes longer',
'brandy',	'potatoes',	'spoon brown
'orange peel',	'vegetables',	sugar syrup over
'peach	'holiday-event',	before serving',
preserves',	'dietary', 'low-	'makes 6 to 8
'pecans']	in-something']	servings']

		['in a mixing bowl , cream butter with sugars', 'beat in egg , sour cream and vanilla', 'combine dry ingredients in separate bowl and gradually add to the creamed mixture', 'stir in chips', 'drop by rounded tablespoons 2 inches apart onto greased baking sheets', 'bake at 350 for 12-15 minutes , or until set', 'cool for 2 minutes on pan before removing to wire racks']
['butter', 'sugar', 'brown sugar', 'egg', 'sour cream', 'vanilla extract', 'all- purpose flour', 'preparation', 'baking cocoa', 'for-large- 'baking powder', 'baking soda', 'desserts', 'salt', 'semi- sweet chocolate chips', 'vanilla chip']	['60-minutes- or-less', 'time- to-make', 'course', 'main- ingredient', 'preparation', 'for-large- groups', 'drop- cookies', 'desserts', 'cookies-and- brownies', 'chocolate', 'number-of- servings']	
		['in a bowl , combine flour , salt and pepper', 'dredge scallops in flour mixture and shake off excess', 'in a large heavy skillet , melt 2 tablespoons butter over medium high heat', 'add scallops and cook , turning occasionally , until golden brown on the outside and opaque inside', 'remove to a plate', 'reduce heat to low', 'add remaining butter and cook , stirring up brown bits until melted , about 1 minute', 'whisk in lemon juice and parsley', 'spoon over scallops and garnish with lemon wedges']
['flour', 'salt', 'pepper', 'butter', 'sea scallops', 'lemon juice', 'parsley', 'lemon wedges']	['30-minutes- or-less', 'time- to-make', 'course', 'main- ingredient', 'preparation', 'for-1-or-2', 'main-dish', 'seafood', 'scallops', 'shellfish', 'number-of- servings']	

		['heat oil on medium heat using a large skillet', 'add garlic & onions', 'stir-fry about 2 minutes', 'add swiss chard , broth , salt and pepper and cook until greens are wilted', 'stir frequently', 'remove from heat & set aside', 'cook spaghetti until al dente', 'drain', 'toss all together and serve at once', 'can substitute spinach for swiss chard'] ['in food processor , pulse flour , salt butter and vegetable shortening until in large crumbs', 'add cold water', 'pulse until mixture starts to form a ball', 'shape dough into round disc', 'cover with plastic wrap', 'freeze for 10 minutes until easy to handle', 'roll dough into 11 inch circle on floured surface', 'fit dough into 9 1 / 2 inch deep dish pie plate', 'turn edge under and flute', 'pour in filling and bake at 350f for 40-50 minutes'] ['by far , the trickiest part is the soaked noodles', 'noodles should be somewhat flexible and solid , not completely expanded and soft', 'when in doubt , undersoak', "you can always add more water in the pan , but you can't take it out", 'in this recipe , pre-ground pepper , particularly pre- ground white pepper is better than fresh ground pepper',
['60-minutes- or-less', 'time- to-make', 'course', 'main- ingredient', 'preparation', 'main-dish', 'pasta', 'vegetables', 'easy', 'kid- friendly', 'green onions', 'vegetarian', 'canola oil', 'dietary', 'swiss chard', 'inexpensive', 'vegetable broth', 'fresh black pepper', 'koshher salt', 'spaghetti']	['garlic cloves', 'green onions', 'canola oil', 'swiss chard', 'vegetable broth', 'fresh black pepper', 'koshher salt', 'spaghetti']	
['flour', 'salt', 'butter', 'vegetable shortening', 'cold water', 'pie plate']	['time-to-make', 'preparation', '4-hours-or- less']	

'tamarind adds some flavor and acidity , but you can substitute white vinegar', 'if you decided to include banana flower , cut lengthwise into sections', 'rub any open cut with lime or lemon juice to prevent it from turning dark', 'the original pad thai recipe calls for crushed roasted peanuts', 'many people in thailand avoid eating peanuts because of its link to cancer', 'soak the dry noodles in lukewarm water while preparing the other ingredients , for 5-10 minutes', 'julienne tofu and cut into 1 inch long matchsticks', 'when cut , the extra firm tofu should have a mozzarella cheese consistency', 'cut up chinese chives into 1 inch long pieces', 'set aside a few fresh chives for a garnish', 'rinse the bean sprouts and save half for serving fresh', 'mince shallot and garlic together', 'use a wok', 'if you do not have a wok , any big pot will do', 'heat it up on high heat and pour oil in the wok', 'fry the peanuts until toasted and remove them from the wok', 'add shallot , garlic and tofu and stir them until they start to brown', 'the noodles should be flexible but not expanded at this point', 'drain the noodles and add to the wok', 'stir quickly to keep things from

['lime', 'egg', 'fish sauce', 'garlic cloves', 'dried chili', 'ground pepper', 'shallot', 'sugar', 'tamarind paste', 'thai rice noodles', 'vegetable oil', 'shrimp', 'banana flower', 'tofu', 'chinese chives', 'peanuts', 'bean sprouts', 'preserved turnip']	['30-minutes- or-less', 'time- to-make', 'course', 'cuisine', 'preparation', 'for-1-or-2', 'main-dish', 'asian', 'number-of- servings']	sticking', 'add tamarind , sugar , fish sauce , chili pepper and preserved turnip', 'stir', 'the heat should remain high', 'if your wok is not hot enough , you will see a lot of juice in the wok at this point', 'turn up the heat , if it is the case', 'make room for the egg by pushing all noodles to the side of the wok', 'crack the egg onto the wok and scramble it until it is almost all cooked', 'fold the egg into the noodles', 'add shrimp and stir', 'add bean sprouts , chives', 'stir a few more times', 'the noodles should be soft and very tangled', 'pour onto the serving plate and sprinkle with peanuts', 'serve hot with the banana flower slice and a wedge of lime on the side and raw chinese chives and raw bean sprouts on top', 'in thailand , condiments such as sugar , chili pepper , vinegar and fish sauce are available at your table for your personal taste', 'some people add more pepper or sugar at this point']
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		['to prepare , boil
		all soup
		ingredients
		together for
		about 30
		minutes', 'to
		prepare the roux
		, heat the
		vegetable oil
		until smoking',
['water', 'celery		'add the flour
salt', 'accent		and stir with a
seasoning',		wire whisk', 'the
'ground		oil and flour roux
chicken',		should be the
'onion', 'yellow		consistency of
food coloring',	['60-minutes-	mashed
'salt', 'pepper',	or-less', 'time-	potatoes', 'add
'kitchen	to-make',	the roux to the
bouquet',	'course', 'main-	soup and use
'chicken	ingredient',	the wire whisk to
bouillon',	'preparation',	blend', 'serve hot
'carrots', 'roux',	'soups-stews',	and enjoy',
'vegetable oil',	'poultry',	'puree in blender
'all-purpose	'chicken',	for a creamier
flour']	'meat']	texture']

[in a pan over
 medium heat
 cook the onions
 in butter until
 almost soft and
 then add the
 ground lamb or
 beef', 'cook until
 it is no longer
 pink , drain any
 remaining fat',
 'add the the
 baharat , tomato
 paste , sea salt ,
 freshly ground
 black pepper
 and pine nuts',
 'mix well and
 cook until the
 pine nuts turn
 golden', 'wash
 and peel the
 potatoes',
 'carefully core
 out the middle
 leaving a smaller
 whole at the top
 but taking out
 most of the
 middle so there
 is just enough
 potato to hold it
 all together', 'set
 aside', 'carefully
 fill the potatoes
 with the meat
 mixture', 'stuff
 until the top but
 not extremely
 tightly', 'in a pan
 on medium heat
 add the tomato
 sauce and
 chicken stock',
 'carefully place
 the potatoes into
 the pan and
 cover', 'raise
 heat to come to
 a full boil and
 then reduce to
 medium-low',
 'cook for 1 hour
 or more until
 tender when
 pricked with a
 fork , carefully
 switching sides
 half way
 through', "you
 may serve this
 over white
 basmati rice ,
 with a fresh
 salad and balkan
 yogurt on the
 side if you don't
 add extra
 sauce", 'enjoy !']

		['shred lettuce into fine strips', 'combine and toss in a large bowl with diced tomatoes , onion and bay shrimp', 'add diced avocado', 'for dressing: whisk together ingredients', 'olive oil , red wine vinegar , dijon mustard , black pepper , hard boiled egg whites shredded , and 1 ounce roasted red pepper diced or 1 ounce pimentos', 'pour over salad and toss lightly', 'sprinkle each portion with capers , crumbled feta and green onion']
['romaine lettuce', 'roma tomatoes', 'maui onion', 'cooked shrimp', 'avocado', 'capers', 'feta cheese', 'green' onions', 'vinaigrette', 'olive oil', 'red wine vinegar', 'dijon mustard', 'black pepper', 'egg white', 'roasted red peppers']	['15-minutes- or-less', 'time- to-make', 'course', 'main- ingredient', 'preparation', 'occasion', 'salads', 'seafood', 'summer', 'shrimp', 'seasonal', 'shellfish']	

	<pre> [preheat your oven to 350 f, 'grease and flour a tube pan', 'if using fresh oranges , zest and juice them', 'with an electric mixer or by hand , beat together the eggs and sugar until thick', 'gradually beat in the oil', 'stir in the flour , baking powder and salt , and then the orange juice', 'beat until smooth , and then mix in the zest and vanilla', 'pour the batter into your prepared pan , and bake for about 40 minutes , or until the cake tests done', 'allow the cake to cool in the pan for 7 to 10 minutes , then turn out onto a rack to finish cooling', "here's the orginal moroccan measurements:", '4 eggs', '1 soup bowl of sugar', '1 tea glass of vegetable oil', '1 soup bowl of flour', '2 sachets of baking powder', 'pinch of salt', '1 tea glass of fresh orange juice', 'zest from 1 or 2 oranges', '1 sachet of vanilla sugar'] [mix prepared macaroni and cheese with eggs and put into a greased 9- inch x 13-inch pan', 'bake for 10 minutes at 375 degrees', 'top with the tomato sauce , basil and oregano', 'then add the rest of the ingredients', 'bake for 10 minutes more'] </pre>
<pre> [eggs', 'sugar', ['60-minutes- 'vegetable oil', or-less', 'time- 'flour', 'baking to-make', powder', 'salt', 'course', 'fresh orange 'preparation', juice', 'orange 'desserts', zest', 'vanilla'] 'cakes'] </pre>	
<pre> [macaroni and ['30-minutes- cheese mix', or-less', 'time- 'eggs', 'tomato to-make', sauce', 'basil', 'course', 'main- 'oregano', ingredient', 'onion', 'green 'preparation', pepper', 'lunch', 'pasta', 'mushrooms', 'dietary', 'mozzarella 'pasta-rice- cheese', and-grains', 'pepperoni 'elbow- slices'] macaroni'] </pre>	

		['in saucepan
		over medium low
		heat , add
		vegetable oil ,
		garlic and
		ginger', 'saut 3
		minutes , being
		careful not to
['60-minutes-		burn garlic', 'add
or-less', 'time-		jasmine rice and
to-make',		stir until well
'course', 'main-		coated', 'add
ingredient',		coconut milk ,
'cuisine',		water and salt',
'preparation',		'bring to a boil',
'low-protein',		'give one quick
'side-dishes',		stir', 'cover and
'rice', 'asian',		reduce heat to
'kid-friendly',		lowest setting',
'dietary', 'low-		'cook for 15
sodium',		minutes',
['vegetable oil',	'inexpensive',	'remove from
'garlic cloves',	'toddler-	heat', 'let sit
'fresh ginger',	friendly', 'low-	covered an
'jasmine rice',	in-something',	additional 5
'coconut milk',	'pasta-rice-	minutes before
'water', 'salt']	and-grains']	serving']
		['place ham in 4
		to 6 quart slow
		cooker', 'add
		apple juice', 'mix
		brown sugar ,
		honey and
		mustard',
		'spread over
		ham', 'cover and
		cook on low 6 to
		8 hours or until
		ham is hot and
		glazed', 'remove
		ham from slow
		cooker', 'place
		on cutting
		board', 'cut ham
		in half', 'reserve
		one half', 'cut
	['ham', 'course',	remaining half
	'main-	into slices',
	ingredient',	'place on serving
	'preparation',	platter to serve',
	'5-ingredients-	'place 1 1 / 2
	or-less', 'main-	cups cubes in a
	dish', 'pork',	resealable
	'easy',	plastic fod
	'beginner-	storage bags',
	cook', 'crock-	'seal and label
	pot-slow-	bags with date of
	cooker',	preparation',
	'dietary', 'high-	'refrigerate both
	protein', 'low-	bags up to 3
	carb', 'high-in-	days or freeze
['smoked ham',	something',	up to 1 month
'apple juice',	'low-in-	for later use', 'if
'brown sugar',	something',	frozen , thaw in
'honey', 'dijon	'meat',	refrigerator
mustard']	'equipment']	befoore using']

		[combine the
		cookie
		ingredients in a
		large bowl', 'add
		the water a little
		bit at a time until
		the dough
		forms', 'cover
		and chill for 2
		hours', 'preheat
		oven to 350', 'on
		a lightly floured
		surface roll out a
		portion of the
		dough to just
		under one 16th
		of an inch thick',
		'to cut , use a lid
		from a spice
		container with a
		1 1 / 2 inch
		diameter',
		'arrange the cut
		rounds on a
		cookie sheet that
		is sprayed with a
		light coating of
		non-stick spray',
		'bake for 10
		minutes',
		'remove wafers
		from the oven
		and cool
		completely', 'as
		the cookies bake
	[60-minutes-	, make the filling
	or-less', 'time-	by combining the
	to-make',	filling ingredients
	'course', 'main-	with an electric
	ingredient',	mixer', 'when the
[fudge cake	'preparation',	cookies have
mix',	'occasion', 'for-	cooled , roll a
'shortening',	large-groups',	small portion of
'cake flour',	'low-protein',	the filling into a
'egg', 'water',	'rolled-cookies',	ball , and press it
'food coloring',	'desserts',	between two of
"confectioners'	'cookies-and-	the cookies',
sugar",	brownies',	'repeat with the
'granulated	'chocolate',	remaining
sugar', 'vanilla	'dietary',	cookies',
extract',	'copycat', 'low-	"adapted from
'vegetable	in-something',	todd wilbur's
shortening',	'number-of-	book more top
'hot water']	servings']	secret recipes"]

		[in a small bowl ,
		whisk together
		the eggs , half-
		and-half , salt &
		pepper , then set
		aside', 'in
		another bowl ,
		toss apple with
		lemon juice &
		set that aside',
		'in a 7-inch
		ovenproof skillet
		, saute the onion
		, celery & garlic
		in oil until tender
		, then remove &
		discard the
		garlic', 'return
		the skillet to a
		reduced heat , &
		add the egg
		mixture , then
	['30-minutes-	sprinkle with
	or-less', 'time-	apple & cheese',
	to-make',	'cover & cook 4
	'course', 'main-	to 6 minutes or
	ingredient',	until eggs are
	'preparation',	nearly set',
	'for-1-or-2',	'uncover & put
	'omelets-and-	the skillet under
[eggs', 'half-	frittatas',	the broiler about
and-half', 'salt',	'breakfast',	3 to 4 inches
'black pepper',	'eggs-dairy',	from the heat for
'tart apple',	'fruit',	2 to 3 minutes or
'fresh lemon	'vegetables',	until eggs are
juice', 'onion',	'vegetarian',	completely set',
'celery', 'garlic	'dietary',	'let stand 5
clove', 'olive	'apples',	minutes , then
oil',	'number-of-	cut into wedges
'gorgonzola']	servings']	& serve']

		[preheat oven to 350 degrees and grease bottom only of 8x4 or 9x5 loaf pan', 'blend margarine / butter with sugar until light&fluffy', 'beat in eggs', 'mix in bananas , vanilla , and milk', 'combine flour , cocoa , baking soda , salt , and chocolate chips', 'add flour mixture to banana mixture and combine until ingredients evenly distributed and all dry ingredients just moistened', 'pour batter into pan and bake for 50-
	['60-minutes-or-less', 'time-to-make', 'course', 'main-ingredient', 'preparation', 'breads', 'eggs-	65mins or just until you can insert a toothpick into the center and it comes out clean without wet batter', 'cool
['flour', 'sugar', 'unsweetened cocoa', 'cinnamon', 'baking soda', 'salt', 'butter', 'eggs', 'milk', 'banana', 'vanilla extract', 'semi-sweet chocolate chips']	dairy', 'fruit', 'oven', 'chocolate', 'eggs', 'dietary', 'quick-breads', 'free-of-something', 'tropical-fruit', 'bananas', 'equipment', 'nut-free', 'baking', 'from-scratch']	on a rack for 5mins , then remove the bread from the pan , wrap it in plastic wrap tightly and store in the fridge', 'leaving it in there for about a day will allow the flavors to blend and mellow']
		[put the first 6
	['30-minutes-or-less', 'time-to-make', 'course', 'main-ingredient', 'cuisine', 'preparation', 'healthy', 'main-dish', 'beans', 'african', 'easy', 'beginner-cook', 'vegan', 'vegetarian', 'moroccan', 'dietary', 'low-	items in a food processor and whiz to a chunky paste', 'depeninding on the ingredients you use / omit you may need to add flour to bind them better', 'burgers can be frozen at this stage', 'dust with flour and either fry in the olive oil
['canned chick-peas', 'onion', 'fresh parsley leaves', 'lemon, juice and zest of', 'ground cumin', 'ground coriander', 'olive oil', 'flour']	cholesterol', 'oamc-freezer-make-ahead', 'chick-peas-garbanzos', 'healthy-2', 'low-in-something', 'number-of-servings', 'technique']	for 2 mins each side or brush with oil and grill for 8 - 10 mins each side', 'serve as desired', 'goes well in a burger bun with sour cream and salad']

		[mix together
		vegetable oil and
	[30-minutes-	lemon juice in
	or-less', 'time-	small bowl', 'mix
	to-make',	cheese , biscuit
	'main-	mix , and pepper
	ingredient',	in a shallow
	'preparation',	small bowl', 'dip
	'low-protein',	chicken into oil
	'very-low-	mixture , then
	carbs',	coat with cheese
	'poultry', 'easy',	mixture', 'heat
	'chicken',	margarine in
	'dietary', 'low-	large skillet over
[vegetable oil',	sodium', 'low-	medium heat
'lemon juice',	cholesterol',	until hot', 'saute
'parmesan	'low-saturated-	chicken until
cheese',	fat', 'low-	golden and
'biscuit mix',	calorie', 'low-	done', 'serve
'pepper',	carb', 'low-in-	with a squeeze
'boneless	something',	of lemon ,
skinless	'meat',	spaghetti sauce ,
chicken	'chicken-	or parmesan
breasts',	breasts']	cheese']
'margarine']		
	[60-minutes-	
	or-less', 'time-	
	to-make',	['cream butter
	'course',	and sugars , add
['butter', 'white	'preparation',	vanilla , eggs
sugar', 'brown	'for-large-	mix well', 'add
sugar',	groups',	dry ingredients
'vanilla', 'eggs',	'desserts',	and mix well',
'salt', 'baking	'easy',	'add in nuts and
powder',	'cookies-and-	chip', 'put into
'baking soda',	brownies', 'bar-	lightly greased
'flour', 'rolled	cookies',	pan and smooth
oats', 'nuts',	'number-of-	out and bake',
'chocolate	servings', '3-	'bake at 350 for
chips']	steps-or-less']	35-40 minute']

['using center
 oven rack ,
 preheat oven to
 360^f', 'rinse
 chicken legs ,
 dry , and remove
 skin', 'spray
 bottom of two
 9x13x2-inch
 baking pan with
 non-stick spray',
 'distribute
 chicken legs into
 single layers
 across two
 pans', 'put cubed
 potatoes in a
 bowl and add 4
 table spoons
 olive oils and
 sprinkle with salt
 / pepper / onion
 powder , mix
 well', 'drain ,
 chop , and mix
 tomatoes in a
 bowl then place
 into bowl with
 potatoes then
 mix well', 'place
 final mixture all
 around chicken
 legs', 'sprinkle
 oregano on top
 and season with
 remaining salt /
 pepper / onion
 powder , and
 drizzle with olive
 oil', 'cover pans
 with aluminum
 foil and bake for
 30 minutes',
 'remove
 aluminum foil
 and carefully
 drain juices into
 measuring cup
 and baste with
 pan juices',
 'continue
 cooking until
 chicken legs are
 done and
 potatoes are
 cooked well ,
 about another 45
 minutes',
 'remove from
 oven and serve
 chicken legs
 with spooned
 tomatoes ,
 potatoes , and
 pour juices over
 top for added
 flavor', 'garnish
 serving with
 parmesan if
 desired', 'server
 with garlic
 flavored french
 bread', 'serving
 size: dinner
 party of 8']
 hours-or-less']

['chicken legs',
 'idaho
 potatoes',
 'italian plum
 tomatoes',
 'diced
 tomatoes with
 green chilies',
 'parsley
 flakes', 'salt',
 'fresh ground
 black pepper',
 'extra virgin
 olive oil',
 'onion powder',
 'fresh
 oregano',
 'parmesan
 cheese',
 'french bread']

['time-to-make',
 'main-
 ingredient',
 'preparation',
 'occasion',
 'potatoes',
 'poultry',
 'vegetables',
 'dinner-party',
 'chicken',
 'dietary', 'meat',
 'chicken-
 thighs-legs', '4-
 party of 8']

	['weeknight',	
	'time-to-make',	
	'course',	
	'cuisine',	
	'preparation',	
	'occasion',	
	'north-	
	american',	
	'desserts',	
	'american',	
	'easy',	['using a blender
['medium firm	'refrigerator',	or food
tofu',	'beginner-	processor blend
'margarine',	cook', 'dinner-	all the
'dry	party', 'kid-	ingredients until
sweetener',	friendly',	smooth', 'pour
'cocoa	'vegan',	ingredients into a
powder',	'vegetarian',	cheesecake pan
'vanilla	'cheesecake',	which has been
extract', 'salt',	'dietary',	lined with
'soymilk',	'equipment',	graham cracker
'graham	'number-of-	pie crust', 'chill
cracker pie	servings', '3-	for 12 hours
crust']	steps-or-less']	before eating']
		['combine the
		first four
	['30-minutes-	ingredients',
	or-less', 'time-	'spread equally
	to-make',	over bagels',
['colby	'course',	'place on an
cheese', 'deli	'preparation',	ungreased
ham',	'5-ingredients-	cookie sheet',
'mayonnaise',	or-less', 'lunch',	'broil 2-3 minutes
'bacon',	'easy', 'kid-	, until lightly
'miniature	friendly',	browned and
bagels']	'dietary']	bubbly']

['light soy sauce', 'rice vinegar', 'ginger', 'garlic clove', 'sugar', 'sesame oil', 'pepper', 'canola oil', 'garlic cloves', 'shiitake mushroom', 'chinese cabbage', 'sake', 'scallions', 'carrot', 'wonton wrappers']	['60-minutes- or-less', 'time- to-make', 'course', 'cuisine', 'preparation', 'for-large- groups', 'healthy', 'appetizers', 'asian', 'chinese', 'low- fat', 'dietary', 'low- cholesterol', 'low-saturated- fat', 'low-in- something', 'number-of- servings']	['combine ingredients for dipping sauce and set aside', 'prepare the dumplings by heating a large , non-stick wok over medium- high heat', 'swirl in the canola and sesame oils and add ginger and garlic', 'stir fry for about 10 seconds and stir in mushrooms and cabbage for 3 minutes', 'add the sake and cook , stirring , for 3 - 4 minutes until liquid evaporates', 'next add the scallions and the carrot and stir-fry about 2 minutes', 'remove from heat and add soy sauce', 'allow mixture to cool', 'place 1 teaspoon of the vegetable mixture in center of a wrapper', 'moisten edges of wrapper with water and fold unto half circles', 'place on baking sheet sprinkled with cornstarch', 'keep wontons covered with a damp towel to prevent them from drying out', 'spray skillet with nonstick spray heat over medium-high heat', 'add 10 dumplings to the skillet and cook until browned on one side', 'add 1 / 3 cup water to the skillet and cover with lid', 'reduce heat to medium and cook until liquid evaporates', 'serve dumplings with dipping sauce']
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	[if you can , get
	your brussels
	sprouts from a
	store that sells
	them loose in
	bins', 'pick out
	the smaller , tight
	sprouts', 'to cook
	them , clean and
	trim the sprouts ,
	removing the
	bottom stem and
	tougher outside
	leaves', 'you\'ve
	already cut the
	bottom of the
	stalk off: now cut
	an"x" into the
['30-minutes-	bottom of each
or-less', 'time-	sprout', 'steam
to-make',	the sprouts for
'course', 'main-	about 20
ingredient',	minutes , until
'preparation',	they are soft',
'occasion', 'for-	'while the
1-or-2', '5-	sprouts are
ingredients-or-	steaming , saut
less', 'side-	the minced garlic
dishes', 'eggs-	in a little bit of
dairy',	butter for about
'vegetables',	3 minutes , then
'easy',	combine them
'diabetic',	into the rest of
'heirloom-	the melted
historical',	butter', 'when
'holiday-event',	spouts are done
'kid-friendly',	cooking place
'vegetarian',	them in a serving
'stove-top',	dish , pour the
'dietary',	melted garlic
'comfort-food',	butter over the
'taste-mood',	sprouts , season
'equipment',	lightly with salt
'number-of-	and pepper , and
servings']	serve']
['brussels	
sprouts',	
'butter', 'garlic',	
'salt', 'pepper']	

		['mix together the sugar , margarine and eggs', 'stir in milk', 'add flour , baking powder and salt', 'in separate bowl mix together the streusel ingredients', 'grease and flour a 9x13 pan', 'spread half the batter in the pan , sprinkle with half the streusel mix and half the nuts', 'add remaining batter and sprinkle with the rest of the streusel mix and nuts', 'bake at 375 for 30 minutes', 'may need to bake longer , so the center is done when a tooth pick inserted comes out clean', 'i used slivered almonds for the recipe']
	['60-minutes- or-less', 'time- to-make', 'course', 'preparation', 'occasion', 'healthy', 'breads', 'breakfast', 'coffee-cakes', 'dietary', 'brunch']	
	['30-minutes- or-less', 'time- to-make', 'main- ingredient', 'cuisine', 'preparation', 'occasion', 'north- american', 'healthy', '5- ingredients-or- less', 'poultry', 'american', 'southwestern- united-states', 'tex-mex', 'oven', 'easy', 'low-fat', 'chicken', 'dietary', 'low- cholesterol', 'low-saturated- fat', 'low- calorie', 'healthy-2', 'low-in- something', 'meat', 'chicken- breasts', 'equipment', 'number-of- servings']	
['pace picante sauce', 'light brown sugar', 'dijon-style mustard', 'boneless skinless chicken breasts', 'cooked rice']		['mix sauce , sugar and mustard', 'place chicken in 2 quart shallow baking dish', 'pour picante sauce mixture over chicken', 'bake at 400f for 20 minutes or until chicken is done', 'serve with rice']

		['place roast in a
		5 quart crock
		pot', 'season
		with garlic ,
		onion , black
		pepper and
		cayenne
		pepper', 'add
		liquid smoke and
		pour in coca-
		cola until it
		reaches nearly
		the top of the
		roast', 'set crock
		pot on low heat
		and cook for 8-
		10 hours', 'when
		ready to serve ,
		remove roast
		from crock pot to
		a platter',
	['course',	'remove any
	'main-	bones and trim
	ingredient',	all fat', 'with a
	'cuisine',	fork , begin
	'preparation',	"pulling" pork
	'occasion',	apart into thin
	'north-	shreds', 'add
	american',	barbecue sauce
	'healthy', 'main-	and fold into
	dish', 'pork',	meat', 'serve
	'american',	pulled pork on a
	'southwestern-	burger bun or on
	united-states',	its own', 'then
	'tex-mex',	return pulled
	'potluck', 'kid-	pork to crock pot
	friendly', 'low-	, set on warm or
	fat', 'crock-pot-	low heat setting ,
['pork roast',	slow-cooker',	add 1 / 2 cup of
'garlic',	'dietary', 'low-	reserved liquid
'onions', 'black	saturated-fat',	and cover until
pepper',	'low-calorie',	ready to serve',
'cayenne	'low-carb', 'low-	'if the meat is in
pepper', 'liquid	in-something',	the crock pot for
smoke', 'coca-	'meat', 'taste-	more than one
cola',	mood', 'savory',	hour , add more
'barbecue	'sweet', 'to-go',	liquid as needed
sauce']	'equipment']	for moisture']

		['in a medium-sized bowl , whisk the flour , eggs and 1 tablespoon of the oil with the water until a smooth batter is formed', 'stir in the scallions , carrot , and zucchini and mix to combine', 'chill in the refrigerator for 30 minutes to allow the rice flour to swell', 'coat the bottom of an 8-inch nonstick skillet with the remaining oil', 'set over medium heat', 'when the pan is hot , ladle in about a quarter of the batter and spread it out into a circle , tilting the pan slightly to spread it evenly', 'cook for about 8 minutes , or until the bottom is browned and you see holes in the pancake', 'with a spatula , flip the pancake and press firmly on the top to squeeze out any remaining batter that is not cooked', 'cook for another 8 minutes , or until the batter is cooked thoroughly and the pancake is browned', 'repeat with the remaining batter', 'in a small bowl , whisk together the soy sauce , water , vinegar , ginger , red pepper flakes and sugar', 'cut the pancakes into small triangles and serve with the dipping sauce']
['rice flour', 'eggs', 'vegetable oil', 'water', 'scallions', 'carrot', 'zucchini', 'gluten-free soy sauce', 'rice vinegar', 'fresh ginger', 'red pepper flakes', 'granulated sugar']	['lactose', '60- minutes-or- less', 'time-to- make', 'course', 'main- ingredient', 'cuisine', 'preparation', 'appetizers', 'side-dishes', 'vegetables', 'asian', 'korean', 'easy', 'beginner- cook', 'vegetarian', 'dips', 'dietary', 'gluten-free', 'free-of- something', 'onions']	

[for cheese grits		
crust batter:',		
'bring water and		
milk to boil in a		
large saucepan',		
'add grits , and		
cook , stirring		
often , 5 minutes		
or until		
thickened', 'stir		
in cheese , salt ,		
and pepper',		
'remove from		
heat', 'stir about		
one-fourth of		
grits mixture		
gradually into		
beaten eggs',		
'add to		
remaining grits		
mixture , stirring		
constantly', 'saut		
onion in hot oil in		
a large skillet		
over medium-		
high heat 5		
minutes or until		
golden brown',		
'stir in flour , and		
cook , stirring		
constantly , 1		
minute',		
'gradually stir in		
barbecue sauce		
and beef broth',		
'cook , stirring		
constantly , 3		
minutes or until		
mixture begins		
to thicken', 'stir		
in pork , and		
bring to a boil',		
'remove from		
heat , and spoon		
mixture into a		
lightly greased		
13- x 9-inch		
baking dish',		
'spoon cheese		
grits crust batter		
evenly over hot		
barbecue		
mixture', 'bake at		
425 for 20 to 25		
minutes or until		
golden brown		
and set']		
[60-minutes-		
or-less', 'time-		
to-make',		
'course', 'main-		
ingredient',		
'cuisine',		
[water', 'milk', 'preparation',		
'quick-cooking 'occasion',		
grits', 'sharp 'north-		
cheddar american',		
cheese', 'salt', 'savory-pies',		
'seasoned 'main-dish',		
pepper', 'pork',		
'eggs', 'sweet 'american',		
onion', 'southern-		
'vegetable oil', united-states',		
'all-purpose 'oven', 'stove-		
flour', top', 'comfort-		
'barbecue food', 'meat',		
sauce', 'beef 'taste-mood',		
broth', 'equipment',		
'shredded pork'presentation',		
with barbecue 'served-hot',		
sauce'] 'soul']		

['cover cod with
 cold water and
 refrigerate 24
 hours , changing
 water at least 8
 times in that
 period to remove
 the salt from the
 fish', 'for
 croutons:
 position rack in
 center of oven
 and preheat to
 400f', 'arrange
 bread slices in
 singled layer on
 baking sheet',
 'brush tops with
 oil and bake until
 just beginning to
 colour , about 5
 minutes', 'rub
 tops of bread
 with halved
 garlic', 'drain
 cod', 'cover with
 cold water in a
 large saucepan
 and bring just to
 simmer', 'let
 simmer until cod
 is tender and
 just begins to
 flake , 8-10
 minutes', 'drain
 cod', 'break into
 small pieces',
 'transfer to
 processor', 'add
 crushed garlic
 cloves',
 ['30-minutes-
 or-less', 'time-
 to-make',
 'course', 'main-
 ingredient',
 'cuisine',
 'preparation',
 'occasion',
 'appetizers',
 'seafood',
 'french',
 'european',
 'dinner-party',
 'holiday-event',
 'easter',
 'spreads', 'fish',
 'dietary', 'gifts',
 'christmas',
 'new-years',
 'high-protein',
 'high-in-
 something',
 'saltwater-fish',
 'cod', 'brunch']
 'combine hot
 milk and cream',
 'with machine
 running , pour
 olive oil and milk
 alternately
 through feed
 tube , several
 tablespoonfuls
 at a time , and
 blend until
 smooth', 'season
 with lemon juice
 , nutmeg , salt
 and pepper',
 'mound
 brandade in
 center of platter',
 'surround with
 croutons , olives
 and parsley',
 'serve at room
 temperature']
 'salt cod fish',
 'french bread',
 'olive oil',
 'garlic', 'milk',
 'cream', 'fresh
 lemon juice',
 'nutmeg',
 'olive', 'parsley
 sprig']

['15-minutes
 or-less', 'time-
 to-make',
 'course',
 'preparation',
 'occasion',
 'low-protein',
 'healthy', '5-
 ingredients-or-
 less',
 'desserts',
 'easy', 'dinner-
 party', 'low-fat',
 'dietary', 'low-
 sodium', 'low- [in each of four
 cholesterol', parfait glasses
 'low-saturated- or tall
 fat', 'low- wineglasses ,
 calorie', 'low-in-put 1 / 2 cup
 something', blueberries',
 ['fresh
 blueberries', 'presentation', 'followed by 1 / 2
 'fat-free lemon 'served-cold', cup yogurt', 'then
 yogurt', '3-steps-or- crumbled
 'gingersnaps'] less'] gingersnaps']
 ['time-to-make',
 'course', 'main-
 ingredient', ['cook pasta
 'preparation', while browning
 'occasion', chicken', 'saut
 'casseroles', vegetables , add
 'main-dish', garlic for the last
 ['medium egg 'pasta', minute', 'in large
 noodles', 'poultry', 'oven', bowl mix all
 'chicken breast'kid-friendly', ingredients well
 halves', 'chicken', and put in 9x13
 'carrot', 'dietary', casserole dish',
 'celery', 'comfort-food', 'sprinkle
 'onion', 'garlic 'meat', remaining
 cloves', 'cream'chicken- cheese and
 of chicken and breasts', bread crumbs on
 mushroom 'pasta-rice- top', 'cover and
 soup', 'milk', and-grains', bake 30 min at
 'sour cream', 'taste-mood', 400 , uncover
 'cheese', 'equipment', '4- and broil until
 'breadcrumbs'] hours-or-less'] browned']
 ['preheat oven to
 425', 'bake
 potatoes until
 ['weeknight', fork tender ,
 'time-to-make', about 50 to 60
 'course', 'main- minutes',
 ingredient', 'meanwhile ,
 'cuisine', saute the
 'preparation', squash ,
 'occasion', mushrooms ,
 'north- garlic and onions
 american', 'for- in 1 tablespoons
 1-or-2', 'main- butter until
 dish', 'side- tender , about
 dishes', 10-15 minutes',
 'potatoes', 'scoop insides
 'vegetables', out of potatoes ,
 'easy', whip with milk , 2
 ['baking
 potatoes', 'vegetarian', tbsp butter , salt
 'yellow 'dietary', and then stir in
 squash', 'small 'comfort-food', cheese', 'refill
 mushroom', 'inexpensive', potato shells',
 'onion', 'garlic 'squash', "place on plates
 clove', 'butter', 'brunch', 'taste- and mound the
 'milk', 'salt', mood', saute'd veggies
 'shredded 'number-of- over the top",
 cheddar servings', '4- 'serve
 cheese'] hours-or-less'] immediately']

		[coat a large
		nonstick frypan
		with cooking
[30-minutes-		spray , add oil',
or-less', 'time-		'place over
to-make',		medium high
'course', 'main-		heat until hot',
ingredient',		'add sweet red
'cuisine',		pepper and peas
'preparation',		, saute 2 to 3
'occasion',		minutes or until
'north-		veggies are
american',		crisp tender',
'healthy',		'add green
'lunch',		onions and
'salads', 'side-		saute 30
dishes', 'pasta',		seconds or until
'canadian',		onions are
'easy',		barely limp',
'beginner-		'remove from
cook', 'potluck',		heat , and keep
'kid-friendly',		warm', 'combine
'low-fat', 'stove-		sour cream and
top', 'dietary',		next 5
'spicy', 'low-		ingredients in a
sodium', 'low-		small bowl , stir
cholesterol',		well and set
cooking spray',		aside', 'cook
'vegetable oil',		fat',
'sweet red	'inexpensive',	pasta according
pepper',	'healthy-2',	to package
'frozen peas',	'british-	directions ,
'green onions',	columbian',	omitting salt and
'nonfat sour	'low-in-	fat , drain', 'place
cream', 'skim	something',	in a serving
milk', 'cayenne	'pasta-rice-	bowl', 'add
pepper', 'chili	and-grains',	veggie mixture
powder', 'hot	'taste-mood',	and sour cream
sauce', 'garlic',	'to-go',	mixture , toss',
'farfalle pasta']	'equipment']	'serve
		immediately']
		['60-minutes-
		or-less', 'time-
		to-make',
		'course', 'main-
		ingredient',
		'cuisine',
		'preparation',
['ground beef',	'occasion',	
'onion', 'pinto	'north-	
beans', 'kidney	american',	
beans', 'rotel	'soups-stews',	
tomatoes',	'beef', 'poultry',	
'whole kernel	'american',	
corn', 'ranch	'southwestern-	
style beans',	united-states',	
'mexican-style	'tex-mex',	
tomatoes',	'easy',	['mix together all
'hominy',	'beginner-	ingredients',
'green chilies',	cook', 'winter',	'simmer for 30
'ranch	'chicken',	minutes', 'serve
dressing mix',	'seasonal',	with tortilla chips
'taco	'ground-beef',	, cheese , and
seasoning',	'meat', '3-	cornbread if
'water']	steps-or-less']	desired !']

['15-minutes-
or-less', 'time-
to-make',
'course', 'main-
ingredient',
'preparation',
'occasion',
'healthy',
'sauces',
'condiments-
etc', 'beans',
'fruit',
'vegetables',
'easy', 'no-
cook',
'refrigerator',
'low-fat',
'vegetarian',
'salsas',
'dietary',
'spicy', 'low-
sodium',
'gluten-free',
'low-
cholesterol',
'low-saturated-
fat', 'low-
calorie', 'black-
beans',
'healthy-2',
['black beans', 'free-of-
'white shoepeg something',
corn', 'red bell low-in-
pepper', 'fresh something',
cilantro', 'tropical-fruit', ['combine all the
'mango', 'mango', 'corn', ingredients in a
'green onions', 'taste-mood', bowl and mix
'lime juice', 'equipment', well', 'refrigerate
'balsamic 'number-of in a covered
vinegar', servings', '3- container for up
'ground cumin', steps-or-less', to 3 days', 'serve
'salt'] 'technique'] with crostini']

		[for the eggs
		benedict: broil
		muffins until
		lightly browned',
		'top each muffin
		half with a
		poached egg ,
		and cover with
		hollandaise
		sauce', 'yield: 2
		servings', 'for the
		hollandaise
		sauce: beat egg
		yolks in top of
		double boiler',
		'gradually add
		lemon juice to
		egg yolks ,
		stirring
		constantly', 'add
		about one-third
		of butter to egg
		mixture', 'cook
		over hot water ,
		stirring
		constantly , until
		butter melts',
		'add another
	['30-minutes-	third of butter ,
	or-less', 'time-	stirring
	to-make',	constantly', 'as
['english	'course', 'main-	sauce thickens ,
muffins',	ingredient',	stir in remaining
'eggs',	'preparation',	butter', 'stir in
'hollandaise	'for-1-or-2',	salt and
sauce', 'egg	'breakfast',	cayenne', 'cook
yolks', 'lemon	'lunch', 'eggs-	until thickened',
juice', 'butter',	dairy', 'eggs',	'yield: about 1 / 2
'salt', 'cayenne	'number-of-	cup', 'southern
pepper']	servings']	living']

['in a large skillet
 , heat oil on
 medium heat
 and brown pork
 chops briefly on
 both sides', 'do
 not overcook at
 this point or they
 will get tough !',
 'pour oranges on
 top and sprinkle
 with cloves and
 some black
 pepper & salt to
 taste', 'cover and
 simmer over low
 heat until pork
 chops are
 cooked through',
 'cooking time will
 vary depending
 upon the size
 and meatiness
 of your chops-
 check early for
 doneness',
 'variation: you
 may substitute a
 different spice &
 fruit combo such
 as canned
 peach slices
 with allspice ,
 apricots with
 nutmeg ,
 pineapple with
 cloves', 'you may
 also substitute
 skinless
 boneless
 chicken breasts
 for the pork , but
 the cooking time
 may be less as
 chicken dries out
 quickly']
 ['preheat oven to
 450 degrees f',
 'in a large bowl
 stir together flour
 , cornmeal ,
 baking powder ,
 sugar , cream of
 tartar , salt , the
 2 tablespoons
 green onion ,
 and the sage',
 'using a pastry
 blender , cut in
 butter until
 mixture
 resembles
 coarse crumbs',
 'make a well in
 the center of the
 flour mixture',
 'add buttermilk
 all at once',
 'using a fork , stir
 just until
 moistened', 'turn
 dough out onto a
 lightly floured
 surface', 'knead
 dough by folding
 and gently
 pressing it just
 until dough holds

together', 'pat or lightly roll dough until 3 / 4 inch thick', 'cut dough with a floured 2 1 / 2-inch round cutter', 'reroll scraps as necessary', 'dip cutter into flour between cuts', 'place dough rounds 1 inch apart on an ungreased baking sheet', 'bake for 12 to 14 minutes or until golden', 'remove biscuits from baking sheet', 'cool slightly', 'to serve , split biscuits and place on serving plates', 'top with sausage gravy', 'if desired , top with additional green onions', 'sausage gravy:', 'in a very large skillet cook bulk pork sausage and chopped onion over medium-high heat until meat is brown and onion is tender , using a wooden spoon to break up meat as it cooks', 'do not drain', 'sprinkle all-purpose flour over meat mixture', 'stir into the meat mixture', 'cook and stir over medium heat for 1 minute', 'while whisking , gradually add milk', 'cook and stir until thickened and bubbly', 'cook and stir for 1 minute more', 'season with salt and pepper', 'stir in snipped fresh thyme , if desired', 'makes about 5 cups', 'to make ahead:', 'prepare biscuits as directed', 'cool completely', 'place biscuits in a resealable plastic freezer bag', 'seal , label , and freeze for

		up to 2 months',
		'prepare
		sausage gravy
		as directed',
		'place in an
		airtight
		container', 'seal
		and chill for up
		to 48 hours', 'to
		serve , thaw
		biscuits at room
['all-purpose		temperature', 'if
flour',	['60-minutes-	desired , preheat
'cornmeal',	or-less', 'time-	oven to 350
'baking	to-make',	degrees f', 'place
powder',	'course', 'main-	biscuits on a
'sugar', 'cream	ingredient',	baking sheet',
of tartar', 'salt',	'cuisine',	'bake for 10
'green onions',	'preparation',	minutes', 'in a
'fresh sage',	'occasion',	medium
'butter',	'north-	saucepan reheat
'buttermilk',	american',	sausage gravy
'sausage	'breads',	over medium-low
gravy', 'green	'breakfast',	heat for 10 to 15
onion', 'bulk	'pork', 'rolls-	minutes or until
pork sausage',	biscuits',	heated through',
'onion', 'milk',	'comfort-food',	'if necessary ,
'salt & fresh	'meat', 'pork-	stir in additional
ground	sausage',	milk to make
pepper', 'fresh	'taste-mood',	desired
thyme']	'from-scratch']	consistency']

[dissolve yeast in warm water', 'stir in sugar and let stand for 5 minutes', 'add the wheat germ , oil , honey , sage , salt , rosemary , nutmeg and 1 1 / 2 cups of flour', 'beat until smooth', 'stir in enough remaining flour to form a soft dough', 'turn onto a floured surface and knead until smooth and elastic , about 6-8 minutes', 'place in a greased bowl , turning once to grease top', 'cover and let rise in warm place until doubled , about 45 minutes', 'punch dough down', 'turn onto a lightly floured surface , divide in half', 'shape each half into 2 oval loaves', 'place on a greased baking sheet', 'cover and let rise until double , about 15 minutes', 'with a sharp knife , make 3 shallow slashes across the top of each loaf', 'bake at 400f for 13-17 minutes or until golden brown']

['weeknight', 'time-to-make', 'course', 'preparation', 'occasion', 'healthy', 'sheet', 'cover', 'and let rise until', 'double , about 15 minutes', 'with a sharp knife , make 3 shallow slashes across the top of each loaf', 'bake at 400f for 13-17 minutes or until golden brown']

['yeast', 'water', 'sugar', 'breads', 'toasted wheat germ', 'vegetable oil', 'christmas', 'honey', 'rubbed sage', 'salt', 'dried rosemary', 'ground nutmeg', 'all-purpose flour']

		[dissolve the yeast in the warm water', 'place the cornmeal , sugar , salt and butter in a large bowl', 'add heated milk and stir occasionally , until the butter melts', 'cool to lukewarm', 'beat in 1 cup flour and eggs , then add the yeast', 'beat in the remaining flour', 'mixture will very stiff', 'cover and let rise in warm place until doubled', 'stir down and fill 24 oiled medium muffin cups 3 / 4 full', 'cover and let rise in a warm
	['time-to-make',	place for about
	'course',	45 minutes , or
['dry yeast',	'preparation',	until nearly
'warm water',	'breads',	doubled in bulk',
'cornmeal',	'oven', 'easy',	'sprinkle with
'sugar', 'salt',	'beginner-	sesame seed',
'butter', 'milk',	cook', 'muffins',	'bake at 400
'flour', 'eggs',	'quick-breads',	degrees f for 15
'sesame seeds']	'equipment', '4-	minutes , or until
	hours-or-less']	golden brown']
		['combine first 4 ingredients in skillet', 'bring to boil on medium-high heat , stirring occasionally', 'simmer on medium heat 8 minutes or until meatballs are heated through', 'spoon onto rolls', 'top with mozzarella',
['spaghetti sauce', 'water',		'after i cook the
'kraft 100% grated parmesan cheese',	['weeknight',	meatballs , i put
'frozen meatballs',	'30-minutes-or-	them on the
'hoagie rolls',	less', 'time-to-	bread , along
'kraft 2% milk shredded mozzarella cheese']	make',	with the
	'course', 'main-	mozzarella
	ingredient',	cheese and then
	'preparation',	put them in the
	'occasion',	oven at 400
	'main-dish',	degrees
	'beef', 'easy',	fahrenheit for 5
	'meat']	minutes']

		[mix all ingredients into a large bowl except for the bacon', 'put into a greased
		['time-to-make', casserole or 'course', 'main-oven safe bowl', ingredient', 'cut bacon in half 'preparation', and lay on top', 'occasion', 'sprinkle with salt 'side-dishes', and pepper to
['juice', 'brown sugar', 'white sugar', 'tomato sauce', 'molasses', 'ketchup', 'onion', 'dry mustard', 'bacon']	'beans', 'easy', 'beginner-cook', 'fall', 'holiday-event', 'summer', 'winter', 'seasonal', '4-hours-or-less', 'labor-day']	taste on top', 'bake 350 degrees for 1 1 / 2 hours or until the consistency you like', 'do not cook so long that the beans dry out']
		['15-minutes-or-less', 'time-to-make', 'course', 'cuisine', 'preparation', 'occasion', ['pour the 'north-frangelico american', 'for-hazelnut liqueur 1-or-2', '5- , creme de ingredients-or-bananes , less', pineapple juice 'beverages', and bitters into a 'american', cocktail shaker 'easy', 'dinner-party', half-filled with
['frangelico', 'bitters', 'pineapple juice', 'banana liqueur']	'cocktails', 'number-of-servings', '3-steps-or-less']	ice cubes , and shake well', 'strain into a cocktail glass , and serve']
		['in a skillet , '60-minutes-or-less', 'time-to-make', cook beef until no longer pink , drain', 'add 'course', 'main-sloppy joe sauce ingredient', and soup , mix', 'preparation', 'place thawed '5-ingredients-hash browns in a or-less', greased 9x13 'casseroles', pan', 'top with 'main-dish', the beef
['lean ground beef', 'sloppy joe sandwich sauce', 'condensed cream of potato soup', 'frozen hash browns', 'cheddar cheese']	'beef', 'potatoes', 'vegetables', 'oven', 'easy', 'beginner-cook', 'kid-friendly', 'dietary', 'ground-beef', 'meat', 'equipment']	mixture', 'bake at 450 degree for 20 minutes-covered', 'remove foil and bake additional 10 minutes or more until heated through', 'sprinkle with cheese']

['tiny new
potatoes',
'salt', 'green
beans', 'olive
oil', 'white wine
vinegar', 'red
onion', 'dill',
'fresh parsley',
'basil', 'dijon
mustard',
'pepper',
'grape
tomatoes']

['60-minutes-
or-less', 'time-
to-make',
'course', 'main-
ingredient',
'preparation',
'side-dishes',
'vegetables',
'easy']

['in a medium
saucepan , place
potatoes with
water to cover
and 1 / 4 tsp of
salt', 'bring to a
boil , reduce
heat and simmer
covered for 15 to
20 minutes',
'drain well and
let cool', 'in a
saucepan , cook
green beans in 2
inches of boiling
water for about 5
minutes or until
barely tender',
'immediately
place in large
bowl of ice
water', 'cut
potatoes in
halves and place
in a large bowl',
'in a screw top
container
combine olive oil
, vinegar , red
onion , dill ,
parsley , basil ,
dijon mustard ,
salt and pepper',
'cover and shake
well', 'pour
dressing over
potatoes and let
stand for 15
minutes', 'just
before serving
add green beans
and tomatoes',
'toss gently to
mix']
['pour boiling
water over
mushrooms in a
bowl', 'cover and
let stand 30
minutes or until
tender , and
drain', 'squeeze
mushrooms to
remove excess
moisture', 'chop
mushrooms',
'heat oil in a
medium
saucepan over
medium-high
heat', 'add
pancetta', 'cook
until crisp',
'remove half of
pancetta from
pan with a
slotted spoon ,
and place in a
medium bowl ,
reserving
remaining
pancetta and
drippings', 'add
the mushrooms ,
squash ,
breadcrumbs ,
cheese , rind ,
salt , nutmeg ,

		and egg to bowl
		, stirring to
		combine',
		'working with 1
		won ton wrapper
		at a time , spoon
		about 1
		tablespoon
		squash mixture
		into center of
		each wrapper',
		'brush edges of
		wrapper with
		water , and top
		with another
		wrapper ,
		stretching top
		wrapper slightly
		to meet edges of
		bottom wrapper',
		'press the edges
		together firmly
		with fingers , and
		cut edges with a
		2 1 / 2-inch
		round cutter',
		'repeat the
		procedure with
		remaining won
		ton wrappers
		and squash
		mixture', 'fill a
		large dutch oven
		with water',
	'60-minutes-	'bring to a
	or-less', 'time-	simmer', 'add
	to-make',	half of ravioli',
	'course', 'main-	'cook 3 minutes
[dried porcini	ingredient',	or until done',
mushrooms',	'cuisine',	'remove the
'olive oil',	'preparation',	ravioli with a
'pancetta',	'occasion',	slotted spoon',
'butternut	'main-dish',	'keep warm',
squash', 'dry	'pasta', 'pork',	'repeat
breadcrumbs',	'vegetables',	procedure with
'fresh	'european',	remaining
parmesan	'dinner-party',	ravioli', 'reheat
cheese',	'romantic',	remaining
'lemon rind',	'italian',	pancetta and
'salt', 'ground	'comfort-food',	drippings over
nutmeg', 'egg',	'meat', 'pasta-	medium-low
'wonton	rice-and-	heat', 'drizzle
wrappers',	grains', 'ravioli-	over ravioli',
'fresh sage',	tortellini',	'sprinkle with
'fresh ground	'squash', 'taste-sage and	
black pepper']	mood']	pepper']

		[preheat the oven to 325 degrees', 'in a large bowl , beat the butter and sugar until soft and fluffy', 'gradually beat in the eggs , one at a time , until a fine mixture forms , about 1-2 minutes', 'add the finely ground almonds , almond extract , and cinnamon and mix thoroughly', 'blend in the flour and baking powder', 'sprinkle the coarsely chopped almonds into a 9x5-inch loaf pan that has been sprayed with nonstick cooking spray', 'spoon the batter over the almonds and bake for 55-60 minutes or until a wooden toothpick inserted in the center comes out clean']
['butter', 'sugar', 'eggs', 'blanched almond', 'almond extract', 'ground cinnamon', 'all-purpose flour', 'baking powder']	['time-to-make', 'preparation', 'easy', '3-steps-or-less', '4-hours-or-less']	[preheat oven to 350f', 'combine flour , cocoa , baking soda , and salt in a small bowl', 'set aside', 'cream butter , shortening , granulated sugar , and brown sugar in a large mixing bowl', 'add vanilla extract and eggs , beating well', 'switch from an electric mixer to a sturdy spoon , and gradually mix in the flour mixture', 'stir in mint chips', 'the dough will be very stiff', 'drop by well-rounded teaspoons onto parchment-lined baking sheets', 'bake for 10 minutes , until centers are set', 'remove immediately to wire racks to cool completely']
['all-purpose flour', 'cocoa powder', 'baking soda', 'salt', 'butter', 'shortening', 'granulated sugar', 'brown sugar', 'vanilla extract', 'eggs', 'andes mint baking chips']	['60-minutes-or-less', 'time-to-make', 'course', 'preparation', 'occasion', 'for-large-groups', 'drop-cookies', 'desserts', 'oven', 'easy', 'beginner-cook', 'holiday-event', 'kid-friendly', 'cookies-and-brownies', 'dietary', 'gifts', 'to-go', 'equipment', 'number-of-servings']	

		['in a large mixing bowl , combine the flour , baking powder , and salt', 'whisk together the eggs , milk , butter , and honey and stir into dry ingredients and mix well', 'fold in oats and nuts', "bake in a preheated waffle iron according to manufacturer's directions until golden brown", 'garnish with peaches if desired'] ["cook bacon in large skillet 'til crisp", 'approximately 5 minutes', 'remove and chop', 'reserve 1 tbl of bacon grease in skillet', 'to hot skillet add olive oil', 'then fish', 'cook 2 or 4 minutes', 'turn fish after salting and peppering first side', 'fish is done when it can be flaked w / fork', 'add garlic , bacon and mushrooms', 'toss to coat', 'add wine and lemon juice', 'return first fillets to skillet', 'add scallions last 20 seconds', 'arrange fillets on a platter or individual plates and spoon sauce , scallions over']
['whole wheat flour', 'baking powder', 'salt', 'eggs', 'milk', 'butter', 'honey', 'quick- cooking oats', 'nuts', 'fresh peach']	['60-minutes- or-less', 'time- to-make', 'course', 'main- ingredient', 'preparation', 'pancakes-and- waffles', 'breakfast', 'easy', 'beginner- cook', 'grains', 'pasta-rice- and-grains']	
['tilapia fillets', 'smoked bacon', 'olive oil', 'salt and pepper', 'garlic', 'white wine', 'fresh lemon juice', 'scallion', 'white mushrooms']	['30-minutes- or-less', 'time- to-make', 'course', 'main- ingredient', 'preparation', 'very-low- carbs', 'main- dish', 'seafood', 'easy', 'beginner- cook', 'shrimp', 'fish', 'dietary', 'low-carb', 'low- in-something', 'freshwater- fish', 'tilapia', 'shellfish', 'presentation', 'served-hot']	
['paprika', 'sesame seeds', 'poppy seed', 'sugar', 'cider vinegar', 'worcestershiresauce', 'salad oil']	['15-minutes- or-less', 'time- to-make', 'course', 'preparation', 'low-protein', 'salads', 'easy', 'salad- dressings', 'dietary', 'low- sodium', 'low- in-something', '3-steps-or- less']	['combine the dry ingredients in a lidded jar and shake', 'add the wet ingredients and shake', 'good for one large or two small salads']

		['preheat oven to
		400', 'butter a
		baking dish with
	['30-minutes-	1 / 2 t butter',
	or-less', 'time-	'sprinkle the
	to-make',	bottom of the
	'course', 'main-	dish with salt ,
	ingredient',	pepper and 1 tsp
	'preparation',	shallots', 'season
	'occasion', 'for-	fillets with salt
	1-or-2', 'very-	and pepper', 'roll
	low-carbs',	each of the fillets
	'lunch', 'main-	, turban-like , as
	dish', 'seafood',	compactly as
	'oven', 'easy',	possible',
	'beginner-	'arrange in dish ,
	cook', 'dinner-	seam side
	party', 'fish',	down', 'sprinkle
	'dietary', 'low-	wine and cream
	sodium', 'high-	over the fish',
	protein', 'low-	'sprinkle evenly
	carb',	with salt , pepper
	'inexpensive',	, bread crumbs ,
	'high-in-	parsley and
['butter',	something',	remaining tsp of
'shallots', 'fish	'low-in-	shallots', 'melt
fillets', 'salt &	something',	remaining t of
freshly ground	'taste-mood',	butter and
black pepper',	'savory',	drizzle over all',
'dry white	'equipment',	'bake 20 minutes
wine', 'heavy	'number-of-	or until fish are
cream', 'fresh	servings',	cooked and the
breadcrumbs',	'presentation',	crumbs are
'fresh parsley']	'served-hot']	lightly browned']
	['30-minutes-	
	or-less', 'time-	
	to-make',	
	'course', 'main-	
	ingredient',	['in a medium pot
	'cuisine',	, bring 4 quarts
	'preparation',	of water to a
	'occasion',	boil', 'add a
	'north-	pinch of salt and
	american',	the macaroni',
	'main-dish',	'cook until
	'eggs-dairy',	tender , about 8
	'pasta', 'easy',	to 10 minutes',
	'kid-friendly',	'in a colander ,
	'vegetarian',	drain the
['elbow	'cheese',	macaroni and
macaroni',	'dietary', 'one-	return it to the
'fontina	dish-meal',	pot', 'fold in the
cheese',	'comfort-food',	cheese , butter
'gorgonzola',	'inexpensive',	and half-and-
'butter', 'half-	'pasta-rice-	half', 'season
and-half',	and-grains',	with the pepper',
'fresh ground	'elbow-	'warm through',
black pepper',	macaroni',	'garnish with
'fresh chives']	'taste-mood']	chopped chives']

['15-minutes-or-less', 'time-to-make', 'course', 'cuisine', 'preparation', 'occasion', 'for-1-or-2', '5-ingredients-or-less', 'beverages', 'greek', 'easy', 'european', 'no-cook', 'beginner-cook', 'dinner-party', 'holiday-event', 'vegetarian', 'cocktails', 'dietary', 'new-years', 'number-of-servings', '3-steps-or-less', 'technique']

['ouzo', 'vodka', 'lemon juice', 'orange juice']

['weeknight', 'time-to-make', 'course', 'main-ingredient', 'preparation', 'occasion', 'breads', 'rolled oats', 'buttermilk', 'eggs', 'brown sugar', 'butter', 'flour', 'baking powder', 'salt', 'baking soda', 'raisins']

['breakfast', 'muffins', 'grains', 'quick-breads', 'pasta-moistened', 'rice-and-grains', 'brunch', '4-hours-or-less']

['shake ingredients together with 4 ice cubes', 'strain into an old-fashioned glass , and garnish with a slice of orange']

['fill muffin tins with paper baking cups', 'combine oats and buttermilk in a bowl , let stand for 1 hour', 'add eggs , sugar and butter , mix 30 seconds , scrape down bowl', 'combine dry ingredients , add', 'add raisins', 'mix on low speed for about 15 seconds or only until dry ingredients are sugar', 'fill muffin cups half full', 'bake at 400 degrees for 15-20 minutes']

	['weeknight', '60-minutes-or-less', 'time-to-make', 'course', 'main-ingredient', 'cuisine', 'preparation', 'occasion', 'north-american', 'low-protein', 'healthy', '5-ingredients-or-less', 'granola-and-porridge', 'breakfast', 'side-dishes', 'rice', 'american', 'easy', 'beginner-cook', 'low-fat', 'vegan', 'vegetarian', 'dietary', 'low-sodium', 'low-cholesterol', 'low-saturated-fat', 'low-calorie', 'comfort-food', 'inexpensive', 'low-in-something', 'pasta-rice-and-grains', 'brown-rice', 'granny smith apple']	['cook rice as per the directions on the package', 'in a nonstick pan , saute onion in margarine until transparent', 'add chopped apple and brown together for 5 minutes', 'add the cooked rice and heat through', 'tossing gently', 'serve'] ['place 1 pastry sheet on a lightly floured surface', 'roll into an approximately 12x9 inch rectangle', 'cut into 12 squares', 'press squares into muffin pans', 'repeat with remaining pastry sheet', 'stir together broccoli , chicken , soup and milk', 'spoon mixture into prepared pastry filled muffins cups', 'in a seperate bowl , stir together breadcrumbs and butter', 'sprinkle breadcrumb mixture over each tartlet', 'top each with cheese', 'bake at 425 for 10-15 minutes or until thoroughly heated and cheese is melted', 'serve immediately']
['puff pastry sheets', 'broccoli florets', 'cooked chicken', 'cream of chicken soup', 'milk', 'dry breadcrumbs', 'butter', 'cheddar cheese']	['30-minutes-or-less', 'time-to-make', 'course', 'main-ingredient', 'preparation', 'for-1-or-2', 'appetizers', 'poultry', 'vegetables', 'chicken', 'meat', 'broccoli', 'number-of-servings']	

		['peel , devein and butterfly the prawns , leaving the tails intact', 'combine the flour salt and 2 teaspoons of the ground peppercorns in a large bowl', 'add prawns and toss to coat in the flour mixture', 'shake off the excess flour from each prawn', 'heat the oil in a wok or frypan until very hot', 'cook prawns in small batches for about 2 minutes or until crisp', 'transfer prawns to a plate lined with paper towel to drain', 'in a seperate bowl , combine the salt flakes with the remaining teaspoon of ground peppercorns', 'place prawns on a serving plate and sprinkle with the salt & pepper mix', 'serve with lemon wedges', 'enjoy !']
	['lactose', '30- minutes-or- less', 'time-to- make', 'course', 'main- ingredient', 'preparation', 'occasion', 'side-dishes', 'seafood', 'dinner-party', 'shrimp', 'dietary', 'gluten-free', 'egg-free', 'free-of- something', 'shellfish']	
['prawns', 'rice flour', 'salt', 'ground black pepper', 'peanut oil', 'flaked sea salt', 'lemon']		
		['mix soy sauce , sugar , vinegar , oil , garlic , and ginger to make marinade', 'freeze chicken in marinade in a 1-gallon freezer bag', 'when preparing to serve , thaw chicken', 'preheat oven to 350 degrees', 'pour chicken and marinade into a baking dish that has been coated with nonstick cooking spray', 'bake for 35 minutes', 'prepare rice according to package directions', 'serve chicken over rice']
['soy sauce', 'sugar', 'red wine vinegar', 'vegetable oil', 'garlic clove', 'ground ginger', 'boneless skinless chicken breast', 'long grain rice']	['chicken', 'dietary', 'low- saturated-fat', 'oamc-freezer- make-ahead', 'low-in- something', 'meat', 'chicken- breasts', 'number-of- servings']	

[brown rice flour', 'sweet rice flour', 'potato flour', 'cornstarch', 'cocoa powder', 'baking powder', 'sea salt', 'coconut milk', 'vegetable oil', 'dark brown sugar', 'corn syrup', 'stevia', 'vanilla', 'carob chips']	[weeknight', '30-minutes-or-less', 'time-to-make', 'course', 'main-ingredient', 'preparation', 'occasion', 'for-large-groups', 'desserts', 'kid-friendly', 'vegan', 'vegetarian', 'cookies-and-brownies', 'chocolate', 'brownies', 'dietary', 'gluten-free', 'free-of-something', 'taste-mood', 'sweet', 'number-of-servings']	[preheat the oven to 350 degrees', 'grease and flour a 8" square brownie pan', 'sift together the flours , starch , cocoa , baking powder , and salt', 'set aside', 'in a small bowl beat together coconut milk , oil , sugar , corn syrup , stevia and vanilla', 'pour into the dry ingredients and stir until just combined', 'fold in the carob chips', 'bake 15 minutes', 'remove from the oven , chill overnight before cutting']
[canola oil', 'boneless skinless chicken breast', 'salt', 'onion', 'garlic cloves', 'fresh ginger', 'light brown sugar', 'thai red curry paste', 'ground cumin', 'asparagus', 'unsweetened coconut milk', 'fish sauce', 'purple basil', 'cooked brown rice']	[30-minutes-or-less', 'time-to-make', 'main-ingredient', 'cuisine', 'preparation', 'occasion', 'poultry', 'asian', 'easy', 'holiday-event', 'chicken', 'meat', 'chicken-breasts', 'taste-mood', 'savory']	[heat 1 tsp of oil in large nonstick skillet , then add chicken and sprinkle with salt', 'saute until browned and cooked , about 5 minute', 'transfer chicken to a plate', 'heat remaining 1 tsp oil in same skillet over low heat , then add onion , garlic , and ginger', 'saute until onions are softened', 'stir in sugar , curry paste , and cumin', 'cook 1 min , stirring constantly', 'add asparagus , coconut milk , and fish sauce', 'bring to a boil', 'reduce heat and simmer , covered , until asparagus is crisp tender , about 3 minute', 'add chicken and basil , heat through', 'serve with rice']

	['30-minutes-or-less', 'time-to-make',	['in a bowl , mix
	'course', 'main-ingredient',	together the first 4 ingredients',
	'preparation',	'set aside', 'in a
	'for-1-or-2',	small bowl , stir
	'healthy',	together the
	'lunch', 'main-dish', 'salads',	salad dressing and brown
	'fruit', 'poultry',	sugar', 'pour
	'refrigerator',	over the turkey
	'turkey',	mixture and
	'dietary', 'low-cholesterol',	gently toss',
['cooked		'season with salt
turkey', 'apple',	'low-calorie',	and pepper to
'celery',	'low-carb',	taste', 'cover and
'raisins', 'italian	'healthy-2',	chill for at least 2
salad	'low-in-	hours', 'serve on
dressing',	something',	a bed of
'brown sugar',	'apples', 'meat',	shredded lettuce
'salt and	'equipment',	or cabbage or
pepper',	'number-of-	use to make
'lettuce']	servings']	sandwiches']
	['30-minutes-or-less', 'time-to-make',	
	'course', 'main-ingredient',	['preheat the
	'cuisine',	oven to 220c',
	'preparation',	'cut out rounds
	'occasion',	of pastry with a
	'south-west-	5cm diameter
	pacific', 'for-	pastry cutter ,
	large-groups',	and place them
	'5-ingredients-	on a baking tray
	or-less',	lined with baking
	'appetizers',	paper', 'brush
	'eggs-dairy',	the rounds with
	'australian',	the egg wash',
	'easy', 'dinner-	'place 2
	party', 'finger-	teaspoons of
	food',	parmesan and a
	'vegetarian',	pinch of
	'cheese',	cayenne pepper
	'dietary',	or paprika on
	'inexpensive',	each round',
['puff pastry',	'number-of-	'bake for 10
'egg',	servings',	minutes or until
'parmesan	'presentation',	puffed and
cheese',	'served-hot']	golden brown']
'paprika']		
	['saute chicken ,	
	['60-minutes-	onion , garlic ,
	or-less', 'time-	and green
	to-make',	pepper in
	'course', 'main-	cooking spray',
	ingredient',	'add remaining
	'preparation',	ingredients',
	'healthy', 'main-	'heat on stove
	dish', 'soups-	until warm
	stews', 'beans',	throughout', 'if
	'poultry', 'easy',	desired , top
	'beginner-	stew with
['canned	cook', 'low-fat',	shredded
chicken',	'stews',	cheese , sour
'green pepper',	'chicken',	cream ,
'onion', 'garlic	'dietary', 'low-	avocados , and
cloves', 'rotel',	cholesterol',	crushed up
'chili beans',	'low-saturated-	tortilla chips', 'my
'corn', 'chili	fat', 'low-	kids love to eat
powder',	calorie',	this as a dip for
'cumin', 'salt',	'healthy-2',	their chips', 'i
'pace picante	'low-in-	serve it with the
sauce',	something',	baked version of
'chicken broth']	'meat']	tortilla chips']

<p>['fresh pumpkin puree', 'cinnamon', 'allspice', 'ground ginger', 'splenda sugar blend for baking', 'splenda brown sugar blend', 'lemon juice']</p>	<p>['course', 'preparation', 'for-large-groups', 'low-protein', 'healthy', 'jams-and-preserves', 'jellies', 'condiments-etc', 'low-fat', 'dietary', 'low-sodium', 'low-cholesterol', 'low-saturated-fat', 'low-calorie', 'healthy-2', 'low-in-something', 'number-of-servings']</p>	<p>['halve pumpkins and place in a pyrex cooking pan with 1 cup of water', 'bake at 450f for 1 to 1 hours upside down , till pumpkin is soft', 'scrape out pumpkin , put in food processor , and puree', 'put on cheesecloth and strain over night , over a separate bowl', 'combine all ingredients , in a crock-pot , and cook on high , or on stove top on low , stir occasionally for 4 hours', 'put into sterile jars and seal', 'makes approximately 5 pints']</p>
	<p>['whole wheat flour', 'flax seed meal', 'quick oats', 'baking powder', 'baking soda', 'cinnamon', 'clove', 'mashed bananas', 'eggs', 'almond milk', 'honey', 'walnuts']</p>	<p>['60-minutes-or-less', 'time-to-make', 'course', 'main-ingredient', 'preparation', 'breads', 'breakfast', 'muffins', 'grains', 'quick-breads', 'pasta-rice-and-grains']</p>
<p>['fresh cranberries', 'sugar', 'apple brandy']</p>	<p>['time-to-make', 'preparation', 'occasion', '5-ingredients-or-less', 'easy', 'holiday-event', '4-hours-or-less']</p>	<p>['mix ingredients well in a pyrex dish', 'cook in a preheated 275 degree oven for 1 1 / 2 hours', 'stir every 20 minutes', 'keep in a tightly covered container in the fridge']</p>

		soaked the nuts and seeds overnight , use a small sieve to drain off the water', 'in a blender or processor with the lid on , process the almonds , sunflower and flax seeds on high , until they are coarsely ground', 'pour in filtered water slowly at first , so that the blades reduce the ingredients to a thick consistency', 'add the
	['15-minutes- or-less', 'time- to-make', 'course', 'main- ingredient', 'preparation', 'for-1-or-2', 'low-protein', 'healthy', 'breakfast', 'fruit', 'easy', 'vegetarian', 'nuts', 'dietary', 'low-sodium', 'low- cholesterol', 'low-saturated- fat', 'low- calorie', 'low- carb', 'healthy- seeds', 'water', 2', 'low-in- something', 'berries', 'blueberries', 'raspberries', 'number-of- servings']	remaining liquid and continue blending', 'add apple juice , banana or berries , vanilla extract and nutmeg , and blend until frothy', 'pour into a glass and drink immediately', 'health', 'even half a dozen almonds will give you that much-needed energy boost', 'bananas are pretty good in the same way but almonds are more portable and sometimes eating a banana just isnt an option !']
['almonds', 'sunflower seeds', 'flax seeds', 'fresh apple juice', 'bananas', 'vanilla extract', 'nutmeg']		

['preheat oven to
325f', 'butter and
flour a 10-inch-
diameter
springform pan',
'put the
chocolate and
butter in the top
of a double
boiler so its over
, not in or even
touching , the
water', 'while the
water simmers
gently below ,
stir the chocolate
and butter
together until its
all melted and
smooth', 'the
reasons not to
microwave this
mixture or melt it
more directly
[just flat out
dumped in a pot

and heated over
a flame , for
instance] are
numerous , but
chiefest of them
is that you will
overheat the mix
, which is a very
bad thing when
you get to the
next step:', 'with
a big whisk , mix
the eggs and
refined sugar in
a large bowl by
hand until
everything is
well blended and
beginning to
thicken', 'next ,
sift the flour , salt
and baking
powder over the
egg mixture and
, still using the
whisk , fold and
stir it all
together', 'now ,
gradually , add
in the chocolate
mixture gently
folding it in
about 1 / 4 cup
at a time', '[this
cautious process
also helps
control the
temperature if the
chocolate is too
hot , it will start
cooking the
eggs and ruin
the whole thing',
']', 'pour the
batter into the
prepared
springform pan',
'[at this point it is
permissible to
leave a little
batter in the pan
, so that , once
the cake is in the
oven , you can
scrape out the
bowl with a
spatula , lick the
spatula and
exclaim , man ,
oh , man', '] put
the cake in the
oven and set a
timer for 20
minutes', 'when
the 20 minutes
passes , loosely
cover the cake
with foil don't tuck
it down tightly ,
just lay the foil
across the top of
the pan', 'bake
the cake about
30 minutes
longer', 'test it ,
near the center',
'the tester

		should come out with a few moist crumbsnot with a glob of raw dough , but not dry either', 'if necessary , leave the cake in the oven a few minutes more and re-test at intervals', 'take the cake out of the oven', 'put it on a rack , still in the springform pan , and remove the foil', 'the cake will be rather puffy and a little of it may cling to the foildont panic ! that happens', 'walk away for now', 'as the
['bittersweet chocolate', 'unsalted butter', 'eggs', 'white sugar', 'salt', 'all- purpose flour', 'baking powder', 'powdered sugar']	['time-to-make', 'course', 'main- ingredient', 'preparation', 'desserts', 'kid- friendly', 'vegetarian', 'cakes', 'chocolate', 'dietary', '4- hours-or-less'] ['bacon', '30- minutes-or- less', 'time-to- make', 'course', 'main- ingredient', 'cuisine', 'preparation', 'occasion', 'north- american', 'low-protein', '5-ingredients- or-less', 'side- dishes', 'pork', 'vegetables', 'easy', 'microwave', 'spring', 'summer', 'stove-top', 'dietary', 'seasonal', 'low-calorie', 'low-carb', 'low- in-something', 'meat', 'asparagus', 'taste-mood', 'savory', 'equipment', 'number-of- servings', 'presentation', 'served-hot']	, cake cools , it will fall and flatten out', 'when the cake is completely cool , slide a knife around the edge , then gently release and remove the pan sides"] ['cook bacon in nonstick skillet 3-5 minutes or until crisp , turning frequently', 'drain bacon on paper towels', 'discard drippings from skillet', 'do not wash skillet', 'place asparagus in microwaveable casserole or 10x4-inch dish', 'add water', 'microwave on high 4-5 minutes or until asparagus is crisp-tender', 'meanwhile , add onions to skillet', 'cook and stir 5 minutes or until crisp-tender', 'stir in dressing', 'drain asparagus', 'top with sauce and crumbled bacon'] ['peel the onion and cut into wedges', 'scrub two of the carrots and cut into 2" pieces
['center-cut bacon', 'asparagus spears', 'water', 'onion', 'ranch dressing']		

heat the oil in
 the pressure
 cooker', 'add the
 pot roast and
 brown well on
 both sides', 'add
 the onion and
 the 2 cut
 carrots', 'pour
 the vinegar into
 the bottom of the
 pan and add the
 stock or broth
 and bay leaf',
 'cover pressure
 cooker and bring
 up to full
 pressure',
 'reduce heat to
 stabilizer
 pressure and
 cook for 30
 minutes while
 the roast is
 cooking , peel
 the remaining
 two carrots', 'cut
 the carrots ,
 celery and
 parsnips , if
 used , into 3 / 4"
 pieces', 'cut the
 potatoes in half',
 'when the roast
 has cooked 30
 minutes , release
 pressure',
 'remove the
 meat , set aside ,
 and cover to
 keep warm whil
 you finish the
 sauce', 'skim the
 fat from the
 cooking liquid
 and remove the
 bay leaf', 'spoon
 the carrots and
 onions into a
 blender and
 puree', 'stir the
 puree into the
 cooking liquid',
 'return to the
 pressure cooker
 and add the
 tomato paste ,
 vegetables , and
 salt and pepper
 to taste , mixing
 well', 'cover
 pressure cooker
 and bring up to
 full pressure',
 'reduce heat to
 stabilize
 pressure and
 cook for 5
 minutes',
 'transfer the
 roast to a platter
 and pour the
 sauce and
 vegetables over
 it']

['60-minutes-
 or-less', 'time-
 to-make',
 'course', 'main-
 ingredient',
 'cuisine',
 'preparation',
 'occasion',
 'north-
 american',
 'main-dish',
 'beef',
 'vegetable oil',
 'chuck arm pot
 roast',
 'balsamic
 vinegar', 'beef
 stock', 'bay
 leaf', 'celery',
 'parsnips', 'red
 potatoes',
 'tomato paste',
 'salt & freshly
 ground black
 pepper']

'american',
 'main-dish',
 'beef',
 'vegetables',
 'american',
 'easy',
 'potluck', 'fall',
 'winter',
 'pressure-
 cooker', 'stove-
 top', 'seasonal',
 'comfort-food',
 'meat', 'taste-
 mood', 'to-go',
 'equipment']

		['soak plucked and cleaned goose overnight in well salted water', 'rinse and dry , then stuff with 2 onions and 2 apples , both quartered', 'place breast side up in open roaster pan and cover with 2 strips thick bacon', 'brown in 475 degree oven until bacon is crisp', 'take all fat from pan and discard', 'remove bacon', 'add to the pan 1 onion , quartered , 1 carrot , quartered , 1 cut up stalk of celery , 1 bay leaf , 2 or 3 sprigs of parsley , 1 / 2 teaspoon thyme , 2 cans consomme with 2 cans water , and 1 cup of dry red wine', 'cover the pan and roast at 375 degrees for 2 to 2-1 / 2 hours , basting often', 'goose should be done so that meat will readily pull off carcass', 'remove goose from roaster and place on warm platter', 'remove and discard stuffing', 'strain the gravy and thicken with 1 tablespoon cornstarch mixed with 2 tablespoons cold water', 'correct seasoning if necessary', 'serve with wild rice']
	['weeknight', '15-minutes-or-less', 'time-to-make', 'main-ingredient', 'preparation', 'for-1-or-2', 'fruit', 'poultry', 'oven', 'dietary', 'low-carb', 'low-mixed', in-something', 'apples', 'meat', 'goose', 'equipment', 'number-of-servings']	
['goose', 'onions', 'apples', 'bacon', 'carrot', 'celery', 'bay leaf', 'parsley', 'thyme', 'consomme', 'red wine', 'cornstarch', 'salt']		

		['whisk dry ingredients', 'in separate bowl , whisk eggs and butter', 'then add in buttermilk', 'plug in waffle iron', 'pour in wet ingredients and stir with a spatula', 'do not over stir , the batter should be lumpy and have bubbles', 'let the batter sit for five minutes', 'spray waffle iron with pam spray', 'pour in batter and cook']
['all-purpose flour', 'whole wheat flour', 'sugar', 'kosher salt', 'baking soda', 'baking powder', 'eggs', 'unsalted butter', 'buttermilk']	['30-minutes-or-less', 'time-to-make', 'course', 'preparation', 'pancakes-and-waffles', 'breakfast', 'easy', 'beginner-cook', 'kid-friendly', 'dietary']	
	['weeknight', 'time-to-make', 'course', 'main-ingredient', 'cuisine', 'preparation', 'occasion', 'north-american', 'for-large-groups', 'breads', 'breakfast', 'fruit', 'american', 'oven', 'potluck', 'holiday-event',	
['eggs', 'vegetable oil', 'granulated sugar', 'pure vanilla extract', 'cantaloupe', 'all-purpose flour', 'salt', 'baking soda', 'baking powder', 'ground cinnamon', 'ground ginger', 'walnuts']	['picnic', 'food-processor-blender', 'dietary', 'brown-bag', 'quick-breads', 'melons', 'brunch', 'to-go', 'equipment', 'small-appliance', 'number-of-servings', '4-hours-or-less']	pureed cantaloupe to mixture', 'sift dry ingredients', 'add to liquid', 'pour into 2 greased and floured 9x5 loaf pans', 'bake 325f for 1 hour or until done', 'check after 50 minutes', 'i have also made this into muffins', 'bake for about 25-30 minutes']
	['15-minutes-or-less', 'time-to-make', 'course', 'main-ingredient', 'cuisine', 'preparation', 'north-american', 'canning', 'salads', 'side-dishes', 'vegetables', 'american', 'freezer', 'dietary', 'oamc-freezer-make-ahead', 'equipment', 'number-of-servings', 'technique']	
['cabbage', 'carrot', 'green pepper', 'salt', 'wine vinegar', 'sugar', 'celery seed', 'mustard seeds']		['mix veggies with salt', 'let stand one hour', 'squeeze out juice', 'set aside', 'boil vinegar , sugar and seeds', 'cool', 'mix with veggies', 'put into small freezer proof containers']

	['combine first 10
	ingredients in a
	small saucepan
	over med-high
	heat', 'bring to a
	boil', 'reduce
	heat and simmer
	30 min , stirring
	occasionally',
	'remove from
	heat and cool',
	'reserve 1 / 3 c
	sauce', 'combine
	chicken and
	remaining sauce
	in a large ziplok
	bag', 'seal and
	marinate in
	fridge at least
	one hour ,
['chili sauce',	turning bag
'ketchup',	occasionally',
'buckwheat	'prepare grill to
honey',	med-high',
' Worcestershire	'remove chicken
sauce', 'cider	from bag',
vinegar', 'dijon	['time-to-make', 'discard
mustard',	'course', 'main-
'sriracha	ingredient',
sauce',	'preparation',
'paprika', 'salt',	'main-dish',
'garlic cloves',	'poultry', 'easy',
'boneless	'chicken',
skinless	'meat',
chicken breast	'chicken-
halves', 'lemon	breasts', '4-
wedges']	hours-or-less']

['30-minutes-
or-less', 'time-
to-make',
'course', 'main-
ingredient',
'cuisine',
'preparation',
'occasion',
'north-
american',
'lunch', 'main-
dish', 'poultry',
'vegetables',
'canadian',
'oven',
'barbecue',
'easy', 'holiday-
event', 'broil',
'chicken',
'turkey',
'dietary',
'sandwiches',
'oamc-freezer-
make-ahead',
'independence-
day', 'ontario',
'meat', 'onions',
'superbowl',
'taste-mood',
'savory', 'to-go',
'camping',
['ground 'equipment',
chicken', 'plain 'grilling',
breadcrumbs', 'number-of- ['combine all
'applesauce', servings', ingredients and
'yellow onion', 'presentation', shape into
'parsley', 'served-hot', '3-patties', 'grill ,
'worcestershiresteps-or-less', broil or saute
sauce', 'lemon 'burgers', about 4 to 5
juice', 'salt and 'turkey- minutes per
pepper] burgers] side']

	['if using frozen rhubarb , thaw slightly', 'in medium saucepan combine rhubarb , 1 / 2 cup of the cranberry juice and sugar', 'bring to boiling , reduce heat , cover and simmer for 5-8 minutes or until sugar is dissolved and rhubarb is tender', 'remove from heat and stir in remaining cranberry juice and strawberries', 'cool', 'place half mixture in blender process until smooth', 'transfer mixture to 9x9x2 inch nonmetal freezer-proof container', 'repeat with remaining rhubarb mixture', 'cover and freeze for 4-5 hours or until nearly firm', 'break frozen mixture into small chunks and place in chilled large bowl', 'beat with electric mixer on low to medium speed until smooth but not melted', 'return mixture to container', 'cover and freeze for at least 6 hours or until firm', 'to serve , scrape frozen mixture with small ice cream scoop', 'scoop ice into dessert dishes', 'if desired , pour a little champagne or ginger ale around the fruit ice']
['60-minutes- or-less', 'time- to-make', 'course', 'main- ingredient', 'preparation', 'low-protein', 'healthy', 'desserts', 'fruit', 'low-fat', 'frozen- desserts', 'freezer', 'dietary', 'low- sodium', 'low- cholesterol', 'low-saturated- fat', 'low- calorie', 'healthy-2', 'low-in- something', 'berries', 'strawberries', 'champagne']	['rhubarb', 'cranberry juice', 'sugar', 'strawberries', 'equipment']

		['cook the noodle
		according to
		instruction , but
		put aside the
		seasoning
		sachet', 'if the
		noodles has
		dried vegie ,
		cook them as
		well or you can
		add some frozen
		vegie', 'drain
		noodle', 'in a
		bowl , lightly
		whisk eggs ,
		seasoning
		sachet and
		noodle together',
		'heat butter in an
		oven proof pan
		at medium heat',
		'place the
		mixture into the
		pan and spread
		them evenly',
		'course', 'main-
		'sprinkle the
		ingredient', cheese over the
		mixture', 'let it
		'preparation',
		'occasion', 'for-
		cook for 5
		1-or-2', 'lunch',
		minutes over
		'snacks', 'eggs-
		medium to low
		dairy', 'easy',
		heat',
		'beginner-
		'meanwhile ,
		cook', 'kid-
		heat the broil /
		grill to medium
		friendly',
		heat', 'move the
		'picnic',
		pan under the
		'dietary',
		grill for another 5
		'inexpensive',
		minutes or until
		'toddler-
		top is golden
		friendly',
		brown', 'serve
		'butter', 'soup', 'pasta-rice-
		brown', 'serve
		and-grains', 'to-with mixed salad
		'eggs',
		go', 'number-
		or by itself with
		'parmesan
		tomato sauce']
		cheese']
		of-servings']

